

8 ACTIONS for a SUSTAINABLE LAB



BUILD COMMUNITY

Talk to others about greening your lab; build a team; act on your goals; spread the message; celebrate all sustainability wins.



REMEMBER THE R'S

Reduce -- buy only what you need; Refuse excess packaging; Reuse and share lab supplies and equipment; Repair where possible; sort and Recycle waste.



SAVE ENERGY

Turn off lights, and equipment when possible; keep the fume hood sash lowered; keep freezers frost and dust-free.



CONSERVE WATER

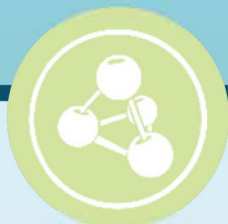
Fix leaky taps and equipment seals; close taps when not in use; consolidate dishwasher and autoclave loads; dispose of chemicals via hazardous waste, not down the drain.

LEARN MORE



PURCHASE WISELY

Keep a current inventory of lab supplies and consumables; share with another lab; seek out sustainable suppliers; buy only what you need; consolidate purchases.



PRACTISE GREEN CHEMISTRY

Use safe alternatives to toxic solvents; replace mercury thermometers with alcohol thermometers; keep the 12 Principles of Green Chemistry handy.



TRAVEL LIGHTLY

Prioritise remote meetings and public transport; fly only when necessary; purchase carbon offsets; leave no waste at field sites.



FOLLOW THE "THREE RS" OF ANIMAL RESEARCH

Replace -- use animals only when there is no alternative; Reduce -- use the fewest animals necessary; avoid food waste; Refine -- minimize adverse conditions for the animals.

