



Be Leaner
& Greener

Take the Stairs

for your
health & the environment

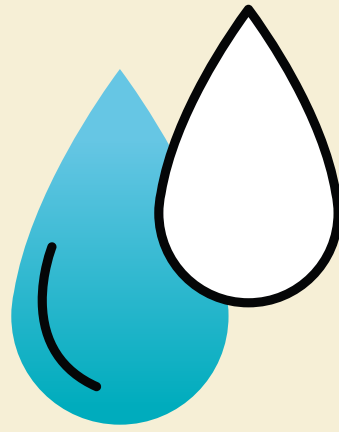


We're taking
climate action

HSE Capital & Estates | Sustainable Infrastructure Office
www.hse.ie/climateandhealth

Do not over-fill kettles.

Turn off water boilers at weekends and when not needed.



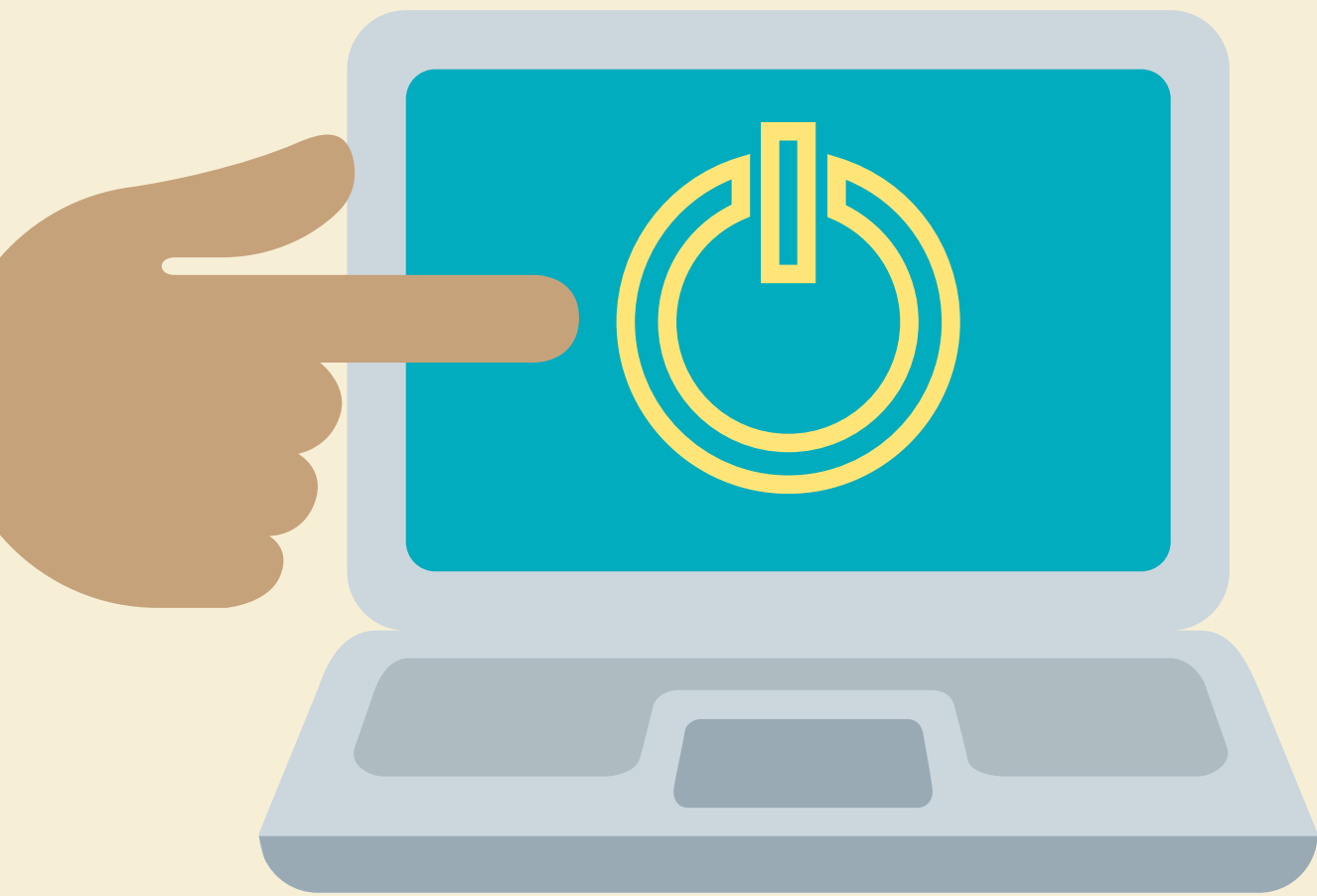
Only boil the
water you need
for your
health & the environment



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Turn off all non-essential
equipment over lunch breaks,
at night and weekends.



Turn it off, off!
for your
health & the environment



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Make optimum use of daylight.

