

ENERGY SAVING in the property

Everyone can take small steps to reduce unnecessary energy consumption. This guide gives you valuable tips on how to save energy.



How your organisation can save energy

Invest in energy-efficient electrical items

Choose energy-efficient products with ecolabels.

Enable energy-saving settings

Set short delays for standby and shutdown. For individual devices, the power-saving automation reduces power consumption by 50–80%.

Too hot or cold?

Don't open the windows to lower the temperature. Contact the service department if the temperature is not suitable for you.

Electronic data management saves energy

Avoid unnecessary printing and copying. Enable the printer's energy-saving settings and two-sided printing.

If you have any questions, the maintenance will help

The property manager and maintenance will be happy to advise you on technical adjustments. Please ask for help if you need it! We monitor the energy consumption of our properties in real-time.



How every employee can save energy

Switch off unnecessary power

When you're not using them, turn off electrical devices and lights.

Switch off your monitor and computer after use

Turn off your computer and monitors when you're not using them. This can reduce your computer's electricity consumption by 75%. Turning it on does not increase energy consumption significantly. You can also turn on your computer's energy-saving settings and select blank screen as the screen saver.

Keep devices clean

Clean electrical appliances work better and consume less. In addition, wiping off dust prevents equipment failures.

Keep windows and doors shut

Heat or coolness escapes quickly if windows are kept open or doors are opened frequently.

Walk, cycle, or take public transport

Only use your car when necessary. Take the stairs instead of the lift.

❄ Heating and cooling

26% of energy is used for heating

26% of all energy produced is used to heat buildings. It is the **single biggest issue that the building user can influence**.

One degree less cuts 5% of costs

Heating and cooling are a significant part of a property's energy consumption. For example, a one-degree drop in indoor temperature will reduce heating costs by around 5%.

Ventilation at the right time

Building ventilation is timed to work efficiently only when the premises are actively used.

21.5 degrees when sitting

The working temperature has an impact on work performance. The recommended temperature for sedentary work is 21.5 degrees in winter and 24.5 degrees in summer. Temperature guidelines have been established according to the workload.

⚡ General information on electricity in buildings

🌱 Green electricity in buildings

All electricity in your property is green (such as renewable electricity). You can also choose green electricity for your home – it's one of the easiest ways to reduce climate emissions.

Automation saves electricity

In some properties, lighting adapts to use: lights come on when you enter a room. Ventilation is controlled by sensors and, if necessary, by room-specific controls.

Sources: Climate Guide, Motiva, Finnish Institute of Occupational Health, Finnish Energy