### Guyana Energy Angency My Green Life

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### CREATING A GREEN ROUTINE:

1. Turn off your alarm and start your day. Leaving your alarm on snooze uses more energy.

2. Go for a morning walk/ run. Exercise improves your physical and mental energy.

3. Take a healthy breakfast. Having breakfast can improve your memory and concentration levels and it can also make you happier as it can improve mood and lower stress levels.



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4. Incorporate fresh fruits and vegetables as much as possible in your diet. Wash fruits and vegetables in a bowl of water to avoid leaving taps running while washing.

5. Avoid traffic jams and do not tailgate as this increases the need for breaking and energy consumption.

6. Turn off all lights, computers, televisions, fans and A/C units when not in use.

7. Ensure all air conditioning units are efficient, cost-effective and environmentally sound. An





efficient A/C unit consumes less energy and reduces your carbon footprint.

8. Ensure that all inefficient lights are replaced with energy efficient LEDs since they use less energy, expel less heat and last longer.

9. Unplug battery chargers when the batteries are fully charged or when not in use. Many chargers draw power continuously, even when the device is not plugged into the charger.

10. Make maximum use of fresh air instead of air conditioners.

11. Make maximum use of day light. Use loose-weave curtains to allow in daylight.





12. Use lighter colours for walls and curtains. Install white window shades or mini-blinds to keep out direct sunlight and heat.

13. Close curtains or blinds during the day to reduce the amount of effort your air conditioner expends to keep the room cool.

14. Turn off taps while brushing teeth, shaving or washing. A running tap wastes more than six liters of water a minute.





15. Take shorter showers. Use low-flow shower heads and take lukewarm showers to reduce indoor humidity even further.









16. Consider implementing a <sup>1</sup>grey water system to reuse and conserve water and invest in rainwater harvesting, if feasible.

17. Replace your electric water heater with a solar water heating system to save energy and money over time.

18. Install low-flow toilets to reduce the share of water used in bathrooms.

<sup>1</sup> A greywater system diverts waste water either to an irrigation or a treatment and recycling system.



<mark>19. Consider setting up a kitchen garden. You can use food scraps from your kitchen for composting.</mark>



20. When leaving home, remember to turn-off and unplug all appliances that are not in use, like chargers, appliances that are left on draw power even not in use.



21. When commuting, use a bicycle or walk to reduce energy costs when appropriate. Public transportation and car-pooling also help to reduce our energy cost.



22. Park vehicle in proximity to work and walk. Use windshield shade when parking outdoors or park in cool areas to significantly reduce the heat in your vehicle.

23. Keep out direct sunlight in the office. Ensure window shades or blinds are closed to keep heat out.

24. Ensure you have an ergonomic workstation. An ergonomic workstation is designed to provide great efficiency and comfort in the working environment.

25. Ensure office space is properly sealed when operating air conditioning unit.





26. Take breaks during the working day to improve productivity while reducing stress.

27. Ensure you have a healthy lunch and on time.

28. Encourage the use of occupancy sensors in spaces intermittently occupied (offices, homes, restrooms hallways, classrooms, waiting rooms, etc.). Occupancy sensors save energy, while saving money.





29. Shut down and unplug all computers when not in use. Screensavers do not save energy, instead set computer to sleep or hibernate. 30. When traveling in the afternoon, please remember tip #21.

31. Keep kids active after school, have them do their homework, other educational and physical activities.



32. Be energy smart when using refrigerator, take out all ingredients needed for cooking one time and avoid entering the fridge while still deciding what to get.



33. Replace older refrigerators with inverter type refrigerators. Inverter refrigerator can efficiently work at a low speed and uses minimum amount of energy required for cooling the refrigerator to an optimum level.

34. Ensure pots are covered properly while cooking. Pots/ pans should be fitted to burner size e.g. small pots/pans to small burner. Small pots on large burner results in wasted energy.

35. Try as much to avoid the use of kerosene stoves. Kerosene stoves can produce high levels of pollutants and can significantly contribute to indoor air pollution and ill-health.





36. When using a dishwasher and washing machines, wash only full loads of dishes and clothes with room temperature water.

37. Air dry clothes instead of using the spin cycle or dryer.



38. Ensure all clothes are ironed on one day. Iron clothes that require less heat (silk) first then work up to denims.

39. Take time to relax and practice selfcare. Unplug from electronics and take a walk, watch a sunset, or play a sport. These are all healthy energy saving activities.







40. Get adequate sleep at night. A good night's sleep can improve concentration and productivity and has numerous health benefits.

41. Look for ways to reduce, reuse and recycle waste. Try the following:

i. Use biodegradable food boxes and cups instead of Styrofoam or plastic boxes and cups. ii. Use cloth shopping bags instead of plastic bags.

iii. Avoid using straws and recycle plastic containers.

iv. Walk with refillable water bottles to work and school and opt for metal cutlery instead plastics utensils such as spoons, forks and knives.



