

An Post CO2 Reporting

Best practice in establishing your
letters & parcels carbon footprint

01.04.2022

Finbarr Power – Energy Manager
Aoife O'Connor - Environmental Management Project Executive

**an
post**

For your world

Agenda

- Collection of Energy Data
 - Buildings thermal
 - Fleet
- Letters & parcels carbon footprint calculation
 - Standard
 - Useful data
 - Calculation

Collection of Energy Data

Accurate Capture of Fuel/Energy Sources

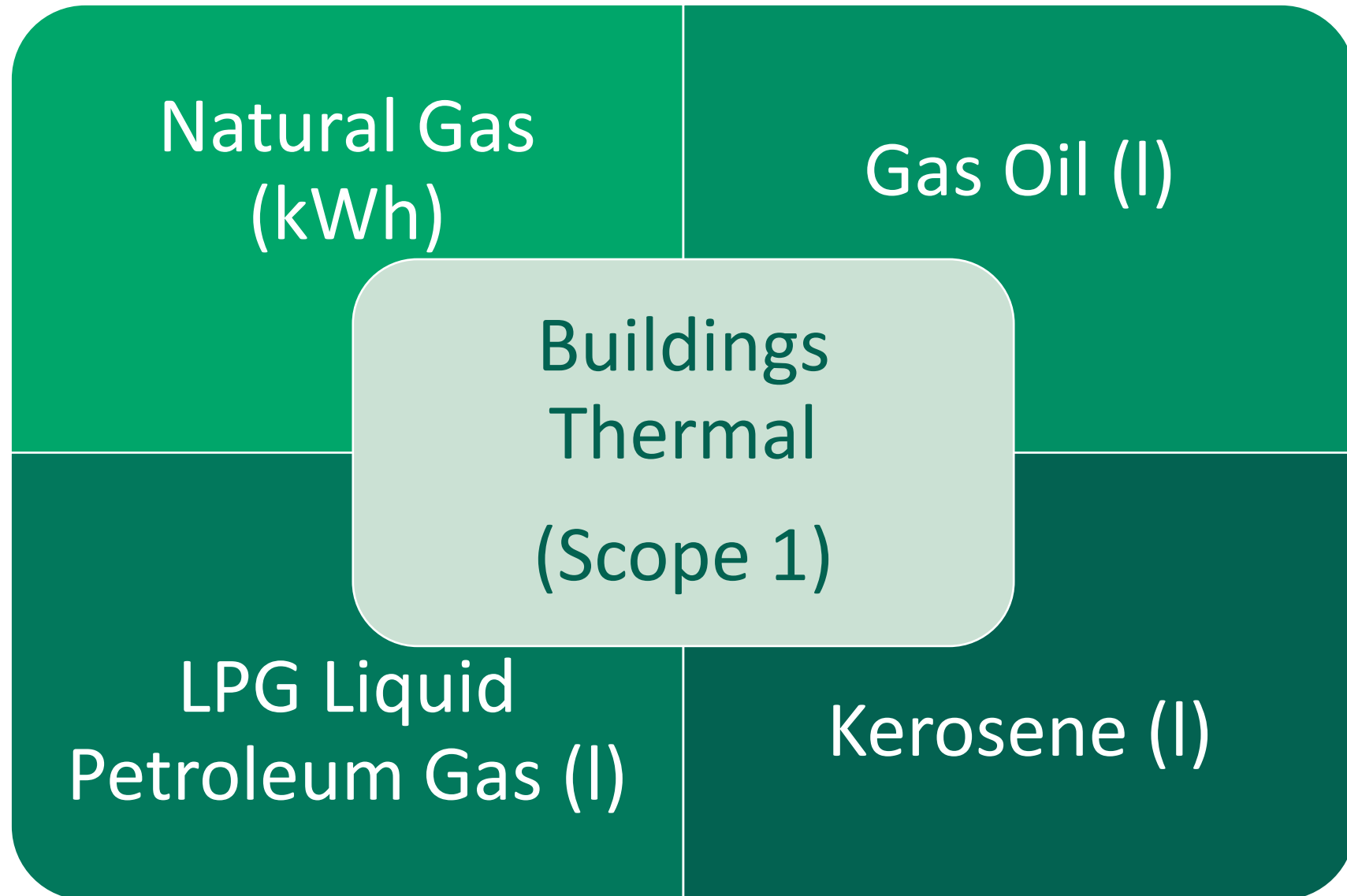
Include All Energy Sources Buildings & Transport

