

GREEN: MYTHS & REALITIES



People often use office equipment in ways they believe are cost-effective and environmentally friendly. However, there are many common misconceptions that actually result in people consuming excess energy. Below are some common myths and the truths behind them.



Myth Turning computers on and off uses more energy than it saves.

Reality The energy your computer uses booting up is far less than most people think. Starting your computer uses the same amount of energy as letting it run for three minutes.



Myth Screen savers save energy.

Reality A computer running a screen saver uses as much energy as it does when displaying a Web page or Word document. Most computers use about twice as much energy lighting up the screen as they use for processing. So not only do screen savers use as much energy as a full screen of work, but many require considerable processing energy as well.



Myth Turning monitors or computers off is bad for them.

Reality Although this may have been true at one time, technology has improved greatly. Now a monitor is likely to stop working altogether long before it is affected by being switched on and off repeatedly. Switching off computers will have no significant effect on the useful lifetime of the hard disk. In the past larger hard drives were degraded by mechanical stress. Today some manufacturers specify a life of 40,000 power cycles for their hard drives. That is equivalent to 30 stop/start cycles for each working day over five years.



Myth Low-energy light bulbs are more expensive.

Reality Although the initial cost may be more pricey, low-energy light bulbs last up to eight times longer and use only 20% of the energy of a normal light bulb.



Myth Buying and being green always comes with loss in quality.

Reality Green buildings and green products can now be as good or better quality than non-green alternatives.

Myth Green issues are “too big” for one person or organization to have a positive impact.

Reality Small steps add up - it is only through collective action that environmental issues will truly be resolved (just like democracy).