42. Find ways that you can live a greener lifestyle from articles and other online resources.







#### DO YOU KNOW HOW MUCH ENERGY IS CONSUMED WHEN USING YOUR APPLIANCE?



onserving on Energy helps to save the environment, while saving you money. Together let's save the environment while saving money!

Electrical energy consumption is measured in kilowatt-hours (kWh) on your utility bill which is determined by how much power, usually rated in Watts (W) or Kilowatts (kW) is needed to operate the appliances and the number of hours you use your appliances. One kilowatt of power is equal to 1,000 watts (W) and one kilowatt hour (kWh) of electricity is equal to 1,000 watts (W) used over one hour. Calculating the energy consumption of an appliance involves five (5) simple steps:

# **GREEN LIFE**

Determine the watts required to power each device used in a day. This information is usually on the packaging or at the back of the appliance.

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Conversion of watts to kilowatts. This is done by diving by 1000 (e.g. 300 watt = 0.3 kilowatts)



Multiply the number of hours the appliance is used in a day by the kilowatts from Step 2.



Determine the kilowatt hours an appliance uses per month by multiplying by 30 days. You can also check the Energy Guide label for yearly electricity use.



Figure out the cost based on the electricity tariff or rate per kilowatt hour.

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#### HOW TO CALCULATE YOUR ENERGY COST

Galculating the energy cost of a specific device on a monthly basis is fairly simple. We need only three numbers to get started: the device's wattage, the number of hours you use it per day and the electricity tariff or rate per kilowatt hour. For instance, let's calculate energy cost of a CFL bulb which has an energy wattage of 15 and is used for 5 hours per day:



Calculating watt-hours per day: Multiply the bulb's wattage by the number of hours used in a day. This will give you the number of watt-hours consumed each day. For instance, we use the 15-watt bulb for five hours per day. By multiplying the wattage (15 watts) by the hours used (5 hours), we find that the bulb is consuming 75 watt-hours per day.



Convert watt-hours to kilowatt hours: Electricity is measured in kilowatthours (kWh) on your bill, not watthours. One kilowatt is equal to 1,000 watts. To calculate how many kWh a device uses, divide the watt-hours



from Step 1 by 1,000. Therefore, you would divide 75 watt-hours by 1,000, resulting in 0.075 kWh of electricity consumed for the CFL bulb.



Usage over a Month: Now multiply the kWh used per day by 30 to find your approximate usage for the month. So, if your daily usage is 0.075 kWh, your monthly usage would be 2.25 kWh of electricity consumed for the CFL bulb.



Month cost: According to local electricity rate, the typical residential consumers pay G\$43.43 per kWh. Multiply your electric rate of G\$43.43) by your monthly usage (2.25 kWh) to find out how much the bulb is costing you to use in a month (GY\$97.72)<sup>2</sup>.



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2 Excludes VAT (Value-Added Tax of 14%)

## The energy consumption of devices in your home. Figures for the first example is already placed in the table.

Desktop Computer	Game Console	LCD/LED TV/ Dis- play	LED Light Bulb	Incandes- cent Bulb	CFL Light Bulb	Appliance
					15	A. Power usage (Watts)
					S	B. Hours used per day
					75	C. Watt-hour usage (A x B)
					0.075	D. kWh usage (C ÷ 1,000) 1000 Watt- hour = 1 kilowatt- hour)
					2.25	E. Monthly Electricity Consumption (KWh) (D x 30 days)
					97.72	F. Electricity Cost per appliance (E x G\$43.43 per kWh)
					ω	G. Quantity or number of appliances
					293.15	H.Monthly Electricity Cost (G\$)

DVR	Printer	Wi-Fi Router	Laptop/ Notebook	Appliance
				A. Power usage (watts)
				B. Hours used per day
				C. Watt-hour usage (A x B)
				D. kWh usage (C ÷ 1,000) 1000 Watt-hour = 1 kilowatt-hour)
				E. Monthly Electricity Consumption (kWh) (D x 30 days)
				F. Electricity Cost per appliance (E x G\$43.43 per kWh)
				G. Quantity or number of appliances
				H.Monthly Electricity Cost (G\$)
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Total	Ceiling Fan	Vacuum	Iron	Toaster	Microwave	Refrigerator	Clothes Washer	Appliance
								A. Power usage (watts)
								B. Hours used per day
								C. Watt-hour usage (A x B)
								D. kWh usage (C ÷ 1,000) 1000 Watt-hour = 1 kilowatt-hour)
								E. Monthly Electricity Consumption (kWh) (D x 30 days)
								F. Electricity Cost per appliance (E x G\$43.43 per kWh)
								G. Quantity or number of appliances
								H.Monthly Electricity Cost (G\$)











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