

TIPS FOR SAVING ENERGY DURING WORK

The following selection of tips shows how you personally can save energy during work and thus contribute to an efficient use of energy at JLU. For more information on saving energy, please visit the website of the Sustainability Office.

HEATING



- Turn the **heating thermostat to level 3** and to level 1 when absent
- **Keep heating elements clear**
- Prefer short **shock ventilation** two or three times per day to tilt ventilation
- **Close the doors** if possible
- **Use shutters** to reduce the loss of heat from older windows

ELECTRICITY



- **Switch off devices and light** if they are not in use
- Collect print jobs and use the **eco-mode**, if possible
- **Efficient use of kitchen equipment:** e.g., run dishwashers in the eco-mode or energy-saving program, regularly defrost the freezers
- Ideally, **share equipment**

MOBILITY



- **Use stairs** instead of elevators if possible
- Use, if possible, the **LandesTicket Hessen**, the **bicycle** or **carpooling** for your way to work
- Question the need of **business travel**, check for **digital alternatives**
- **Rent cargo bikes and e-bikes** at JLU if needed
- Use **voluntary mobile working** and **combine workspaces** if applicable

PC USE



- **Lower the screen brightness**, do not use screen savers
- **Switch off external monitors** after turning off the PC
- **Avoid internet search engines:** e.g., use bookmarks, save contacts, use climate friendly search engines
- **Minimize email attachments**, e.g. by data sharing via winfile or Hessenbox
- **Reduce webcam use** during videoconferences

LABORATORIES



- **Use the manual operating unit** to adjust the room ventilation if available
- **Adjust the cooling capacity** to the use of the laboratory, ideally switch off completely at night
- If possible, **switch off fume hoods** manually if not in use
- **Store chemicals in the designated cabinets** with 24h exhaust air



Thank you very much for your support!