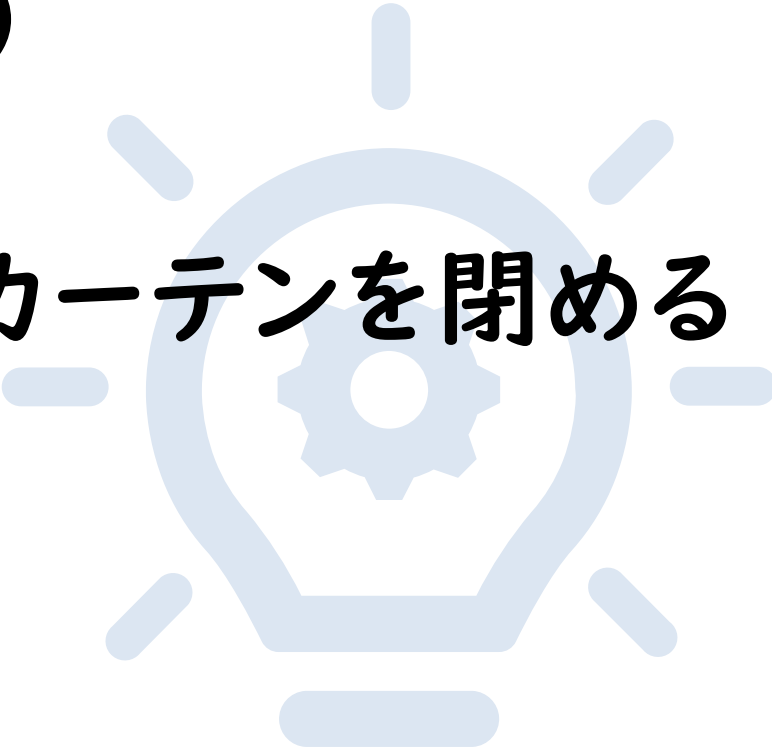


- エアコンは適正温度で使用  
(室温18℃以上推奨)
  - 夕方以降、ブラインド・カーテンを閉める
  - ウォームビズ励行
  - エレベーターの利用を控え、階段を利用  
(2アップ、3ダウン)
- 
- A large, light blue, semi-transparent graphic of a lightbulb with a gear inside, positioned on the right side of the slide. The lightbulb has several short lines radiating from its top and bottom, suggesting it is lit or glowing. The gear is centered within the bulb's glass part.