

GUYANA ENERGY AGENCY

My Green Life



A consolidation of recommendations to live a safe, healthy, efficient and overall Green Life



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.

2





4. Incorporate fresh fruits and vegetables as much as possible in your diet. Wash fruits and vegetables in a bowl of water to avoid wasting water.



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 air conditioning units when not in use.



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



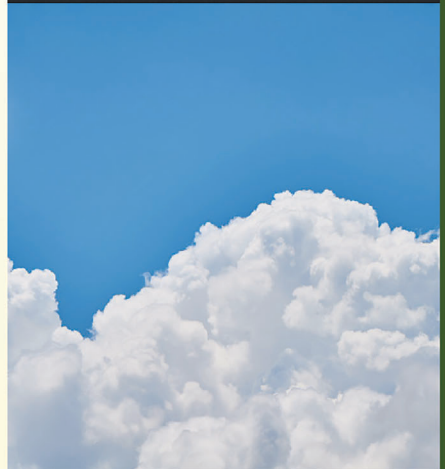
An energy efficient conditioning unit consumes less energy and reduces your carbon footprint.

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 batteries are fully charged or when not in use. Many chargers draw power continuously, even when the device is unplugged.

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

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





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

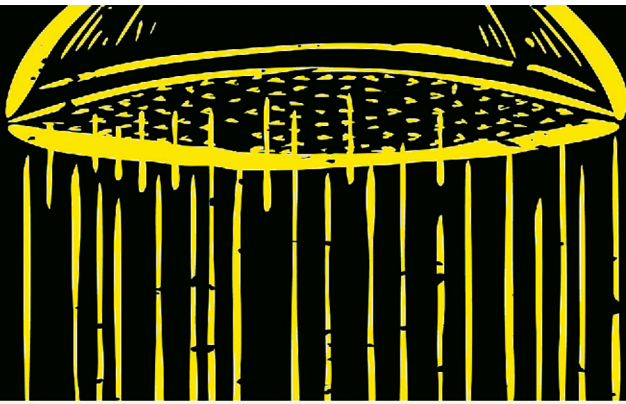
13. When using an air conditioner, close curtains or blinds during the day to reduce the amount of effort your air conditioner expends to keep the room cool.



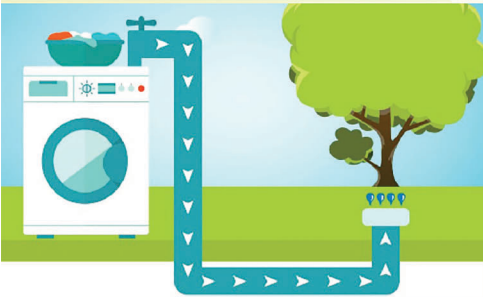
14. Turn off taps while brushing teeth, shaving or washing. A running tap wastes more than six litres of water a minute.



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



16. Consider implementing a grey¹ 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.

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



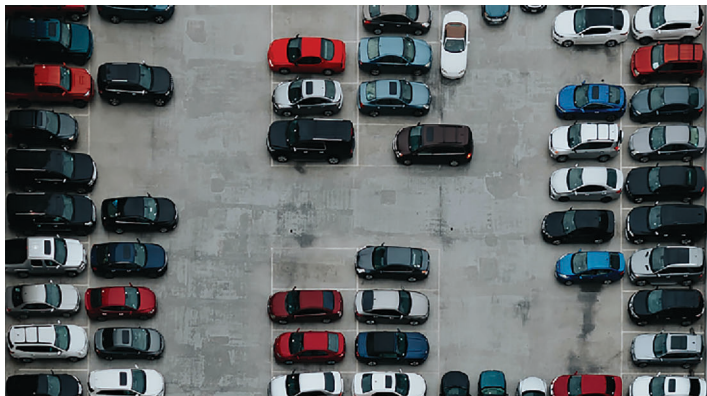
19. Consider setting up a kitchen garden. You can use food scraps from your kitchen for composting.



20. When leaving the home, remember to turn-off and unplug all appliance that are not in use, like chargers, fans, tv, microwave, etc. Appliances that are left on draw power even when not in use.



21. When commuting, if possible use a bicycle or walk to reduce energy costs. Public transportation and car-pooling also help to reduce your energy cost.



22. Park your vehicle in close proximity to work. Use a car windshield sunshades 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 units.



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



27. Ensure you have a healthy lunch 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, and other educational and physical activities.



32. Be energy smart when using refrigerator, take out all ingredients needed for cooking at once to avoid re-entering the refrigerator.



33. Replace old refrigerators with inverter type refrigerators. An inverter type refrigerator efficiently works at a lower speed and uses minimum amounts of energy for cooling 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 burners result in wasted energy.

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



36. When using dishwashers 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 self-care. 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.

ii. Use cloth shopping bags instead of plastic bags.



iii. Avoid using plastic straws and recycle plastic containers.



iv Walk with refillable water bottles to work and school and choose metal cutlery instead of plastics utensils.



42. Read articles and other online resources that promote a greener lifestyle.





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



Conserving 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-hour (kWh) on your utility bill, which is determined by how much power (usually rated in watt (W) or kilowatt (kW)) is needed to operate an appliance and the number of hours the appliance was in use. 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

1

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.

2

Convert watts to kilowatts. This is done by dividing by 1000 (e.g. 300 watts = 0.3 kilowatts)



3

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



4

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.

5

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

HOW TO CALCULATE YOUR ENERGY COST

Calculating 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:

Step One



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.

Step Two



Convert Watt-hours to kilowatt hours: Electricity is measured in kilowatt hours (kWh) on your bill, not watt-hours. One kilowatt-hour is equal to 1000 watt-hours. To calculate how many kWh a device uses, divide the watt-hours.

Step Two



continued

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.

Step Three



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.







Step Four















Month cost: According to local electricity rate, the typical residential consumer pays 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).



You can complete the table below to determine the energy consumption of devices in your home. Figures for the first example are already placed in the table

Appliance	A. Power used (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\$)(F x G)
 CFL Light Bulb	15	5	75	0.075	2.25	97.72	3	293.15
 Incandescent Bulb								
 LED Light Bulb								
 LCD/LED TV/ Dis-play								
 Game Console								
 Desktop Computer								

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\$) (F x G)
Laptop/ Notebook 								
Wi-Fi Router ()								
Printer 								
DVR 								

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 C\$4.343 per kWh)	G. Quantity or number of appliances	H. Monthly Electricity Cost (g\$) (F x G)
Clothes Washer 								
Refrigerator 								
Coffee Maker 								
Microwave 								
Toaster 								
Iron 								
Vacuum 								
Ceiling Fan 								
Total								



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NOTES



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