

How to save energy when working from home

The ultimate guide

Let's take action and make small, easy, affordable working from home changes

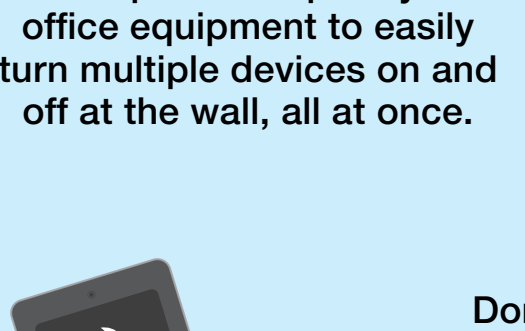
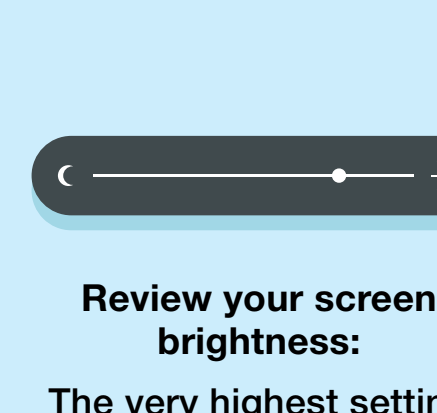


My technology

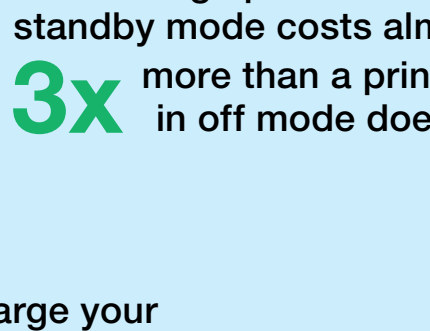
77% less energy to use a laptop than a desktop computer
Energy Saving Trust



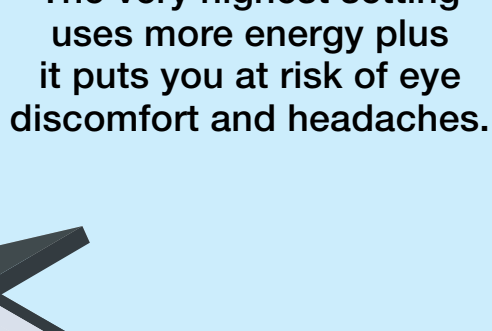
Turn off your computer completely at the end of the day.
Computers still use **10-60%** of power even when on standby. WWF



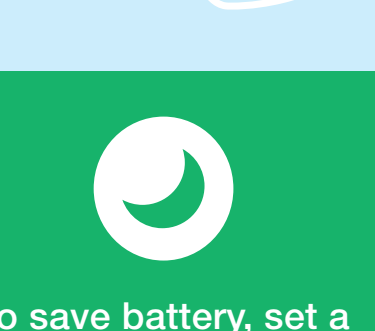
Use a power strip for your office equipment to easily turn multiple devices on and off at the wall, all at once.



An average printer left on standby mode costs almost **3x** more than a printer in off mode does!



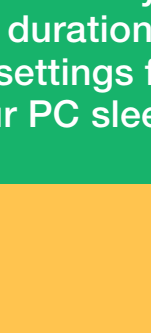
Review your screen brightness:
The very highest setting uses more energy plus it puts you at risk of eye discomfort and headaches.



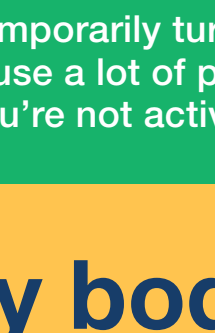
Don't charge your phone all night long! Mobile devices only take approximately 2-4 hours to fully charge. Anything over this is wasted energy.



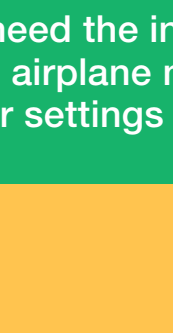
Save up any document printing for office days, not WFH days!



To save battery, set a shorter duration in your system settings for when your PC sleeps.



