

**Sustainable laboratories guide**

The aim of this guide is to implement simple sustainable practices in laboratories to reduce energy and resource consumption.

**Save energy**

* Close your fume cupboard sash when not in use.
* Turn off and close safety cabinets when not in use.
* Power down equipment whenever possible, particularly on weekends and at night. Label equipment with turn me off stickers and use timers.
* Turn lights and computers off at the end of the day or put your computer in standby/hibernate mode.
* Purchase energy efficient equipment <https://www.bloomsburygreenthing.com/lshtm-docs>
* Manage Freezers according to ITD’s freezer policy and procedure. Store only what is necessary, defrost regularly and set at -70°C

**Reduce waste**

* Ensure non-hazardous waste produced in laboratories is recycled e.g packaging from consumables and cardboard boxes.
* Manage chemicals, order and use appropriate quantities, check if the chemical is already available. Store and dispose of chemicals appropriately.
* Plan your experiments to avoid repeats and avoid unnecessary usage of plastics.
* Recycle unwanted consumables, participate in and donate to the lab consumables swap shop.
* Recycle equipment through the UniGreenScheme contact Delia? <http://www.unigreenscheme.co.uk/our-service>
* Winchester bottles can be rinsed and recycled in the glass recycling bins by the goods lift.
* Used batteries can be recycled by sending to Estates in the internal post.