IT’S YOUR TURN

AT A GLANCE:
12 EASY-TO-IMPLEMENT TIPS FOR YOUR DAILY ROUTINE

- Put your work PC into sleep mode.
- Unplug devices that are not in use.
- Use/apply for a power strip with a switch.
- Use the microwave as little as possible and not at peak times.
- Unplug all devices at the end of the working day and over the weekend or switch off the power strip.
- Turn off lights if not needed.
- Print only when absolutely necessary.
- Defrost the fridge and especially the freezer compartment regularly.
- Use natural light.
- Get rid of unnecessary appliances altogether!
- Use the thermostat to set the room temperature to 19 degrees.
- Don’t use running and very hot water to wash hands.