

Genius Guide To Sustainability When Remote Working

Our Top Tips



|||
Beyond
the
lines
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Genius Guide To Sustainability When Remote Working

We encourage every member of Genius to engage with one another and our local community in ways that echo our values. Our core values include: integrity, inclusion, innovation and active contribution.

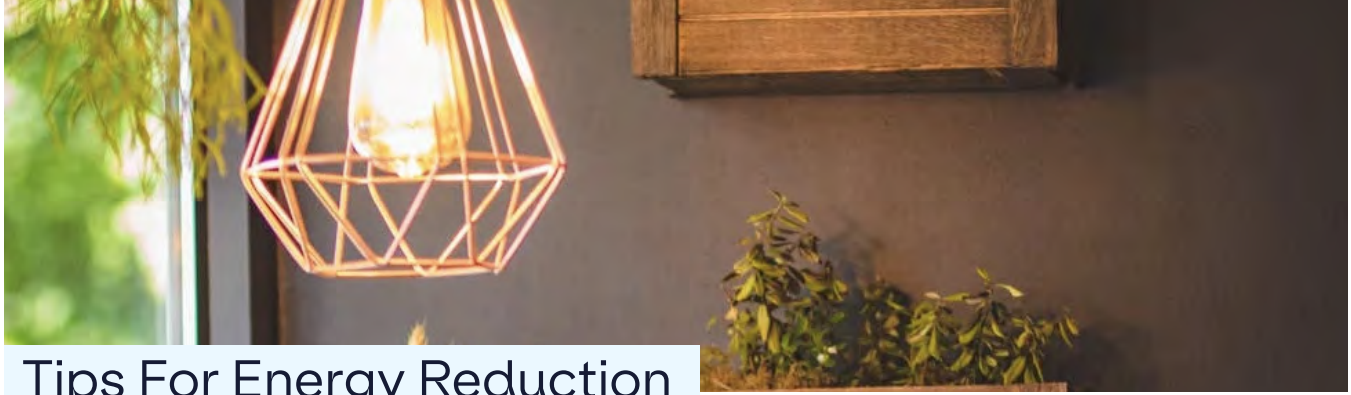
We make our mark and get things done by living these values at work and Beyond the Lines of work.

As part of our Beyond the Lines **“Action for the Planet”** pillar, we are taking steps to reduce our environmental footprint and mitigate climate-related risk exposure to our business. In 2022, we committed to reducing our office energy consumption by 30% by the end of 2023.

In addition to our **Ways of Working: Sustainability Challenge Guide**, we have created this **Genius Sustainability When Working From Home Guide** to provide you with suggestions to support our collective action to reduce energy waste when working from home.

Genius supports the **United Nations Sustainable Development Goals**. As a business, we have chosen 5 Goals to focus on where we can make the most impact.





Tips For Energy Reduction

✿ Make sustainable purchasing choices

When you're in the market for a new energy provider:

- Shop around and compare prices.
- Search for sustainable credentials. A quick Google search for providers that offer renewable energy or 'green tariffs' is a great starting point.

If you are considering a new appliance or tech purchase:

- Check the energy rating and aim for appliance with better energy use/consumption. It can save a lot in waste and decrease your bills.
- In the US, a quick way to check the sustainability of new appliances is to check for an [ENERGY STAR compliance certification](#).
- Consider the carbon mileage for shipping the product and the ethical business practices of the manufacturer.

Did you know?

Research by Which? shows consumers could save up to £336 each year by switching to more energy efficient appliances.

⚡ Reduce your energy consumption

In a typical household, most of the energy spend is used to provide heating.

Simple actions such as pulling the blinds/curtains can help to regulate your home's temperature and save you energy. Reducing the thermostat temperature by 1 degree can save up to 8% on heating bills.

Some countries have grants that may support your efforts to reduce energy.

🔌 Measure your energy

Monitoring your energy is the first step to reducing your consumption.

Consider buying or asking your energy provider for a smart meter to help you measure your energy usage.

Once you are aware of your consumption you can find ways to cut back such as adjusting your thermostat.

💡 Consider your lighting

Move your desk near a window and use a desk lamp to lower your reliance on bigger overhead lighting.

If you want to do more, take on a DIY project such as insulating your water heater or swapping your existing lightbulbs for LED bulbs. Check out this [guide](#) to help you choose the right colour and brightness.

🔌 Turn off at the end of the day

Unplug your chargers when they aren't in use.

Sleep mode is great, but if you really want to stop draining electricity from dormant appliances, turn off the socket or unplug the appliance when not in use. Dormant appliances often use ongoing electricity when in sleep mode.

