Take a Load Off - Plug Load, That Is!

Plugging In Can Be Costly

A "plug load" is the energy used by an electronic device or equipment that is plugged into a wall outlet. Plug loads are not heating, ventilation, air conditioning or lighting. Examples include desktop computers, telephones, desktop accessories, and kitchen appliances.

The typical American workstation has five devices plugged in. Many plugged in devices are not essential to job performance.

Behind (or under) every functioning workstation are a lot of plugs. Computers, monitors and printers are the big energy users in offices these days, but there are many other machines throughout your worksite drawing energy and raising costs.

We Can All Be Energy-Savers at Work

For energy reduction, the best rule is to turn off or unplug all devices when not in use, including – computer, monitor, printers, task lights, fans, phone chargers, etc.

Request a power strip to plug all devices into, then you have just one switch to flip.

Brightness has the biggest impact on your monitor's energy use, and it is often set on high. Dim the brightness and save.

Always turn off the light if you are the last to leave your office/worksite.

Switch out the light bulb in your task light to an energy-saving LED bulb. These lights can use as little as 6 – 9 watts.

Minimize printing as much as possible.

Don't forget communal spaces like kitchens and break rooms – electrical devices are often left on there.

Most importantly, get in the habit of thinking about energy.

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