

PACB chart for sustainability



Did you know that... ?

- ✓ Laboratories consume nearly 5x more energy than a typical office space
- ✓ It takes 3 gallons of water to make 1 gallon of deionized (DI) water. (That's at least 3 gallons of water for every gel you run).
- ✓ A standard -80 freezer can consume nearly as much energy as a house every day.
- ✓ Fume hoods that are left open can consume as much energy as 3.5 homes; closing the sash when you are done using the hood can substantially reduce energy consumption down to 2.

The PACB is committed to lowering its impact on the environment on different levels:

Consumables:

- We discard in the red bag biohazard waste disposal only biohazardous material
- We rinse quickly conical tubes and plastic bottles with tap water and discard them in a specific garbage for plastic recycling, along with plastic bags
- We recycle uncontaminated 5mL, 10mL and 25mL pipettes
- We place uncontaminated nitrile gloves in a specific box dedicated to the gloves recycling program with Kimberly Clark
- We bring metal cans to McGill Waste Management
- We recycle ice packs and give them back to companies for re-use
- We are encouraging McGill Office of Sustainability to develop a plan for recycling of Styrofoam, ice packs and nitrile gloves
- We consider using glassware instead of plastic whenever possible
- We consolidate orders with the lab thanks to our lab manager, to reduce packaging
- We work with microscopes from ABIF, who implemented a mercury free light sources policy
- We print on paper only when necessary and re-use paper as scrap paper
- We recycle printer cartridges
- We use the McGill uPrint copy and print management service as much as possible



Energy:

- We turn off the light when leaving the room
- We turn off our tissue culture hood completely when it is not in use
- We turn off the water bath at the end of the day
- We regularly remove excess of ice in the -80°C freezer to enable proper door seal
- We keep an inventory of the samples stored at -80°C and remove unneeded samples
- We turn off any equipment that would be on unnecessarily: centrifuge, rotator, cell counter, microscope, computer
- Our computer monitors go into power-saving mode
- We store at room temperature buffers that don't require storage at 4°C (PBS)

Water:

- We sterilize our material with others to consolidate loads and avoid using the autoclave for small loads
- We use distilled water only when needed

Chemicals:

- Before placing an order, we make sure to check the lab's chemical inventory to avoid to duplicate chemical purchases