🧤 Clean your filters

Are your filters and lint traps full? If so, clean them, as you may be requiring appliances to use more energy just to function normally.

Don't forget the little filters either...hairdryers, computer fans, air conditioners...it all adds up!



Tips For Every-Day

Ditch single-use coffee pods

They may be easier to use and in some cases they can even be recycled, but can be easily forgotten at the end of a busy day. Instead, consider a coffee press, or reusable pods which can be filled, then washed and reused. If you are going to stick to pods, sign up for pod recycling and consider collecting them in a small bin.

Consider loose-leaf tea and a reusable strainer

Tea bags, tags and wrapping on teabags are often made of plastic and therefore aren't always compostable. Remove the single use plastics from your tea by using loose leaf with a reusable strainer.

Did you know?

In the UK alone, 100 million cups of tea are consumed daily, which is nearly 36 billion cups per year.

Fill carefully

Only fill the kettle with the amount of water you need for your tea or coffee.

Did you know?

Which? has estimated that if you boil the kettle around three times a day, you'll spend over £32 over a year on energy.

Make batch drinks

Consider making your tea, coffee or infused water by the batch instead of using individual bottles, cans or new cups with each drink.

Choose recyclable options

When buying tea, sodas or water; aim for glass or aluminum containers.

Did you know?

Plastics can usually only be recycled once. Paper can be recycled a few times. However, glass is endlessly recyclable and aluminum and metals can be reused countless times.

Reduce water wastage

Saving water also saves energy which is needed for the filtering, pumping and heating of water. Only run the dishwasher on a full load, use a bowl in the sink to wash your fruit and vegetables and save water.

Did you know?

A short sharp shower has been shown to have mood, circulation and immune boosting benefits!

Small upgrades to appliances

Water goes further if you add a sink accelerator to your taps or low-flow fitting to your shower head.

Always repair leaks as soon as you can.

If you're due to replace your dishwasher or washing machine, look for water and energy efficient appliances. It will save you a lot of energy and money in the long run.

Getting ready for work

Take shorter showers, or turn off the water when shaving or putting on shampoo.

Wash your clothes on 30°C or equivalent and use the eco-setting.

Cutting down on your daily hair-dryer, make-up use, or dry-cleaning can save even more on energy consumption, time and costs.

Keep food for longer

Always follow directions on how to best store your food to help keep it edible for longer. Visit [Love Food, Hate Waste](#) for more tips on food storage.

Choose sustainable storage

Use quality food storage boxes to save on foil, plastic cling-film and baking paper. It can also elongate the life of your food and help minimise food waste.

Beeswax wraps are another alternative and can be washed and reused, cutting down on single use bags.

Buy loose foods

Try cooking at home instead of going for take-aways or delivery. It may take a bit more planning, but a quick way to cut costs and packaging.

Use your leftovers

If you have lots of left-overs in your fridge you are thinking about binning – first check out the [scraps cook-book](#).

Did you know?

In UK households alone, 6.5 million tonnes of food is wasted. Of this, 4.5 million tonnes is edible and enough to fill 38 million wheelie bins!

Reducing unused energy

Always turn the lights off when you leave a room, even if just for a minute. Be mindful about how many lights you have on and if they're all needed.

Turn off your computer monitor when you leave the room, or for breaks put your computer in sleep or low-power mode.

Check the brightness of your computer screen. Not only does the screen use up electricity, a screen that's too bright can cause eye strain.

Turning off your computer's video also saves the energy spend of being 'camera ready'.

Green fingers

If you are lucky enough have access to a garden, try installing a water butt to water your plants.

Did you know?

The average roof collects 85,000 liters of rain per year – enough to fill a water butt 450 times!

Be mindful

Periodically stop to look around at the big picture.

Are lights on that you don't need?

Are you wearing short sleeves in winter and relying on heating to keep you warm?

Tips For Waste Reduction

Follow the six “R’s” to work on reducing your waste while working from home.

Refuse: Say no to items that you don't need to avoid accumulating and generating more waste. For example, plastic shopping bags and individually wrapped produce.

Reduce: Reduce your intake and consumption by buying in bulk, monitoring your buying habits, and purchasing consciously. Consider moving away from printing documents, be sure to use the double-sided function.

Repair: Instead of replacing broken items, try and fix them to extend the life of the product.

Reuse: Use reusable items such as water bottles, straws, bags, or old jars and containers instead of buying new ones. And don't forget your refillable cup if you pop out for a takeaway coffee.

Rot: Composting food scraps lowers your carbon footprint and gives you access to nutrient-rich soil. Many communities have programs to assist in composting.

Recycle: Clean and sort your appropriate items into recycling so that they have a chance to be given a second life.

