OMF W.I.S.E ~ First Friday Facts

Sustainable Computer Use Tips

Switch off your computer and monitor at night!

Many people still believe that turning equipment on and off shortens the lifespan of computers or that it is more efficient to leave computers on overnight. Not true!

In fact, turning off computer equipment at night can decrease yearly energy use by up to 400kwh per computer.

Make sure to always shut down your computer and monitor at night!

Avoid using screen savers!

Screen savers drain energy. Computers use about 90 watts of power when they are on, even if the screen saver is operating. Compare this to a computer in power save/sleep/hibernate mode which uses only a few watts

Screen savers were first created to prevent images being burned into monitors, but this is no longer a concern with today's monitors.

In fact, screen savers use as much energy as surfing the Internet. To truly save energy, set your computer to sleep mode when you are away in meetings. This can decrease electricity use by 80%!

Get instructions on changing your monitor settings to save energy at: www.portlandonline.com/omf ⇒ Employees ⇒ Employee Involvement ⇒ OMF Sustainability (under Friday Fun Facts)

This Friday Fact sheet is brought to you by the OMF "W.I.S.E Guys & Gals": Workplace Innovators for a Sustainable Earth, OMF's new sustainability team. Watch for new tips every first Friday of the month!