Turn off lights in unoccupied rooms,
unused areas and corridors
when not needed and safe to do so.



Switch off

for your
health & the environment



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Think before you print.

If you must print remember to print
double sided and in grayscale.



Keep it on the Screen

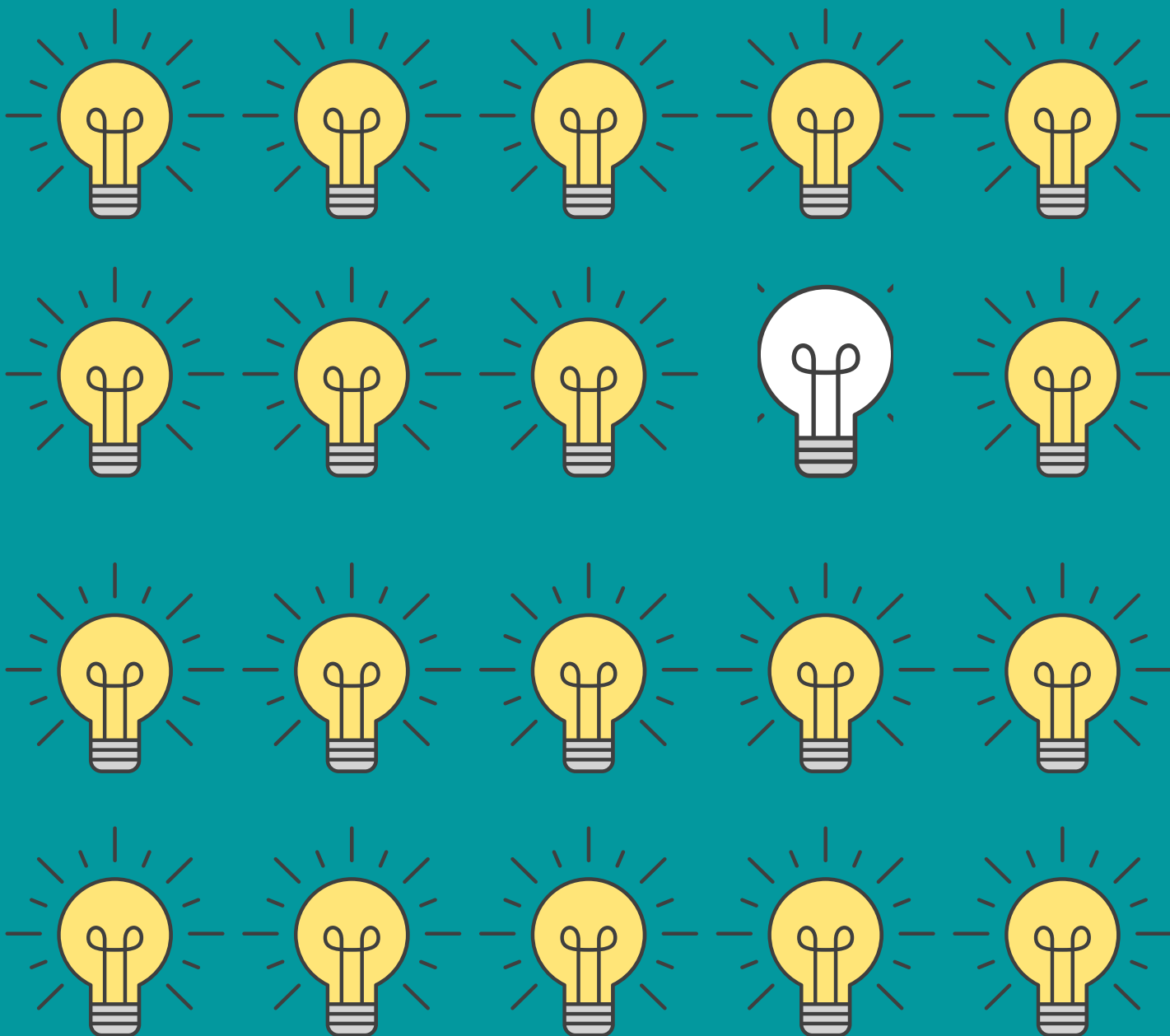
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SAVE ENERGY



• PLEASE •

TURN OFF THE LIGHT

{ ON YOUR WAY OUT }



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SAVE ENERGY



• PLEASE •

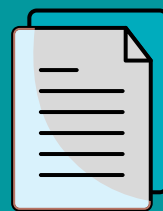
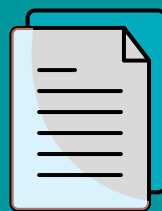
**ONLY BOIL THE
WATER YOU
NEED**



