

GO WIRED

- ✓ **Faster Internet**
- ✓ **More Reliability**
- ✓ **More Security**
- ✓ **Energy Saving**

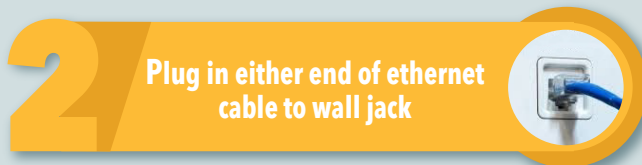


This room has **FAST** wired internet!

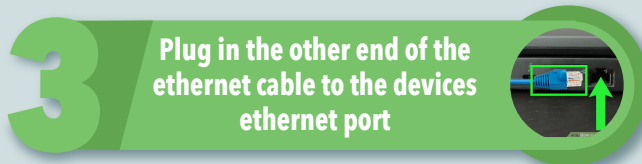
Try it for streaming and Zoom



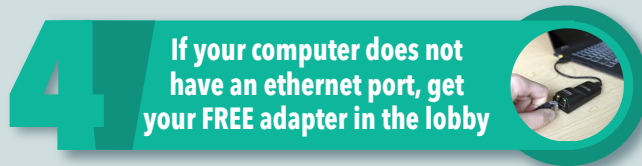
Go to your settings to turn off your wifi, bluetooth, cellular antenna and hot spots.



See IT Department if you have trouble locating the wall jack.



Ethernet cables have the same connector on both ends so it doesn't matter what end you put in port.



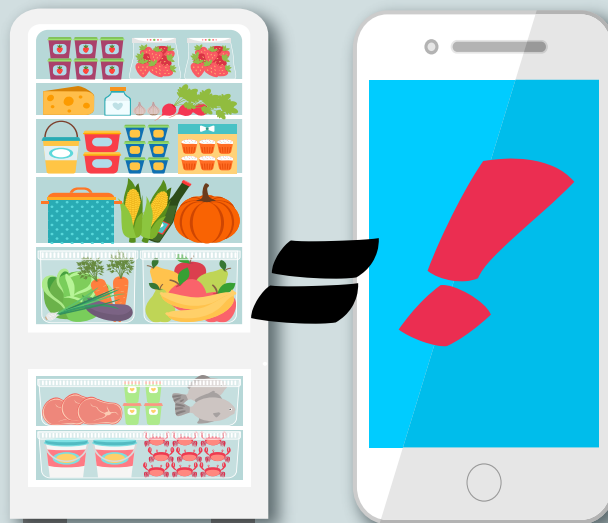
Find the Ethernet port on your laptop. It looks like a thicker version of a telephone jack.

Please visit: www.electronicshub.org/ethernet-vs-wifi/
or for a step-by-step guide, visit:
iwu.edu/information-technology-services/network/wired-connection.html

Did You Know

The average iPhone uses more energy than a midsize ENERGY STAR compliant refrigerator!

*gettingsmarteraboutthesmartgrid.org/wires.html



Simple Power Saver Tips

At bedtime turn on Airplane Mode and Night Mode

In Airplane Mode, you can still:



- **Use your alarm!**
- Listen to music
- Play offline games
- Listen to downloaded ebooks
- Listen to downloaded podcasts
- Use Camera



Turning on Airplane Mode while you sleep improves battery life and sleep quality too!

Use Nighttime Mode:



Many cell phones, tablets, and other portable electronic devices are equipped with a "nighttime mode" that is easier on the eyes before bed. Nighttime mode reduces blue light emissions and decreases the display's brightness setting. Reducing blue light before bed can help you sleep better!

For more information visit www.humanetech.com/take-control.

SAVE Energy and Sleep Better!

Make Sure your Smart TV goes to bed when you do!



On Move In Day

Set Up Free Energy Saving Power Strip

It's as easy as...

1

Plug in your TV, XBOX and Roku etc. to the power strip*



*Plug refrigerator only into separate outlet or into the always on area at top of power strip.

2

Just use the remote to turn off power when you go to bed and put your devices to sleep!



The remote ensures two-switch power supply leaves critical devices on and uncritical ones off.

3

Save Energy while you sleep and wake up refreshed!



This simple behavior change will not only save energy but will help give you a good night sleep too!

DID YOU KNOW:

Wireless devices use a lot more energy than you might realize. According to the National Resources Defense Council (NRDC): Small network wireless devices that never sleep consume enough electricity each year to power all 1.2 million homes in the Silicon valley area.

In fact, the NRDC found that turning off WiFi when not in use could save \$300M in energy costs annually- and that's just in the United States!

Info courtesy of National Resource Defense Council.



Improving Sustainability On College Campuses

In addition to efficient lighting, heating, cooling and air exchange improvements, college campuses are instituting best practices when it comes to internet accessibility using strategies that reduce both energy and environmental impacts.

Streaming Content is Energy Intensive

For an individual to stream video content, it has to travel through a complex network – i.e. cables, routers, data centres etc. – that runs on vast sums of electricity. This electricity in turn generates carbon dioxide – which can leave a devastating impact on the environment.

The advent of zoom and hybrid classes and video consumption by young adults overall has unintended implications for energy consumption.

