


Cut out a Kilo from your commute for World Environment Day 2010

Cycle to work rather than driving - based on a 5 km trip (3 miles)



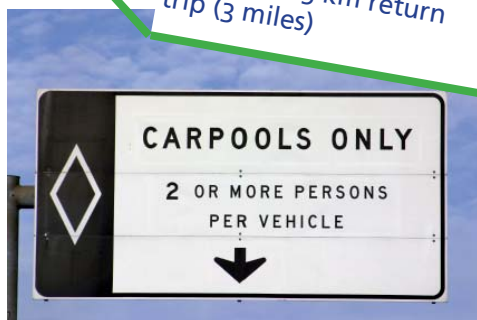
Take the bus to work rather than travelling by car based on an 8 km return trip (5 miles)




1kg CO₂

Cut out a Kilo

Car pool with a colleague for the journey to work instead of taking two cars - based on 5 km return trip (3 miles)



Travel in a CarbonNeutral® taxi for 4 km (2.5 miles) instead of a non CarbonNeutral® one



Cut out a Kilo from your business travel for World Environment Day 2010

Use video conferencing instead of travelling to a local business meeting - based on a 3 hr video conference instead of travelling by taxi for 10 km (6 miles)



Take the bus to get to a local business meeting rather than travelling by car based on an 8 km return trip (5 miles)



1kg CO₂

Cut out a Kilo

Keep your tyre pressure at the correct level for a distance of 160 km (100 miles)



Travel in a CarbonNeutral® taxi for 4 km (2.5 miles) instead of a non CarbonNeutral® one



Cut out a Kilo in your office for World Environment Day 2010

Use one box of recycled paper as opposed to regular paper



Turn down the office thermostat by just 0.5 °C (based on a 10 person office)



1kg CO₂

Cut out a Kilo

Set the printer to revert to 'low power mode' rather than 'ready mode' when not printing (based on average performance standards of UK Laser printers)



Re-use your cup or glass instead of using individual plastic cups



Cut out a Kilo in your warehouse for World Environment Day 2010

Recycle 8 aluminum cans



Turn off drinks
vending machines
overnight and at the
weekend for a total
of 6 hours




1kg CO₂

Cut out a Kilo

Maximise natural daylight
in your warehouse and
turn off 1 halide light for
4 hours



Replace one halide light
with a 4-lamp fluorescent
light set

