

## Energy - Fact or Fiction

We've all come across different ideas about saving energy.

- **Fluorescent lights use so much power to start up, isn't it best to keep them on all day rather than turning them off when I leave a room?**

No, it's a myth. Start-up electricity use is equivalent to a few seconds of normal running with modern lights. A fluorescent tube uses over 500 times more energy if left on for 15 minutes than the energy needed to restart it. Switch off the lights you don't need and the savings start immediately.

- **Turning up the thermostat to well above the temperature required will help a room heat up faster.**

No, another myth busted! A room will heat up at the same rate, whether the thermostat is set to 20°C or 25°C. If the thermostat is set above the temperature you actually need, after your desired temperature is reached energy will be wasted while the room continues to heat up to the higher temperature.

- **Overheating a building by 1 degree Celsius increases energy consumption by 10%.**

It's a fact. At the University we work hard to get heating levels just right, so that we're all kept just warm enough and we don't waste energy unnecessarily. If you're feeling the heat in your study area or office then turn down radiators if possible or get in touch with the Estates Helpdesk at [estates@hud.ac.uk](mailto:estates@hud.ac.uk) or ext 2550 to get heating levels checked.

- **Turning a computer on and off all the time wears out the machine.**

Wrong. Modern hard drives are not significantly affected by frequent shut-downs, and giving your computer a regular break actually reduces wear and tear inside the base units.

- **I don't need to bother turning off this Whiteboard / AV projector / kitchen light / TV, someone else is bound to need this after me... in any case the campus support officers will be coming round this evening to turn off anything we've missed.**

Why take the risk that something could get left on? Please switch it off, don't just stand by and waste energy... switch it off now and the savings start straight away!

Think green, act green.

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green

  
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