

Energy Saving Fact Sheet | **Primary Healthcare**

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Mendip Partnership for Energy

Does your building need some care too?

Did you know that in the average doctor's practice an annual energy saving of up to 20% could often be made with little investment? That's a saving of around £2000! This practical fact sheet can help you identify areas where you can save money and energy in your practice. It's a win-win situation, because these changes can actually improve conditions for staff and patients.

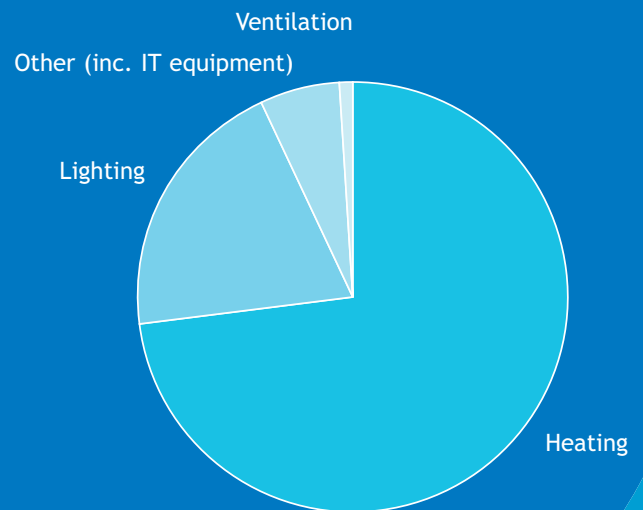
Energy wasting hot spots

Want to know where you can start saving energy? This useful chart gives you a good idea of what to watch out for. The main areas are: heating, lighting, electrical equipment and ventilation. For many more helpful hints simply call the Carbon Trust Energy Helpline.

Fact!

30% of the energy consumed in the UK is wasted. This amounts to thousands of pounds that could be better spent on patient care. Keep it under control and stop contributing to global environmental problems such as climate change.

Breakdown of energy use in the average primary healthcare practice



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Heating

Heating is probably the single largest cost on your fuel bill. So watch out for overheating which wastes money and is unhealthy, promoting microbial growth:

- **Keep control.** Seven-day time controls on your heating system are very effective when they're set to reflect occupation hours. If patterns of work change, the controls can be easily reset.
- **Don't overheat.** You want to keep patients comfortable, but avoid overheating. Bear in mind that every 1°C of overheating will increase your heating bill by 8%. Keep control by adjusting your thermostats and radiator controls.
- **Keep it closed.** When the heating or air conditioning is on, keep windows closed to stop wasting energy and money.

Lighting

Lighting typically accounts for the majority of your electricity bill. To reduce costs follow these simple steps:

- **Daylight is free.** Don't light empty rooms or areas where daylight is sufficient. Good lighting is of course essential for patient diagnosis, but whenever it's not required, switch off! Also encourage staff to turn off lights when leaving a room - this could reduce your lighting costs by up to 15%.
- **Fit energy saving light bulbs.** Replace standard light bulbs with energy saving bulbs, which use up to 75% less energy and last longer. In low-level fittings they have the added advantage of being safer, as they're not as hot as standard bulbs.

Take action!

Start saving energy today

Allocate responsibility to a member of staff who can drive forward energy saving measures, like these:

1. **Find out how much you are spending on energy.** This will give you a base figure to monitor the success of any energy saving measures.
2. **Check heating and air conditioning controls** to ensure they are set at the appropriate temperatures and times.
3. **Prepare a list of good housekeeping measures**, including simple actions such as turning off lights and monitors. These can be put up around the practice to motivate staff.
4. **Compile an energy checklist.** Walk round your practice, and complete a checklist at different times of day (including early mornings and late evenings) to identify where energy savings can be made. An example checklist is available in our **Better Business Guide**.
5. **Start raising awareness today.** We've got plenty of posters and stickers that will motivate your staff to take simple energy saving measures.

Call our helpline today for your FREE Energy Awareness Pack.

Helpline 0800 58 57 94 www.thecarbontrust.co.uk/energy

Electrical equipment

Encourage staff to take responsibility for turning off equipment when it's not in use. It will save energy and money:

- **Turn vending machines off.** Outside hours, turn off vending machines containing non-perishable items. Leaving them on 24 hours a day could cost around £120 a year. A simple plug in seven-day time switch can reduce this cost by £80.
- **Switch monitors off.** PC monitors account for almost two thirds of a computer's energy consumption. If left on when not in use, lots of money and energy are wasted. Count how many computers you have in your practice and the potential savings soon mount up.

Air conditioning/ventilation

Air conditioning can double a practice's energy costs. Here are some points to consider:

- **One at a time.** Avoid simultaneously cooling and heating your practice. You can achieve this by setting the air conditioning to come on only when the temperature reaches 24°C or more, whilst ensuring your heating system switches off when it gets above 19°C.
- **Switch it off.** Check and correct automatic time controls to prevent ventilation operating when not required. For example, in toilets extractor fans can be linked with light operation. Stop unnecessary ventilation by installing presence detectors that control the lights.



Making business sense
of climate change

The Carbon Trust helps businesses and public sector organisations cut their energy costs to combat climate change through the provision of free, professional advice and assistance.

Want to find out more?

Here are some useful energy saving guides available at www.carbontrust.co.uk/energy or by contacting our helpline.

- GIL124 Heating Fact Sheet
- GIL126 Lighting Fact Sheet
- GIL063 Saving energy in primary healthcare buildings.
An introduction for practice managers
- GPG367 Better Business Guide to Energy Saving
- PAC011 Energy Awareness Pack

We've got many more tips that apply specifically to your practice, and will help you save energy and money. So give our helpline a call today.

Helpline 0800 58 57 94 www.thecarbontrust.co.uk/energy

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