You can also turn on 'Battery Saver' to temporarily turn off some things that use a lot of power, such as apps you're not actively using.



For the few times you don't need the internet, turn on airplane mode in your settings too!

My body

To keep moving during your working day = win win win

If you get up from your seat frequently, change posture and move around your home, it could:



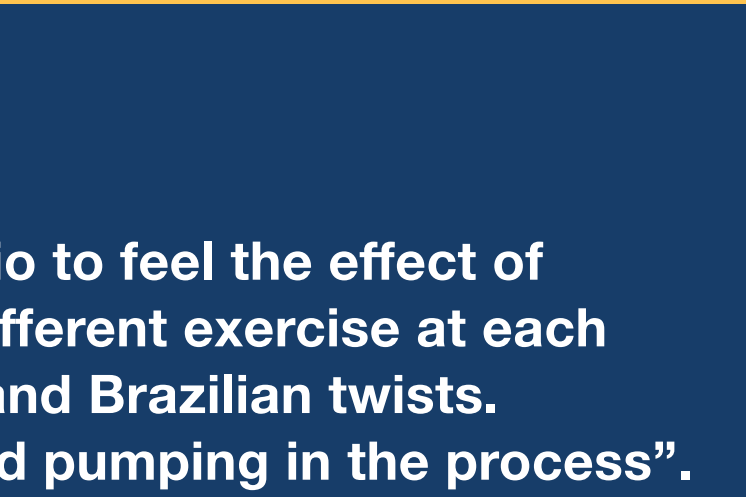
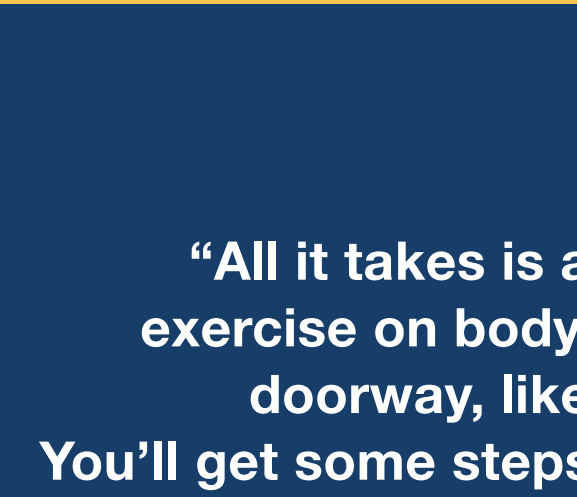
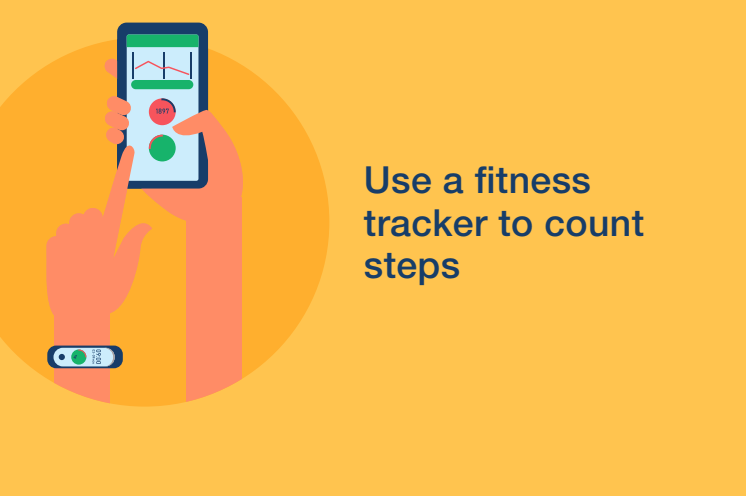
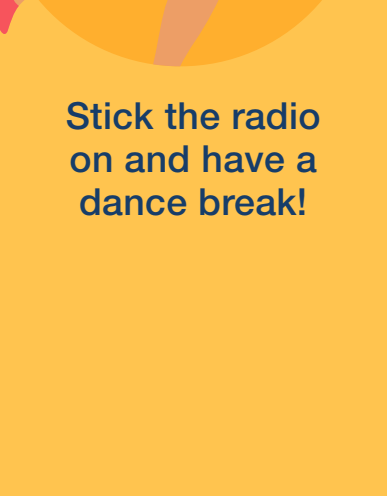
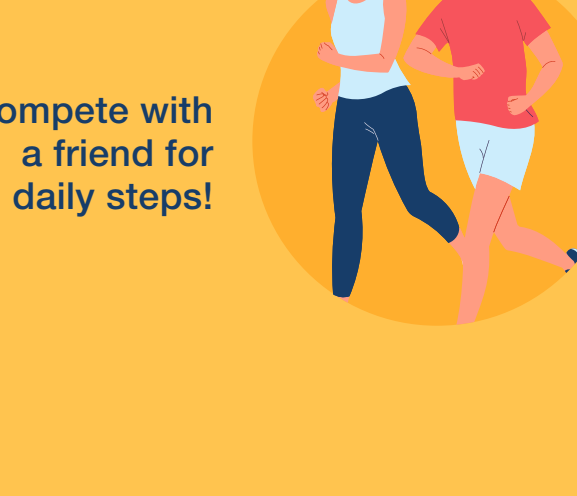
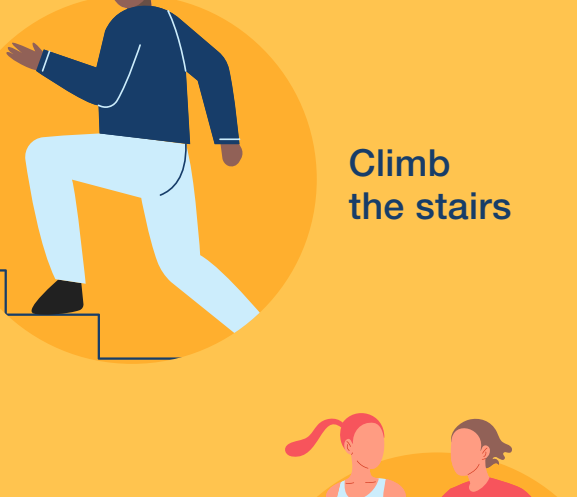
Boost productivity



