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The 10-Minute Plug Power Check:

A Site Manager's Guide to Finding Hidden Energy Waste

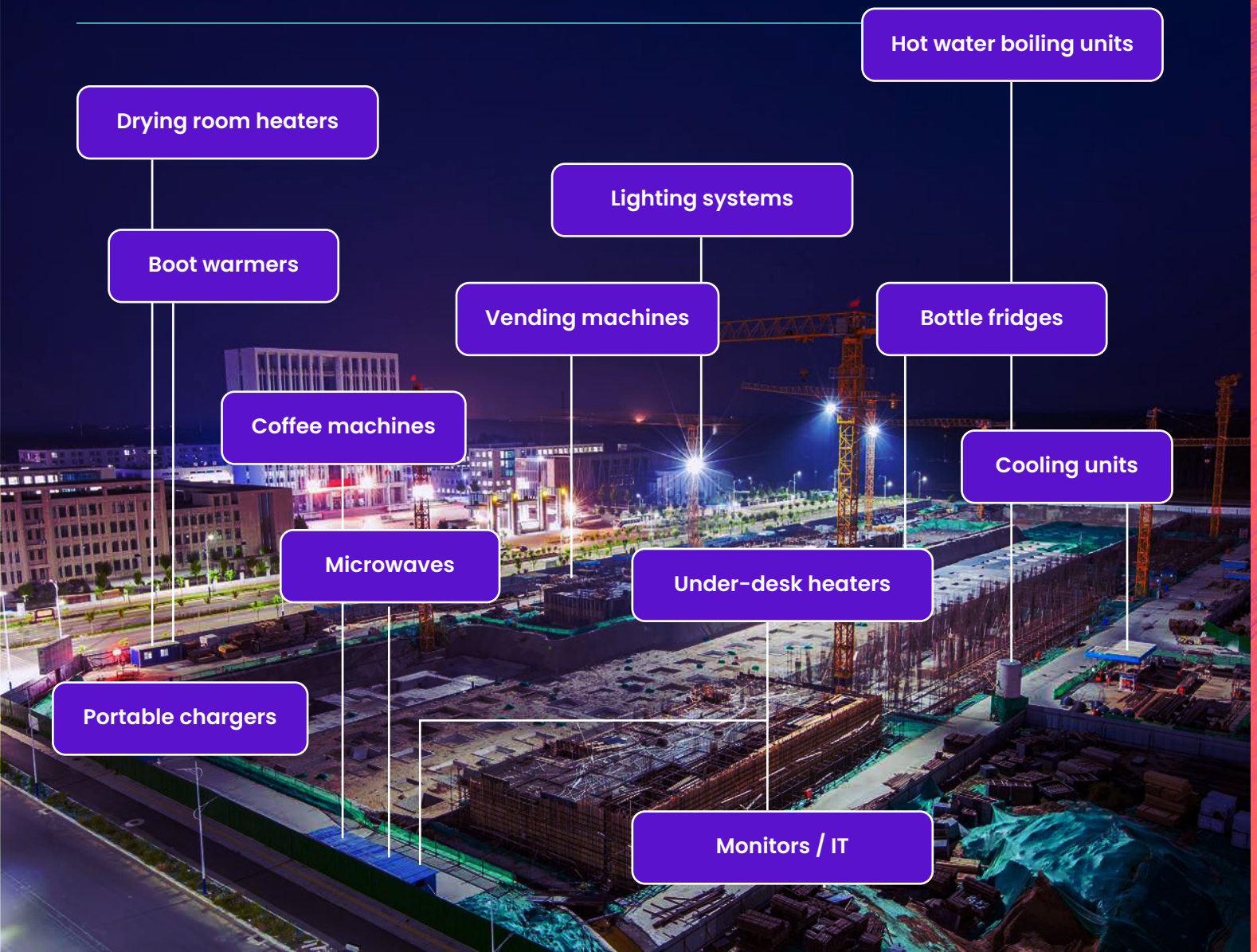
Plug power can make up as much as 90% of energy use in site cabins, and 95% of it is wasted. Heaters run overnight, fridges work overtime, monitors glow in empty rooms. **That's wasted fuel, wasted money and unnecessary CO_2.** This guide gives you a fast, practical way to find the biggest offenders before they hit your fuel bill.

