

**UC San Diego Green Labs Energy Action Checklist**

Level of Difficulty	# Action Items to Complete	Action Items						
Easy	Choose <b>five of the seven</b> to complete	Ensure thermostats are not blocked by equipment, lab coats, or other materials.	Discuss energy saving tactics during a lab meeting.	Place the provided reminder “turn off” stickers on equipment to remind lab members what they can and cannot turn off.	Use task lighting instead of overhead lighting when lighting is needed.	Measure and send light switch covers. Email <a href="mailto:sustain@ucsd.edu">sustain@ucsd.edu</a> with those measurements to get a custom light cover.	Use natural lighting instead of artificial lighting when possible.	Read and annotate an article on energy usage in a laboratory.
Medium	Choose <b>four of the seven</b> to complete	Implement the use of outlet timers for applicable equipment.	Implement the use of power strips used to decrease phantom load.	Set ULT freezers to -70°C or -75°C instead of -80°C.	Discuss with neighboring labs to determine if lab equipment can be shared.	Provide proof of lab equipment that is EnergySTAR Certified. Hint: Look for the EnergySTAR seal!	Clean the condensor coils on the back of your refrigerators and freezers.	Post reminders to power down the computer and monitor when not using them for more than 2 hours to save up to 1.1 lbs of
Difficult	Choose <b>three of the seven</b> to complete	Utilize the Green Labs DERConnect partnership and sign-up for energy metering and monitoring.	Develop a habit of turning off the lights at the end of the day for 30 days.	Develop a habit of shutting fume hoods at the end of each day for 30 days to promote sustainable lab practices.	Make sure refrigerator and freezer door seals are checked and replaced. Remove ice using the provided ice scraper.	Develop a habit of keeping the door shut throughout the day for 30 days to prevent the flow of air and excess energy.	Calculate the amount of energy your lab large equipment uses and come up with one way to start limiting this usage.	Conduct a clean out or inventory of your lab fridge or freezer.