

Air conditioning an office for 1 extra hour a day uses enough energy in a month to power a TV for over a year.

Turn it off overnight and you'll make all the difference.



For more ways to help combat climate change at work visit **www.carbontrust.com**

Typical office floor area = 1500m². Average air conditioning system uses 0.03kW/m². Energy use = 0.03kW/m² x 1500m² x 1 hour x 31 days = 1395kWh. Average television energy use 0.14kW x 24 hours x 365 days = 1226.4kWh. For full calculation see <http://www.carbontrust.com/posters>.

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