

October - Lighting

Low Tech - Step-By-Step Activity



**Calendar for
Climate
Change**

Quid-Pro-Guo - Inter-generational
Education to Ease Global Warmi



Step-by-Step Guide

Climate Change Topic	Lighting		
High-tech or Low-tech?	Low-Tech		
Duration of Activity (in minutes)	30 minutes per activity	Learning Outcome	<ul style="list-style-type: none"> ● Basic knowledge of simple tips to reduce energy costs from lighting in the home ● Practice different techniques to reduce energy costs associated with lighting ● Willingness to trial some low-tech solutions to energy conservation linked to lighting
Materials Required for Activity	<ul style="list-style-type: none"> ● Wall paint ● Light bulbs ● Dimmer switches 		
Step-by-step instructions	<p>There are many different ways that people can reduce their energy usage when lighting their homes. Some of the more traditional methods may seem outdated, but are quite effective in reducing household bills and energy costs. Below are some ways that you can reduce the amount of energy you use on lights while also helping to reduce the carbon footprint of your lighting.</p> <p>Strategically Choose Paint Colours Sometimes we need to light up our rooms during the day due to the darkness of the room. Using dark colours to paint and decorate our homes in rooms that already struggle with letting in natural light increases our energy usage as we rely on more lighting fixtures to light up the room. Strategically using lighter paint colours can adequately illuminate a space.</p> <p>Dimmer switches Installing dimmer switches to our lighting fixtures is another great way to decrease energy usage. The dimmer a light, the less energy it uses. The same logic applies to reducing the wattage of the bulbs used in our light fixtures. By decreasing the wattage, the amount of power needed to light the bulb is decreased.</p>		



A video tutorial on how to update your light switches to dimmer:

<https://www.youtube.com/watch?v=Fo3hQFAFVuo>

Turning Off Unnecessary Lighting


Making sure that rooms that do not need to be illuminated have their lights turned off is a great way to reduce energy consumption. Ensuring that lights are switched off both indoors and outdoors when going to bed ensures that energy bills are kept low, and that outdoor light pollution is reduced.



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