



## 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.