Lucy is playing with a rechargeable flashlight. Spinning the handle generates electrical energy which can be stored to power the 3 W bulb. Lucy rotates the handle with a constant moment of  $2\ N \cdot m$  and an average angular velocity of 3 rad/s for 30 s. When she stops turning and switches the flashlight on the bulb stays on for 1 s. Given this information, how efficient is the flashlight in converting mechanical energy to useable electrical energy?

