

Change Choices Good, Better, Best

Energy Management



Stepping Up to Sustainability

Stepping Up to Sustainability – how can we live more sustainably and make positive lifestyle choices?

In 2011, WESSA launched the 'Stepping Up to Sustainability' concept. With the support of various partners, USAID and other funders, eleven 'Sustainability Commons' have been established across South Africa.

Each of these 'Sustainability Commons' will practice sustainable living by:

- reducing, sorting and managing waste better,
- installing renewable technologies,
- conserving and teaching about water management, as well as,
- providing experiential courses on biodiversity.

The goal is simple - to put into practice the lifestyle choices we all need to make! These innovative concepts are set to expand as we all 'step up to sustainability' and seek to change our environmental footprints, be that of our homes, schools or places of work, into environmental handprints of practice for a more sustainable future!



Energy

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Some of South Africa's most serious environmental problems are associated with our use of energy. Nuclear and coal-fired power stations for electricity generation, coal combustion in the townships, coal-to-oil processes, petrol and diesel use in vehicles for bulk transport, and over-exploitation of fuelwood resources, all result in serious, long-term environmental damage.

Eskom supplies about 95% of South Africa's electricity and about 45% of Africa's electricity. Early in 2008 regional electricity demand exceeded supply capacity, with the result that South Africa's power exports were curtailed while domestic demand was managed by major cutbacks in industrial use.



Did you know?

You can reduce your electricity bill by 10%, simply by unplugging appliances or switching devices off at the power point.

Did you know?

By reducing our use of fossil fuels, we can reduce air pollution, acid rain and global warming and also reduce our electricity costs.

Did you know?

Germs prefer warmth and winter is a prime time for flu. So if the home is too hot, the germs will spread and multiply more rapidly.

Did you know?

Most of South Africa's electricity comes from fossil fuels – via coal power stations. The power we get from coal causes air pollution, acid rain and global warming.

Good Change Choices Energy



Place signs around buildings to remind everyone to switch off lights. Putting up signs can be very effective in helping to put ideas into action. "Last to leave please switch off" and "Please put on energy saver when done" are two of many signs that can be placed around buildings.



Turn down the geyser thermostat. Geysers can be the biggest users of household energy. Try reducing the setting to 55-60°C – you also won't have to use so much cold water to make it comfortable. Turning geysers off while you are away will also make significant energy, cost and CO₂ emissions savings.



Unplug and switch off all equipment at the wall plugs when appliances are not in use. Appliances left in stand-by mode and plugged-in chargers use power even when seemingly switched off. Unplugging these appliances will reduce monthly power usage.



Conduct an energy audit. Calculate how much electricity is being used on a regular basis, what appliances are using the most electricity, and hence you can determine where the most significant savings can be made.

Did you know?

Projectors use an extremely high power halogen lamp that may consume up to 750watts, yet produces a very dim yellow image.

Did you know?

Using lower wattage globes at closer distances is an effective way to save electricity.

Better Change Choices Energy



Change to energy-saving light bulbs and other energy-saving electrical appliance options. Energy-saving light bulbs use less than 20% of the energy of a conventional light bulb and can last up to 15 times longer. Fitting energy-saving light bulbs helps the environment and should reduce your lighting bills.

Reduce your computer monitor's brightness levels.



Turning down the brightness on your monitor can greatly reduce energy use.



Turn down the central heating or air-conditioner by a few degrees.

Keeping doors closed to trap the heat and turning down the temperature of the thermostat will help save energy. Rooms that are too warm make people feel drowsy.



Install geyser blankets. Insulate and cover the geyser to reduce the escape of heat. This will save on power because the geyser uses less power to maintain its heat.



Write tips for saving energy. Put them in your school, business or club newsletter or ask if they can be read out during school assembly or staff meetings.

Did you know?

The old cathode ray tube monitors use about 3 times more power than the newer LCD (liquid crystal display) monitors.

Did you know?

The average life expectancy for an air conditioning system is 8 to 15 years.

Best Change Choices Energy



Install solar panels or windmills to run some of your electrical equipment. Solar panels can lower your school, home or office's electricity costs and are easily be installed.



Cut fuel use by using lift schemes and public transport. Arranging to share transport will significantly cut CO₂ emissions and fuel costs. Using public transport and even better, walking or cycling will reduce this even further, with the exercise contributing towards healthier lifestyles.



WESSA Share-Net

People
Places and
Publications
for
Environmental Education

For **environmental resources** to support better lifestyle choices, contact WESSA Share-Net, 033-330 3931 ext 2124 or 2144; e-mail us at sharenet@wessa.co.za or visit our website www.wessa.org.za

Main funding agent of the WESSA 'Stepping Up to Sustainability' project.

Practice the lifestyle choices we all have to make!!