

# Toolbox talk – energy



## Note to trainer

A Toolbox Talk is an informal group discussion that can help you focus on particular issues and problems. It is also a useful tool to deliver training directly in areas of your organisation where you feel performance can be improved.

They help you to share resource efficiency tips with your staff easily. There are talks on energy, water and waste. Feel free to use the facts below as part of a discussion, presentation or workshop, whatever works best in your setting.

## Energy Efficiency

The price of electricity, gas and other fuels is rising every year. This is making it increasingly difficult for all organisations in Scotland to keep their costs down and stay competitive. Therefore, to ensure we stay successful, we need to operate as energy efficiently as possible.

Every person in our organisation can have an impact to minimise overheads and contribute to a sustainable future.

There are also considerable environmental benefits to becoming more energy efficient. Burning fossil fuels for electricity generation, heating, e.t.c. produces greenhouse gases, which contribute to global warming and causes dramatic changes to the global climate.

We all have an important role to play in minimising the impacts of our activities.

## Top tips

Here are some top tips for reducing the energy we use:

- switch off lights when not in use;
- switch off heating when not required;
- wear layers of clothes – this allows you to remove or add a layer as the temperature dictates;
- do not open windows while heating is on, switch off the heating instead;
- switch off plant and equipment when they are not being used;
- service vehicles and machinery on a regular basis;
- do not overfill kettles;
- do not tamper with the settings on thermostats/radiators;
- do not leave equipment on standby; and
- please do share any ideas you have with your manager or your Green Team representative.

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