



AUSTRALIAN
CONSERVATION
FOUNDATION



GreenClinic

ACTION FOR A **BETTER WORLD**



THE GREENCLINIC GUIDE

GreenClinic assists doctors and practice managers to identify simple changes to make in clinics that will save energy and water, reduce waste, and help patients and communities to live more sustainable and healthy lives.



www.acfonline.org.au/greenclinik

TOP TIPS FOR GREEN

1. INSTALL LOW-ENERGY LIGHTING



- Replace all old-style incandescent globes with compact fluorescent globes.
- Avoid halogen downlights. If you already have standard halogen lights, replace them with energy efficient IRC halogen lights.
- Switch off all lights out of hours.

Replacing one incandescent globe with a compact fluorescent light can save 500 kg of greenhouse pollution and save you \$70 in energy costs in its lifetime (about 8 years).

How to:

Compact fluorescents, T8 strip fluorescent and IRC halogen lights can all be put into existing light fittings. Buy them from a hardware store or online (for example visit: www.goingsolar.com.au, www.environmentshop.com.au or www.neco.com.au).

If you want to install ultra efficient micro fluorescent lights, which replace halogen lights, and T5 (efficient) strip fluorescent lights you will need to hire an electrician to alter your existing light fittings.

2. BUY GREEN POWER FOR THE CLINIC



- Ask your energy supplier (or a new one) to switch you to accredited Green Power.
- Buying 100% accredited Green Power means all your electricity will come from new wind, solar or other renewable energy sources and you are supporting the growth of this industry.

How to:

Visit www.greenpower.gov.au for electricity retailers that offer Green Power. Check www.greenelectricitywatch.org.au for a report card of all the products on offer assessed by ACF and other environment groups.

Ensure you choose a Green Power product that is accredited with this scheme - there are some electricity retailers selling 'green electricity' products that are not accredited and are not sourced from new renewable energy.

3. TURN OFF COMPUTERS AND APPLIANCES TO SAVE ENERGY



- Turn off computers and screens when not in use.
- Turn off standby power at the end of each day – i.e. switch off all appliances at the wall or power board.
- Turn off heating and cooling at night.

Leaving the photocopier, fax, television and laser printer all on standby for eight hours each day will produce over 370 kilograms of greenhouse pollution per year.

How to:

Go through the office and look for a small light or clock that glows or blinks as a sign of appliances left on standby – then switch them off at the unit or preferably at the wall.

Put up a sign to remind the last person leaving the clinic to turn off all appliances use stand-by power at the switch.

4. ENERGY-EFFICIENT REFRIGERATORS



- Aim to have the most energy efficient and smallest fridge(s) you can – when buying a fridge check the star rating and choose the one that uses the least energy per year.
- Maintain your existing fridges to be as efficient as possible:
 - ensure the seals are completely intact and gripping
 - replace any damaged ones;

- position your fridge so it has air space around it to expel the heat it generates (especially behind and above it) and keep it away from the sun;
- ensure the coils at the back of the fridge are clean.

You can save up to 300kg of greenhouse pollution per year by doing the simple steps listed above.

How to:

Visit www.energyrating.gov.au for a comprehensive list of energy efficient fridges and their star rating.

Contact a refrigeration service person to check the state of your seals and coils.

ENING YOUR CLINIC

5. AIM FOR A PAPER-FREE OFFICE

- Communicate with doctors and patients by email where possible.
- Request test results and other information be sent to you by email.
- Manage files and patient records on computer to avoid the need for printed documents.
- When you do use paper for printing, try to reduce paper usage by printing on both sides of the page or on the back of used paper, and only print the pages you need.

One ream of paper saved will avoid 20kg of greenhouse pollution and save you \$5.



How to:

Agree to a clinic policy of reducing paper usage so all staff understand the measures. Ensure all staff know how to print double-sided or print on the back of used paper.

6. REDUCE CAR JOURNEYS

- Arrange pick-up with pathology companies in advance to avoid them making unnecessary trips - try to restrict pick-ups and deliveries to the minimum number per day.
- Encourage staff to take public transport or ride to work – provide bicycle storage and changing facilities.
- Consider car pooling among the staff.

