

For Parliamentarians: Easy Steps to Cut Down on Your Carbon Emissions...

Take Leadership...Act Now on Climate Change!

1.  Use Energy Efficient Light Bulbs

By using compact fluorescent (Cfs) bulbs you will use 3 times less energy than with a standard incandescent bulb. They also last up to eight times longer!

2.  Unplug Battery Chargers When the Batteries Are Fully Charged or When Not In Use

Many chargers draw power continuously even when the device is not plugged into the charger, so save energy and keep them switched off!

3.  Turn Off All Lights and Electric Appliances When You Leave a Room

Energy is still consumed when electronic products are left plugged in and not in use. Save on energy bills, try plugging home electronics into power strips and turning the power strips off when equipment is not being used.

4.  Use a Laptop Computer

Consider buying a laptop for your next computer upgrade; they use much less energy than desktop computers and will also save you money on energy bills

5.  Turn Off Your Computer and Monitor When Not In Use

This will not only save energy but will also extend your computer's lifetime.

6.  Drive Carefully

Avoid sudden acceleration and braking! Aggressive driving leads to considerably higher fuel consumption and greater vehicle emissions. Also try driving a smaller car to and from work that will have lower fuel consumption and emissions

7. Drive Less



Combine activities into one trip. Several short trips, each one taken from a cold start, can use twice as much fuel as one trip covering the same distance when the engine is warm. Also try turning off your engine when sitting at red lights to reduce vehicle emissions

8. Don't Waste Water



Instead of a shower or tub bath, use a bucket to wash yourself. Also try turning off the tap when you clean your teeth to reduce the water you use

9. Say No To Plastic Bags



Use cloth bags instead of plastic and avoid products with a lot of packaging

10. Move Your AC Thermostat Up 2 Degrees



You can save up to 900kg of carbon dioxide a year! Whenever possible, try to use fans instead of AC. Using fans to supplement air conditioning also allows you to raise the thermostat temperature, using less energy.

11. Recycle and Reuse



You can reuse materials in their original form or arrange for your waste to be recycled by your refuse collector. Also try buying recycled paper for use at home and in the office

12. Plant More Trees



Brighten up your home and office with more plants and trees. A single tree can absorb 1 tonne of carbon dioxide over its lifetime!

For further information contact:

CENTRE FOR LEGISLATIVE RESEARCH AND ADVOCACY
C/o IMPE, 9, Feroze Shah Road, New Delhi - 110001, India
Telefax: +91-11-23070756 • Mobile: +91-9818111915
E-Mail: info@clraindia.org • Web: www.clraindia.org