

Green Guide

for energy efficient computing.



Personal computers represent one of the largest electrical loads in the workplace. Making small changes in our daily life can have an enormous impact on reducing energy use and the sustaining our environment.

Here's what you can do...

- Turn off your personal computer at night and on weekends.
- Wait until you are ready to use the PC before you turn it on.
- If your computer is going to be inactive for more than 16 minutes, consider turning it off. After 16 minutes, the energy needed to run the computer outweighs the start-up energy.
- A modest amount of turning on and off will not harm the computer or monitor. The life of a monitor is related to the amount of time it is in use, not the number of on and off cycles.
- If you spend a large amount of time at your computer, consider reducing the light level in the room. This may improve CRT (cathode ray tube) screen visibility as well as save energy.
- Most computer equipment now comes with power management features. If your computer has these features, make sure they are activated.
- The best screen saver is no screen saver at all - turn off your monitor when you are not using it. This option is second best only to turning off your computer.