**Sustainability:**

Power Supply: EVGA 850 GQ (850w)

Equipment:

* Monitor - BenQ 24inch BL2405HT
* Self-built computer – integral power supply

|  |  |
| --- | --- |
| Monitor Power Usage | 1.2A at 240V = 268W |
| Computer | 850W |
| Total Power Usage | 1118 W (1.118kw) |
| Usage over 8 hour day | 8944 Wh (8.944 kWh) |
| Peak Usage Price | $0.37 per kWh |
| Total Cost per 8 hour day | $3.29 |

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

8.9kw

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

Yes and no, I think that in the end the answer comes down to person’s own interpretation of how much power is too much power.

I personally don’t mind the higher energy requirement for my PC because I know it’s needed to power all of the higher end parts that I have. I would rather pay extra for a higher powered and faster machine, as in the end my time is worth money as well.

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

Yes, if you optimize the build to perform a particular task or a small set of them, then it’s easy. However it is a trade-off of speed versus the value you place on your time.

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

Optimize one’s PC to best suit the task they need to perform, if possible.

Optimizing the PC’s power settings to best save power.

Utilize the time the PC is in use to get as much work done as possible, with as much quality as possible.