Sii

Guide to Sustainable research

DID YOU KNOW THAT LABS CONTRIBUTE TO ALMOST 2% OF THE WORLD'S PLASTIC WASTE?

COLD STORAGE

A single ultra-low temperature freezer draws as much energy as an average domestic household!
To minimize energy consumption:

Defrost and service units annually.
Regularly remove excess ice from door seals and surrounds.
Brush off ice build-up around shelves.
Regularly clean filters.
Make a sample inventory and bin items that are no longer needed or viable.

FUME HOOD

Avoid using fume cupboards to store chemicals and unnecessary equipment and close hood sash when not in use!

WATER

Turn off taps off whenever possible. Flow reducing valves, timers, and automatic shut-off mechanisms can all be utilized to conserve water.

THE 3 Rs

REDUCE
REUSE
RECYCLE

Reduce- create a 'cheminventory' to allow other groups to share chemicals (and you share theirs) Buy the smallest pack available that fits your requirements
Reuse- Use glass receptacles from washroom instead of single use plastics. Rinse and reuse plastics for regularly replenished solutions.
Recycle- paper, card and plastic packaging, rinsed plastic media/inert chemical containers and unused lab plastics (labels removed or scored through) in recycling bins.
Flattened cardboard boxes left outside lab door at goods lift. Polystyrene boxes with lids return to stores or take to designated waste on ramp to carpark.
Glass, including fixed or mounted microscope slides and rinsed break-safe solvent bottles (no pyrex glass please) in recycling bin on ramp.

ENERGY

Switch off equipment at the plug when not in use, especially temperature maintained centrifuges/waterbaths. Keep equipment maintained. Consider upgrading to energy efficient models.
Turn off computers, monitors and lights when you leave for the day. Turn down/ off radiators during holiday periods.

For more info visit: **https://www.gla.ac.uk/schools/infectionimmunity/informationforstudents/ecogroup/**