

Sustainability

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

85W

$$85W * 8 / 1000 = 0.68$$

Answer is = 0.68 kWh.

Question 2: Do high-end PC workstations use too much power?

Yes they do, running multiple monitors and performance hardware requires a large amount of power to make them work efficiently.

Question 3: Is it possible to do the same work and use less power?

It would depend on the type of work being done. Graphic and video design / editing require more high-end performance parts where normal day to day work, etc, don't need all that performance.

Question 4: Recommend some changes that you could implement to reduce the use of energy and resources in the workplace.

Some things that could reduce the power usage in the workplace are:

Only using one monitor.

Turn on power saving mode.

Put the computer(s) to sleep after a shorter amount of time.

Turn off and unplug all computers at the end of the day.

Turn off the lights and use natural lighting.

Start using computers that don't have so many performance parts and high-end stats.