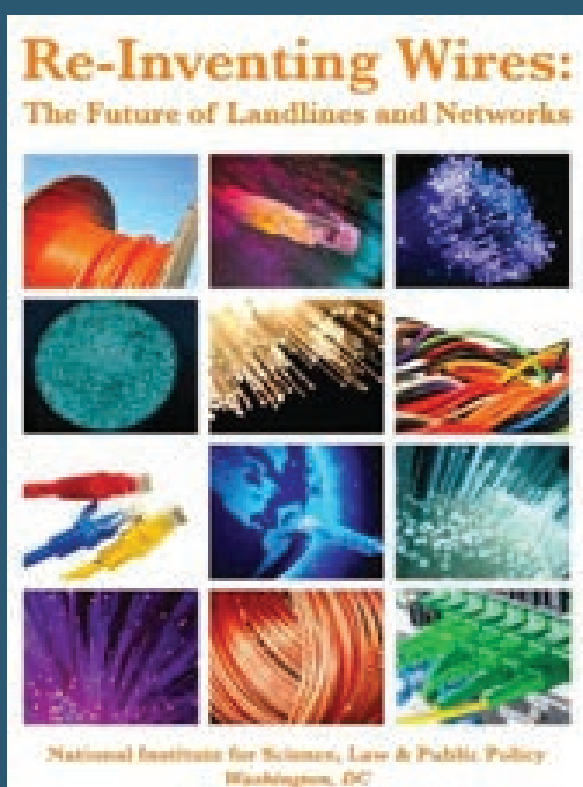
A recent analysis showed that if 64 million people stream Season 3 of Stranger Things the energy use is equivalent to driving 420, 977,778 miles and emitting 189,440,000 KG of Co2

...but it can be done more energy efficiently...

For instance, TV shows, movies or educational content from the internet can be downloaded when you're connected on a wired connection (the fastest way) or via wi-fi, and watched later without using any cellular data or internet connection.



The report: **“Re-Inventing Wires: The Future of Landlines and Networks,”** reveals:



“Internet energy consumption is growing at an unsustainable rate, with the biggest culprits being data centers and (most significantly) wireless access networks.

The main energy culprit is wireless video. A wired connection (copper, DSL, cable, fiber) is the most energy efficient method to access the network. **Access through WiFi increases the energy use.**

However, if wireless access is made through a cellular network tower, energy use soars. Wireless traffic through 3G uses 15 times more energy than WiFi, while 4G consumes 23 times more...”

Colleges Campuses should rely on Fiber to the Premises (FTTP) and can take advantage of new cabling standards such as Single-Pair-Ethernet with Power-Over-Ethernet (SPE/POE or PoDL) that allow portables (phones and tablets) to operate in a wired mode and charge their battery at the same time.

Automated Solutions

Some College facilities use more energy than others but can take advantage of **automated technology** to reduce energy consumption. For example, **utilizing appliance timers** and automated **power strips** for all appliances can reduce energy use during off peak times and cut down on phantom energy use overnight in all campus spaces. There are also **patented techniques** that can reduce energy use and environmental contaminants from wireless access appliances.

Easy Wi-Fi ON/OFF Timer^{*}

Enables or disables Wi-Fi Access Point at the touch of a button



WHAT?

This switch enables Wi-Fi if needed
ONLY for instruction

HOW?

Simply turn ON switch for **SHORTEST**
length of time needed, light will
indicate time selected^{**}

WHEN?

TO BE USED BY TEACHER/STAFF ONLY
when *****Wi-Fi is needed*****

Remember: In order to successfully reduce RFR
exposure don't forget to disable the Wi-Fi on
individual devices as well!^{***}

THANK YOU FOR YOUR COOPERATION!

^{*} Easily connects in line with existing POE service to access points.

^{**} Switch allows for a Wireless Access Point to be powered on for specific periods of time (30, 60, 90, 120 minutes), and defaults to OFF setting when not in use. ^{***}This is an easy solution for classrooms and also residential dorm rooms to help students reduce exposure to RFR while they sleep. Students have permission to use timer in dorm rooms if Wi-Fi access point is present.

This switch helps to reduce RFR exposure from the Wi-Fi access point. It's important to also disable the Wi-Fi on individual wireless devices as well. *The safest, fastest and most energy efficient way to connect is always via ethernet - not Wi-Fi!*



Protect yourself.

#PracticeSafeTech

BE SMART. REDUCE WIRELESS RADIATION.

- Don't sleep with your cell phone or wireless device.
- Prefer phoning in speaker mode or hands-free.
- Avoid carrying a phone near your body— like in pants, pockets or bra.
- Text with phone away from your body.
- Use a corded landline and minimize wireless.
- Switch to airplane mode in cars, elevators, trains, buses, planes. Your device pumps out more radiation in metal surroundings.
- Turn Airplane mode on with Wi-Fi/Bluetooth OFF under settings to eliminate radiation.
- Use laptops, tablets, and all electronic tech away from your body – NOT on your lap.
- Connect to the internet with wired cables & Wi-Fi settings OFF.
- Go corded for mouse, headphones, keyboard, router, speakers, printer, gaming, tv, microphone etc.
- Streaming large files like video and music results in higher radiation exposure.
- 5G and 4G cell antennas will increase your daily dose of radiation. Not to mention, it will also impact the birds, bees and trees. Educate yourself on 5G.

RESEARCH SHOWS:

Cell phone/W-Fi radiation can damage the **brain**, **sperm**, **your mood**, and **your sleep**, in addition to increasing cancer and **memory problems**.

MUSIC & VIDEOS:

Instead of streaming, download first, switch to airplane mode then click play **to avoid unnecessary radiation**.

100% SAFETY = CORDED CONNECTIONS

GET INVOLVED:

Your elected officials need to hear from you. Ask for **safe technology** and updated radiation limits that protect the public. You have a **right to know** that cell phones & wireless devices emit radiation.

More at **EHTrust.org**