

## Turn It Off

Your computer is one of the biggest energy hogs.

Use the 15/30 rule. Set your monitors and hard drives to go to sleep after 15 minutes and system standby after 30. Computers in sleep mode don't use a screen-saver and will save nearly 300lbs of CO<sub>2</sub> emissions a year.

Remember to unplug at the end of the day!



# Think Green in your practice one month at a time



## Trash to Treasure

On average, each person consumes over 20kgs of clothing per year, and in the UK, around **300 million pairs of running shoes** are thrown out annually!

Take them to a local charity shop or charity bin. They'll be reused where possible across the world and kept functional for as long as they can. When they become unwearable, they will be broken down into over 80 different components, with every part being recycled.

Jan



### Install recycling and composting stations in the practice

Did you know? Compost use is proven to reduce water consumption by 30-50%, as the organic matter content of soil goes up, water use goes down.

Feb



### Cut down on paper use

Opt out of junk mail, use social media and online platforms to market the practice. Did you know? 1 tree produces an average of 16.67 reams of paper (8333 sheets).

Mar



### Sign up to a local TerraCycle scheme

These programmes are free, national recycling solutions for typically hard-to-recycle waste streams, some examples include pet food packaging, confection wrappers and charity point schemes.

Apr



### Encourage wildlife



Plant bee or butterfly-friendly plants in borders or containers and install bird boxes and/or feeders. Did you know? Plants dotted around work absorb indoor pollution and contribute to employee well-being.

May



### Switch to non-toxic cleaning/disinfection and laundry

Volatile organic compounds are gases that are emitted from products or processes. Some are harmful and can cause health problems or react with other gases and form air pollutants.

Jun



### Start a 'Green Team'

The green team can implement recycling programs, share ideas for rewarding employees who achieve green goals, and set examples for being environmentally conscious.



*"The future of humanity, and indeed all life on Earth, now depends on us"*

**Sir David Attenborough**



### Promote eco-friendly travel -Walk, cycle or car share

The environmental impacts of exploring oil reserves and offshore oil drilling can be significant, disrupting marine animal habitats and behaviours.

### Switch to reusable products

Many of the disposable products used in practice can be bought as a reusable material, items that can be washed and autoclaved. Look at replacing your gowns, hats, masks and drapes.

### Meat-free Mondays

Eat meat-free food at least 1 day a week this month – rearing animals for food generates more greenhouse gases than all the cars and trucks in the world combined.

### Rethink... Refill - buy a reusable bottle

It is estimated that 8 million tons of plastic are dumped in oceans around the world every year! If it continues, there will be more plastic than fish in the sea by 2050.

### Be responsible with medicines

Only prescribe drugs where necessary and accurate - drugs have a considerable carbon footprint, and repeat antibiotic use leads to resistance.

### Replace incandescent bulbs with eco-friendly ones

Make use of natural light. Almost 40% of the electricity consumption of an average office building comes from artificial lighting. Often natural light is available and does a better job.

Jul



Aug



Sept



Oct



Nov



Dec



### Take the 'green shipping' option

Try to bulk buy and consolidate orders, save on packing and save on transport

### Shop smart

Only buy food you will actually eat and reduce food waste. Think before you serve

### Turn off at night

Use smart power strips for smaller appliances that sense when to shut off the energy current when not in use

### Check your plumbing

A tap that drips once per second wastes 27000 gallons of water in a year

### Plant a tree

Trees help to combat climate change by absorbing carbon dioxide from the atmosphere