# **Educate your patients**

Let your patients know that you are greening your office. Give them the information and tools they need to make similar changes in their homes or workplaces. Use posters to advertise your efforts and the importance of green practices.

#### **General Resources**

Ontario College of Family Physicians -Environmental Health Committee <u>www.ocfp.ca</u>

Canadian Association of Physicians for the Environment (CAPE) www.cape.ca

Quebec College of Family Physicians www.cqmf.qc.ca

HealthCare Environet A collection of Canadian resources on green health care.

www.c2p2online.com/healthcare

Green Guide for Healthcare A comprehensive guide to reducing your office's environmental and health impact. www.gghc.org

Hospitals for a Healthy Environment – Common Hazardous Materials in Healthcare Facilities <a href="http://cms.h2e-online.org/ee/hazmat/hazmatconcern/">http://cms.h2e-online.org/ee/hazmat/hazmatconcern/</a>

For brochures & further information contact the OCFP EH Committee via ocfp@cfpc.ca. Tel (416) 867-9646, Fax (416) 867-9990

# A Green Office is a Healthy Office

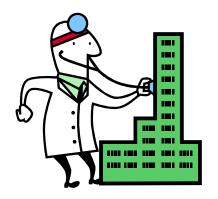
Physicians' offices are not as healthy as one might think. Offices contain numerous potentially toxic chemicals, such as mercury and glutaraldehyde. Plastic medical supplies release toxic furans and dioxins into the atmosphere during their production and disposal. The energy sources that power the health care industry contribute to climate change and air pollution.

The good news is that there are also many ways for physicians to make their offices more healthy. Take a few moments to find out how you can make your office a healthier, greener place for yourself, staff and patients! While you may not be able to incorporate all these suggestions, every step counts!

Endorsed by:
Ontario College of Family Physicians
Environmental Health Committee;
Quebec College of Family Physicians
Environment and Health Committee;
Canadian Association of Physicians for the
Environment

# Green Office Solutions for Physicians

Tips for a Healthier, Greener Office



# 1. Use Less Paper

- ☐ Re-use good one-sided paper
- Consider electronic copies
- ☐ Set your printer/copier to doublesided printing

# 2. Purchase Environmentally **Preferable Paper**

☐ Look for high post-consumer content, chlorine-free bleaching process

# 3. Use Reusable Equipment

- Cloth gowns
- □ Reusable specula

#### 4. Reduce Packaging Waste & **Unsolicited Mail**

- ☐ Refuse unnecessary packaging from pharmaceutical companies
- ☐ Contact the Canadian Direct Marketing Association (www.thecma.org, Tel: 416-391-2362) to reduce your junk mail
- ☐ Receive electronic journals instead of paper versions

# 5. Use Non-toxic Cleaning and **Sterilizing Alternatives**

☐ Consider non-glutaraldehyde sterilizers or steam autoclaves

# 6. Phase out Mercury **Containing Equipment**



- □ Replace mercury thermometers & mercury sphygmomanometers with nonmercury containing alternatives
- ☐ Dispose of mercury products safely (Environment Canada's mercury disposal website: (www.ec.gc.ca/MERCURY/EN/ md.cfm)

# 7. When Purchasing, Look for **Third-Party Ecolabels**

Green Seal



Forest Stewardship Council

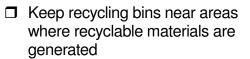


The FSC Logo identifies products which contain wood from well managed forests certified in accordance with the rules of the

## 8. Use Non-toxic Building **Materials and Furniture**

- ☐ Use low-VOC (volatile organic compounds) paint
- $\square$  Avoid carpet  $\rightarrow$  use cork, hardwood. linoleum or bamboo

## 9. Recycle Paper, Glass, **Plastic and Aluminum**



# 10. Reduce Energy Consumption



- Purchase office equipment certified by Energy Star
- When not being used, turn off the lights and electrical appliances, turn down the temperature 4-5 degrees, and shut down computers and monitors
- Install electronic thermostats and energy-efficient light bulbs

# 11. Establish Water-saving **Strategies**

- ☐ Fix leaks
- Install aerators on taps

# 12. Green Transportation

- ☐ Bike/walk/bus/carpool to work at least one day a week (and encourage staff and patients to do so as well)
- ☐ Locate office on bus route

#### 13. Green Landscaping

Pesticide-free



Plant drought-resistant species, native plants and trees for shading