

# Carbon equivalents

**0.005kg  
Carbon**

**=**

**Boiling a  
kettle for  
1 hot drink**

**0.16kg  
Carbon**

**=**

**Using an  
electric oven  
for 1 hour**

**4.5kg  
Carbon**

**=**

**Playing x-box  
360 for 1 hour  
every day for  
6 months**



**155kg  
Carbon**

**=**


**Running 2  
refrigerators  
for 1 year**



**41kg  
Carbon**

**=**

**Running 1  
dishwasher for  
1 year**



**604kg  
Carbon**

**=**


**A family of 4  
flying to Europe  
for a holiday  
twice a year**



**1,626kg  
Carbon**

**=**

**3 people on a  
return flight  
from the UK to  
North America**



**0.018kg  
Carbon**

**=**

**Watching  
television for  
1 hour**



**0.5kg  
Carbon**

**=**

**Drying 1 load  
of clothes in  
a tumble drier**

**15kg  
Carbon**

**=**

**Washing  
clothes for  
a family for  
1 year**



**334kg  
Carbon**

**=**

**Using electricity  
to cook for a  
household for  
1 year**



**53kg  
Carbon**

**=**

**Driving an  
articulated lorry  
from Cardiff to  
London**





**982kg  
Carbon**

**=**

**1 average  
petrol car  
being driven  
11,000 miles**



**1,980kg  
Carbon**

**=**

**2 average  
petrol cars  
being driven  
11,000 miles**