Spot the Offenders

The fastest way to find wasted energy on any site? Look for the everyday appliances left on when nobody needs them.

These are the usual culprits ▼

If it's warm, lit, or humming after hours, **it's wasting energy.**



The 10 Minute Cabin Walkthrough Checklist

Do this once per cabin, welfare area, or drying room. It's fast, simple, and reveals the real problem areas.

Count how many "Yes" answers you get. **Every one of them = avoidable cost.**

1. Welfare Cabin

- [ ] Any heaters on with no one inside?
- [ ] Hot water boiler hot after hours?
- [ ] Fridge turned on and iced up?
- [ ] Any chargers left plugged in?
- [ ] Any unsafe loading (multi-gangs, blocked vents)?

2. Drying Room

- [ ] Heater running after shift?
- [ ] Room noticeably warm late in the day?
- [ ] Extraction fan left on?
- [ ] PPE dry / room empty but still powered?

3. Office Cabin

- [ ] Monitors on standby after hours?
- [ ] Under-desk heaters left on?
- [ ] Laptop/phone chargers plugged in with no device?
- [ ] Printers warm,or left on?

4. Canteen / Break Room

- [ ] Microwave display on?
- [ ] Coffee machine warm to touch?
- [ ] Vending machine lit and running continuously?
- [ ] Fridge/freezer struggling (warm sides or over-icing)?

5. Security / Storage Areas

- [ ] Lights + heaters left on permanently?
- [ ] Old appliances running continuously?
- [ ] Any warm or buzzing sockets?

What That Waste Costs

Add it up:
multiply each appliance counted × its cost band.

This gives your hidden weekly wasted plug-load

(And this is before you've even considered the energy appliances use when they switch themselves on and off or keep drawing power in the background.)

Weekly Wasted Plug-Load : Quick Estimate

Appliance Type	Typical Waste Pattern	Cost Band (per week)	Number Found	Estimated Cost
Heaters (fan, space, drying room)	Left running after hours or cycling idle	**£50–£75**		**£**
Boot warmers	Warm/active after shift end	**£10–£20**		**£**
Fridges / Bottle fridges	Failing, iced, or always-on cycling	**£10–£15**		**£**
Kettles / Boiling taps	Standby heat + after-hours power	**£2–£4**		**£**
Microwaves	Clock/standby + warm chassis	**£2–£4**		**£**
Monitors / IT kit	Left on overnight	**£3–£5**		**£**
Chargers	Plugged in with no device	**£1–£2**		**£**
Coffee machines / Vending	24/7 warm standby	**£10–£20**		**£**

Total Weekly Hidden Cost **£000000**

Want exact £ and CO_2 savings? Use the measurable.energy ROI calculator.

What You Can't See (And Why You'll Never Catch It Manually)

This manual check is a good start, but it **only shows the obvious waste.**

Here's what **stays hidden without measurable.energy's simple to install AI-powered smart socket tech:**

1 Idle cycling & after-hours drift

Heaters cycle quietly. Fridges drift inefficiently. Equipment warms and cools without anyone noticing.

2 Standby power drain

Devices that look off still draw energy. (Printers, chargers, monitors, fridges, AV kit.)

3 Failing appliances

Abnormal cycling patterns = early warning signs before failure.

4 Fire-risk indicators

Overloaded sockets, overheating plugs, failed fuses - impossible to track manually.

5 The generator effect

Every unnecessary watt = more diesel burned. You can't calculate this without appliance-level data.

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Want the real numbers?

Use the simple-to-use measurable. energy ROI calculator to see:

- £ savings
- CO_2 reduction
- Payback period

Start saving on your site today.

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Explore our ROI Calculator

eliminating wasted energy in buildings