

# Don't stick on standby... switch it off

## Appropriate Lighting

Make sure you use the most appropriate lighting for each situation

Existing Situation	Possible Energy Efficient Option
Tungsten Light Bulb	Compact Fluorescent Lamp (CFL) 80% savings & longer lamp life
38mm (T12) fluorescent tubes	Equivalent T8 or T5 fluorescent tubes  Energy saving plus longer lamp life
High wattage filament lamps or tungsten halogen lamps	High pressure sodium or metal halide lighting  65-75% savings plus longer lamp life
Mains voltage reflector lamps, filament spot and flood types	Low voltage tungsten halogen lighting, metal halide discharge lighting or CFL reflector lamp  30-80% energy saving for equivalent lighting performance.
Fluorescent fittings with 2ft 40w, and 8ft 125W fluorescent lamps	Modern, efficient fittings using reflectors/louvers or efficient prismatic controllers with high frequency electronic or low loss control gear and triphosphor lamps  30-45% energy saving and improved light quality.  High frequency electronic control gear eliminates flicker, hum and stroboscopic effect.
Fluorescent fittings with opal diffusers or permanently discoloured prismatic controllers	New prismatic controllers or new modern, efficient fittings using reflectors/louvers  No reduction in energy consumption per fitting (unless lamps are also upgraded) but increase the amount of light from each fittings by between 30-60% and possibility of reducing the number of fittings which will reduce overall consumption