

Environmental Health and Safety

August 31, 2018



Energy Vampires

Energy vampires are devices that continue to use power even when they are not in use. These devices can account for 10% or more of your monthly energy bill. While on their own they may not appear to use much energy, but they can add up over time.



Common Energy Vampires

- Computers
- Televisions
- Gaming Consoles
- DVD Players
- Cable and Satellite TV Boxes
- Coffee Makers
- Microwaves
- Surround Sound Systems
- Cell Phones

How To Reduce Accidental Energy Use

- Unplug devices when they are not in use.
- Use power strips and surge protectors to easily turn on and off multiple items.
- Buy energy efficient devices.
- Set your computer to sleep mode.
- Save video games instead of pausing it for long periods of time.
- Charge devices only to full charge.
- Use plug in meters to verify energy use.
- Keep your refrigerator/freezer full.
- Change out lightbulbs.

Resources

[Energy Star: Energy Efficient Appliances](#)

[Energy: Energy Vampires](#)

[PBS: Energy Vampires](#)

Created by R. Benson

**Sustainable is Attainable:
Promote Green Education and Practices**