



Simple ways to reduce your environmental impact in work

We're taking climate action



#ClimateAction

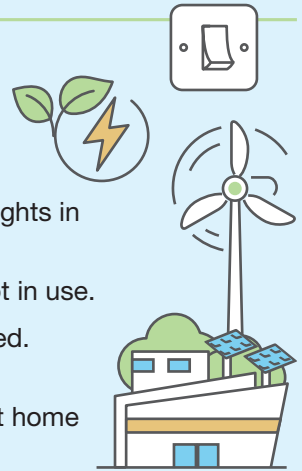
Advocate for change -

Talk to your colleagues and manager.

Get involved with your local green teams.

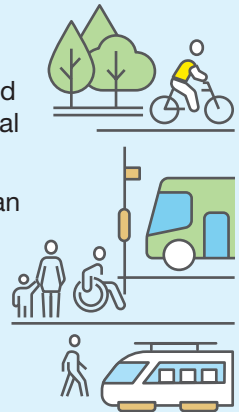
Sustainable Buildings and the Green Environment

- Switch Off, Save Energy, Save Money.
- Lighting - Make the best use of daylight and turn off lights in unused areas when safe and not needed.
- Equipment - Turn off all non-essential equipment if not in use.
- Heating and Cooling - Keep windows and doors closed. Dress appropriately for building temperature.
- Green your Space - Plant or develop a green space at home or in the workplace.



Transport and Mobility

- Shift from car transport to active travel, such as walking and cycling, or public transport and gain the physical and mental health benefits.
- When planning a meeting consider if Teams or Webex are an option and avoid unnecessary travel.
- Improve the footprint of your car travel by car pooling with colleagues from the same area.
- Take advantage of the cycle to work scheme and Smarter Travel scheme.



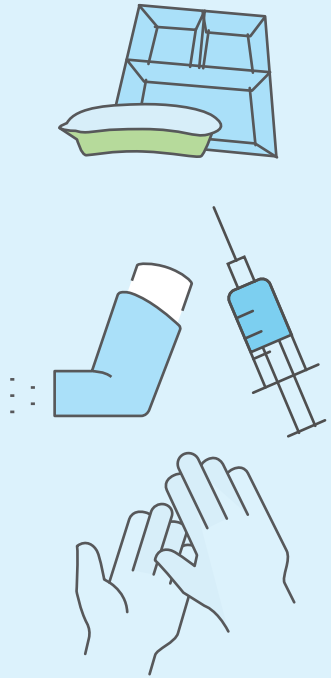
Sustainable Procurement

- Reduce, Reuse, Recycle.
- Replace disposable items like single use plastic cups and cutlery, with reusable products.
- Responsibility starts with all of us - When requesting supplies, take into account the necessity, packaging and environmental impact.
- Think about equipment you use in work and potential for reducing use or reusing.
- Share ideas for more sustainable products with your management team.
- Think before you buy, for example, for lunch perhaps choose plant-based and items with less packaging.



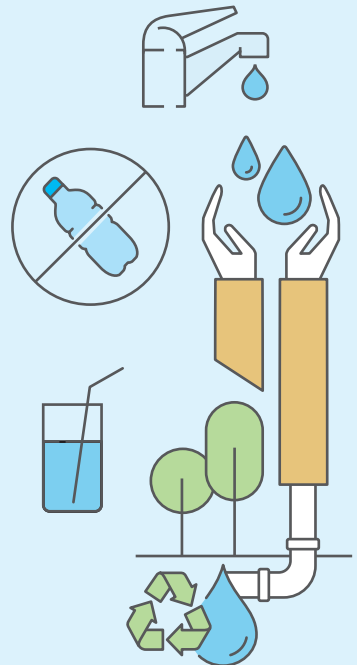
Greener Models of Healthcare

- Be an active promoter for healthy living - Prevention is the most sustainable healthcare of all.
- Quality of care and safety for patients and staff are first priority.
- Reuse or recycle. Think before you open - Consider will it be used or possibly wasted.
- Bin it right - Separate waste where possible into appropriate waste streams and reusable sharps containers.
- Eliminate excessive testing, investigations and dispensing of medications.
- Aerosol based inhalers are a major contributor to emissions. Using dry powder-based alternatives, when clinically appropriate, can reduce emissions.
- Remember hand hygiene. Use gloves as appropriate.



Water

- Every drop counts. Be conscious of water usage - at home and at work. Only use what's necessary.
- Use a keep cup or water bottle.
- Have water dispensers where possible to fill reusable water bottles.
- Avoid overfilling kettles.
- Only use hot water when necessary and save energy and money.
- Put on dishwashers with a full load and on eco setting.
- Report leaking taps, toilets and showers.



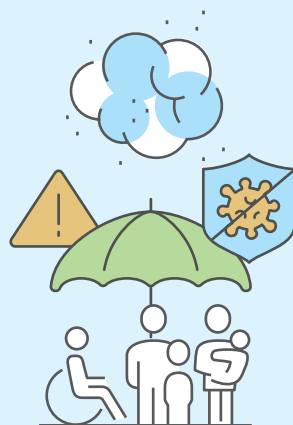
Waste

- Reuse - Choose reusable cups, glasses and dishes. If you must use disposables, ensure they are biodegradable or compostable.
- Use Bio-systems - Acute hospitals should use bio-system reusable sharps containers.
- Bin it right, separate your waste into the appropriate labelled bins – recycle (green), general (black), food (brown), healthcare (yellow) and energy recovery (white).
- Food waste - aim to reduce or avoid at home and at work.
- Compost - Use biodegradable (brown) bins to compost food waste.
- Recycle - Glass, mixed dry recyclables - paper and plastic packaging.
- Screen Time - Keep it on the Screen. Limit the use of paper. Print only when necessary. If you must print, use recycled FSC paper, print double sided on two sides and in grey scale.



Adaptation and Resilience

- Educate yourself about the impact of climate change. Increasingly severe weather is linked to climate change and we need to adapt.
- Be familiar with the HSE Severe Weather Guidelines.
- Consider has your service been affected by severe weather events like flooding, storms or indoor overheating and the impact.
- Talk to your colleagues and manager about concerns, severe weather preparedness and how to take positive action.



Visit hse.ie/climateandhealth for more information

For more information contact - climateandsustainability@hse.ie

Please find a poster inside. Place in a work space and share with a colleague.



We're taking climate action

Simple ways to reduce your environmental impact in work



Reduce your energy use
– turn off when not in use



Encourage active travel



Use recycled paper
where possible



Promote disease
prevention



Encourage Social
Prescribing initiatives



Review discharge
medication to eliminate
excessive dispensing



Promote and develop use
of green spaces



Eliminate excessive
testing and investigations



Switch from using
disposable items to
reuseables where
possible



Remember hand
hygiene. Use gloves as
appropriate



Use online meetings and
remote consultations
where clinically
appropriate



Bin it right – recycle
where possible



Reduce water usage



Reduce, reuse and
repurpose where possible

Advocate for change – Talk to your colleagues and manager.
Get involved with your local green teams.

For more information contact - climateandsustainability@hse.ie