Insist on Energy Supplier supplying Monthly Data on Excel Files

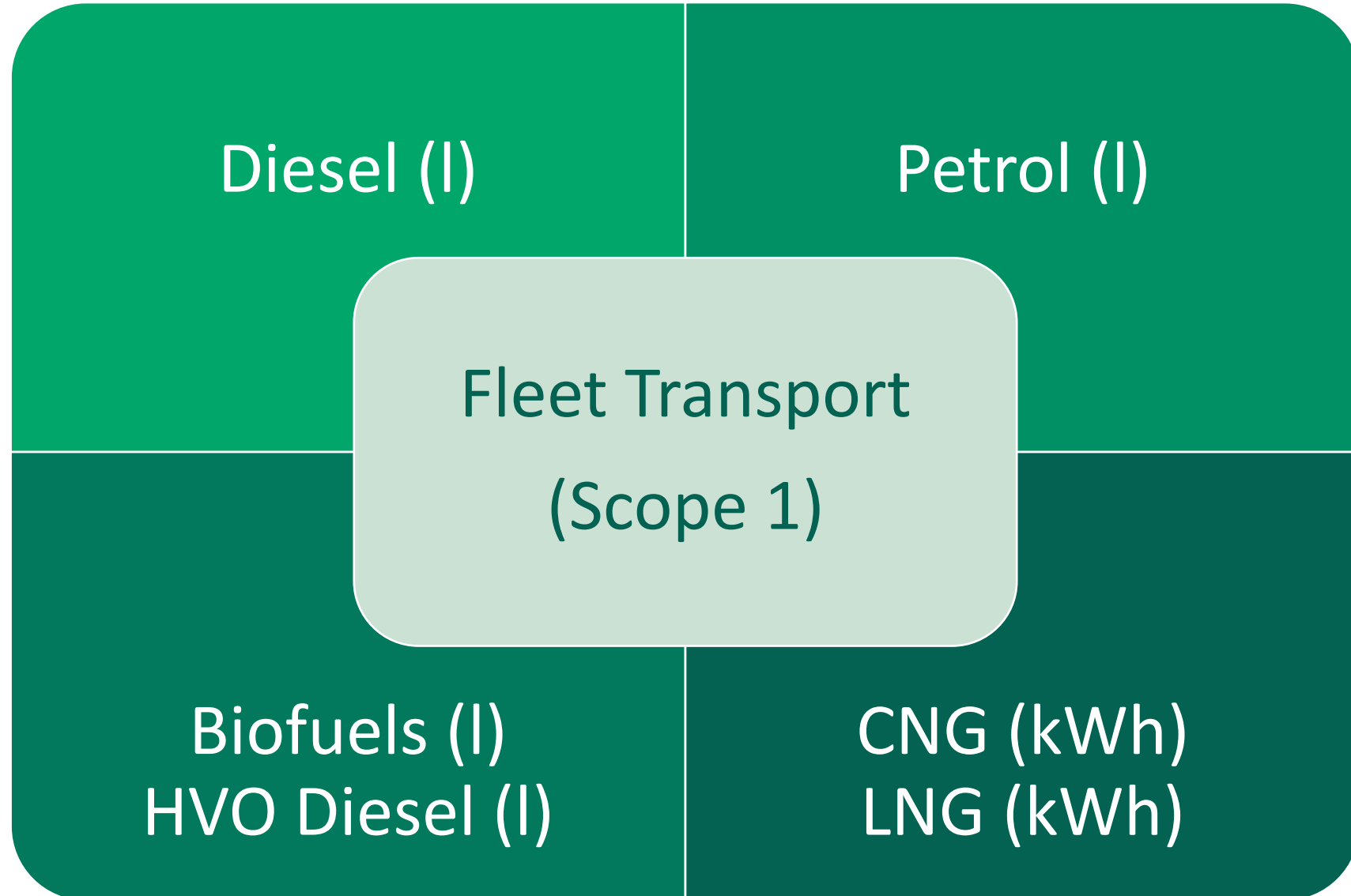
Collect the Data - kWh or Litres (convert to kWh)

