NHS
Property Services

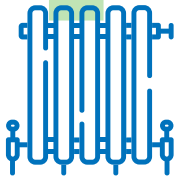
Simple Tips to Save Energy in your Building

Did you know that every kilowatt-hour of electricity you save prevents 1.6 kilograms of carbon dioxide from being released into the atmosphere?

That's equivalent to planting a tree every month!

Here are some top tips to save energy:

1



Keep vents and radiators clear

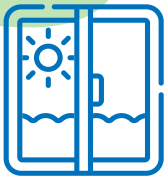
They need space to keep your room warm and ventilated. Move any furniture or curtains that are in the way.

2

Close doors and window

This keeps the heat where you want it: inside in winter and outside in summer.

3



Let the sun in

Open blinds during the day to let in natural light and warmth from the sun. Close them at night to keep the heat inside.

4

Remove unnecessary appliances

Avoid using personal appliances such as mini fridges, kettles, microwaves, portable plug-in heaters and desk fans. Use the shared facilities instead.

5

Wear the right clothes

Stay comfortable in any type of weather by layering your clothes. This way, you won't have to rely on heating or cooling systems.

6

Turn off electronics

Remember to turn off computer monitors and printers when they're not in use. They still use power even in standby mode.

Visit our Energy and Environment webpage for more tips:

property.nhs.uk/greenernhs