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## Fifty ways to help reduce Carbon and Particle Pollution

Many of us have been sceptical about the effects of carbon emissions on climate change and rising sea levels. There is more and more scientific evidence to support the idea that climate change is actually taking place, but overall the jury is still out on the question of if the changes are due to human activity or just part of a normal natural cycle.

When we see the murky effects of particle pollution in cities around the world, it is obvious that something has to be done. It makes no difference if it is changing the climate or not. Action taken to reduce any sort of pollution can only be beneficial, and maybe save some money.

Most pollution comes from the creation and use of energy. We are suggesting a few ways that all of us can help reduce the problem, by a few simple changes to our lifestyle.

**Acknowledgement:** This article has been downloaded from the following website: <http://globalwarming-facts.info/50-tips/> and modified to suit Australian conditions by Journeyman Education Services.

**Note:** Journeyman has published these comments in good faith. We have no way of checking the accuracy of the data included. However, we firmly believe in the validity of the actions recommended.

**We have published and distributed this document as our contribution to extend public realisation that pollution is everybody's problem and everybody can help to reduce it.**

With best wishes.

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Here are 50 things we can all do:

- 1. Replace a regular incandescent light bulb with a compact fluorescent light bulb (cfl)**  
CFLs use 60% less energy than a regular bulb. This simple switch will save about 150kg of carbon dioxide a year.
- 2. Install a programmable thermostat**  
Programmable thermostats will automatically lower the heat or air conditioning at night and raise them again in the morning. They can save you \$100 a year on your energy bill.
- 3. Move your thermostat down 2° in winter and up 2° in summer**  
Almost half of the energy we use in our homes goes to heating and cooling. You could save about 1,000kg of carbon dioxide a year with this simple adjustment.
- 4. Clean or replace filters on your furnace and air conditioner**  
Cleaning a dirty air filter can save 175kg of carbon dioxide a year.
- 5. Choose energy efficient appliances when making new purchases**  
Look for the energy star label on new appliances to choose the most energy efficient products available.
- 6. Do not leave appliances on standby**  
Use the "on/off" function on the machine itself. A TV set that's switched on for 3 hours a day uses about 40% of its energy in standby mode.
- 7. Wrap your water heater in an insulation blanket**  
You'll save 500kg of carbon dioxide a year with this simple action. You can save another 260kg per year by setting the thermostat no higher than 50°C.
- 8. Move your fridge and freezer**  
Placing them next to the cooker or boiler consumes much more energy than if they were standing on their own. For example, if you put them in a hot cellar room where the room temperature is 30-35°C, energy use is almost double and causes an extra 160kg of CO2 emissions for fridges per year and 320kg for freezers.

**9. Defrost old fridges and freezers regularly**

Even better is to replace them with newer models, which all have automatic defrost cycles and are generally up to two times more energy-efficient than their predecessors. Check the door seals.

**10. Don't let heat escape from your house over a long period**

When airing your house, open the windows for only a few minutes. If you leave a small opening all day long, the energy needed to keep it warm inside during six cold months (10°C or less outside temperature) would result in almost 1 ton of CO<sub>2</sub> emissions.

**11. Replace your old single-glazed windows with double-glazing**

This requires a bit of upfront investment, but will halve the energy lost through windows and pay off in the long term. If you go for the best the market has to offer (wooden-framed double-glazed units with low-emission glass and filled with argon gas), you can even save more than 70% of the energy lost.

**12. Get a home energy audit**

Many utilities offer free home energy audits to find where your home is poorly insulated or energy inefficient. You can save up to 30% off your energy bill and 500kg of carbon dioxide a year.

**13. Cover your pots while cooking**

Doing so can save a lot of the energy needed for preparing the dish. Even better are pressure cookers and steamers: they can save around 70% of energy used.

**14. Use the washing machine or dishwasher only when they are full**

If you need to use it when it is half full, then use the half-load or economy setting. There is also no need to set the temperatures high. Nowadays detergents are so efficient that they get your clothes and dishes clean at low temperatures.

**15. Take a shower instead of a bath**

A shower takes up to four times less energy than a bath. To maximize the energy saving, avoid power showers and use low-flow showerheads, which are cheap and provide the same comfort.

**16. Use less hot water**

It takes a lot of energy to heat water. You can use less hot water by installing a low flow showerhead (165kg of carbon dioxide saved per year) and washing your clothes in cold or warm water (240kg saved per year) instead of hot.

**17. Use a clothesline instead of a dryer whenever possible**

You can save 315kg of carbon dioxide when you air dry your clothes for 6 months out of the year.

**18. Insulate and weatherize your home**

Properly insulating your walls and ceilings can save 25% of your home heating bill and 900kg of carbon dioxide a year. Caulking and weather-stripping can save another 800kg per year.

**19. Be sure you're recycling at home**

You can save 1,100kg of carbon dioxide a year by recycling half of the waste your household generates.

**20. Recycle your organic waste**

Around 3% of the greenhouse gas emissions through the methane is released by decomposing bio-degradable waste. By recycling organic waste or composting it if you have a garden, you can help eliminate this problem! Just make sure that you compost it properly, so it decomposes with sufficient oxygen, otherwise your compost will cause methane emissions and smell foul.

**21. Buy intelligently**

One bottle of 1.5 litre capacity requires less energy and produces less waste than three bottles of 0.5 litre capacity. As well, buy recycled paper products: it takes 70% to 90% less energy to make recycled paper and it prevents the loss of forests worldwide.

