

List of potential Energy Conservation Pledges

1. Pledges to save energy at home

- Turn off space heaters when not in use
- Use LED bulbs and fixtures in your homes.
- Keep your hot water setting around 49°C
- Add weather stripping to doors and windows and always keep them closed.
- Limit your showers to 5 minutes or under.
- Use cold water for laundry and always run a full load instead of partial
- Turn off light switches when you leave a room
- Turn water off when shaving, washing hands, brushing teeth
- Don't leave the water running when washing dishes by hand
- Use the energy wise setting on dishwashers
- Skip the heat-dry setting for the dishwasher
- Turn off and unplug your chargers after charging your phone, laptop and tablets as they use energy even when turned off
- Fix leaky taps as soon as possible
- Hang dry your laundry whenever possible
- Turn off induction countertops and standalone fans when not in use
- Use the smallest appliance possible to do the job, for instance use a toaster-oven instead of a full-size oven
- Use a microwave, crockpot, and toaster oven since they are more energy efficient than larger appliances
- Keep your thermostat at a reasonable level (20-22 degrees) and layer up on sweaters and blankets

2. Pledges to save energy at TRU

- Turn off space heaters when not in use and before going home each day
- If it is too warm in your workspace, call Facilities to adjust the temperature instead of opening a window
- When exiting buildings, make sure doors are fully closed
- Do not use automatic door buttons unless necessary (they let heat and cold out for much longer than if you opened the door by using the handle)
- Ensure windows are always closed
- Close blinds before going home each day
- Use fireplaces ONLY when the building is 85% occupied or more.
- Use 'smart bars'. Unlike regular power bars, smart bars reduce or eliminate standby power.
- Layer up instead of turning it up! Wear a sweater, vest, or scarf instead of using a space heater or turning up the thermostat.

2.1. Save energy leaving for holidays

- Turn off printers/copiers/scanners
- Turn off appliances (heaters, fans, tablets)
- Turn off monitors and computers
- Turn off televisions
- Turn off and lock up tablets
- Turn off laptop carts
- Turn off listening centers
- Turn off PA system
- Turn off and unplug personal space heaters
- Turn off projectors
- Turn off Smart Board
- Turn off all kitchen appliances (microwaves, coffeemakers, etc.)
- Unplug all unused electronics

- Brush/vacuum refrigeration coils

2.2. Save energy in labs

- Turn off lights when rooms are not in use or when natural light is plentiful
- Keep laboratory doors and windows shut
- Turn off fume hoods when not in use and no items are stored inside
- Clean the door and lid seals and replace deteriorating seals; defrost freezers regularly
- Wait until there is a full load to run the autoclave
- Use a smaller autoclave for smaller loads
- Use indicators to minimize autoclave reruns
- Turn off non-essential lab equipment
- Turn off biological safety cabinet when not in use and make sure no items are stored inside
- Eliminate old and low priority lab samples in fridges and freezers
- Consolidate samples where appropriate to turn off and unplug fridges or freezers not in use
- Create and follow a preventative maintenance plan to ensure equipment is running efficiently