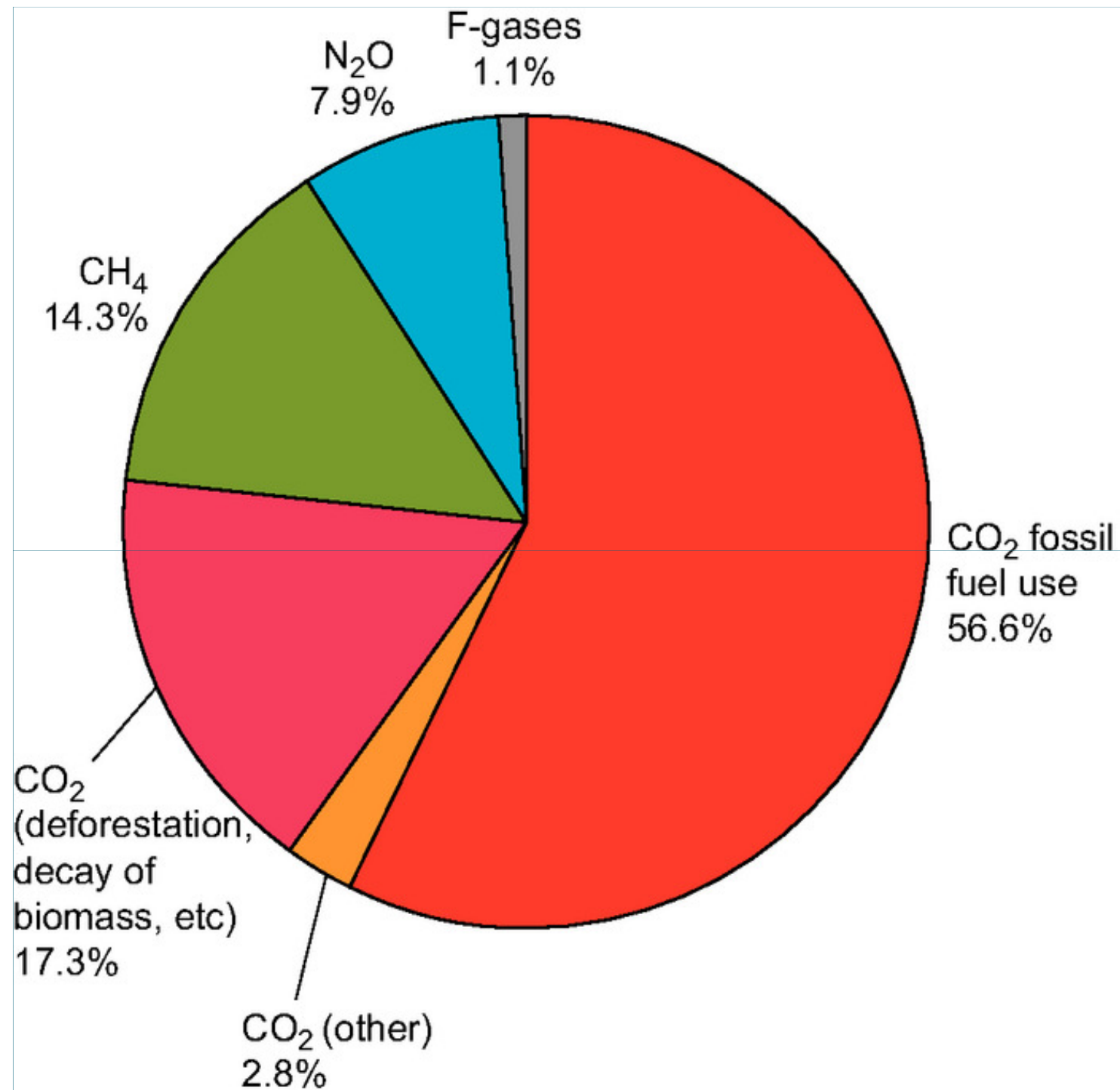


# Low carbon lifestyles

What can we do in our office?

Let's focus  
on CO<sub>2</sub>



Every unit of electricity (kWh) used  
generates **0.82 kg of CO<sub>2</sub>** at the power station



# Switch to CFLs




Replace just one 100W bulb (incandescent lamp) with a 20W Compact Fluorescent Lamp (CFL)  
Reduce annual CO<sub>2</sub> emissions by 84 kg  
Reduce annual electricity bills\* by ` 409



<http://www.flickr.com/photos/mkuram/4577359628/>

If you were to just change  
100 bulbs in your office to  
CFLs

**8400** kg of CO<sub>2</sub> less per year



# Switch off unnecessary lights and fans

Reduce annual CO<sub>2</sub> emissions by 28 kg  
Reduce annual electricity bills by ` 134

per bulb and fan kept on for just an  
extra hour each day

# Replace old desktops with laptops



Per replacement you reduce  
annual CO<sub>2</sub> emissions by 205 to 279 kg  
annual electricity bills by ` 1000 to 1360

# Print responsibly

Reduce printing in each department by just one ream of paper a month  
Reduce annual CO<sub>2</sub> emissions by 87 kg

Just 500 sheets of double sided printing a month  
Reduce annual CO<sub>2</sub> emissions by 87 kg



# Let's Carpool!



## SHARE A CAR

<http://www.flickr.com/photos/naturewise/4947484737/>

Every small car that goes off the road reduces

Annual CO<sub>2</sub> emissions by 1321 kg  
Annual fuel cost by ` 29352

# Get driven to work...in a bus

Reduce annual CO<sub>2</sub> emissions by 1194 kg  
Save ` 29352 if you use the company bus



<http://www.flickr.com/photos/85296574@N00/795107184/>

Switch off ignition at traffic signals and  
when you are in a traffic jam

Reduce annual CO<sub>2</sub> emissions by 48 to 64 kg  
Reduce annual fuel cost by ` 1071 to 1417

# Regularly inflate vehicle tyres

Reduce annual CO<sub>2</sub> emissions by 150 kg  
Reduce annual fuel cost by ` 3344

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