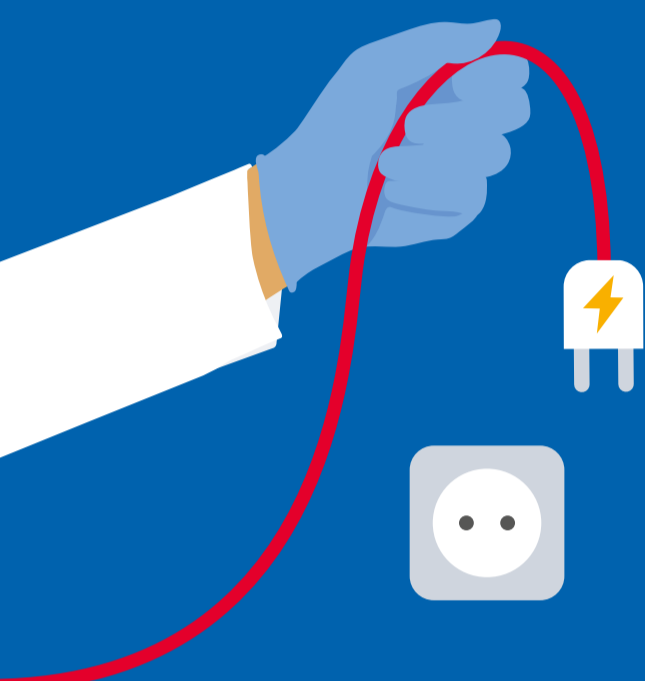


# Energy-Saving Tips for Your Lab: Equipment

## Turn off equipment when not in use

It is a great way to save energy, reduce your impact on the environment and prolong the lifespan of your equipment. Here are some top tips to help you get started:

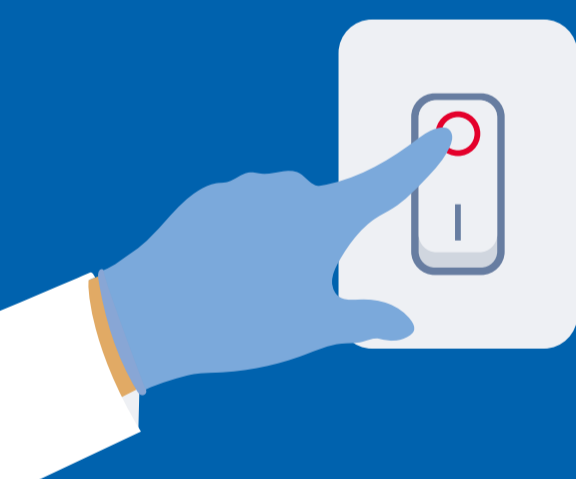
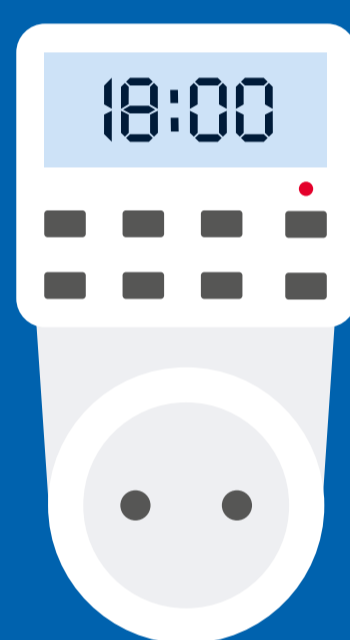


## 1 Reduce plug load

Plug load makes up about 20% of energy consumption in a lab. For US labs, reducing plug load by just 10% is the equivalent of taking around 650,000 cars off the road (1).

## 2 Save up to 50% energy

Use outlet timers to reduce equipment energy consumption by up to 50% (2). Outlet timers can shut down and start up equipment automatically at a set time. Using timers can also reduce fire hazard risk.



## 3 Turn off to save energy

Turning off your chilled centrifuges and ovens is the equivalent of turning off two home refrigerators in terms of energy savings (3).

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## More tips to explore

- Put autoclaves on standby mode when not in use and only run when full
- Encourage others to change their behavior
- Close fume hood sashes when not in use
- Share equipment with other labs and unplug duplicate devices
- Turn off lights at night and on weekends

### Reference:

- 1 Top 9 Actions To Take in the Lab to Improve Energy Efficiency (mygreenlab.org)
- 2 Energy Programs and Rebates - Sustainable Stanford - Stanford University
- 3 Turn Off Equipment (mygreenlab.org)

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