Convert Litres to Kwh using your Country's National Conversion Factors

Buildings



Transport



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Collection of Energy Data - Examples

Monthly Comparison kWh Electricity/Gas Top 44 Sites



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Overview

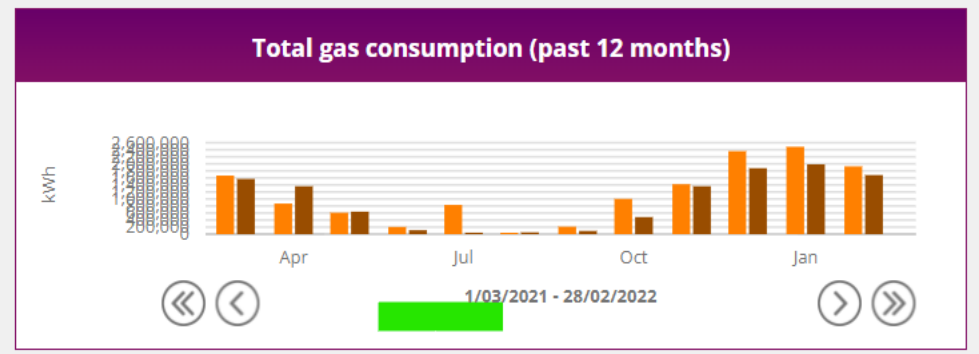
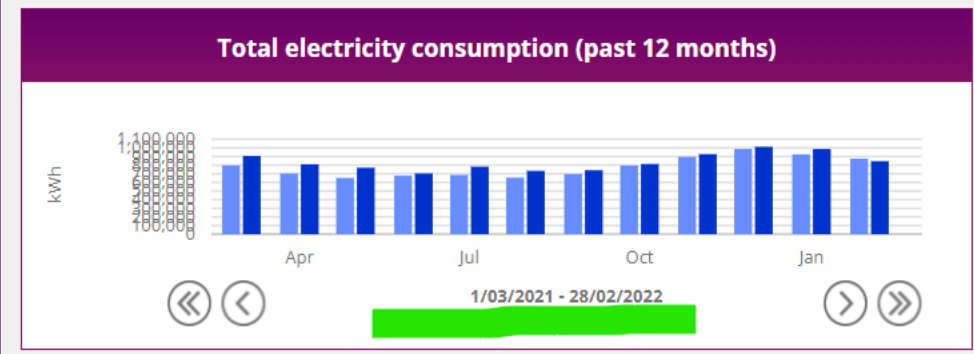
Sites

Filter

- Andrew St
- Athlone
- Balbriggan DSU
- Baldoye
- Bannow Road
- Black Rock DSU
- Blanchardstown DSU
- Carrick On Shannon
- Cavan DSU
- Churchtown DSU
- Cork GPO

Sustainability

Contract summary



Top 10 site consumers (past 30 days)

Site name	Elec usage	Gas usage	Total
Dublin Mail Centre	222,750 kWh	280,843.476 kWh	503,593.476 kWh
Dublin GPO	0 kWh	259,290.883 kWh	259,290.883 kWh

Past 7 days electrical consumption

160,926 kWh

▼23% Compared to previous 7 days

Past 7 days gas consumption

279,847 kWh

▼38% Compared to previous 7 days

Past 30 days electrical consumption

801,966 kWh

▼8% Compared to previous 30 days

Past 30 days gas consumption

1,656,823 kWh

▼3% Compared to previous 30 days



LPG Weekly Gas Usage Report - 30 Sites – emailed Weekly am to each Manager + Monthly

