

Office lights left on  
overnight use enough  
energy in a year to  
heat a home for  
almost 5 months.

Switch them off and you'll  
make all the difference.

For more ways to help combat  
climate change at work visit  
[www.carbontrust.co.uk](http://www.carbontrust.co.uk)



Based on typical small office floor area of 100m<sup>2</sup> using 18 x 70W (6ft T8 fluorescent tubes) x 14 hours x 365 days = 6438.6kWh.  
Average annual energy use to heat a three bed semi-detached home = 16308kWh/12 months x 5 months = 6795kWh. For full  
calculation see <http://www.carbontrust.co.uk/postercalculations>.



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