

# Bring Your GREEN TO WORK

with ENERGY STAR®



Learn how you can make many of the same green choices at work as you make at home to save energy and fight global warming with help from EPA's ENERGY STAR program.

## 1 Give It a Rest

Use the ENERGY STAR power management settings on your computer and monitor so they go into power save mode when not in use. Also use a power strip as a central "turn off" point when you are using equipment to completely disconnect the power supply.

## 2 Unplug It

Unplug electronics such as cell phones and laptops once they are charged. Adapters plugged into outlets use energy even if they are not charging.

## 3 Light Up Your Work Life

Replace the light bulb in your desk lamp with an ENERGY STAR qualified bulb. It will last up to 10 times longer and use about 75 percent less energy. Turn off the lights when you leave, especially at the end of the day.

## 4 Let It Flow

Keep air vents clear of paper, files, and office supplies. It takes as much as 25 percent more energy to pump air into the workspace if the vents are blocked.

## 5 Team Up

Create a Green Team with your co-workers, help build support for energy efficiency in your workplace, and reduce office waste. Set a goal to make your building an ENERGY STAR qualified building.

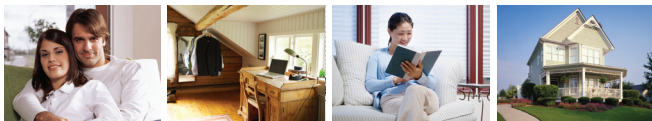
Learn More at [energystar.gov/work](http://energystar.gov/work)

ENERGY STAR® is a U.S. Environmental Protection Agency program helping businesses and individuals fight global warming through superior energy efficiency.



# Live GREEN AT HOME

with ENERGY STAR®



Learn what you can do at home to save energy, save money, and help protect the environment.

## 1 Change a Light

Replace your five most frequently used light fixtures or the bulbs in them with ENERGY STAR qualified lights, and save more than \$65 a year in energy costs. ENERGY STAR qualified bulbs use 75 percent less energy and last up to 10 times longer than incandescent bulbs.

## 2 Get with the Program

The average household spends nearly \$2,000 a year on energy bills—nearly half on heating and cooling. A programmable thermostat, set and used properly, can save about \$180 each year.

## 3 Choose Energy Efficiency

Look for the ENERGY STAR when buying home appliances, electronics, and heating and cooling systems. Ask your local utility company if you qualify for rebates or incentives.

## 4 Seal the Deal

Improve energy efficiency and comfort by finding and sealing air leaks to the outside. You or a licensed contractor can follow ENERGY STAR home sealing recommendations.

## 5 Change the World, Start with ENERGY STAR

Take the ENERGY STAR pledge and learn how small steps can make a big difference in protecting our environment and saving energy.

**Learn More at [energystar.gov/changetheworld](http://energystar.gov/changetheworld)**

For more information  
[www.energystar.gov](http://www.energystar.gov)  
or call **1.888.STAR.YES**  
(1.888.782.7937).



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