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SAVE ENERGY



• PLEASE •

ONLY PRINT WHEN NECESSARY



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SAVE ENERGY

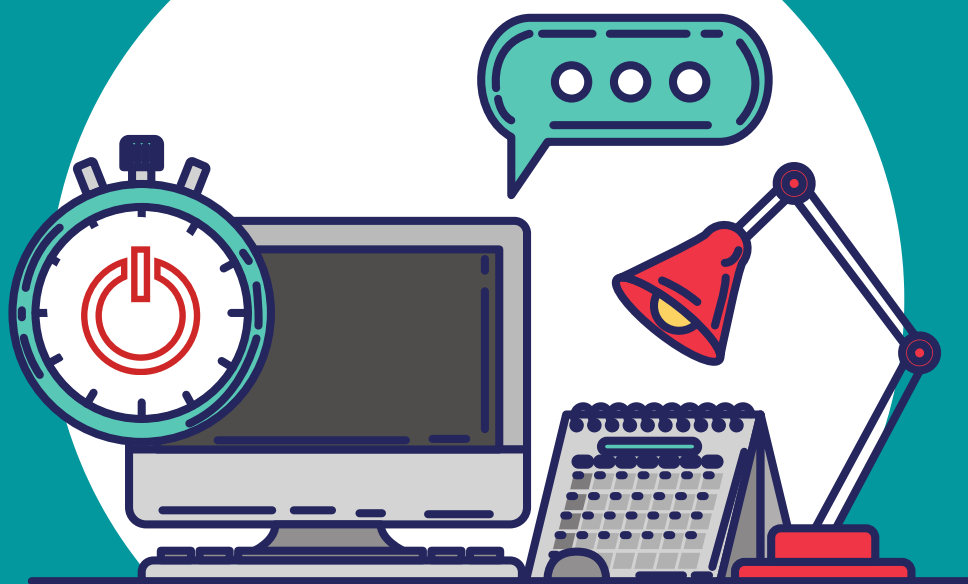
SWITCH OFF

**SWITCH OFF LIGHTS IN UNOCCUPIED
ROOMS, UNUSED AREAS AND CORRIDORS
WHEN NOT NEEDED AND SAFE TO DO SO**



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SAVE ENERGY

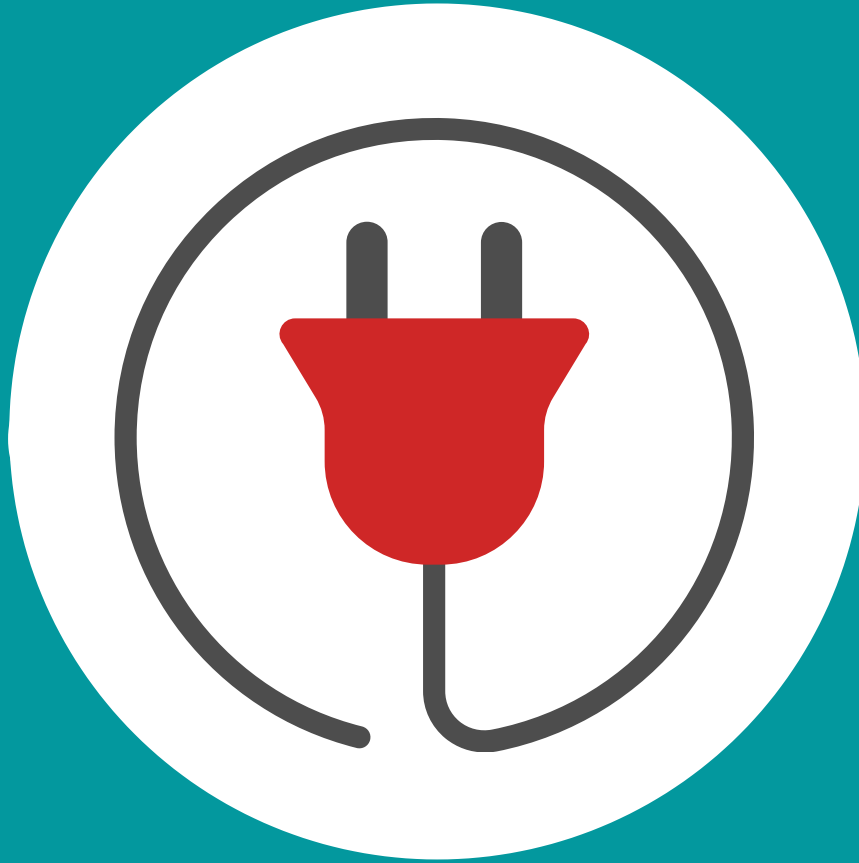
TURN OFF

**TURN OFF ALL NON-ESSENTIAL
EQUIPMENT OVER LUNCH BREAKS,
AT NIGHT AND WEEKENDS**



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SAVE ENERGY

UNPLUG

**UNPLUG ENERGY DRAINING DEVICES,
LIKE CHARGERS, WHEN NOT IN USE**



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SAVE ENERGY

LAST ONE OUT?

**TURN OFF ALL LIGHTS, COMPUTERS,
PRINTERS AND NON-ESSENTIAL
EQUIPMENT BEFORE LEAVING**



**We're taking
climate action**

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