



# 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:

Sources: \* www.carbontrust.com/resources/guides/sector-based-advice/healthcare; \*\* https://www.carbontrust.com/media/39216/cv024\_hospitals.pdf; https://www.carbontrust.com/media/39208/cv020\_turner\_and\_higher\_education.pdf

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