An Post (Weekly) - Region: An Post

Time: 21 March 2022, 09:00

Site Name	Town	Postcode	Tank Number	Status	Capacity	% 6 Days Ago	% 5 Days Ago	% 4 Days Ago	% 3 Days Ago	% 2 Days Ago	% Yesterday	% Today	Fill Capacity	Level	Last Fill Date
An Post	Ballinasloe	Galway	23850	Normal	2200	62%	59%	59%	56%	56%	56%	56%	726	1254	25 Feb 2022 16:45:00:000
An Post,	Tuam	Galway	3942	Alarm 1	2240	31%	28%	28%	28%	28%	28%	28%	1366	649	28 May 2021 10:30:00:000
An Post	Thurles	Tipperary	2643	Normal	4546	40%	39%	37%	36%	35%	34%	34%	2545	1545	17 Jan 2022 10:45:00:000
An Post	Kilmallock	Limerick	19395	Normal	2273	41%	40%	40%	38%	38%	38%	38%	1181	863	28 Jan 2022 10:45:00:000
An Post	Gorey	Wexford	7132	Normal	2273	76%	74%	74%	74%	74%	74%	74%	363	1682	09 Mar 2022 10:45:00:000
An Post	Milltown	Monaghan	2744	Alarm 1	4546	28%	25%	24%	23%	22%	22%	22%	3091	1000	02 Feb 2022 16:45:00:000
An Post	Westport	Mayo	5486	Normal	2273	52%	51%	51%	51%	51%	51%	51%	886	1159	19 Feb 2022 16:30:00:000
An Post	Tralee	Kerry	24314	Normal	2200	67%	57%	55%	55%	55%	54%	54%	792	1188	08 Mar 2022 03:17:00:000
An Post	Tralee	Kerry	23834	Normal	2200	60%	56%	52%	52%	52%	51%	51%	858	1122	08 Mar 2022 03:17:00:000

5 Gas Sites Receive Daily Gas Usage Alerts

meter.ie Flow Alarm

Tuesday 15-Mar-2022 to Wednesday 16-Mar-2022

Meter: Portlaoise DSU (G40A00021116R/2016)

Your **meter** had flow above alarm level: **2.000 m³/hr**

Portlaoise DSU's flow is greater than 2.000 per hour

Start	End	Consumption	Average Flow
07:00 66951.30	08:00 66964.10	12.800	12.800 m³/hr
08:00 66964.10	09:00 66966.90	2.800	2.800 m³/hr
16:00 66987.20	17:00 66990.90	3.700	3.700 m³/hr
17:00 66990.90	18:00 66995.10	4.200	4.200 m³/hr
01:00 67007.30	02:00 67010.00	2.700	2.700 m³/hr
02:00 67010.00	03:00 67019.80	9.800	9.800 m³/hr
04:00 67021.50	05:00 67032.00	10.500	10.500 m³/hr

Total consumption 15-Mar-2022 to 16-Mar-2022: 80.100 m³

Total consumption during alarm periods: 64.100 m³

[See more detail about this meter on meter.ie](#)

To stop receiving email alarms, you need to either disable the alarm completely, or remove your email from the list of recipients by [logging in to meter.ie](#)

