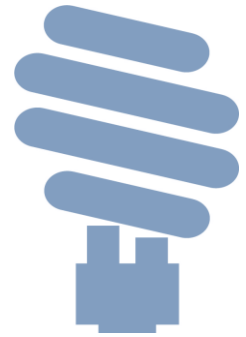


# Plug Load



Plug load can account for as much up as much as 15% of total electricity use in residential consumption<sup>i</sup> and up to 20% of commercial consumption. Here are a few ideas for reducing our electricity use at home and work:

## SHUT IT DOWN & UNPLUG<sup>ii</sup>

1. The best way to conserve is to eliminate need: shut down computers at home and work to eliminate energy use while on screen saver or sleep mode. A desktop PC can use as much as 45% of electricity when in 'sleep' mode<sup>iii</sup>
2. Unplug charging devices for smartphones and laptops
3. Unplug unnecessary digital clocks and alarms if not in daily use. Clocks are especially energy draining as they require constant power<sup>iv</sup>
4. Plug devices into power bar with a "smart strip" or timer
  - Power bars with built-in timers or with auto-shutoff allows users to control power availability
  - Try to group appliances that you use together into the same Smart Strip power bar, it will make shutting off electronics commonly used together an easier task

## CHOOSE EFFICIENCY

Choosing to purchase energy efficient appliances for your office or home can make a big difference.

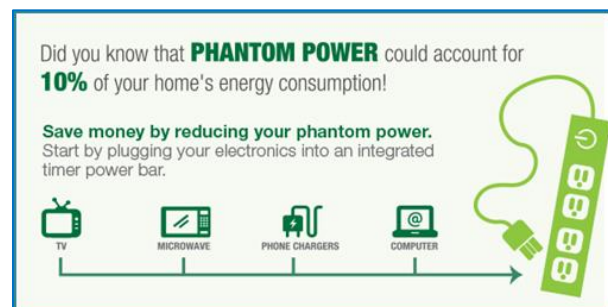
- An ENERGY STAR® certified product is typically in the top 15 to 30 percent of its class for energy performance.<sup>v</sup>
- Take advantage of SaveOnEnergy online coupons to save on ENERGY STAR® labeled home and office fixtures, such as power bars with built-in timers or with auto-shutoff. Visit: [saveonenergy.ca](http://saveonenergy.ca)



## MORE INFORMATION

- Phone: 416.364.0758
- Email: [ccto-sustainability@quadreal.com](mailto:ccto-sustainability@quadreal.com)

## END NOTES



<sup>i</sup> Snell, Essie (2012): Mind the Gap: Taking a Comprehensive Look at Plug Load Energy Use. <https://www.esource.com/ES-WP-14/White-Paper/PlugLoads>

<sup>ii</sup> Image from SaveOnEnergy: Benefits. <https://saveonenergy.ca/Consumer/Programs/Instant-Rebates/Benefits---Environment.aspx>

<sup>iii</sup> Ontario Ministry of Energy: Learn: Phantom Power. <http://www.energy.gov.on.ca/en/empowerme/phantom-power/>

<sup>iv</sup> Enercare: Phantom Power is draining your home's energy and your wallet. <https://www.enercare.ca/home/tips-energy-efficiency/article/phantom-power-draining-your-homes-energy-and-your-wallet>

<sup>v</sup> Natural Resources Canada: Energy Efficient Products. <http://www.nrcan.gc.ca/energy/products/12509>