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

P=IV

19 V x 2.37 A = 45.03 W

khW = 45.03 x 8 / 1000

= 0.36

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

Yes, High end Pc’s use more power consumption and thus making them have a higher kwH then average computers/laptops. It’s been found that just running one PC uses more power than three refrigerators.

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

Not really, it require’s more power for more beefier machines. You would still be able to do work such as writing code or doing some homework. Some computers are made to be energy savers which requires them to not have the best output for graphics, speed and ram.

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

Always make sure the computer is in sleep when not using it. Even better completely pull the plug to the machine due to in sleep power is still used. Try not to have multiple things all running at once, it will dramatically increase the power bill with multiple appliances running at the same time. Take breaks, sitting at a computer for hours on end is one unhealthy but also costs in power. Conserve power through other means, don’t have the fan on when it’s not hot, open the window instead. Put on a jumper instead of turning on heater.