

SAVING ENERGY at the NATION'S CAPITOL



See inside:

**Bring Your Green
To Work**
with ENERGY STAR®



WE HAVE THE
POWER TO SAVE ★★★★★





REDUCE ENERGY WASTE IN YOUR OFFICE

The energy used in the buildings where we live and work accounts for nearly half the nation's energy consumption. Office equipment is the second major user of energy in offices after heating and cooling.

High utility costs are often the result of paying for energy that is wasted by lights, equipment and heating/air-conditioning systems that are left on while not in use. Office buildings can waste up to one-third of the energy they consume.

You can help lessen this energy use by choosing ENERGY STAR® equipment. By taking advantage of energy efficiency features, we can reduce energy costs by more than 50%. Check your equipment's manual to find out how to enable the most effective energy efficiency settings on computers, fax machines, copiers, vending machines and other office equipment.



USE LESS, SAVE MORE.

Enable the
ENERGY STAR
power management
settings on all the
equipment in your office.



DID YOU KNOW?

If you need to purchase a computer, consider a laptop model. Laptop computers use only 15-25 watts when fully on. By purchasing an energy efficient laptop and operating it wisely, you can reduce your energy use by more than half. Use the shortest power management time setting that suits you.

CHOOSE WISELY. USE WISELY.

Computers

- * Computers should enter standby mode or hibernate after 30 minutes of inactivity.
- * On laptops, activate these settings in the AC power profile – not just the DC battery mode.

Monitors

- * In the "On Mode," computer monitors should consume 2 watts or less.
- * In the "Off Mode," computer monitors should consume 1 watt or less.
- * Enable your monitor's power management features and turn it off at night.

Printers and Copiers

- * ENERGY STAR imaging equipment is 25% more efficient, and can power down when not in use, using about half of the electricity of standard models.
- * ENERGY STAR qualified machines print double-sided pages, reducing both copying and paper costs.

Televisions

- * ENERGY STAR qualified TVs use about 30% less energy than standard units.
- * TVs that use the least electricity are smaller LCD TVs, the biggest energy consumers are the 50+ inch plasma sets.
- * Turn the TV off when it's not in use. Turn off the Quick Start option.



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CHARGERS AND ADAPTERS:

Unplug them when equipment is fully charged

COMPUTERS AND MONITORS:

Set power management features and power I.T. down

TASK LIGHTING:

Use CFLs and only light the area you need

POWER STRIP:

Turn off the juice with one flip of the switch

PRINTER/COPIER:

Enable power management features and print both sides

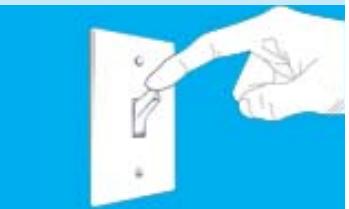
For more information:

<http://capitol.aoc.gov/powertosave/>

<http://www.aoc.gov/powertosave/>



- * Make sure window vents are not obstructed to keep air circulating;
- * Keep blinds open to let the sun's warmth and light in during winter months;
- * Use a mug instead of disposable cups;
- * Follow the AOC recycling program guidelines;
- * Follow the 1 – 2 Rule:
Walk up one flight and down two!
- * Increase the useful life of your monitor: *turn it off!*
- * Only print what you need, and configure office copy machines to print on both sides of pages.
- * Remember to turn off lights when not in use – *turn off the juice!*



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Check out these Web sites for energy efficiency tips, tools, and solutions for public sector office buildings and facilities.

Architect of the Capitol

www.aoc.gov/powerertosave/

Green the Capitol Initiative

<http://cao.house/greenthecapitol/>

Energy Efficiency Tips

www.energysavers.gov/

Federal Energy Management Program

<http://www.eere.energy.gov/femp>

ENERGY STAR® products

<http://www.energystar.gov>

American Council for an Energy Efficient Economy

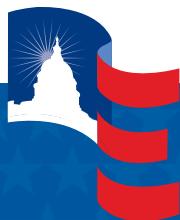
www.aceee.org

Alliance to Save Energy

www.ase.org

U. S. Green Building Council

www.usgbc.org



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