

**ISO 14000 - Master Recording and Information Sheet – WEEK 1**

Watts X Hours = Total Watts                  Divide by 1000 to get Kilowatt hours (kWh)

Example: You used the hair dryer for 3 hours total and it uses 1200 Watts  
 1200 Watts X 3 hours = 3600 Watts                  3600 Watts / 1000 = 3.6 kWh

Appliance	Hours on after school and weekends							Watts	X	Hours =	Total Watts	Kilowatt Hours (kWh)
	M	T	W	Th	F	S	S					
Air Conditioner												
Desktop Computer Monitor								150				
Desktop Computer CPU								120				
Laptop								50				
Hair Dryer								1200				
Clothes Iron								1500				
Vacuum Cleaner								1200				
Microwave								1000				
CD player/stereo								100				
Play Station 2								100				
Play Station 3								380				
Game Cube								20				
Wii								17				
XBox								61				
Xbox 360								165				
DVD player								47				
Cable Box								26				
Ceiling fan								88				
Night Light								7				
VCR								175				
Washing Machine								512				
Dryer								2790				
Refrigerator								1200				
Sewing Machine								75				
Cell phone charger								10				
Fish Tank filter								4				
Can Opener								100				
Coffee Maker								1200				
Toaster								1146				
Toaster Oven								1550				
Hot plate								1200				
Printer								100				
27" Tube TV								113				
36" Tube TV								133				
53"-61" Tube TV								170				
Slim fit TV								120				
Plasma/LCD TV								725				

\*Wattage information gotten from [www.oksolar.com/technical/consumption.html](http://www.oksolar.com/technical/consumption.html)

**ISO 14000 - Master Recording and Information Sheet – WEEK 2**

Watts X Hours = Total Watts                  Divide by 1000 to get Kilowatt hours (kWh)

Example: You used the hair dryer for 3 hours total and it uses 1200 Watts  
 1200 Watts X 3 hours = 3600 Watts                  3600 Watts / 1000 = 3.6 kWh

Appliance	Hours on after school and weekends							Watts	X	Hours =	Total Watts	Kilowatt Hours (kWh)
	M	T	W	Th	F	S	S					
Air Conditioner												
Desktop Computer Monitor								150				
Desktop Computer CPU								120				
Laptop								50				
Hair Dryer								1200				
Clothes Iron								1500				
Vacuum Cleaner								1200				
Microwave								1000				
CD player/stereo								100				
Play Station 2								100				
Play Station 3								380				
Game Cube								20				
Wii								17				
XBox								61				
Xbox 360								165				
DVD player								47				
Cable Box								26				
Ceiling fan								88				
Night Light								7				
VCR								175				
Washing Machine								512				
Dryer								2790				
Refrigerator								1200				
Sewing Machine								75				
Cell phone charger								10				
Fish Tank filter								4				
Can Opener								100				
Coffee Maker								1200				
Toaster								1146				
Toaster Oven								1550				
Hot plate								1200				
Printer								100				
27" Tube TV								113				
36" Tube TV								133				
53"-61" Tube TV								170				
Slim fit TV								120				
Plasma/LCD TV								725				

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