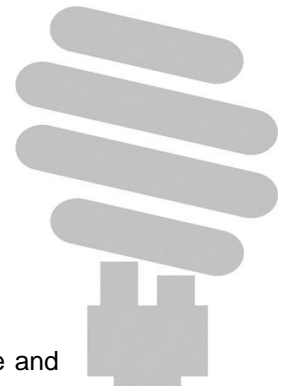




# Energy Conservation & Efficiency Tips

## Plug Load

Plug load can account for as much up to 15% of total electricity use in residential consumption and up to 20% of commercial consumption. Here are a few ideas for reducing our electricity use at work and home:



### SHUT IT DOWN & UNPLUG

1. The best way to conserve is to eliminate need: shut down computers at home and work to eliminate energy use while on screen saver or sleep mode. A desktop PC can use as much as 45% of electricity when in 'sleep' mode
2. Unplug charging devices for smartphones and laptops
3. Unplug unnecessary digital clocks and alarms if not in daily use. Clocks are especially energy draining as they require constant power
4. Plug devices into power bar with a "smart strip" or timer
  - Power bars with built-in timers or with auto-shutoff allows users to control power availability
  - Try to group appliances that you use together into the same Smart Strip power bar, it will make shutting off electronics commonly used together an easier task

### CHOOSE EFFICIENCY

Choosing to purchase energy efficient appliances for your office or home can make a big difference.

An ENERGY STAR® certified product is typically in the top 15 to 30 percent of its class for energy performance. Take advantage of SaveOnEnergy online coupons to save on ENERGY STAR® labeled home and office fixtures, such as power bars with built-in timers or with auto-shutoff. Visit: [saveonenergy.ca](http://saveonenergy.ca)

### MORE INFORMATION

- Phone: 416.364.0758
- Email: [sfc-sustainability@quadreal.com](mailto:sfc-sustainability@quadreal.com)

Did you know that **PHANTOM POWER** could account for **10%** of your home's energy consumption!

**Save money by reducing your phantom power.**  
Start by plugging your electronics into an integrated timer power bar.

The diagram shows four icons: a TV, a microwave, phone chargers, and a computer. A green line connects these icons to a power strip on the right. The power strip has a power button and a power cord. An arrow points from the power strip back to the icons, indicating the flow of power.