Monthly Electrical kWh File from our Supplier for 190 Buildings

A	B	C	D	E	F	G	H	I	J	
An Post Electrical Monthly Usage Spread Sheet										
2022										
Nbr.	MPRN	Cost Code	Property	Address	Function/User	Monthly Units 2022	Year to date units used 2022	Monthly Cost 2022	Year to date cost 2022	Co Mc Ani Tot 201
153	10000026234	780.6210.0	*D M C Knockr	Oak Road Nangor Road Clondalkin Dublin 22		232791	505850.50	43018.84	92786.02	
	10306758116		OAK WEST HO	DUBLIN 2		201720	201720.00	34462.04	34462.04	
144	10000002166	120.6210.0	GPO	35A O'Connell Street Lower Dublin 01		128906	259589.72	24575.42	49406.46	
	10306368820		EAST ROAD	DUBLIN 3		87500	87500.00	15470.68	15470.68	
205	10000070302	3649.6210.0	PORTLAOISE I	KNOCKMAY		71111	169601.57	15928.29	37475.67	
201	10000089621	667.6210.0	ATHLONE	KILMACUAGH BUSINESS PARK		60323	128673.76	13601.18	28893.83	
78	10000091400	801.6210.0	Mullingar	Domnick St.	C&D + Comm	56400	56400.00	10466.3	10466.30	
139	10000048993	666.6210.0	Cork Mail Cen	13 Euro Business Park Little Island County Cork		53263	112713.11	10319.53	21709.33	
43	10021229091	438.6210.0	Drogheda Mai	Donore Road	C & D	47600	47600.00	9162.09	9162.09	
208	10002833009	870.6210.0	Fonthill DSU	Unit A Fonthill Business Park		44460	44460.00	7624.92	7624.92	
41	10000041134	651.6210.0	Cork Southsid	Togher	C & D	33540	33540.00	6262.48	6262.48	
	10306319107		PORTLAOISE	CLONMINAM ROAD		33500	33500.00	7337.42	7337.42	
53	10000064328	745.6210.0	Cntr	Tuam Road	C&D	30709	64520.36	7280.26	15246.08	
44	10013920010	519.6210.0	Dundalk DSU	Pearse Park	C & D	29150	29150.00	5281.09	5281.09	
95	10011333597	641.6210.0	Westport	North Mall	C&D + Comm	29013	29013.00	5409.74	5409.74	
130	10002376327	763.6210.0	Tallaght DSU	The Square Industrial Estate	C & D	28920	28920.00	4768.6	4768.60	
204A	10305411470	446.6210.0	Letterkenny D	Carnamuggagh Letterkenny		28900	28900.00	5071.91	5071.91	
96A	10304762518	642.6210.0	Wexford DSU	Whitemill Ind. Estate	C&D	28700	28700.00	4966.32	4966.32	
59	10022133367	201.6210.0	Kilkenny New	Hebron Ind Est	C & D	27000	27000.00	5258.66	5258.66	
206	10000086185	438.6210.0	DROGHEDA	WEST STREET		26220	26220.00	4187.49	4187.49	
91	10000053539	510.6210.0	Tralee	Edward Street	C&D + Comm	23380	23380.00	3825.99	3825.99	
119	10005489313	760.6210.0	Foxrock D18	Ballyogan Road	C & D	22700	22700.00	4387.85	4387.85	
94	10000079401	634.6210.0	Waterford Del	Old Kilmeaden Road	C & D	21505	48070.07	5406.94	11814.31	
47	10300828805	632.6210.0	Ennis New DS	Gort Road	C & D	18350	18350.00	3630.89	3630.89	


Monthly Natural Gas kWh Usage Files for 80 Buildings

GPRN	ADDRESS	Bill_Date	Billing Start Date	Billing End Date	Consumption	Sum of 'Qt
0023884	Broomhill Close	06 September 2021	14 July 2021	10 August 2021	45	€ 163.34
0028923	Carysfort Aven	06 September 2021	25 June 2021	31 August 2021	2,063	€ 1,138.32
0062224	Fortfield Road,f	06 September 2021	24 June 2021	28 August 2021	2,490	€ 568.68
0083685	1 Kennedy Aven	06 September 2021	28 June 2021	25 August 2021		€ 479.99
0094930	Lomond Avenu	06 September 2021	28 June 2021	27 August 2021	1,072	€ 647.47
0124451	Rathmines Roa	06 September 2021	24 June 2021	26 August 2021		€ 492.50
0132638	Seapoint Road,	06 September 2021	29 June 2021	27 August 2021	540	€ 340.93
0160990	9- Rutland Place	06 September 2021	29 June 2021	27 August 2021	3,939	€ 548.16
0163482	Pearse Road,Ne	06 September 2021	30 June 2021	27 August 2021	4,279	€ 1,066.78
0179717	263 Griffith Ave	06 September 2021	01 July 2021	01 September 2021	46	€ 483.27
0223394	Clanbrassil Stre	06 September 2021	29 June 2021	26 August 2021	753	€ 361.97
0230366	Braemor Road,	06 September 2021	05 July 2021	01 September 2021	1,853	€ 613.77
0238241	Belgard Road,U	06 September 2021	23 June 2021	27 August 2021	1,345	€ 772.11
0501420	Blessington Roa	06 September 2021	30 June 2021	30 August 2021	237	€ 586.50
0552522	Fonthill Industr	06 September 2021	14 June 2021	11 August 2021	7,887	€ 1,346.74
0563780	Collinstown,An	06 September 2021	29 June 2021	30 August 2021	637	€ 553.38
0620219	37 Oliver Plunk	06 September 2021	29 June 2021	27 August 2021	1,051	€ 939.87
0645616	200 The Quay	06 September 2021	28 June 2021	26 August 2021	9 132	€ 592.92

