



Top tips for saving energy

Try one of these simple energy-saving tips to conserve resources and reduce energy bills in your workplace.

The UK's healthcare sector spends more than **£400m** a year on energy.

Heating and hot water

Heating can account for as much as 60% of a hospital's energy bill*, so it's a good place to start when looking for ways to save energy.

- ▶ Just 1°C of overheating can increase fuel costs by 8%*, so make sure the heating isn't turned up unnecessarily in areas where it's not needed.
- ▶ Tell your energy manager or facilities team if any areas are too hot, cold or draughty. This could indicate a maintenance problem.
- ▶ Avoid using your own heaters or fans; talk to your energy manager instead about reprogramming the heating or air conditioning.
- ▶ Check taps aren't left running – and report any dripping taps and overflowing cisterns to the energy or facilities manager.

DID YOU KNOW? Turning the thermostat up to its maximum setting doesn't warm up a room any faster; it just leads to overheating.

Lighting

Lighting makes up more than 35% of a hospital's electricity bill**, so look for savings here too.

- ▶ Switch off lights in rooms that aren't in use – and tell others to do so too.
- ▶ Report any faulty or inadequate lighting.
- ▶ Check that windows, skylights, light fittings, timers and sensors are included on the cleaning rota to maintain their effectiveness.

DID YOU KNOW? Even if you turn off a light for just a few seconds, it'll save more energy than it takes for the light to start up again.

Appliances

Office and electrical items – like kettles – can account for more than 10% of total electricity use**, but there are ways to minimise this:

- ▶ Don't leave appliances in standby mode: they're still using power!
- ▶ Switch off individual items of equipment – like X-ray machines and film processors – when not in use.
- ▶ Only fill the kettle with the amount of water you need – boiling more wastes electricity.
- ▶ Make sure you use any power-saving settings on your computer and turn it off when it's not in use. A computer left on 24/7 costs around £53 a year†.
- ▶ Encourage other members of staff, patients and visitors to switch off appliances that don't need power (e.g. patients' mobile phones when they have reached full charge).

DID YOU KNOW? Switching off your computer at night and weekends reduces its cost to around £11 a year and saves the equivalent amount of energy required to make more than 30,000 cups of coffee!†

Talk to us! Report any lighting or heating problems to:

Inspired by EDF Energy's schools programme. Find out more at jointhepod.org