FRIDGE

Do not put warm food in the refrigerator. A lot of energy needs to be used in order to cool it down. Do it beforehand and put it in cold.

Close the refrigerator door quickly. The longer they are opened, the more electricity is needed to return to the desired temperature.

Vigilance is key – if you notice that the refrigerator is in need of defrosting, nofity the appropriate personel. **Refrigerators with build-up frost consume more electricity.**

At home

Household refrigerators account for 28% of electricity use. It is worth taking care of their proper functioning, **setting an appopriate temperature and cleaning them regularly**, e.g., the ventilation grilles.

Defrost the food in the refrigerator compartment (cooler). This makes the process gradual and the frozen food cools down the fridge compartment.

Employees and students use over **765** refrigerators on a daily basis.

KETTLE

Brewing your morning coffee? You want to pour boiling water over tea? Remember that the more water you pour into the kettle, the more electricity is needed to boil it. **Use the amount of water you need** – no more, no less. A 2000W kettle will operate for about 2 minutes to boil half a liter of water, a liter will boil in 3 minutes and 15 seconds. Before making a cup of coffee or tea ask a collegue whether he/she would like take a short break as well.

Sediment and scale not only spoil the kettle's aesthetics, but above all make the device work less effectively and eventually stop working. **Clean it from time to time**. Boil water with spirit vinegar or citric acid, then pour it out and pour clean water.

At home

Did you know a device with less power does not use less electricity at all? A minute of such kettle's operation may indeed be cheaper, but it boils water longer, so you will pay more for electricity. **It is better to buy a kettle with more power**.

COMPUTER SCREEN

Personal computers, laptops, computer monitors or printers need to be **switched off after finishing work**. Laptop users also need to remember about **discontenting the charger from the power supply**. Otherwise it will continue to consume energy.

Ordinary office laptop consumes the most electricity when turned on. If you must leave it for a short while and then wish to quickly return to unfinished work, use **the sleep function**.

Close all programmes and apps you are not currently using. Their background operation increases power consumption.

Some of you may also be surprised by the following suggestion regarding the printers. **Remove the mains plug from the socket**; if not every day then definitely when you go on vacation. Some devices keep consuming energy, even when turned off.

At home

We don't realize that devices in a **stand-by mode** not only consume electricity, but sometimes **consume more than when they are actually turned on**. These include, e.g., cable TV set-top units, external hard drives, amplifiers and subwoofers. If we want to be sure that that a given device does not consume electricity, it is worth buying a power strip with a switch.

At the University we currently use

- over 2200 personal computers
- over 1600 laptops
- over 2000 computer monitors
- over 1300 printers
- over 70 multifunctional devices
- over 50 TVs

LIGHT BULB

The most visible unnecessary energy waster is, of course, the light switched on in an empty room. If you are leaving for more than a few minutes, please remember not to illuminate rooms where no one is present. **Turn off the light**.

At home

It is worth it is worth changing ordinary light bulbs to energy-efficient ones and preferably LED. The LED light bulbs do not contain mercury, the light they generate is less tiring for the eyes and also, consume less power when turned on.