



Energy Clean Up Action Sheet

Source	Suggested Action	What I can do
Bedroom		
Electric Blanket	Remove. Use a hot water bottle instead!	
Electric Radio Alarm Clock	Use a battery alternative or mobile phone on Flight Mode (not plugged in charging!)	
Cordless Phone	Ideally replace with a wired phone or shield with Mobile Phone Shields (one for each handset and one for each base).	
Charging Items	Don't! Never charge anything in the bedroom. Always charge at least 4 metres away from you.	
Electrical Equipment	Keep to a minimum. Switch off and unplug when not in use. Try to keep at least 4 metres away from you.	
Wireless Router	Try to relocate in an alternative room (at least 4 metres away from you). If not possible shield with a WiFi Shield. Switch off when not in use.	
Metal Bedstead.	Acts as a conductor for all electrical fields in the surrounding vicinity surrounding you with harmful fields all night. Replace with non metal if possible and/or remove all nearby electrical items.	
Wiring	Wiring for bedside lights running behind the bed head emits fields near your brain. Remove if possible or ensure the wiring and lamps are fully earthed.	



Source	Suggested Action	What I can do
Kitchen		
Fridge Freezer	Make sure that the back of the fridge freezer is located at least 4 metres away from any areas where people are stationary for any length of time (i.e. a settee or bedroom).	
Microwave	Ideally use an alternative method for cooking/reheating food. If used locate at least 4 metres away from where people are stationary. Do not stand near when in operation.	
Electrical Equipment	Switch off and unplug when not in use. Try to keep at least 4 metres away from where people are stationary, children play, etc.	
Lounge & Other Reception Rooms		
Cordless Phones	Ideally replace with a wired phone or shield with Mobile Phone Shields (one for each handset and one for each base).	
Laptops, mobile phones, tablets, etc	For all equipment that requires charging, charge away from you (at least 4 metres) and use off battery wherever possible. Shield with a WiFi Shield (laptops, etc) or Mobile Phone Shield.	
Electrical Equipment	Switch off and unplug when not in use. Try to keep at least 4 metres away from where people are stationary, children play, etc.	



Source	Suggested Action	What I can do
Home Office/Office Environment/Work		
Wireless Router	Try to relocate in an alternative room (at least 4 metres away from you). If not possible shield with a WiFi Shield. Switch off when not in use.	
Electrical Equipment	Keep to a minimum. Switch off and unplug when not in use. Try to keep at least 4 metres away from you.	
Printers/Multi Functional Devices	Try to locate at least 4 metres away from you.	
Cordless Phones/Bluetooth Devices/Handsets	Ideally replace cordless phones with wired or shield with Mobile Phone Shields (one for each handset and one for each base). Avoid using Bluetooth wherever possible. If using switch off when not required.	
Computers, Laptops, mobile phones, tablets, etc	For all equipment that requires charging, charge away from you (at least 4 metres) and use off battery wherever possible. Shield with a WiFi Shield (laptops, etc) or Mobile Phone Shield. Shield computer monitors with WiFi Shield. Ensure you have regular breaks away from computer screens, laptops, tablets, etc.	