

...one tip at a time!

We care about the environment and we know you do too. Your office is a great place to make little changes that make a big difference. Here are some ideas to help you do just that. Provided monthly by R.E.A.P.S., we hope they inspire you to create change!

## GREEN TIP #160

August 2023



### Better LIGHT Than Never!



Excessive lighting in offices contributes to high energy consumption, which increases the demand for electricity and puts a strain on natural resources. Traditional lighting fixtures, such as incandescent and fluorescent bulbs, are inefficient and consume more energy than necessary. Energy generation emits greenhouse gases that contribute to climate change. By reducing how long and how often we have the lights turned on, we can decrease the carbon footprint associated with energy production.

So what should you do?

1. **Windows:** It's bright out in August and most of the time here in Prince George, so if you have windows- keep them open and turn off the lights!
2. **Task lighting:** Instead of relying solely on general overhead lighting, try task lighting options such as desk lamps. This allows employees to control lighting based on their specific needs, reducing energy waste from unnecessary illumination!
3. **Energy-efficient lighting solutions:** switch to LED lights which consume significantly less energy, have longer lifespans, and provide better lighting quality. Or motion sensor lighting and timers to only optimize light for necessary reasons!
4. **Practice:** Have it be a usual practice and office culture to turn off lights when not needed!

By adopting these environmentally friendly practices, offices can not only reduce energy consumption, lower costs, and minimize environmental impact but also create healthier and more comfortable workspaces for everybody working!

Do you have any questions or suggestions? Call or email us at [green\\_solutions@reaps.org](mailto:green_solutions@reaps.org)!