We Can Work Together

Individual energy-saving actions can add up to measurable decreases in energy use. Working with other people in your building can make an even larger impact in conservation efforts.

- ☐ **Get More Data**
  Student teams such as Green Campus and Building Sustainability@Cal are available to help investigate your energy consumption through energy surveys.

- ☐ **Work With Your Facility or Building Manager**
  See if they can offer "open houses" to give residents tours of how the building runs.

- ☐ **Set Up a Competition**
  Challenge another residence hall to see who can save the most electricity.

Find more about these ideas and other energy saving information at ***myPower.berkeley.edu***

Purchasing

Laundry

Computers

Thermal Comfort

Lighting

Standby Power

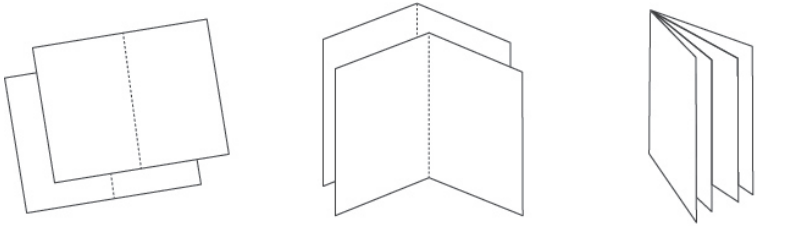
myPower at BERKELEY

SAVING ENERGY *In Your Residence Hall*

Building Upon Environmental Excellence

Tips & Ideas for Energy Conservation

Turn Your PDF Into a Booklet:



1. Print Double Sided
2. Assemble Sheets in Order
3. Fold Into Booklet

Purchasing

Choices you make about the equipment you buy can help you use less energy. For example, choosing Energy Star rated equipment can provide energy savings of up to 65%.[1]

☐ Buy Energy Efficient Equipment

Look for Energy Star equipment when shopping.

☐ Choose a Laptop Instead of Desktop

Laptops can save up to 90% in electricity use compared to desktop models.[2]

☐ Upgrade CRT Monitors to LCDs

Save energy by buying a flat screen monitor for your desktop. An LCD monitor uses about 40% less power than a CRT.[3]

☐ Replace Old Refrigerators

A newer refrigerator uses about half the energy on average as one from 1990.[4]

Now Recruiting Power Agents!

Power Agents are UC Berkeley volunteers committed to engaging the campus community in actions that reduce energy use in buildings.

Interested in becoming a Power Agent? Let us know by writing to ***mypower@berkeley.edu*** or visit ***mypower.berkeley.edu*** for more information.

1. www.energystar.org 2. Flex Your Power, "Office Equipment Tips," www.fypower.org/res/tools/energy_tips_results.html?tips=office-equipment 3. American Council for an Energy-Efficieny Economy, www.aceee.org/consumer/refrigeration
4. Cornell University, "Computer Usage Energy Facts," computing.fs.cornell.edu/Sustainable/fsit_facts.cfm

Standby Power

Standby power, sometimes called vampire energy or phantom power, is the energy used by some electronics that are turned off but still plugged into an outlet. This energy use is significant: it accounts for more than 100 billion kilowatt hours of annual U.S. electricity consumption and more than $10 billion in annual energy costs.[12] Here are some ways to combat standby power in your residence hall.

☐ Unplug!

Simply unplug items that you don't use very often.

☐ Use a Power Strip

Plug in items like chargers and lamps, make the strip easily accessible, and turn it off when those items aren't being used.

☐ Check Out a Kill-a-Watt

If you want to know how much energy an electronic item is wasting when not in use, borrow a Kill-a-Watt monitor from the Office of Sustainability. Email myPower@berkeley.edu to reserve one today.

Watch a Video About How the Kill-a-Watt Works: youtu.be/1l_mo1jwh8Y

12. Standby Power and Energy Vampires: energystar.gov/index.cfm?c=about.vampires

Lighting

According to the U.S. Department of Energy, 22% of all U.S. energy use goes to lighting.[10] The wrong amount or kind of lighting can cause eyestrain, glare, and headaches. These tips can help you manage light for comfort and energy conservation.

