

INSTRUCTIONS FOR AN ENERGY-EFFICIENT BUILDING



1 VENTILATE THE ROOM INTENSIVELY AND FOR A FEW MINUTES



2 MAKE THE MOST OF SUNLIGHT



7 DO NOT OPEN THE WINDOWS IF AIR CONDITIONING IS WORKING



3 USE THERMOSTATIC VALVES AND ROOM TEMPERATURE CONTROLLERS



8 AFTER WORK, TURN OFF THE COMPUTER, DO NOT PUT IT TO SLEEP MODE



4 EXPOSE THE HEATERS



9 CLOSE THE DOOR BEHIND YOU, DO NOT INITIATE AN AUTOMATIC DOOR WITHOUT OPENING



5 COOK IN THE KETTLE ONLY AS MUCH WATER AS YOU NEED, NO MORE



10 USE THE ELEVATOR AS A LAST RESORT



6 AFTER LEAVING THE ROOMS, TURN OFF THE LIGHT



11 ADJUST YOUR WORK OUTFIT TO THE WEATHER OUTSIDE

