

Introduction

Welcome to Week 6 of the 2018 Certified Green Lab Program! If you missed last week's newsletter, or any of the prior ones, feel free to catch up on their content [here](#). This week, we will go over Elective Action #5.

5. Pull down window shades (if you have windows) when AC is on, and pull them up when heat is on.

As a reminder, completion of five Elective Actions beyond the Required Actions will earn you Bronze level certification, completion of ten will earn Silver level certification, and fifteen Elective Actions will earn Gold level certification.

Instructions

Elective Action #5: Pull down window shades (if you have windows) when AC is on, and pull them up when heat is on.

Did you know [that about 30%](#) of indoor heat comes from sunshine coming in the windows? As pleasant as the summer sunshine might be, blocking it out will go a long way to helping to cool your lab, with or without the air conditioning on. This is [especially helpful](#) for windows that face west and south, because these windows receive the most direct sunlight. Reducing your AC reliance is a major step for cutting back on your carbon footprint (and energy costs)! To go an extra mile, you might consider investing in blackout curtains to more fully block sunlight and naturally insulate your lab.

Conversely, opening up your window shades to receive sunlight during the winter can help reduce the need for additional heating. Make sure to close them for the night though -- otherwise, the lab will probably be quite chilly in the morning. Also, make sure your windows are all closed properly and have no leaks! Otherwise, it will certainly be difficult to stop the cold air seeping in.

Just like Elective Action #3, this is a simple action with a lot of potential for energy conservation. Remember, it doesn't always take a huge lifestyle change to be more eco-friendly -- building small habits like this will make a difference, no matter how inconsequential they might sometimes feel!