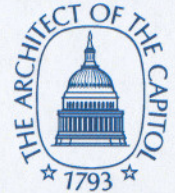


**WHAT YOU CAN DO**  
*use what is needed*  
**NO MORE, NO LESS**

*Produced by*  
**THE ARCHITECT**  
**of the CAPITOL**



**SAVING ENERGY**  
*at the*  
**NATION'S CAPITOL**



## Five Quick Tips to Save Energy and Water

**1. Turn off unnecessary lights.**

**2. Turn off your computer, monitor, and printer when not in use.**



**3. Dress comfortably for the weather.**

**4. Conserve paper, recycle, print and copy only when necessary.**



**5. Turn off faucets. Report any water leaks.**

## For More Information

Energy Saving Solutions  
[www.energysavers.gov/](http://www.energysavers.gov/)

ENERGY STAR buildings and products  
[www.energystar.gov/](http://www.energystar.gov/)

Federal Energy Management Program (FEMP)  
[www.eere.energy.gov/femp/](http://www.eere.energy.gov/femp/)

Association of Energy Engineers  
[www.aeecenter.org](http://www.aeecenter.org)

Water Conservation  
[www.awwa.org/waterwiser/](http://www.awwa.org/waterwiser/)

Architect of the Capitol  
[www.aoc.gov/](http://www.aoc.gov/)

## With Assistance From

National Renewable Energy Laboratory, (NREL)  
A U.S. Department of Energy National Laboratory

Federal Energy Management Program (FEMP)

## Sources

American Council for an Energy-Efficient Economy

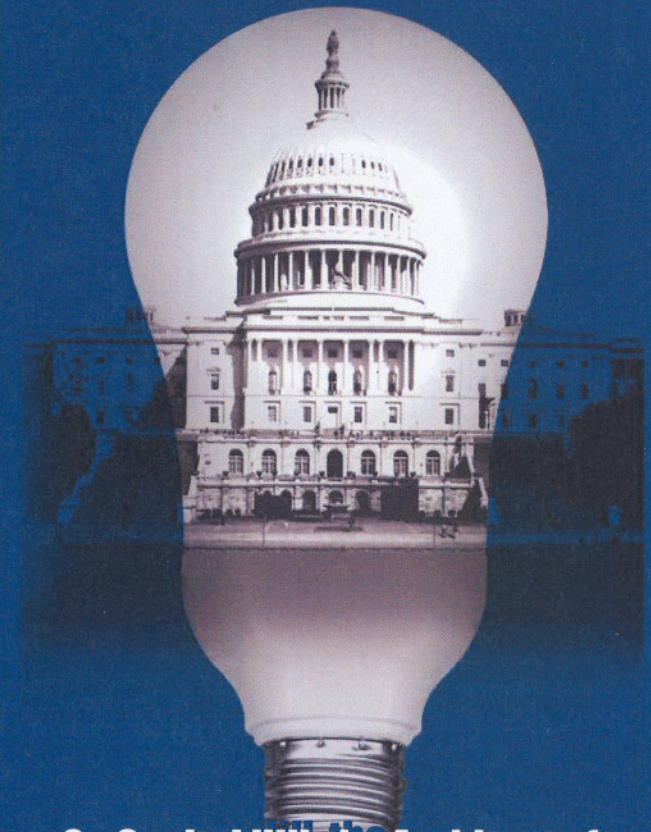
General Services Administration

Lawrence Berkeley National Laboratory

National Renewable Energy Laboratory

U.S. Department of Energy, Office of Energy Efficiency and Renewable Energy

U.S. Environmental Protection Agency



**On Capitol Hill, the Architect of the Capitol is working to reduce energy costs.**

**Here is how you can help conserve natural resources, protect the environment, and ensure energy security.**

# WHAT YOU can do to SAVE ENERGY

# THE ARCHITECT OF THE CAPITOL is saving ENERGY



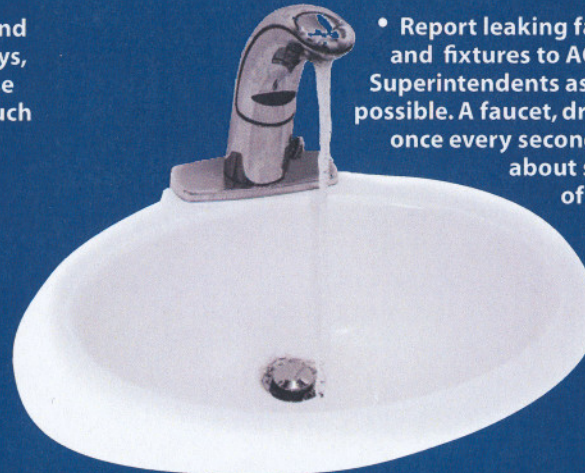
## Energy Saving Tips

- On summer days, close South-facing curtains and blinds to reduce heat from the sun. On winter days, open South-facing curtains and blinds to increase light and heat. These simple steps can save as much as 25% on heating and cooling costs.
- Use natural daylight whenever possible. When artificial light is needed, use energy-saving, high efficiency fluorescent lamps. \*
- Using daylight and installing lighting controls can reduce office lighting costs by 50%. Compact fluorescent lamps use a quarter to a third of the energy of incandescent lamps. \*



- Turn off interior lights, computers, monitors, printers, coffee makers, fans and radios when not in use: over night, on weekends, or any extended time you are away from your desk. Install occupancy sensor light switches. \*
- Shutting down your computer and printer at night and on weekends reduces operational cost by 50%. This could save a quarter million dollars annually on Capitol Hill. And it doesn't hurt the computer.
- Print paper copies only when necessary. Five sheets of recycled paper—the average used per person per hour in most offices—cost as much as what you would pay to run four 75 watt light bulbs for an hour.
- Take public transportation to work, car pool, bicycle, or walk. Join a ride sharing program. The average car pooler saves between \$600 and \$1200 every year in fuel and transportation related costs.

## Water Saving Tips



- Report leaking faucets and fixtures to AOC Superintendents as soon as possible. A faucet, dripping once every second, wastes about six gallons of water a day—more than 2000 gallons yearly.
- Turn on faucets when you are ready to rinse your hands; turn them off completely when done. These water-saving actions help reduce water use and costs by at least 30% in your building. \*
- If your building or facility has a gym with a shower, shower for five minutes or less. Taking a short shower using a regular showerhead consumes about 20 gallons of water; a low-flow showerhead saves more than seven gallons per five-minute shower.
- Only run a dishwasher when it's full. An ENERGY STAR dishwasher can reduce water use and costs by at least 10%.
- Practicing energy and water conservation will help reduce utility bills!

\* Available thru your buildings Superintendent's Office.

## The AOC:

- Has installed modernized, energy efficient lighting and comfort control systems that are saving taxpayers more than \$2.2 million/year!
- Has reduced energy costs through selective gas and electric power purchases.
- Has added Occupancy Sensors that turn off lights when they are not needed.
- Is continually improving facility operations, maintenance and infrastructure.
- Is replacing its obsolete, complex-wide energy management system with a state-of-the-art, interoperable, web-based, building automation system.
- Is auditing the energy consumption of facilities to identify energy saving opportunities.
- Is replacing part of the central chiller plant with new, high-efficiency chillers.
- Is adding new Steam and Chilled Water Meters to all buildings to monitor actual energy use.
- Is installing modern heating /cooling systems.
- Is installing low-flow plumbing fixtures.
- Is replacing old, inefficient windows with air-tight, insulated ones.
- Is upgrading the vertical lift systems, elevators and escalators, with energy efficient equipment.

