**What is the power consumption for 1 day (8 hours) for your workstation?**

E(kWh) = 68 x 8 / 1000 = 0.544 Kilowatt-hours

**Do high-end PC workstations use too much power?**

They use more power then needed but not to much power

**Is it possible to do the same work and use less power?**

You can change your settings in your computer to change when your monitor turns off automatically

**Recommend some changes that you could implement to reduce the use of energy and resources in the workplace.**

Change computer settings

Turn completely of when not using it