EV Electric kWh Usage calculated monthly



Activities

Galway DSU - Controller 1, Galway DSU - Controller... (114x) 



1/1/2022



23/3/2022



Search ID/Charging Point

Charging Sessions

10000

Avg. Energy Amount

40.21

kWh

Total Energy Consum.

402.07

MWh

Total Costs

34455.26

EUR

Date 

ID Name

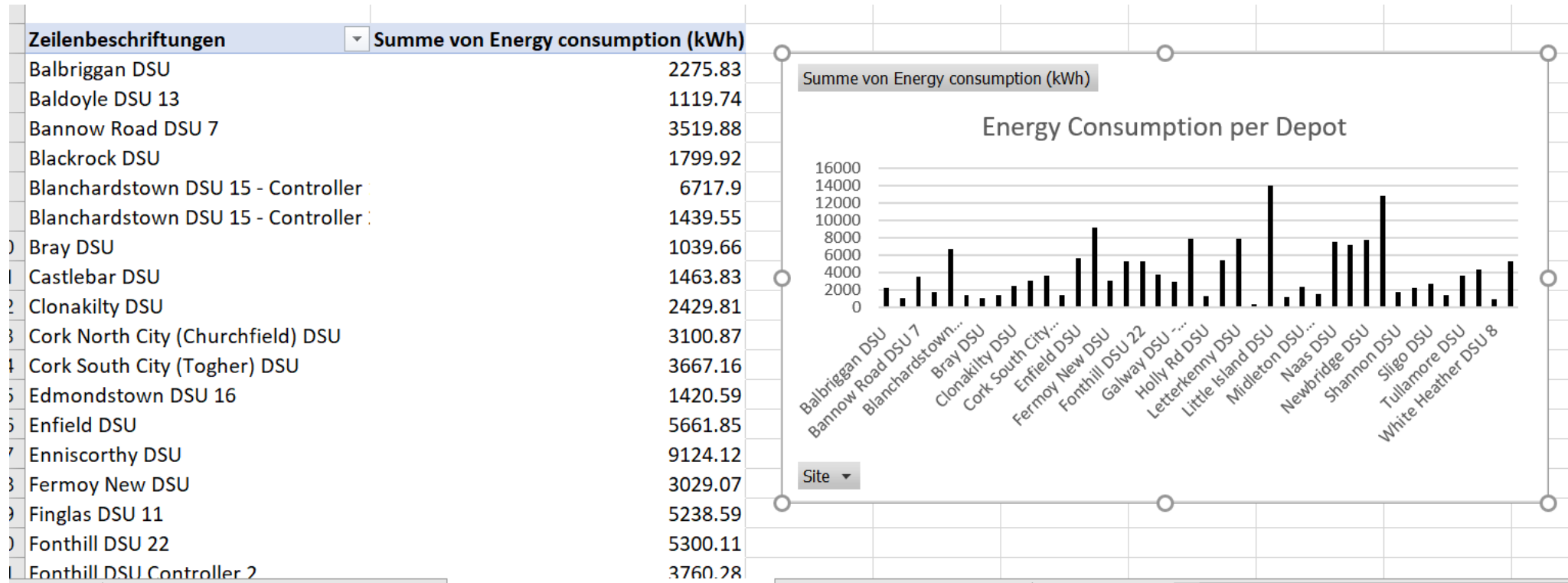
Site Name

Charging Point

Duration

Energy Con

January Supplier Electric Vehicle kWh Usage per Office



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Calculation of Letters & Parcels Carbon Footprint