One less pathology pick-up per day (assuming a 10km round trip) would save over 1.4 tonnes of greenhouse pollution per year.



How to:

Organise a staff meeting at your clinic to discuss transport issues. You may come up with a car pooling scheme, share valuable information about public transport services, or come up with a plan to reduce pathology pick-ups.

7. REDUCE JUNK MAIL

- Put a No Junk Mail sticker on your letter box if you have one.
- Ask to be taken off the direct mail lists of pharmaceutical companies and other businesses who regularly post you materials you do not want.
- Tell drug reps to only drop in one set of information/flyers for doctors per clinic then circulate the item to all doctors.
- Discuss drug company advertising at a staff meeting. Consider telling them you want less or no freebies as they are often plastic and/or unnecessary.



If you put a No Junk Mail sticker on your letter box you could save more than 1000 pieces of unwanted junk each year!

How to:

The Australian Conservation Foundation can provide you with a No Junk Mail sticker.

8. RECYCLE PAPER AND PLASTICS

- Arrange for a regular paper, aluminium and plastic container recycling collection.
- Have a paper shredder to shred patient documents before recycling.
- Make the recycling bins available to both patients and staff and clearly label the recycling vs. landfill bins.

4kg of mixed recycling put out for kerbside collection per week will save 987 kWh of electricity, 3271 litres of water and 987kg of greenhouse gases per year.



How to:

Call your local council to see if you can arrange a regular recycling collection. If they don't provide a recycling collection service to commercial properties ask if they can recommend a commercial service provider. Also visit www.sustainability.vic.gov.au for a comprehensive list of recycling services (look under 'Find a Service' tab).

9. BUY RECYCLED PAPER, STATIONERY AND TOILET TISSUE



- Try to buy 50-100% recycled office paper.
- Look for other stationery made from recycled materials eg. toner, post-it notes, pens, pencils etc.
- Buy recycled toilet paper, kitchen towel and tissues.
- Arrange for your toner cartridges to be collected for refill or recycling.

Replacing 100 reams of virgin paper with recycled paper saves almost 3.3 trees, 0.7 barrels of oil, 1025 kWh of electricity, 1 cubic metre of landfill and 7945 litres of water.

How to:

Ask your stationery supplier for recycled products.

Visit www.ces.vic.gov.au for a comprehensive guide for choosing a recycled office paper brands.

Visit www.closestheoop.com.au to find the location of your closest toner cartridge collection box.

10. SAVE WATER IN THE BATHROOM, KITCHEN AND CONSULTING ROOM



- Fit aerators to all taps to reduce tap water usage by up to 50%.
- Fix all dripping taps or leaking toilets immediately.
- Convert an old single flush toilet to a dual flush toilet or install a cistern regulator (allows the user to determine the flush length).

Fixing a dripping tap and converting to a dual flush toilet can save up to 40,000 litres of water a year.

How to:

Most hardware shops will stock cistern regulators, tap aerators and toilet cisterns.

Call GreenPlumbers on 1300 368 519 or visit www.greenplumbers.com.au to find a green plumber in your local area.

PROMOTE GREEN AND HEALTHY LIFESTYLES FOR YOUR PATIENTS AND FAMILY

- Promote exercise from a health and environmental perspective - walking and biking instead of driving.
- Recommend pedometers for your patients to get them walking more (see www.10000steps.org.au or ask ACF's GreenHome).
- Promote healthy eating habits, such as increasing fruit and vegetable consumption with a preference for organic produce.
- Promote reduced use of household chemicals with a preference for non-toxic or green cleaning household products. Do a chemicals audit of your clinic – are there toxic chemical cleaners or other products that you could remove?
- Ventilate your clinic with natural air and have potplants for improved indoor air quality.
- Promote ACF's GreenHome program to friends, family and patients and participate yourself - www.acfonline.org.au/greenhome.
- Provide community leadership by becoming engaged in environmental issues - write to your local MP about climate change or other environmental issues; join and support ACF and other environment groups.

To join ACF call 1800 223 669 or go to www.acfonline.org.au

For more copies of this GreenClinic guide or assistance with the GreenClinic program, email greenclinic@acfonline.org.au

