

GET IT SUS'D

SIMPLE IDEAS FOR SUSTANABLE LIVING
ON LANCASTER UNIVERSITY CAMPUS

BE MINDFUL



OFF



OFF



OFF



ON

SMART THINKING

Lighting is usually not one of the biggest consumers of electricity in a family home. But in a student flat on campus, its more significant, accounting for about 23% of consumption on average. But a little care in turning things off goes a long way – one flat used over 40% less electricity in shared-area lighting than another.

Most students report that they turn the lights off in their rooms when they go out. But lights often get left on in shared areas – corridors, kitchens and bathrooms. If **bathroom lights** are left on, they can be on for a long time. It means the ventilation fans are running too.



Some people think that corridor lights need to be left on all the time. But they don't. It's fine to turn them off at night. In fact, it might help some of your flatmates get to sleep.

Fridges and freezers can consume rather different amounts of electricity, despite being similar models. To be honest we're not sure why. But it might be worth making sure the door shuts properly each time and that the settings aren't on max.

Ovens, hobs and pans were on or boiling for much longer than needed, either for preheating or after use. Some of these instances were when the residents were busy in their rooms or late at night. Cooking when distracted could be bad news for electricity.

23% HOUSEHOLD ENERGY

A LITTLE CARE COUNTS!

What lights are left on in your flat overnight?

Is there someone in your flat who always turns the lights off?

Do you turn the lights off in the kitchen if no-one is in there?

How long does it take to preheat an oven?

Do you try to do other things when you're cooking? Ever got distracted?

For questions & ideas search: @getitsusd 

Findings from research on campus, 2011-2012.
More: bit.ly/18Kipad