



# Environmental Impact Fact Sheet

## How does Sullivan Nicolaides Pathology help to reduce their impact on the Environment?

### Reduce the amount and size of samples taken from our patients.

The collection requirements and testing methods used in pathology are reviewed regularly, often with the outcome that smaller blood and urine samples are needed.

#### Did you know?

To run a basic biochemistry blood test (MB2), about 0.4 mL of blood serum is used? That's around 8 drops!

There are benefits for the patient, as well as the Environment.

Environmentally, there are less samples to be transported to testing laboratories, less samples to be stored in refrigerators and freezers (and therefore less energy needed), and less waste to be disposed of.

### Environmentally friendly pathology reports and information.

Sullivan Nicolaides Pathology produces a number of information newsletters for referrers, patients and staff members.

Wherever possible, these external and internal publications are printed on paper with a recycled component and a "toner saving" print option. By making this change, Sullivan Nicolaides Pathology is saving around 1.55 tonnes of CO<sub>2</sub> emissions / year and is using 55% less water / 60% less energy in the printing process.

#### Did you know?

Most of these publications are available electronically via the SNP website.

Patient reports are printed on stationery from the Buckner Group, a company that complies with Environmental Protection Agency certification guidelines, with a font that uses 25% less toner.

#### Did you know?

Your Doctor can receive your reports electronically? This saves paper and helps to cut emissions from our courier fleet.

### Reduce, reuse and recycle

#### Reduce ... Energy Usage

The following energy efficiency measures have been and are being implemented into SNP sites and facilities:

- Sensor and timer lights,
- Utilisation of natural light into building design,
- Use of low voltage fluorescent lighting,
- Regular maintenance of plant, including air conditioners and analysers,
- Use of timers on air conditioning units,
- Use of flat screen LCD computer monitors. These typically output half the heat of most CRT monitors. Therefore, less energy is required for air conditioning.

#### Reduce ... Water Usage

The following water efficiency measures have been and are being implemented into SNP sites and facilities:

- Dual flush toilets,
- Flow restrictors,
- Water efficient plumbing products,
- Water efficient car washing practices,
- Installation of three 22,500L rain water tanks at our main laboratory for toilet flushing, car washing and garden irrigation,
- Compliance with water restrictions,
- Selection of drought resistant plants when landscaping,
- Water Efficiency Management Plans (WEMPS) for our main laboratory at Taringa and Media Production department at Sinnamon Park

#### Reduce ... Paper Usage

Using computer technology, our Pathology Laboratories are increasingly becoming "paperless", using electronic images of request forms and other documents.

#### Re-use...

In our collection centre we clean and re-use vacutainer barrels used for collection. This saves around **8 tonnes** of plastic going into the bin every year! We also re-use other items in the laboratory such as old computer printouts which are used for scrap paper.

### Recycle...

Many items used in our laboratories and collection centres are able to be recycled. They include:

- Mobile Phones
- Printer Cartridges
- Paper / plastic / glass / metal
- Fluorescent Tubes
- Plastic specimen bags
- Chemicals

### Fact

Since 2007 Sullivan Nicolaides Pathology has recycled over 4 tonnes of printer and copier waste!

### Dispose of waste responsibly

Sullivan Nicolaides Pathology only uses licensed waste contractors and reputable companies for the disposal of their General, Recyclable, Biological and Chemical wastes.

### Plan for emergencies

Sullivan Nicolaides Pathology has plans in place for emergencies such as fire, flood, loss of essential services such as power, water, computers and telephone system. Staff are instructed in how to deal with chemical and biological (blood, urine, etc) spills.

### Offset emissions from our courier fleet

The emissions from Sullivan Nicolaides courier car fleet have been previously offset through subscription to GreenFleet.

Sullivan Nicolaides is now supporting local Landcare groups through Corporate Volunteering days.

### Certification with an International Environmental Standard

Sullivan Nicolaides Pathology's Coffs Harbour and Grafton laboratories recently became the first private pathology labs in Australia to be awarded international environmental certification. This is the first step in the entire SNP network becoming certified to the ISO 14001:2004 Environmental Management Systems standard.

**Still have questions about Sullivan Nicolaides Pathology's Environmental Policy and Programmes?**

Contact Liz Reid, Practice Environmental Systems Coordinator on (07) 3377 8666.