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Protecting the Environment—simple steps you can take in the office

We are a nation of consumers and energy is no exception. The United States ranks in the top 10% of worldwide energy consumption per capita, right after our neighbors to the north. Cutting down on energy consumption at work is much easier than we may think. Here are some simple steps from www.energystar.gov that will help cull energy consumption in the office:

Power Strips Can Save Energy

Computers, monitors, televisions, stereos, digital video receivers—even when these items are turned off they continue to consume a lot of energy. A simple step that you can take at work, and at home, is to plug these systems into a power strip. When you are done at work for the day, turn off the power strip. When you are done watching television, listening to the radio, etc. turn off the power strip. Using a power strip to control these appliances eliminates their “stand by” consumption, something that can be equivalent to a 75 or 100 watt light bulb running continuously.

Give it a rest—use the ENERGY STAR power management settings on your computer and monitor so they go into power save mode when not in use.

Use a power strip as a central “turn off” point when you are using equipment to completely disconnect the power supply.

Unplug it—unplug electronics such as cell phones and laptops and once they are charged. Adapters plugged into outlets use energy even if they are not charging.

Light Up Your Work Life—replace the light bulb in your desk lamp with an ENERGY STAR qualified bulb. It will last up to 10 times longer and use up to 75 percent less energy. Turn off the lights when you leave, especially at the end of the day.

Let It Flow—keep air vents clear of paper, files, and office supplies. It takes as much as 25 percent more energy to pump air into the workspace if the vents are blocked.

Team Up—create a Green-Team with your co-workers, help build support for energy efficiency in your workplace, and reduce office waste. Set a goal to make your building an ENERGY STAR qualified building.

The energy performance of a building is scored on a 1-100 scale. Buildings that earn a 75 point rating or higher are eligible for the ENERGY STAR. To learn how your building, or manufacturing facility, can earn the ENERGY STAR visit:



www.energystar.gov/index.cfm?c=business.bus_bldgs

For additional ENERGY STAR ideas at work visit www.energystar.gov/index.cfm?fuseaction=bygtw.showSplash

The Environmental Protection Agencies website also has some additional ideas on conserving energy at the office. Visit www.epa.gov/climatechange/wycd/office.html to find out more.



Simple changes in the office can make a significant impact in the reduction of energy consumption

Melamine—additional products affected

Eggs, yogurt, chocolate—all now added to the list of melamine tainted foods coming out of China. To date, there are no documented illness in the United States as a result of this latest melamine contamination. The Food and Drug Administration (FDA) continues to state that the U.S. food supply is safe. In order to add a further layer of protection, the FDA issued a product-specific import alert on October 10th, preventing certain products from entering the United States that could potentially contain melamine. To read the import alert and see what products are affected visit:

www.fda.gov/ora/fiars/ora_import_ia9931.html

Methamphetamine Lab Seizures and Use Declining

The number of methamphetamine clandestine lab incidents has decreased year by year since it's record high in 2003. There are several factors that have assisted in the reduction of lab incidents including the difficulty in acquiring products used in methamphetamine production as well as a shift from meth use to prescription drug abuse. From 2006 to 2007 meth use fell by one third to a national average of 0.4%. The abuse of prescription pain relievers rose 12%. For additional information and national statistics visit www.samhsa.gov

Analysis of the Month

Lead, Asbestos and Silica

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