

# IMPULSES FOR NEW ROUTINES.

Measures to save energy

DESY takes the current energy crisis caused by the shortage of energy sources very seriously. DESY is committed to making its contribution to saving energy. A DESY-wide working group is examining plans to cope with possible energy shortages. Please see further information and guidelines for saving energy here:

[https://energiesparen.desy.de/index\\_eng.html](https://energiesparen.desy.de/index_eng.html)



## Contact

Please send questions and proposals regarding measures to save energy to DESY's sustainability team: [energiesparen@desy.de](mailto:energiesparen@desy.de)

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# How does it work?

## How to air rooms?

**Whether at home or at work, proper ventilation and heating helps to improve indoor air, prevent mould growth and maintain a healthy indoor climate.**

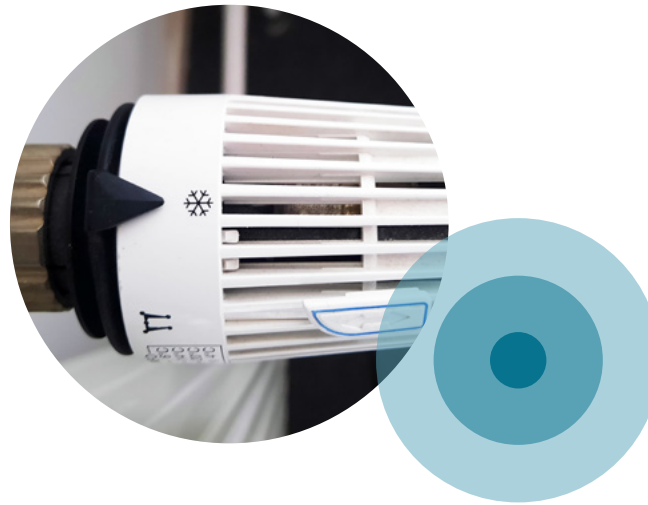
## Radiators:

Radiators can only be operated efficiently if they are not covered by furniture or curtains. Therefore, please check and clear all radiators to obtain optimum heating performance.

Setting thermostats to 19°C

Set the thermostats to the 3rd graduation after position 2. If available, adjust the setting aid on the thermostat heads.

In public non-residential buildings, it is prohibited to heat common areas in which no persons are permanently present (staircase, hall way, entrance hall, storage and technical).



## Ventilation via the windows (Stoßlüftung, "shock ventilation"):

Shock ventilation means opening the windows completely for several minutes to replace the stale air with fresh air. The thermostats should be turned down during shock ventilation. That way, the air in the room can be exchanged in a short time. Shock ventilation is the best method of ventilation from an energy consumption point of view.

### Guidelines for shock ventilation duration per hour:

- Summer: 5 to 10 minutes
- Spring / Autumn: 5 minutes
- Winter: 3 minutes



# Saving energy in the office

- Use as much daylight as possible and set up the office accordingly.
- Use sunshade systems only when necessary so that you do not need supplementary lighting.
- A switchable power strip makes it easier to switch off all equipment after work. All devices belonging to the PC workstation can be plugged in there.
- Switch on the energy-saving mode for when the PC is idle. This way, the PC automatically goes into energy-saving sleep mode during longer absences.
- Shut down your PC after work and switch off the monitor. Disconnect the devices from the power supply if possible.
- Pour hot coffee into the thermos jug directly after brewing. This saves energy and the coffee tastes better than when it is kept on the hot plate.
- When using a kettle, do not fill it up more than necessary and only boil the amount of water you need.
- The optimum temperature for the refrigerator is 7°C, and -18°C in the freezer. Defrost iced refrigerators and dispose of food you no longer need.