

MARCH...

Turn it off!

Turning off lights that aren't being used is a simple and effective way to save energy. It does not require any equipment and the energy savings can be significant.



Affordability Turning off lights is free, but breaking old lighting habits is a challenge. Turn off your lights when areas are not in use. Habits are contagious. Challenge your co-workers to follow your lead and flip the switch!

Cost savings The moment a light is turned off, it stops using energy, so your savings add up by the minute. Just one 100-watt incandescent light turned off for four hours could save 3.3 cents a day.

Health & comfort Many people find cutting electric light in favour of natural light to be calming. Natural light covers the full light spectrum, which gives it a comfortable colour temperature and tone that is difficult to mimic.

Environmental considerations Since there is no equipment required, there are no environmental impacts from product manufacture, shipping or disposal. Get everyone in your household into the habit.

What you need to know

- Turn off lights whenever a room is unoccupied, even if it's only for a few minutes.
- Try putting reminders next to light switches until you get into the habit.
- Install timers or photocells to control your outdoor lights. Photocells will automatically turn lights on at dusk and off at dawn.
- Turn off lights wherever there is adequate natural light. Make the most of windows, skylights and other natural lighting.