NSAI
Standards

Irish Standard
I.S. EN 16258:2012

Methodology for calculation and
declaration of energy consumption and
GHG emissions of transport services
(freight and passengers)

Additional useful data

Fleet
information

- No. of vehicles
- Vehicle Types
- Vehicle Capacity
- Distance travelled (km)

Route
information

- Route distances
- % share of middle mile & last mile

Parcel/Letter
information

- Number of items per mail type
- Total weight of items per mail type

Fleet information

- No. of vehicles
- Vehicle Types
- Vehicle Capacity
- Distance travelled (km)
 - Middle mile km
 - Last mile km

Mode Of Transport	% of fleet made up by each mode	Vehicle Capacity (letters/parcels/etc)
eTrike - Last Mile	X	X
Small Van - Last Mile	X	X
Medium Van - Last Mile	X	X
Large Van - Last Mile	X	X
7.5 Tonne - Middle Mile	X	X
18 Tonne x 25Ft - Middle Mile	X	X
18 Tonne x 28ft - Middle Mile	X	X
13.6m Trailer - Middle Mile	X	X
18 Tonne 25 Ft Drawbar - Middle Mile	X	X
Trailer Double Deck - Middle Mile	X	X
40 Tonne Tractor - Middle Mile	X	X
Trailer - Middle Mile	X	X

Route information

Distance Matrix

Domestic Distances between Start/Finish Points											
Depot	ARKLOW	ATHENRY	ATHLONE MAIL CENTRE	ATHY	BALBRIGGAN	BALLINA	BALLINASLOE	BALLINCOLLIG	BALLINEEN	BALLINROBE	BALLYHAUNIS
ARKLOW	0.0	274.5	195.2	71.0	122.4	311.6	229.5	235.5	268.5	322.2	
ATHENRY	274.5	0.0	83.0	175.6	228.5	103.1	64.0	209.4	230.8	43.8	
ATHLONE MAIL CENTRE	194.8	81.9	0.0	95.9	148.8	136.2	37.0	221.4	254.5	129.6	
ATHY	71.0	175.1	95.8	0.0	109.1	229.4	130.2	198.8	231.8	222.8	
BALBRIGGAN	122.4	227.8	148.5	108.4	0.0	264.8	182.8	300.6	333.7	275.4	
BALLINA	309.2	101.2	135.3	227.9	263.3	0.0	122.2	298.4	319.8	65.9	
BALLINASLOE	229.4	60.5	38.0	130.6	183.5	122.4	0.0	228.0	261.0	83.4	
BALLINCOLLIG	234.6	207.3	220.8	198.8	301.4	297.8	227.4	0.0	37.0	248.4	
BALLINEEN	266.8	230.7	253.0	231.0	333.5	321.2	259.5	36.4	0.0	271.8	
BALLINROBE	322.1	43.7	130.7	223.3	276.2	66.0	84.4	250.4	271.8	0.0	
BALLYHAUNIS	274.1	56.4	82.7	175.3	228.2	54.2	68.5	253.5	275.0	39.7	
BALLYMOTE	267.7	106.7	100.4	193.0	221.7	49.3	102.7	303.9	325.3	81.8	
BANDON	292.0	255.7	278.3	256.3	358.8	346.2	284.8	61.7	33.2	296.8	
BANTRY	303.6	258.3	289.8	267.8	370.4	348.8	296.3	73.2	38.3	299.4	
BELTURBET	207.7	174.6	98.6	193.7	129.4	143.1	129.6	334.7	367.7	165.7	
BIRR	214.5	87.6	40.1	88.1	168.6	184.7	46.7	181.4	214.4	135.3	
BLACKROCK	68.3	213.5	134.2	85.1	40.6	250.6	168.5	277.3	310.4	261.2	
BOYLE	244.4	95.0	80.5	173.1	198.5	65.0	82.7	292.2	313.6	99.2	
BRAY	58.4	219.2	139.9	90.9	67.1	256.3	174.3	283.1	316.1	266.9	
CAHERCIVEEN	419.2	260.6	266.7	288.8	382.3	351.0	296.6	137.5	134.7	301.6	
CAHIR	162.4	168.4	132.0	110.0	212.6	258.9	138.5	90.9	123.9	209.5	
CARLOW	67.7	189.1	109.8	18.6	119.7	243.4	144.1	199.8	232.8	236.8	
CARRICKMACROSS	179.6	213.7	134.4	165.6	63.4	204.5	168.8	357.8	390.8	204.8	
CARRICK-ON-SHANNON	229.0	102.8	78.4	154.2	183.1	90.7	80.6	318.1	351.1	107.0	

