

How to save energy when working from home

The ultimate guide

Let's take action and make small, easy, affordable working from home changes



My technology

77%
less energy
to use a
laptop than
a desktop
computer

Energy Saving Trust



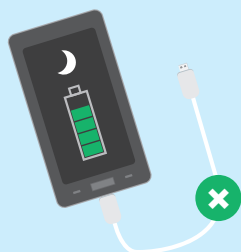
Don't forget to use a laptop stand

Turn off your computer completely at the end of the day.

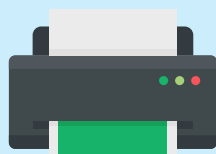
Computers still use

10-60%

of power even when on standby. WWF



Don't charge your phone all night long! Mobile devices only take approximately 2-4 hours to fully charge. Anything over this is wasted energy.



An average printer left on standby mode costs almost **3x** more than a printer in off mode does!



Review your screen brightness:

The very highest setting uses more energy plus it puts you at risk of eye discomfort and headaches.



Use a power strip for your office equipment to easily turn multiple devices on and off at the wall, all at once.



Save up any document printing for office days, not WFH days!



To save battery, set a shorter duration in your system settings for when your PC sleeps.



You can also turn on 'Battery Saver' to temporarily turn off some things that use a lot of power, such as apps you're not actively using.



For the few times you don't need the internet, turn on airplane mode in your settings too!

My body



POSTURITE

To keep moving during your working day = win win win

If you get up from your seat frequently, change posture and move around your home, it could:



Boost productivity



Reduce how much you feel the cold



Be fantastic for your overall physical and mental health

Walk around to take phone calls



Switch to a sit-stand desk



Get an office chair which enables movement



Climb the stairs



Do some stretches while watching a webinar



Stick the radio on and have a dance break!

Compete with a friend for daily steps!



Use a fitness tracker to count steps



My environment

Light

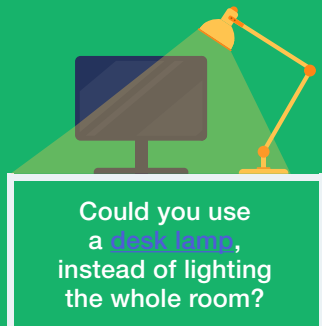


How about switching to LED light bulbs? They use up to

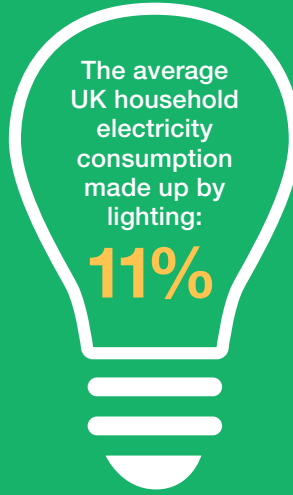
90%

less energy than conventional halogen bulbs.

The 'lumen value' tells you how bright they'll be.

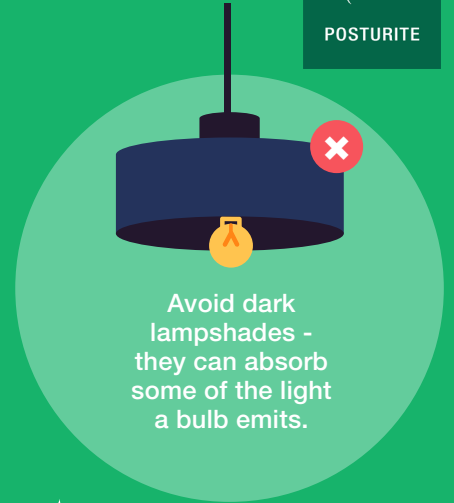


Could you use a [desk lamp](#), instead of lighting the whole room?



The average UK household electricity consumption made up by lighting:

11%

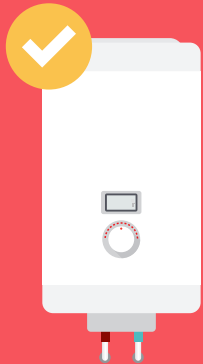


Avoid dark lampshades - they can absorb some of the light a bulb emits.



Increase the impact of the light by regularly cleaning lampshades and fittings too.

Heat



Make sure your **boiler** is serviced (and the boiler flow temperature adjusted) and your **radiators** are bled.



Set downstairs radiator valves to number **5**, and upstairs to **2**, as heat will rise.

Lacey Plumbing and Heating



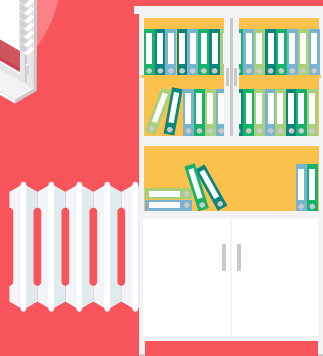
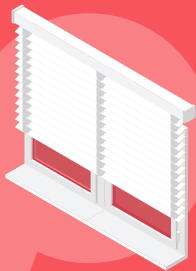
Only heat the rooms that you're using.

Minimize heat loss by

15-17%

By drawing your curtains at dusk (13-14% for blinds)

University of Salford



Move any filing cabinets and other pieces of furniture blocking your radiators.

Get a cheap rug to keep your feet warmer if you have wooden or tiled floors.

Save over **£330** a year

By insulating your loft (in a mid-terraced house. **£590** saving in a detached house)

Energy Saving Trust

This is the year to invest in a hot water bottle and a blanket...

Microwaveable hand warmers are another option.



My lifestyle



POSTURITE



Look after your working from home mental health, and if you're feeling isolated as well as chilly, go to your town's designated Communal Warm Place, a library, a gym or treat yourself to a sociable lunch in a cosy café.

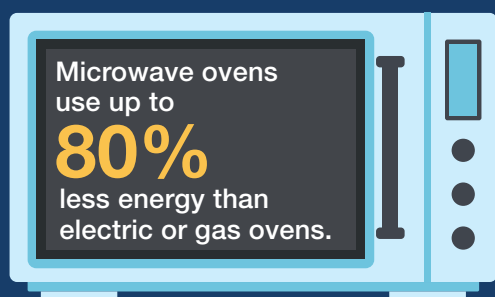


Fuel your body with nutritious food at home too.

“A warm bowlful of porridge is a great way to start the day, giving you energy and helping you feel full longer.

Try adding some dried apricots, raisins or banana to help you hit your five-a-day target.”

George Eliot Hospital NHS Trust



Microwave ovens use up to **80%** less energy than electric or gas ovens.

“Whole grains such as oats are high in bran and fibre, which are slow to break down.

The slow digestion releases warming energy and prevents spikes in blood sugar that can heat you up before quickly cooling you down.”

Dr Daniel G. Amen, Neuroscientist

Slow cookers are making a comeback – and with good reason. In terms of appliances, it's one of the most energy-efficient ways to cook.

If you do want to use an oven:

- Avoid storing baking trays in it, as this limits the flow of air and increases cooking times.
- Clean it! A clean oven will reach the desired temperature faster.

Emily Seymour, *Which* sustainability editor



Only boil as much water as you need: it saves electricity and boils the water more quickly.

OR boil the kettle in the morning and keep remaining hot water in a thermos flask – to save the cost of boiling it again.



Regular hot drinks (and getting up to make them!) are a good idea to stave off the cold.

Tried ginger tea? Ginger is loaded with antioxidants (compounds that can help prevent stress).

Wearing more layers of clothing in winter keeps us warmer than wearing just one thick piece of clothing, as the layers trap warm air between them.

Perfect gift for a homemaker this winter?
Cashmere fingerless gloves!

