

# Sustainable Home Working Guide

2027





# THE 'WHY'

**COVID-19 has dramatically changed the way we work for the long-term with most of us working from home.**

Thus, it is hugely important to consider the impact of home-working as part of the overall environmental impact of our organization.

Not only do carbon emissions produced by staff working from home make up part of an organisation's scope 3 emissions calculations, but the individual choices made by us working from home can also incrementally have a significant environmental impact.



# EMISSIONS

**We're all keen to keep our energy bills down at the moment. But using less energy is also better for the climate too. Did you know...**

- Around 20% of US carbon emissions come from our homes.
- Turning down your heating thermostat by just 1° can save around 310kg of CO<sub>2</sub> a year for typical households in the United Kingdom.
- Energy consumed by devices in standby mode accounts for 5-10% of residential energy use, adding up to \$100 per year for the average American household.
- Doing two loads of laundry weekly in cold water instead of hot or warm water can save up to 225 kg of CO<sub>2</sub> each year?

[The Energy Saving Trust](#) has lots of tips for saving energy, from reducing heat loss, to choosing energy efficient products. It also recommends room thermostats should be set between 18° and 21°C (64° – 69°F).



# REDUCTIONS

**Emissions don't just come from heating (or cooling) our homes. We should also be considering:**

- Reducing our waste as much as possible, including food waste.
- Cutting down on printing or going paperless.
- Running dishwashers and washing machines at 30°C (86°F).
- According to [Guardian.com](https://www.guardian.com), a household running a dryer 200 times a year could save nearly half a ton of CO<sub>2</sub>e by switching to a clothes rack or washing line.
- Switching off lights, appliances and chargers when not in use.
- Cutting down our digital carbon footprint by clearing out our inbox and subscription list; using links instead of attachments, etc.
- Shutting down laptops overnight.



# IMPACT

**Small actions quickly lead to bigger wins when it comes to working from home. Some suggestions to consider:**

- Opting for plastic-free tea bags and/or Fair Trade coffee.
- Cutting down on food waste.
- Avoid excessive packaging, paper, and single use plastics.
- Separate waste, recycle wherever possible or install a compost bin.
- Use eco-friendly cleaning products and switch to recycled or eco-friendly toilet rolls, tissues, paper and kitchen towels.
- Use the laundry machine at night which uses less energy.
- Support small, local businesses.



# ENVIRONMENTAL FOOTPRINTING

Measuring your footprint can be a good way of understanding any areas where you might be able to make incremental changes.

The WWF has a great free tool to calculate your [environmental footprint](#).

There's also a free app to check out called [Giki](#) which looks more specifically at your carbon footprint and offers suggestions and tips on how to lower it.



# QUESTIONS?

**FuturePlus** is working closely with PMI to super-charge our internal, enterprise-wide social and environmental impact across 5 areas:

- Climate
- Environment
- Economic
- Social
- Diversity & Inclusion

If you have any questions or would like to speak to someone about PMI's sustainability initiatives, drop us a note at: [laura.davidson@pmi.org](mailto:laura.davidson@pmi.org) or [team@future-plus.co.uk](mailto:team@future-plus.co.uk)