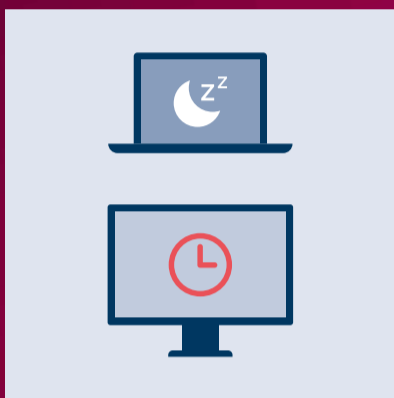
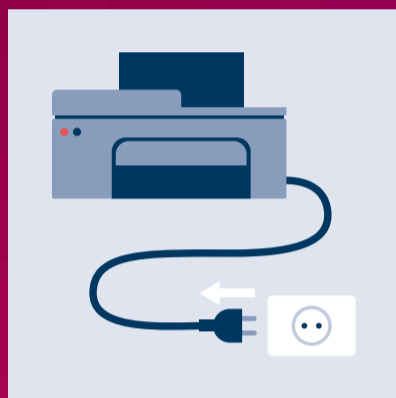


IT'S YOUR TURN

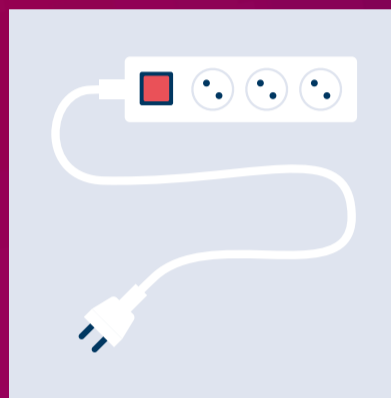
**AT A GLANCE:
12 EASY-TO-IMPLEMENT TIPS FOR YOUR DAILY ROUTINE**



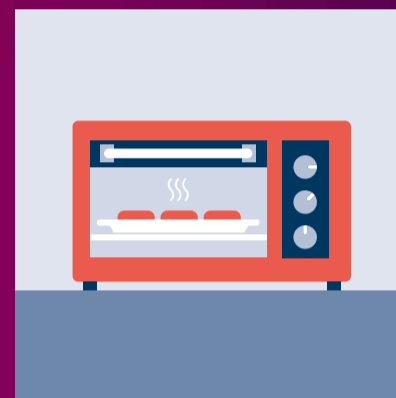
Put your work PC into sleep mode.



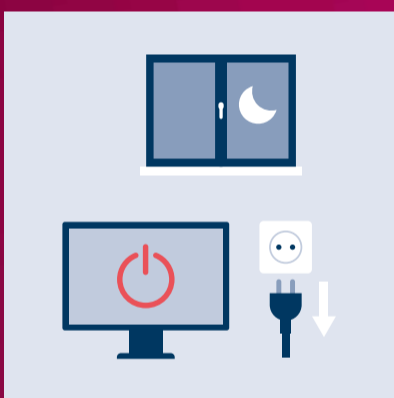
Unplug devices that are not in use.



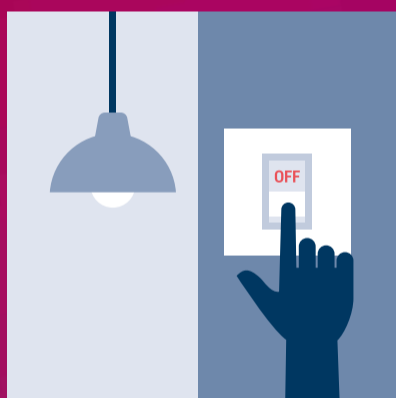
Use/appl. for a power strip with a switch.



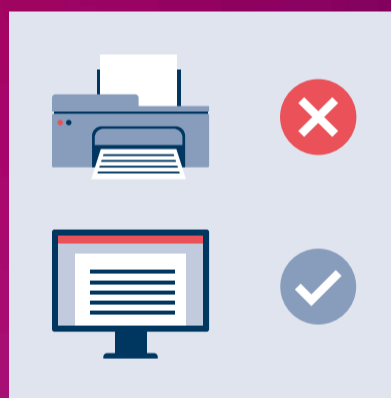
Use the microwave as little as possible and not at peak times.



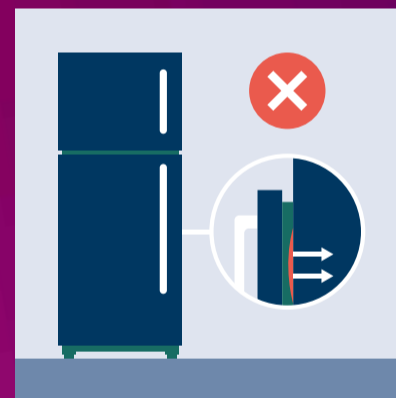
Unplug all devices at the end of the working day and over the week-end or switch off the power strip.



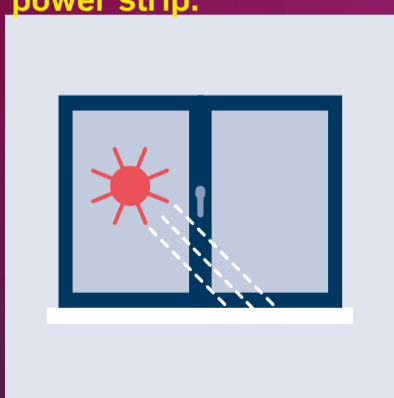
Turn off lights if not needed.



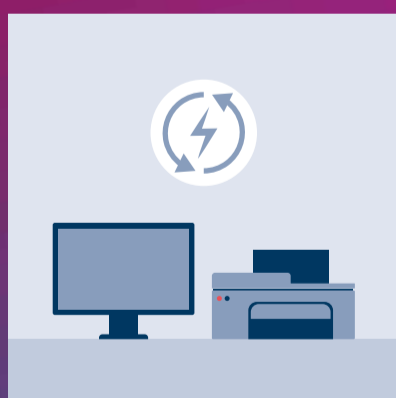
Print only when absolutely necessary.



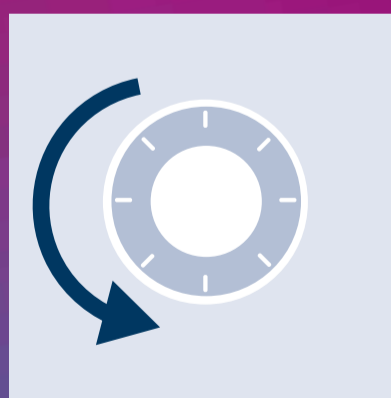
Defrost the fridge and especially the freezer compartment regularly.



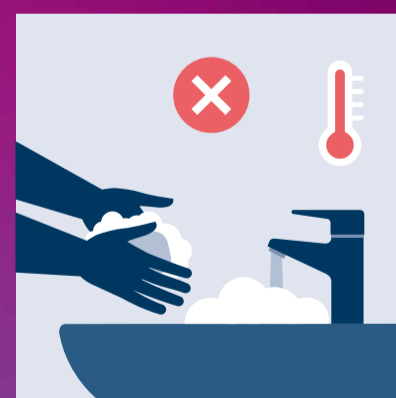
Use natural light.



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.