

Baseload & Energy Star:

The Energy Our Appliances Use

Learning Objectives

By viewing this video, participants will:

- Understand how to calculate and assess baseload for a home.
- Understand the meaning of, and how to calculate, kilowatt hours.
- Recognize the issues associated with phantom power.
- Understand how to operate some standard appliances in energy-efficient ways.
- Recognize the characteristics of energy-efficient appliances.

Key Terminology

Energy Star

Baseload

Kilowatt Hours

Watt Metering

Energy Burden

Estimated Yearly Operating Costs

Phantom Power

Smart Strips

Supplemental Materials

Web Resources

<http://www.energystar.gov>

<http://www.energysavers.gov>

<http://www.desireusa.org>

<http://www.extension.org>

Video Information

Location: Raleigh, NC

Individuals Featured: Sarah Kirby

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