Reduce how much you feel the cold



Be fantastic for your overall physical and mental health

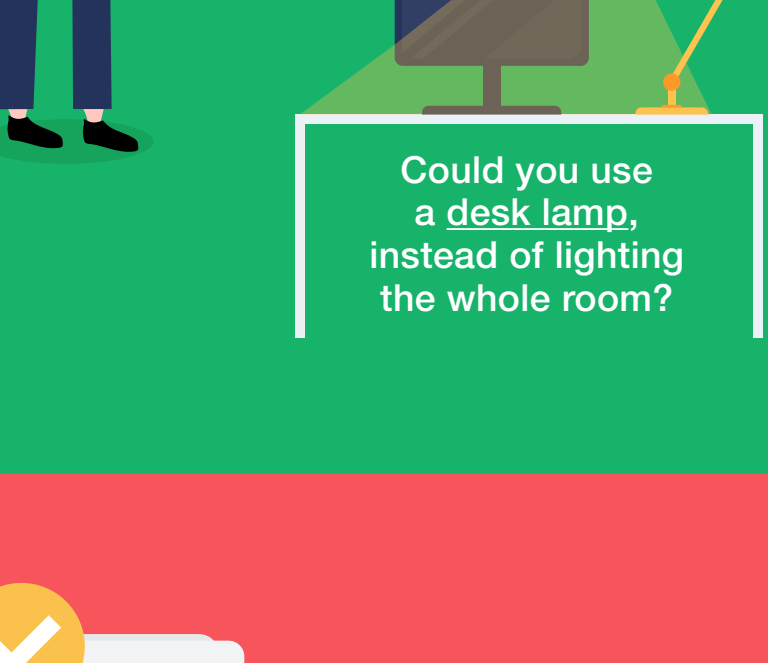


“All it takes is a few minutes of cardio to feel the effect of exercise on body temperature. Do a different exercise at each doorway, like high knees, lunges and Brazilian twists. You'll get some steps in and get your blood pumping in the process”.

