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Energy Saving Tips



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TIP OF THE WEEK

LIGHTING 2.

Lighting – once more

- **Let the sunshine in**, open the curtains during the daytime.
- **Use a desk lamp instead of an overhead light** if you are working alone in your office room and the overall illumination of the room is satisfactory.
- Use LED lights for your office's daylight, motion or occupancy sensors.
- Look for the **EU Ecolabel** or **ENERGY STAR** label.
- ... and **let the maintenance manager know** about all these possibilities and your needs related to lighting.

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Lighting – once more

The 4th energy saving tip already contains the general principles related to saving on lighting. Refresh your memory by reading it [here](#). /insert link to your 4th tip if it's available online/ As winter is approaching and daylight hours get shorter and shorter, it is useful to again revise the most important saving tips and see them in more detail, as well as get to hear about some new ones.

- **Let the sunshine in!** The scarcer it gets, the more valuable it becomes, so open the curtains during the daytime. Don't forget, besides providing natural light it might give you some warmth too. One more reason to prefer natural light: daylit environments increase productivity and comfort, and provide the mental and visual stimulation necessary to regulate our biological clock properly.

If you need to use artificial light because the room is not bright enough on its own, **make sure you choose the right colour temperature.** Colour temperature has a spectrum from warm white through neutral white to harsh blue-white, and highly affects well-being. This information is usually written on the packaging of the bulb, given in K (degree Kelvin). Warm white is around 3000 K. Also, there are some "full spectrum" or "daylight spectrum" fluorescent lights that have a close to natural colour temperature.



- **Use a desk lamp instead of an overhead light** if you are working alone in your office room – and the overall illumination of the room is satisfactory –, not only because it is more energy efficient, but also because you have different lighting needs for looking at the screen of your computer and reading documents. Too much light at the wrong place or too little light at the right place can both harm the eyes. With desk lamp you can direct the light exactly where you need it the most.
- If you want dimming in your room, then **dimnable LED lights** are for you. They come handy if you want to manually adjust the amount of artificial light to your needs or when you want to use daylight sensors. Either way, you work towards saving energy. Never use a non-dimmable lamp in a dimmable circuit as it may cause damage to the lamp or the circuit!
- **Look for the EU Ecolabel or ENERGY STAR label** on the package of the bulbs too. This label ensures that the bulb you are selecting is certified to save energy.
- **Let the maintenance manager know** about all these possibilities and your needs related to lighting!





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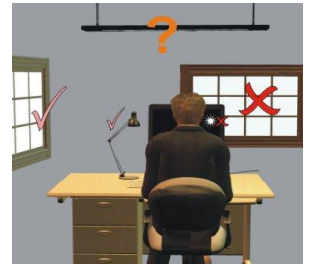
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Top tips for champions

To be able to make the best use of the now efficient lighting around you, **make sure that there is no disturbing reflection, glare or shadow in your field of vision.** Therefore it is best to place your screen perpendicular to the window and put your desk lamp between the window and your work station. Avoid using very bright spotlights, though a lamp with movable luminaire head is generally advisable.



Did you know?

There is much debate whether frequently switching the lights off and back on is good or bad when it comes to energy saving... Some people advise to always switch off the light when you leave the room, while others argue that it takes more energy to switch it back on than what we can save by switching it off for a few minutes, and/ or switching lights off every now and then decreases the bulbs' lifespan.

So let's see: CFLs (compact fluorescent lamps, which use the same technology as the fluorescent tubes in strip lighting) indeed require a small amount of extra electricity to light-up, but it only equals to a few seconds of normal light operation. As regards **LED and halogen lights** the higher inrush current is even less significant, so they **can be freely switched on and off, so can be well used in occupancy or motion sensors, too.** (Also please note, LED lights are much more energy efficient than halogen lights.)

The other claim, namely that frequent switching on and off decreases the bulb's lifespan is more tricky, meaning that it has more truth in it, but again, only in case of fluorescent lights, so LED and halogen (as well as incandescent) bulbs remain unaffected. Still, **as a rule-of-thumb it can be advised for CFLs that if you will be out of a room for more than 15 minutes, then turn them off.** EU Ecolabel or ENERGY STAR rated bulbs are required to endure frequent switching better!

Further reading and ideas:

See more information on lighting at Level 2 of the Green Clicks Tool. [add link](#)

[When to turn off your lights?](#)

[Best practices for office lighting design](#)

Source(s):

<http://energy.gov/energysaver/when-turn-your-lights>

<http://www.thisismoney.co.uk/money/experts/article-2061307/Can-really-save-money-switching-lights.html#ixzz4K7zvzWNP>

<http://www.integral-led.com/education/dimmable-and-non-dimmable-led-lamps>