% share of middle mile & last mile

Allocation of Fleet km Per Fleet Type	
km Allocation for middle mile %	X
km Allocation for last mile %	X
km for EV % (No Contribution)	X



Item information

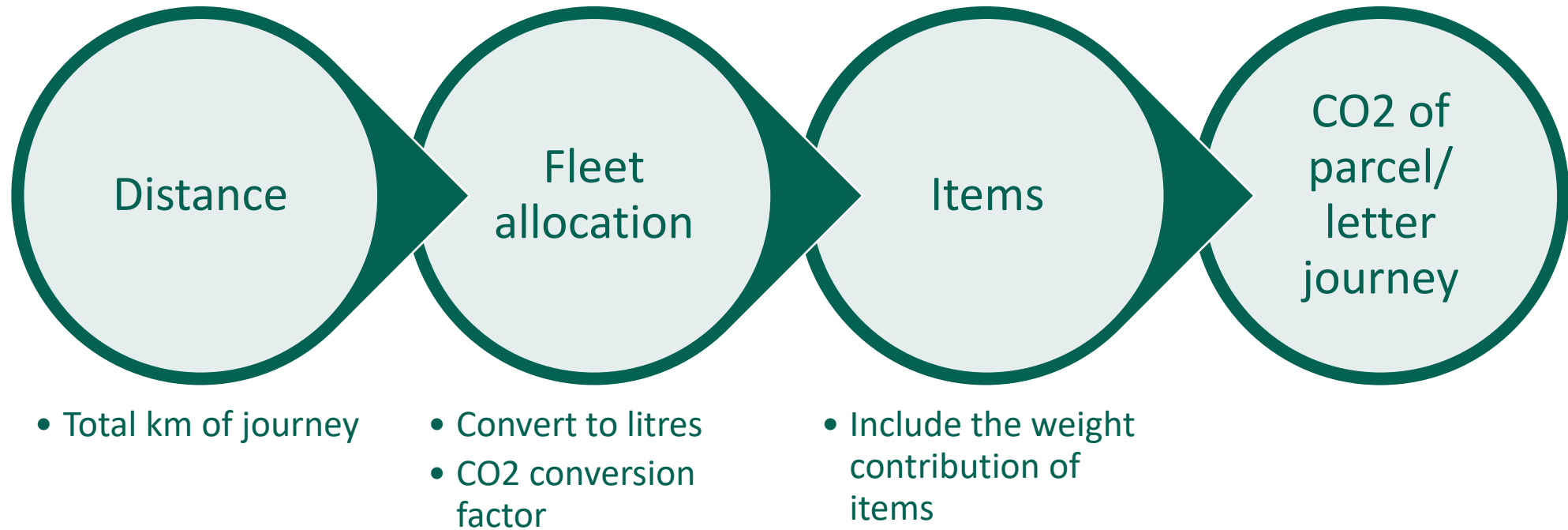
Weight of items per mail type & % share

Item	Average Weight (kg)	Total weight (kgs)	% of volume
Letters	X	X	X
Flats	X	X	X
Packets	X	X	X
Parcels	X	X	X

Number of items per roll cage - capacity

Mail Type	Count per Roll Cage
Letters	X
Flats	X
Packets	X
Parcels	X

Calculation



Assumptions & Exclusions

- The calculation does not include emission from buildings
- Distance based - does not distinguish between parcels & letters
- Based on 2020 data
- Based on averages
- Domestic
- Not audited (data audited)
- Still in development



Thank you!