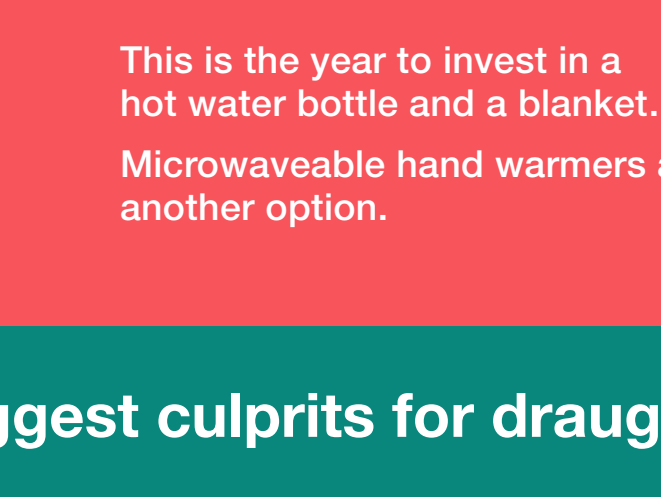
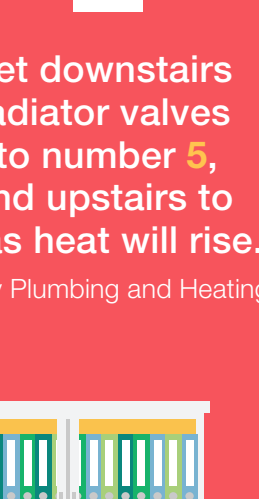
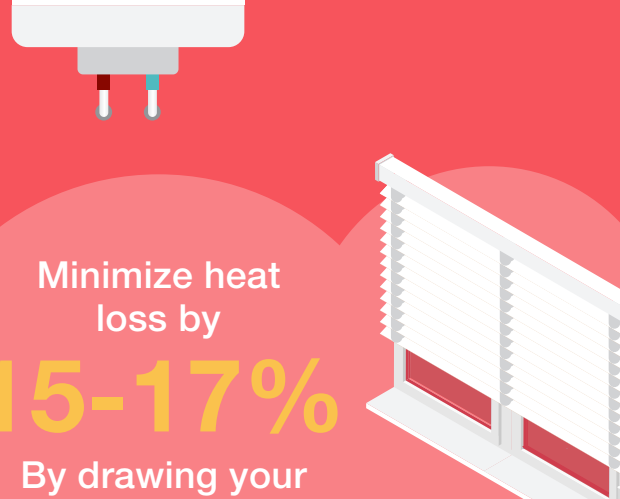
Alain Saint-Dic, personal trainer

