



# BE FAIR AND USE THE INTERNET SENSIBLY

DO YOU USE THE INTERNET AT WORK? YOU CAN ONLY USE  
THE INTERNET FOR PERSONAL USE IN YOUR OWN TIME

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Once you have used a site - for personal or for work use - shut it down.

Don't keep windows open that you are not using.

Don't stream radio, audio or videos, including news and sports channels. These are very bandwidth-intense services and slow the internet down for everyone.