- ☐ **Turn Off Lights When You Don't Need Them**
  Look to eliminate unnecessary lights and use natural lighting when possible.

- ☐ **Use Task Lighting**
  If possible, turn off overhead lights and switch on a desk lamp. With low-wattage task lighting, less ambient light is needed, resulting in energy savings upwards of 40%.[11]

- ☐ **Switch to CFL or LED Light Bulbs**
  CFLs last 6–12 times longer than incandescents and use about 75% less energy. Light-emitting diode (LED) bulbs last even longer than Compact Fluorescent Lights (CFLs) and use a fraction of the energy.[12] Both are available in equivalent light intensity and quality of traditional bulbs.

We Can Work Together

- ☐ **Agree on Lighting Routines in Communal Spaces**
  Work with other residents on a routine for turning lights off when they are not needed, especially in shared spaces like lounges. Post instructions for more complex switches.

10. energystar.gov 11. National Research Council of Canada, "Task Lighting Effects on Preferred Office Lighting & Energy Savings," nrc-cnrc.gc.ca/eng/programs/irc/ie.html 12. energysavers.gov/tips/lighting.cfm

Laundry

Laundry can be a chore, but saving energy while doing it is simple!

- ☐ **Wash Full Loads**
  One full load uses less energy than a bunch of small loads. However, overloading will decrease effectiveness of the machine.

- ☐ **Choose the Cold Water "Bright Colors" Setting**
  Washing with cold water reduces wear and tear on clothing and prevents colors from bleeding. It also uses up to 50% less energy, reducing CO_2 emissions.

- ☐ **Sort Your Clothes**
  Separating towels and heavier cottons from the lighter weight clothes will help your clothes dry faster and more evenly. When possible, hang dry clothes to help maintain the material and save energy!

- ☐ **Clean the Lint After Each Load**
  Clearing lint from the dryer improves the circulation and helps the dryer run more efficiently.[5]

5. Green Campus & RSSP, "End the Cycle: Laundry Efficiency Campaign

Computers

Follow these simple steps to reduce how much energy your computer equipment uses.

☐ **Turn Off:**
- Your monitor when you leave for more than 15 minutes.
- Individual printers when not in use.

☐ **Avoid Screensavers**
Originally used to prevent images from being burned into older monitors, they actually cause newer ones to use more energy by preventing them from going to sleep.

☐ **Reduce Brightness and Bump Up Contrast**
Dropping brightness to the lowest setting can reduce power usage by up to 50% – just make sure that you can still easily read the screen by boosting contrast![7]

☐ **Disable Bluetooth and AirPort**
Save battery power by turning off the wireless Bluetooth and AirPort when not in use and make sure to fully charge and fully discharge your laptop battery once a month.

Did you know?

Berkeley researchers estimate that the internet uses almost 2% of global energy consumption. This includes direct use on computers and smart phones along with the energy required to build and maintain infrastructure like servers, and routers.[8]

☐ **Enable Energy-Saving Features**
Make sure the Energy Star features are turned on. Look in your computer's control panel to activate these settings.

☐ **Keep Vents on Your Computer Clean and Unblocked**
This keeps the fans that cool your machine working more efficiently and can extend the life of your computer.

Thermal Comfort

Saving energy doesn't have to mean sacrificing comfort.

☐ **Use Sunlight Wisely**
Block direct sunlight by closing or tilting blinds to reduce cooling needs during the summer. In colder weather, leave shades and blinds open on sunny days, but close them at night to help reduce heat loss through windows.

☐ **Close Doors and Windows When the Heat or AC is On**
Also check for drafts and air leaks, report problems to your building manager.

☐ **Take Control of Heating**
Turn down the heat when leaving for class and while you're sleeping. If you're not sure how to adjust the heat, ask your RA.

6. Energy Information Administration, 2003 Commercial Buildings Energy Consumption Survey 7. energyefficientcomputing.blogspot.com 8. "Internet accounts for almost 2 percent of the world's total energy consumption," Paras Shah, Daily Californian, October 30, 2011.