My environment

Light



Heat

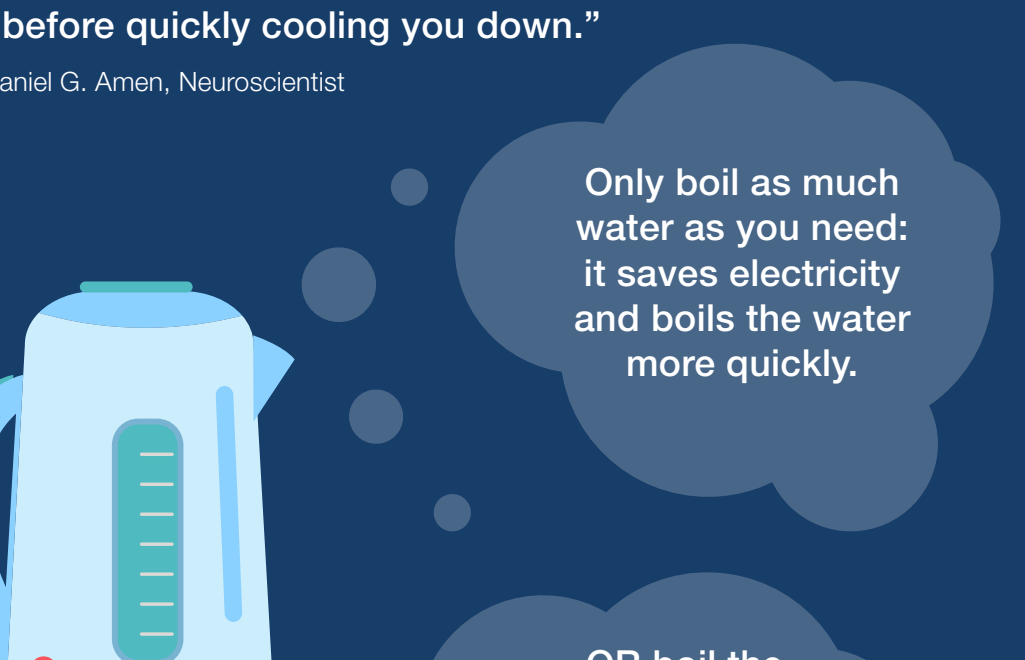
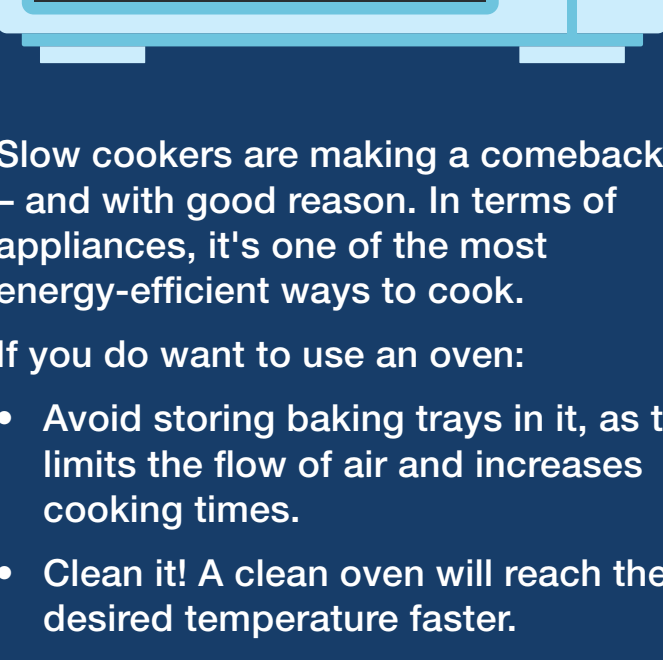
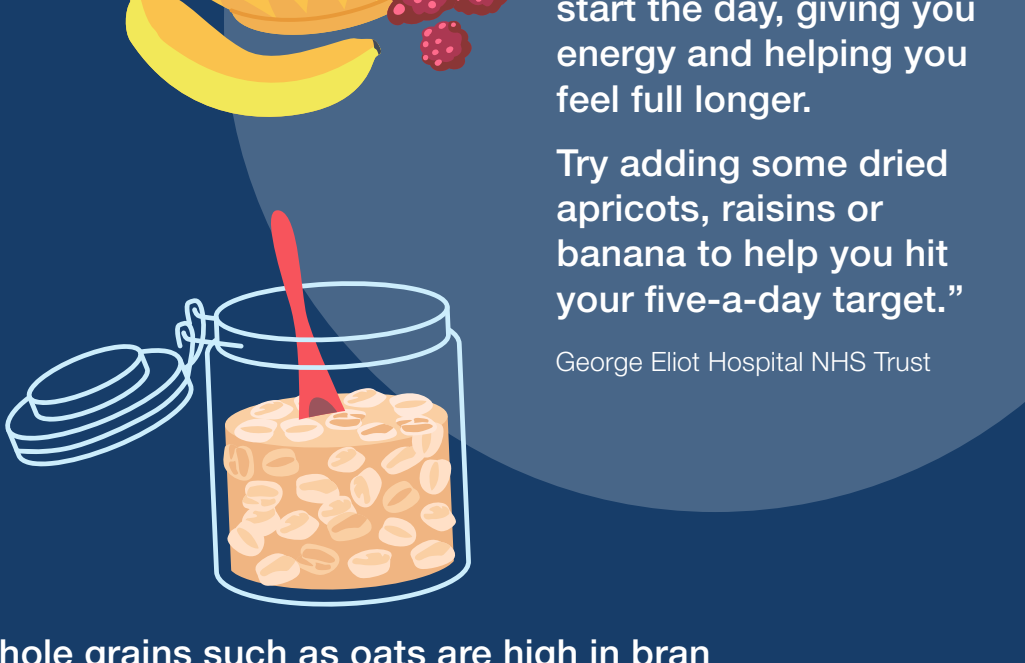


