



#YOUR
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BE MORE ENERGY EFFICIENT

WHAT IS #YOURONETHING TO BE MORE
ENERGY EFFICIENT THIS MONTH?

HERE ARE SOME PRACTICAL TIPS TO GET YOU STARTED.

At work

- Set air conditioners between 21°C and 24°C.
- Switch off lights when leaving a room.
- Make sure that your computer is shut down and your screen is switched off when you have finished work.

At home

- Manage your geyser. Switch it off if it is unused.
- Switch off appliances, chargers and electronics at the wall when they are not in use.
- Change your light bulbs to energy-efficient bulbs.
- Invest in a solar panel.

These tips will not only help you save electricity in the long run; they can also save you money.

Did you know?

The average kWh per bed day sold in Mediclinic is 79kWh. This equals 395 birthday cakes baked in an electric oven.