



# EHS NEWS LETTER

Nov' 2019

## ENERGY SAVING TIPS

### 1. LIGHTING

- Turn off the lights when not in use
- Take advantage of daylight by using light- colored, loose-weave curtains on your windows to allow daylight to penetrate the room. Also, decorate with lighter colors that reflect daylight
- De-dust lighting fixtures to maintain illumination
- Use task lighting; instead of brightly lighting an entire room, focus the light where you need it
- Light Emitting Diode (LED) bulbs are four times more energy efficient than incandescent bulbs and provide the same lighting and life is 5 times longer.

### 2. FANS

- Replace conventional regulators with electronic regulators for ceiling fans
- Install exhaust fans at a higher elevation than ceiling fans
- Use 5 Star rated (BLDC Motors) Electric fans. Which reduce power consumption by 25% to 50%.

### 3. ELECTRIC IRON

- Use appropriate regulator position for ironing
- Do not put more water on clothes while ironing
- Do not iron wet clothes

**Use BEE Star Rated Appliances for  
Less Energy Consumption**

# Maximize Day light: Minimize Electric Light

## 4. KITCHEN APPLIANCES

### I. MIXERS

- Avoid dry grinding in your food processors (mixers and grinders) as it takes longer time than liquid grinding

### II. MICROWAVES OVENS

- Consumes 50 % less energy than conventional electric / gas stoves
- Do not bake large food items
- Unless you're baking breads or pastries, you may not even need to preheat

### III. ELECTRIC STOVE

- Turn off electric stoves several minutes before the specified cooking time
- Use flat-bottomed pans that make full contact with the cooking coil

### IV. GAS STOVE

- When cooking on a gas burner, use small and medium flame settings to conserve LPG
- Remember that a blue flame means your gas stove is operating efficiently
- Yellowish flame is an indicator that the burner needs cleaning
- Use pressure cookers as much as possible
- Use lids to cover the pans while cooking
- Bring items taken out of refrigerators (like vegetables, milk etc) to room temperature before placing on the gas stove for heating

**Today's wastage is  
Tomorrow's shortage**

# Save Energy - Save Money - Save the Planet

## 5. ELECTRONIC DEVICES

- Switch off the power when TV and Audio Systems are not in use i.e. idle operation (Switching off with remote) leads to an energy loss of 10 watts/device

## 6. COMPUTERS

- A computer that runs 24 hours a day, for instance, uses - more power than an energy- efficient refrigerator.
- If your computer must be left on, turn off the monitor; this device alone uses more than half the system's energy.
- Setting computers, monitors, and copiers to sleep-mode when not in use helps cut energy costs approximately 40%.
- Battery chargers, such as those for laptops, cell phones and digital cameras, draw power whenever they are plugged in. Pull the plug and save.
- Screen savers save computer screens, not energy. Start-ups and shutdowns do not use any extra energy, nor are they hard on your computer components. In fact, shutting computers down when you are finished using them actually reduces system wear – and saves energy

## 7. REFRIGERATOR

- Regularly defrost, manual-defrost refrigerators and freezers; frost build-up increases the amount of energy needed to keep the motor running.
- Leave enough space between your refrigerator and the walls so that air can easily circulate around the refrigerator
- Don't keep your refrigerator or freezer too cold.
- Make sure your refrigerator door seals are airtight
- Cover liquids and wrap foods stored in the refrigerator. Uncovered foods release moisture and make the compressor work harder.
- Do not open the doors of the refrigerators frequently
- Don't leave the fridge door open for longer than necessary, as cold air will escape.
- Use smaller cabinets for storing frequently used items.
- Avoid putting hot or warm food straight into the fridge

# Turn of Light - When outside is bright

## 8. WASHING MACHINES

- Always wash only with full loads
- Use optimal quantity of water
- Use timer facility to save energy
- Use the correct amount of detergent
- Use hot water only for very dirty clothes
- Always use cold water in the rinse cycle
- Prefer natural drying over electric dryers

## 9. AIR CONDITIONERS

- Prefer air conditioners having automatic temperature cut off
- Keep regulators at "low cool" position
- Operate the ceiling fan in conjunction with your window air conditioner to spread the cooled air more effectively throughout the room and operate the air conditioner at higher temperature
- Seal the doors and windows properly
- Leave enough space between your air conditioner and the walls to allow better air circulation
- A roof garden can reduce the load on Air Conditioner
- Use windows with sun films/curtains
- Set your thermostat as high as comfortably possible in the summer. The less difference between the indoor and outdoor temperatures, the lower will be energy consumption. (Between 230 to 260)
- Don't set your thermostat at a colder setting than normal when you turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling.
- Don't place lamps or TV sets near your air- conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run longer than necessary.
- Plant trees or shrubs to shade air-conditioning units but not to block the airflow. A unit operating in the shade uses as much as 10% less electricity than the same one operating in the sun. Provide shades on outdoor units. You have

**Do the Earth favour, be a Power Saver**

# Energy misused - cannot be Excused

## 10. WATER

- Avoid wasteful use of water by regulated water flow (or, preferably use mug/bucket) while Brushing Teeth & Shaving, Washing hands Washing Floor, Washing Cars & Watering Plants etc.,
- Use Solar Water Heating System instead of electric/gas geysers.
- RECTIFY/Replace leaking taps.
- Use or change to dual flushable tanks for toilets.

## SAVE TREES

### Five Reasons Why We Should Save Trees!

1. Provide Oxygen Vital For Survival
2. Help in Moderating Climate
3. Clean the Air We Breath
- 4 Prevent Flooding, Soil Erosion
5. Prevent Global Warming.

