

# Countering Climate Change

What can be done to counter climate change at an individual level?

Here are some basic, easy to follow suggestions that will help in tackling the climate change and contribute significantly in saving the environment.

## 1. Use efficient lighting:

Replace incandescent bulb with compact fluorescents (CFLs). This use four time less energy. And they last eight time longer. So you not only cut your electricity bills dramatically, you also save money buying bulbs.



## 2. Use energy efficient electric appliances:

They use two to 10 times less electricity for the same functionality, and are mostly higher quality products that last longer than the less efficient ones. In short, efficient appliances save you energy and money. In India, appliances like refrigerators and ACs have efficiency rating labels ranging from 1 to 5 stars, the higher number being more efficient.



## 3. Use an energy efficient computer:

Buy a laptop instead of a desktop. It consumes five times less electricity. If you buy a desktop, get a LCD screen. Enable the power management function on your computer. The screensaver does not saver energy. Check if your computer supports the more advanced speedstep power management. Switching off a computer extends its lifetime, contrary to some misconceptions. Minimize printing. Print on both sides of the paper. Laser printers use more electricity than inkjet printers.



**4. Drive less:**

Walk, bike, carpool or take public transport. You'll save 1.5 kg of carbon dioxide for every 5km you don't drive. Use cars that run on cleaner fuels such as CNG and LPG. Switch off your car if you want to stop for more than two minutes.



**5. Check your tyres:**

Keeping your tyres inflated properly can improve the fuel efficiency of your car. Every liter of petrol saved keeps 2.5 kg of carbon dioxide out of the atmosphere. Using radial tyres will help you save 3 to 7 % fuel.



**6. Use water carefully:**

Don't waste water. Use a mug of water when brushing your teeth, shaving or washing your hands and face. Instead of a shower or tub bath, use a bucket. Try to harvest rain water in your locality. It takes a lot of energy to heat water-use less hot water and use efficient heating appliances.



**7. Say no to plastic:**

Take a cloth bag with you when shopping. Use recycled paper. Avoid products with a lot of packaging.



**8. Move your Air-conditioning thermostat up 2 degrees:**

You could save about 900 kgs of carbon dioxide a year with this simple adjustment. Set the thermostat of the room air conditioner at 25°C to get the most comfort at the least cost.



**9. Use renewable energy:**

Sunlight can be used in many different ways to save energy. Use a solar water heater instead of an electric geyser. A 100 liter solar water heater can save around 1500 units of electricity every year. For lighting, use batteries that can be charged with sunlight. A solar cooker cooks rice and vegetables without losing their essential nutrients. Just leave the solar cooker outside in the sun to cook your food. If you live in a village, you can use biogas from cow-dung to save energy.



**10. Plant more trees:**

A single tree will absorb one tonne of carbon dioxide over its lifetime.



**11. Turn off electric devices:**

Simply turning off your television, stereo, computer, fans, lights when you are not using them will save you thousands of kilograms of carbon dioxide a year.



**12. Reuse and Recycle:**

Recycling and reusing products like paper and bottles will help protect the environment. Use recycled paper. Recycle your office and household waste.



Source: <https://en.reset.org/act/12-things-you-can-do-climate-change-0>