

## Why use them

**Lighting offers one of the easiest and most immediate opportunities to install energy saving measures in your home.**

You can change a light bulb at any time, so rather than waiting for tungsten bulbs to fail, change them for energy saving bulbs **now** and keep your old bulbs for emergency spares. You can also choose which lights you use, for example using a table lamp to direct light to where you need it most rather than using a central light fitting with several bulbs.

## Where to use them

### Which rooms?

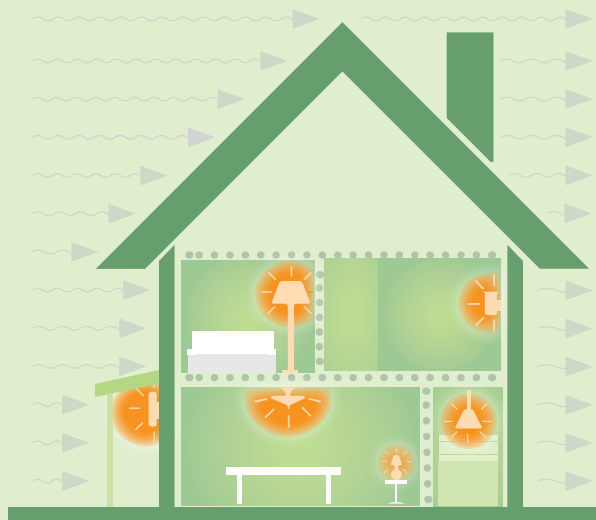
Where the lights are on the most:

- Living room
- Kitchen
- Dining room
- Porch

### Which Fixtures?

Ones that allow air flow:

- Table lamps
- Floor lamps
- Wall lights
- Pendants
- Open ceiling fixtures



## Compact fluorescent light bulbs

**Fluorescent tubes are the original low energy light and the latest compact versions (compact fluorescent lamps or CFLs) are available in a variety of styles and fittings.**

The table below shows how you can reduce your energy consumption by replacing tungsten bulbs with CFLs of equivalent output, but much lower input:

Wattage of tungsten bulb	Wattage of equivalent CFL
40W	7W
60W	11W
100W	20W

### Use with timers

There is no problem with using ordinary CFLs in exterior lighting or with time switches as is sometimes thought. The reason this is sometimes stated on the packaging is that using bulbs with automatic timers usually changes the usage pattern and therefore may render any claims made about lifetime of the bulb inaccurate.

### Use with dimmers

Until recently you had to buy a special dimmer switch to use with CFLs but now there are special dimmable CFLs available that work with standard dimmer switches. There are two types of dimming bulbs available:

- **Stepped dimmers**, which offer four different light outputs from the bulb, typical 100%, 66%, 33% and 5% of the rated light output
- **Smooth dimmers**, which offer continuously smooth dimming from 100% to 10% of the rated light output

Both types are generally compatible with standard dimmer switches but not “touch” dimmer switches. For best performance they should be run on full power for one minute to warm up the bulb before dimming.

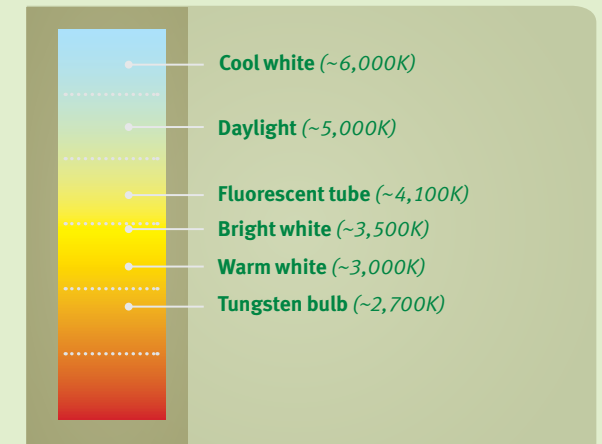
## The colour of light

**Fluorescent light can seem “colder” than light from a traditional tungsten light bulb.**

Modern compact fluorescent lights can be made in various “colour temperatures” and the colour temperature of some bulbs is shown on the packaging.

Colour temperature is measured in Kelvin (K) and this is often qualified by a description such as “warm white” or “cool white”. The lower the Kelvin number, the “warmer” the light, so if you are looking for a direct replacement for a tungsten bulb you would need a “warm white”.

The diagram below shows approximate colour temperatures for various kinds of light.



If every household installed just one energy saving light bulb, the electricity saved in a year could power the Blackpool Illuminations for nearly 900 years and there would be enough carbon dioxide saved to fill the Royal Albert Hall 1,980 times

## Safe disposal

**All fluorescent tubes and bulbs contain a tiny amount of mercury in gas form.**

If the glass is broken this will be released but the amount is so small it will not harm you. If you do break a fluorescent bulb, just sweep up the bits and put them in the bin wrapped in newspaper like you would any glass breakage. Some compact fluorescent bulbs have a silicon coating to keep the bulb in one piece even if the glass breaks.

If a bulb goes and you need to replace it, take it to the household recycling centre where they are collected and sent for safe recycling. If all our fluorescent bulbs go to landfill they will harm the environment eventually.

## 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)

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# Low energy lightbulbs



TUC energy awareness

