Working document no. ANV7	Date (issued/revised): 131024	Page 1 (2)
Document name: Instructions for reduced energy consumption		
Issued by: Sara Parmhed, Environmental Coordinator		
Approved by: Cynthia de Wit, Chair		

Instructions for reduced energy consumption

Stockholm University consumes energy through the use of computers, computer monitors, lighting equipment, fume hoods, heating, etc. This consumption has an impact on the environment.

To reduce the impact of energy consumption on the environment, it is important for the departments (or equivalent) to review their options for conserving energy. While the University can affect the use of electricity, it is much more difficult to introduce our own energy-saving measures in areas such as ventilation, heating, and central lighting. The University is leasing 302,600 square metres of floor space, and energy (electricity and heating) is included in most of the leases.

Energy has indirect impact

The impact of energy consumption on the environment is indirect. This impact occurs during production, such as in the form of emissions of carbon dioxide and other toxic and hazardous substances. If fossil fuels are used in the production, the main environmental impact is in the form of air emissions of carbon dioxide and nitrogen oxides, which lead to acidification, eutrophication, and ground-level ozone.

Measures to reduce energy consumption

Listed below are a number of measures that a department (or equivalent) can take in order to reduce energy consumption. The department (or equivalent) should review which measures can be implemented. These measures will then constitute the department's energy conservation routines.

Measures for the office/common areas:

- Turn off the lights when you leave the room.
- Remove the charger from the wall socket when your mobile phone or other device is fully charged.
- Do not place furniture in front of the radiator, as it will prevent the heat from spreading into the room. This will eliminate the need for an extra heating fan during the colder part of the year.

Measures for office equipment:

- Turn off the computer monitor when you leave the room.
- Make sure the computer is in power-saving mode.
- Turn off the computer at the end of the day.
- Activate the power-saving mode on photocopiers and printers.

Working document no. ANV7	Date (issued/revised): 131024	Page 2 (2)
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- Turn off the photocopiers and printers at the end of the day.

- Use double-sided (duplex) copying and printing. It takes a lot of energy to produce paper.

Measures for IT environments:

- Review the possibility to upgrade in virtual environments instead of a physical server.

- Do not oversize for expansion. Use scalable systems when needed.

Server halls and IT environments are areas with a strong impact on energy consumption. An idle CPU draws as much electricity as several light bulbs.

Measures for procurement:

- Impose requirements on energy-efficient office equipment/computers. Keep in mind that requirements should be imposed on the products in all energy-efficient modes, including hibernation mode.

The University's procurement policy emphasises the importance of purchasing goods and services of the right quality with minimal environmental impact. Keep in mind that the department (or equivalent) plays an important role in affecting the energy consumption of the products that are going to be used.

Computers and Printomats connected to SUA

There are exceptions to the instructions listed in the section "Measures for office equipment" for computers and Printomats connected to the SUA network. Here are clarifying instructions for this type of service:

- Users of computers connected to SUA do not need to change the power settings. These settings are set centrally, based on what is most appropriate for the system vs. energy efficiency.

- Computers connected to SUA should be turned off at the end of the day. IT Services can start a computer connected to SUA for system upgrades and similar maintenance.

- Printomats should not be turned off. This will cause alarm in the systems and other problems. Printomats are set to automatically enter standby mode after a period of inactivity, and they also conserve energy by virtue of being modern and fewer in number than regular printers. They draw less energy per printout than a regular desktop printer.