

# Lab goes Green

## 10 Simple Tips and Tricks to Boost Sustainability in your Lab!

### 1. Switch off Lights and Appliances

Be mindful of turning off lights and electronics when not in use.

### 2. Close the Fume Hood

An open fume hood is one of the biggest drains of energy. Closing the fume hood sash is a simple solution but has a huge impact.

### 3. Think Before you Autoclave

Only run the autoclave when it is full and put it in standby mode when not in use.

### 4. Freezer Management

Set ultra low freezers to  $-70^{\circ}\text{C}$  rather than  $-80^{\circ}\text{C}$ . Discard old samples so freezer space is not wasted, and optimize freezer space with sample storage boxes for efficient energy use.

### 5. Reduce with Glassware

You should aim to use autoclavable glassware instead of plastic.

### 6. Reuse Boxes and Tip Boxes

Styrofoam boxes can be reused for shipping packages or as ice boxes. Pipette tip waste is usually unavoidable, but you can get refill racks and autoclaving pipette tip boxes.

### 7. Utilize Green Chemistry

Swap hazardous chemicals for friendlier, often cheaper, alternatives.

### 8. Reduce your Transport Footprint

Thoughtful purchasing can reduce deliveries and the associated transport  $\text{CO}_2$ .

### 9. Order from Sustainable Suppliers

Find suppliers that are eco-conscious, and find products made from recycled plastics.

### 10. Think Green, Work Green

Running a green lab is an ongoing process. Make going green part of workplace culture with regular reviews, education, and reminders so the message isn't lost.

As scientists, we must recognize the impact that our research has on the environment but also see that making small changes can minimize the effects while still enabling us to pursue our work. So stop feeling blue about your carbon footprint and go green instead!

