

WORLD ENVIRONMENT DAY

5 June 2008

KICK THE HABIT!



We do not inherit the earth
from our ancestors,
we borrow it from our children

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THINGS TO DO AT WORK

- Switch off all computer equipment, appliances and machinery when not in use
- Take the stairs not the lift
- If your workplace is too hot turn the heating down
- If it's too cold in winter get your employer to look at better ways of insulating the building
- Check if lighting is unnecessarily on during the day
- If you are the last one to leave turn things off
- Set up a green travel plan; cycling, public transport, car-sharing and walking. (some employers offer incentives for lower energy ways of travelling)
- Reduce water use through publicity and simple adjustments to taps and toilets
- Apply the three R's recycling is great, but reducing waste and reusing it is even better.

THINGS TO DO AT HOME

- Turn lights off when there is no one in the room
- Close windows when the heating is on
- Have a shower instead of a bath
- Don't leave the tap running while cleaning your teeth
- Use a water saving device in your cistern
- Turn down the heating by one degree
- Use energy saving light bulbs
- Turn off electrical appliances – don't leave them on standby
- Only fill the kettle with as much water as you need
- Wash a full load of clothes and at a low temperature / 30 degrees
- Collect rain water to use on your garden.

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