**22. Choose products that come with little packaging and buy refills when you can**

You will also cut down on waste production and energy use... another help against global warming.

**23. Reuse your shopping bag**

When shopping, it saves energy and waste to use a reusable bag instead of accepting a disposable one in each shop. Waste not only discharges CO<sub>2</sub> and methane into the atmosphere, it can also pollute the air, groundwater and soil.

**24. Reduce waste**

Most products we buy cause greenhouse gas emissions in one or another way, e.g. during production and distribution. By taking your lunch in a reusable lunch box instead of a disposable one, you save the energy needed to produce new lunch boxes.

**25. Plant a tree**

A single tree will absorb one ton of carbon dioxide over its lifetime. Shade provided by trees can also reduce your air conditioning bill by 10 to 15%. The Conservation Foundation has information on planting and provides trees you can plant with membership.

**26. Switch to green power**

In many areas, you can switch to energy generated by clean, renewable sources such as wind and solar. In some of these, you can even get refunds by government if you choose to switch to a clean energy producer, and you can also earn money by selling the energy you produce and don't use for yourself.

**27. Buy locally grown and produced foods**

The average family meal travels many kilometres from the farm to your plate. Buying locally will save fuel and keep money in your community.

**28. Buy fresh foods instead of frozen**

Frozen food uses 10 times more energy to produce.

**29. Seek out and support local farmers markets**

They reduce the amount of energy required to grow and transport the food to you by one fifth. Seek farmer's markets in your area, and go for them.

**30. Buy organic foods as much as possible**

Organic soils capture and store carbon dioxide at much higher levels than soils from conventional farms. If we grew all of our corn and soybeans organically, we'd remove 260 billion kg of carbon dioxide from the atmosphere!

**31. Eat less meat**

Methane is the second most significant greenhouse gas and cows are one of the greatest methane emitters. Their grassy diet and multiple stomachs cause them to produce methane, which they exhale with every breath.

**32. Reduce the number of miles you drive by walking, biking, carpooling or taking mass transit wherever possible**

Avoiding just 16km of driving every week would eliminate about 225kg of carbon dioxide emissions a year! Look for transit options in your area.

**33. Start a carpool with your coworkers or classmates**

Sharing a ride with someone just 2 days a week will reduce your carbon dioxide emissions by 700kg a year.

**34. Don't leave an empty roof rack on your car**

This can increase fuel consumption and CO2 emissions by up to 10% due to wind resistance and the extra weight – removing it is a better idea.

**35. Keep your car tuned up**

Regular maintenance helps improve fuel efficiency and reduces emissions. When just 1% of car owners properly maintain their cars, nearly a billion pounds of carbon dioxide are kept out of the atmosphere.

**36. Drive carefully and do not waste fuel**

You can reduce CO2 emissions by readjusting your driving style. Choose proper gears, do not abuse the accelerator, use the engine brake instead of the pedal brake when possible and turn off your engine when your vehicle is motionless even for a short time. By readjusting your driving style you can save money on both fuel and car maintenance.

**37. Check your tires weekly to make sure they're properly inflated**

Proper tyre inflation can improve fuel mileage by more than 3%. Since every litre of petrol saved keeps 2kg of carbon dioxide out of the atmosphere, every increase in fuel efficiency makes a difference!

**38. When it is time for a new car, choose a more fuel efficient vehicle**

You can save 1350kg of carbon dioxide every year if your new car gets only 1 km per litre more than your current one. Look for a hybrid if possible.

**39. Try car sharing**

Need a car but don't want to buy one? Does your family really need another car?

**40. Try telecommuting from home**

Working from home can help you drastically reduce the number of miles you drive every week. Encourage businesses to allow this flexibility.

**41. Fly less**

Air travel produces large amounts of emissions so reducing how much you fly by even one or two trips a year can reduce your emissions significantly.

**42. Encourage your school or business to reduce emissions**

You can extend your positive influence on global warming well beyond your home by actively encouraging other to take action. Spread the word! Forward this article for instance.

**43. Encourage the switch to renewable energy**

Successfully combating global warming requires a national transition to renewable energy sources such as solar, wind and biofuel. These technologies are being adopted more widely especially as energy storage batteries and fuel cells are becoming more affordable.

**44. Protect and conserve forest worldwide**

Forests play a critical role in global warming: they store carbon. When forests are burned or cut down, their stored carbon is release into the atmosphere – deforestation now accounts for about 20% of carbon dioxide emissions each year.

**45. Consider the impact of your investments**

If you invest your money, you should consider the impact that your investments and savings will have on global warming. learn more about how to ensure your money is being invested in companies, products and projects that address issues related to climate change.

**46. Make your city cooler and re-use rain water**

Cities and states around the country have taken action to stop global warming by passing innovative transportation and energy saving legislation. Careful and environmental town planning is also part of the answer.

**47. Encourage innovation for conservation**

By supporting innovative companies and products that are designed to reduce energy usage and assist any aspects of conservation.

**48. Make sure your voice is heard!**

All citizens must demand a stronger commitment from their government in order to stop reduce emissions and implement solutions. Actions and commitment won't come without a dramatic increase in citizens lobbying for new laws with teeth.

**49. Share this information**

Send these pages to your friends and contacts, and help people who want to play their part. The more people that are influenced, the greater the impact and the more action that will help to save our planet.

**50. Re-publish this article**

If you wish, you are free to re-publish this document, or adapt or translate it, and to post it in your blog, website or newsletter.