Biggest culprits for draughts



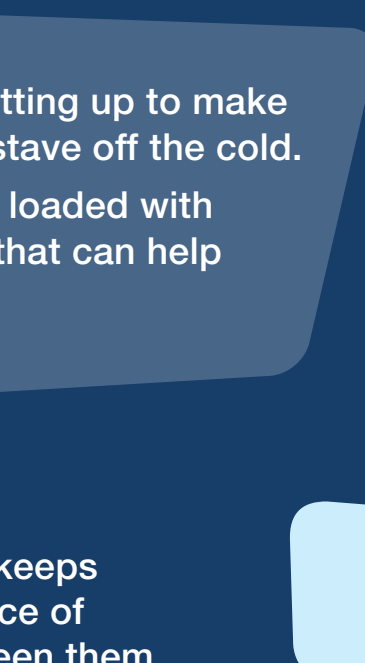
Get a door snake draught excluder, for as little as £10. Seal window and door apertures with weatherstrips - you'll still be able to open them!

My lifestyle



Slow cookers are making a comeback – and with good reason. In terms of appliances, it's one of the most energy-efficient ways to cook.
If you do want to use an oven:

- Avoid storing baking trays in it, as this limits the flow of air and increases cooking times.
- Clean it! A clean oven will reach the desired temperature faster. Emily Seymour, Which sustainability editor



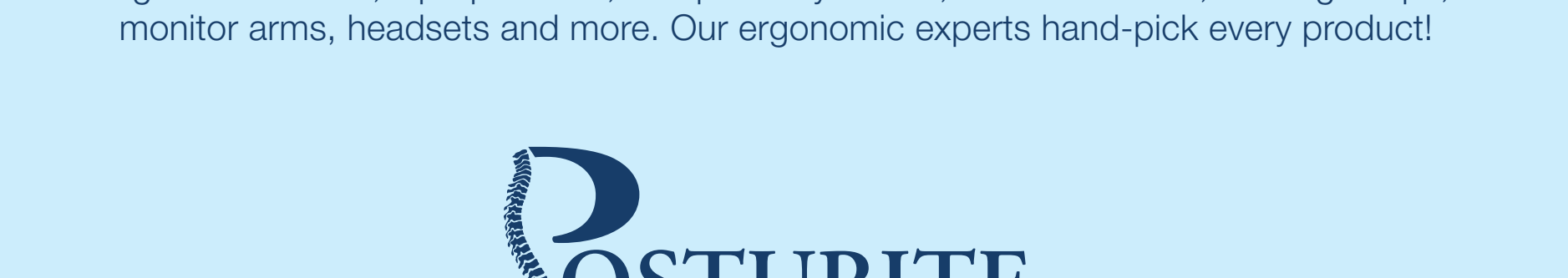
Only boil as much water as you need: it saves electricity and boils the water more quickly.

OR boil the kettle in the morning and keep remaining hot water in a thermos flask – to save the cost of boiling it again.

Regular hot drinks (and getting up to make them!) are a good idea to stave off the cold. Tried ginger tea? Ginger is loaded with antioxidants (compounds that can help prevent stress).



Temperature titbits



Highest mean annual temperature in the UK?
Isles of Scilly: 11.5°C
Fancy moving there right now?

Coldest UK temperature since 1961?
Braemar, Scottish Highlands: -27.2°C in January 1982

Average UK daily temperature in January 2021?
3.3°C

“If you're not very mobile, are 65 or over, or have a health condition such as heart or lung disease, heat your home to at least **18°C**.” NHS

What next?

Explore the ergonomic equipment for homeworkeers in the [posturite.co.uk](https://www.posturite.co.uk) online shop: ergonomic arms, laptop stands, compact keyboards, sit-stand desks, reading lamps, monitor chairs, headsets and more. Our ergonomic experts hand-pick every product!