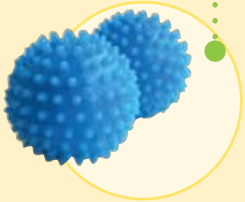


### Dryer balls

Lifts and separates the clothes, so the air circulates more efficiently throughout the dryer reducing drying time by between 15% and 25%. Saving around 10 minutes to 30 minutes on each load of laundry.



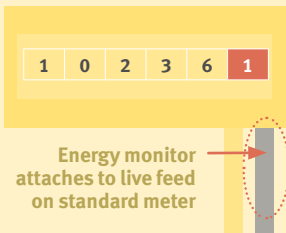
### Energy monitor

Your energy use is manageable by recording your readings and working out your consumption, but the energy monitor takes this one step further, leaving you with no excuse for wasting energy.

### Gas energy saver

The widget fits over the hob of your cooker and will save you around about 12% on your gas energy bills used from cooking.

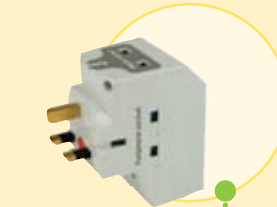
It works by helping to fully burn all unburnt gas resulting in more heat and less wasted gas.



Energy monitor attaches to live feed on standard meter

### Bye bye standby

Cuts power to appliances plugged into this device at the touch of a button, giving you the convenience of standby mode without the cost and can save you up to £38 a year.



### PowerDown

The PowerDown is a unique product which automatically switches off devices, such as printers and scanners, linked to your desktop computer. It helps to protect equipment against voltage spikes and power surges. The PowerDown is only suitable for desktop computers.

### Wind up radios

Will save you 5KWh a year. 30 seconds winding will give you half an hour listening time and no nasty toxic batteries to dispose of.



### Slow cookers

They only use the same amount of electricity as a light bulb and are perfect for transforming cheaper cuts of meat, into tender and tasty dishes.

If you are on a normal tariff it will be about 12p to cook over a 10 hour period.

If you are on Economy 7 then it will cost less than 5p, if you cook overnight!

### An eco kettle

Can save you up to 51kWh a year and uses 30% less energy than a standard kettle.



### Toaster

Did you know you can toast 60 slices of bread in a toaster for 1 unit which is far cheaper than using the electric grill on your cooker.

### Solar lights

Not only do they save you electricity, but are safer and easier to install as they need no wiring. Solar lights come in many shapes and sizes and will light anything from your shed to your pond!



### Microwave oven

Did you know you can cook a jacket potato in the microwave oven in about 10 minutes compared with an hour in the conventional electric oven.

#### How much difference can you make?

Daily Consumption (kWh)	8	10	12	17	20	25
Yearly cost (£)	321	401	475	600	650	760

For a more detailed look at how much electricity you are currently using, be sure to look at the energy table on the reverse flap. You will soon see why you really can't live without Eco gadgets!

## A guide to running costs:

1000 watts on for 1 hour = 1 Unit of electricity

Appliance	Energy Consumption
<b>Freezer's</b>	
Old	2 to 3 units per day
New	1 unit or less per day
American style	2 to 5 units per day
<b>Fridge's</b>	
Old	1 to 2 units per day
New	1 unit or less per day
Washing Machine	1 unit on 40° to 50° wash
Dishwasher	2 to 4 Units per full wash load
Ironing	1 unit per hour approx
Tumble Dryer	2 to 3 units per hour
Electric Fire	1 unit each bar for 1 hour
Halogen Fire	1.2 units per hour for 3 bars
100 watt light bulb	1 unit every 10 hours
Low energy 20w bulb	1 unit every 50 hours
LED 3.5w bulb	1 unit 285 hours
Television	1 unit 4 to 6 hours viewing

## Greening South West Workplaces

The South West Trades Union Congress, supported by the South West Regional Development Agency, is running a project using the reach of trade unions to change the way people work.

- Trade union members can champion environmental issues in the workplace
- The project is training and supporting a network of green reps across the South West
- The project is helping to find practical solutions that reps can bring to the workplace
- Green reps can be the link between staff and management to encourage change through the workforce
- Unions can reach out to new members who feel strongly about the impact on the environment
- Unions can work with employers to improve business performance and reputation

## Greening the workplace makes good sense for everyone.

To get involved in greening your workplace speak to your union environmental or green representative – or contact your union or the TUC to find out more about becoming a rep yourself.

For further information contact the South West TUC.

Tel: 0117 947 0521

Email: [southwest@tuc.org.uk](mailto:southwest@tuc.org.uk)

[www.greenworkplacessouthwest.org.uk](http://www.greenworkplacessouthwest.org.uk)



For free, independent and local energy saving advice call the Energy Saving Trust.

Tel: 0800 512 012

Special thanks to Severn Wye Energy Agency for the use of their information in the production of this leaflet.

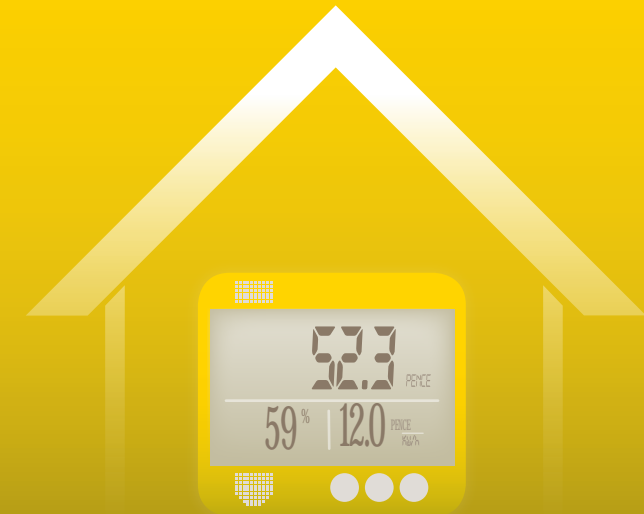
[www.swea.co.uk](http://www.swea.co.uk)

All TUC publications may be made available for dyslexic or visually impaired readers, on request, in an agreed electronic format or in accessible formats such as Braille, audio tape and large print, at no extra cost. Contact the South West TUC on 0117 947 0521.



GREEN UNIONS AT WORK

## Eco gadgets



TUC energy awareness

