



# 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
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### Using a computer/laptop for an hour

Desktop and screen	11.8g
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Laptop and screen	13.1g
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### Gaming per hour

Download	47g
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Cloud/streaming games	149g
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### Taking a shower

5 minutes	145g
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### Using a hairdryer

10 minutes	150g
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### 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



### Washing the dishes

Running a dishwasher  
for 1 cycle in eco mode 470g

By hand in a bowl  
of warm water 360g

By hand under a  
running tap of  
warm water 3,000g



### One load of washing washed at:

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



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