

# A guide to Low energy lighting and using sustainable fixtures and fittings

## What to buy

### Select your low energy bulbs carefully

Low energy light bulbs come in numerous types, styles, colours, and ultimately quality, some are even dimmable. A higher quality bulb will have a much shorter warm up period, last longer and likely produce a more aesthetically pleasing type of light.

Look out for the colour rating of the bulb - 2000K will be quite a 'yellow/warm light', 3500K will provide a much brighter 'whiter' light and is better for reading but can be harsh when looked at directly.



## Where to buy bulbs - including permanent low energy only fittings

The various types of bulbs are available from general DIY stores and supermarkets and should be available from £1 right up to £15 'Daylight Imitation bulbs'.

The new style bulbs for low energy only fittings are a similar price but slightly more difficult to obtain because they have only recently become standard - and with a 10 year lifespan there is clearly low demand for replacements. However, these should be available from DIY shops in limited supply, and you can always ask them to order some in, or order some from the internet - try [www.ebulbshop.com](http://www.ebulbshop.com) or [www.lightbulbs-direct.com](http://www.lightbulbs-direct.com) amongst other websites. If you don't have access at home, log in at a Family Mosaic office or at the library.

Be sure to order the right kind (examine or take the old bulb with you), and that the room fitting will be able to power the wattage of bulb you have selected – examples of bulb shapes and the light fittings they match are shown in the images below:



*G24-d-1or2' 2 Pin*



*G23 2 Pin*



*G24Q-2 4 Pin*



*2G7 4PIN*



*G24q-1 4 Pin*

## FAQ's

### **Do they really save much energy?**

They can save you up to £9 a year in energy compared to a traditional tungsten bulb. That could be a saving of £90 over the life of the bulb.

### **Do they take ages to light up?**

No, most modern energy saving bulbs take little more than a few seconds to warm up to full brightness. They don't flicker anymore either.

### **Does producing an energy saving bulb take more energy in the first place than is saved in its lifetime?**

An energy saving bulb might take more energy to make than a traditional bulb, but the energy saved by the bulb over its lifetime far outweighs this energy consumption. One benefit of the new low energy only fixtures is that the 'electronic balast' of the bulb is in the fixture and not the bulb. It is more advanced as it is not thrown away when the bulb goes – this saves resources.

### **Where can I buy lampshades to go with the low energy fixtures?**

The new fixtures have a slightly different girth, so when replacing the lampshade remember that the old type might not fit, so you might have to buy ones specially designed for the task. These are becoming more popular in DIY and home interior stores.

### **Is the government banning traditional incandescent bulbs?**

There is a proposal for a voluntary phasing out of traditional bulbs between now and 2011. This will give manufacturers and retailers enough time to develop additional products that will take their place.

### **Low energy lights contain mercury, isn't that bad for the environment?**

Energy saving bulbs contain only tiny traces of mercury – according to the World Health Organisation you would have to smash several together in a pile for there to be any risk at all to your health.

Additionally, burning fossil fuels for electricity is the biggest source of mercury in the air, so using these bulbs means burning less fuel, which in turn means less overall mercury in the atmosphere.

The mercury trapped in the bulb is being kept out of the environment – so remember to recycle them to make sure it stays trapped.