



How to calculate your carbon footprint

This data should be used for indicative purposes only and should not be relied upon as a statement of fact: Data sourced correct as of December 2024

Watching television for an hour

Terrestrial television 170g

Streaming 206g

One lightbulb lighting a room

Per hour 7.5g

Using a computer/laptop for an hour

Desktop and screen 11.8g

Laptop and screen 13.1g

Gaming per hour

Download 47g

Cloud/streaming games 149g

Taking a shower

5 minutes 145g

Using a hairdryer

10 minutes 150g

Travelling by car

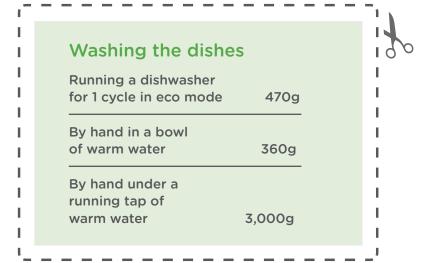
1 mile 211g

Boiling a kettle
Once 50g

Toasting 2 slices of bread
Once 71g

Using a microwave

1 minute 2.5g



One load of washin washed at:	g
40 degrees, hung to dry on a clothes line	700g
40 degrees, dried in a tumble dryer	2,400g

Running a fridge freezer

1 hour 7.3g

Streaming music

1 hour 55g

Learning in, learning about, and learning for the natural environment.

Looking for more learning resources, information and data?

Visit https://naturalresources.wales/learning
Alternative format; large print or another language, please contact:
enquiries@naturalresourceswales.gov.uk, 0300 065 3000

