Members Guide To Sustainable Home Working

LSA
Legal Sustainability Alliance
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Living a more sustainable, carbon neutral life is not only better for the environment, it also saves you money and can improve your health and sense of wellbeing. Here are some simple tips to get you started, but as always we would love to hear your ideas, so please <u>*get in touch with us*</u>*.*

Saving Energy

As autumn draws in, the weather is on the turn. Did you know that turning your heating thermostat down by just 1 degree can lead to an 8% saving on your energy bill and carbon emissions? You could also consider investing in a Nest Thermostat which programmes itself to save energy, learning the temperatures you like and creating a schedule to save electricity. Click <u>here</u> if you're interested.

Turn it off! Working at home all day means your computer is on and using energy. Here are some simple ways to save money and prolong the life of your pc or laptop:

* Turn down the brightness – this saves energy and can help protect against eye strain.[1]
* Turn your computer off when you are finished at the end of the day – not just onto sleep mode: Turning off a computer off that would have been on screen saver mode can save up to £42 a year.[2]
* When you take a break switch your laptop/ pc to sleep mode to save energy
* Don't leave your laptop or mobile phone charging all night – it reduces battery life and means you will need to replace it more frequently.
* Remember to turn off all your appliances, printers, TVs etc when you are not using them, at night or when you are away for a long period of time
* Time for a cuppa? Only one in five are boiling just enough for their hot drink.[3] It is a bit of a cliché but boiling the kettle draws a lot of energy from the grid – try to boil just the amount of water you need for each hot drink rather than filling it half full. It will be quicker and save energy.[4]

Saving Paper and Ink

Printing at home uses ink, paper and energy. If you have to print, try these simple tips:
* Think before you print! Print using draft settings and try to print double sided
* Consider using sustainable ink – where the cartridges have been reused & refilled
* Recycle the paper you have used
* Biodegradable pens made from recycled materials are a much more sustainable choice! You can buy them from pens unlimited <u>here</u>.

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[1] Reducing the brightness of your monitors from 100% to 70% can save up to 20% of the energy that the monitor uses.
[2] On average, a computer left on overnight (8 hours) uses 0.8 kWh of electricity. At an average of 14.37p/kWh, a computer left on each night for a whole year would add £41.96 to your electricity bill
[3] According to SWNS digital, Britain's tea drinkers waste over 70 million litres of water everyday, boiling double the amount of water they need when making a brew.
[4] Boiling a full kettle twice each day for a year takes on average 164kWh of electricity, costing £24 and resulting in 42kg of CO_2. A half-full kettle takes half as much energy, costs half as much and results in half as much impact on the climate!

✴Focus on minimising paper usage - have you thought about a paperless notebook? Rocketbook notebooks can be used endlessly by wiping clean with a damp cloth, and you can send your handwritten notes to cloud services such as Google drive. You can buy them from from their website here.

Saving Water[5]
Domestic water consumption shot up during lockdown – unsurprising! Most offices will have good water saving measures in place with variable flow taps etc. At home it's not always so easy, during lockdown homes were using up to 25% more water in some areas, but you could consider putting a hippo in your cistern to reduce water consumption in your lavatory. Installing a water butt to collect rainwater to use in the garden helps reduce outdoor consumption.

Sustainable Supplies
Lockdown has meant that many of us were forced to shop locally, often finding new suppliers that we didn't use before. Buying locally sourced produce supports local retailers and cuts carbon and waste. If replacing office supplies, have you thought about using products made of bamboo? They are much better for the environment and are just as sturdy.[6]

If you haven't been able to find a supplier for something you need check out the listings in this directory. Looking for a local market? Try this listing service

Sustainable Spaces
Working from home can disrupt our work/life balance so it's important to take regular breaks, get outdoors and get away from the desk and the screen. For those of us lucky enough to have a garden creating nature friendly outdoor spaces can be good for the environment as well as our health. If you are short of inspiration try checking out the RSPB website which has lots of hints and tips on how you can 'give nature a home' in your garden or on your balcony.

You could also try to be an untidy gardener and just leave a patch untended to re-wild, with longer grasses, piles of leaves, a few old sticks/ logs – all perfect habitats for insects. For inspiration on re-wilding visit Knepp Estate where you can see the results of an 18 year re-wilding project complete with White Storks and Purple Emperor butterflies. (Or tune into Planet Pod, the environmental podcasts whose back catalogues include interviews on re-wilding, beekeeping, nature writers, and much more!)

Working from home means we are all using more energy and creating carbon emissions - why not try measuring your own carbon footprint using the WWF free online tool?
If your firm is a member of the LSA Legal Renewables Initiative then you are eligible for a £100 discount on Good Energy as your domestic energy supplier. Check the LSA website for more information or drop Charlotte a line for more information.

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[5] Although water is relatively cheap in the UK (about 1p per litre), it is still precious resource. Producing and treating water results in CO_2. Many natural sources of water and reservoirs have struggled through Sumer 2020 and the pressure on water supplies is likely to get worse.
[6] Here are some on finoak. You might even have some local suppliers, meaning you can avoid postage!