



NIH Environmental Management System

To Protect the Future, Take Action Into Your Hands



Greening of NIDCD

NIDCD is reducing its environmental footprint. To do this, we are greening our activities to become more sustainable.

NIDCD Green Team

The NIDCD Green Team supports the implementation of the NIH Environmental Management System (NEMS). The NEMS is a management tool that helps us identify our most pressing environmental issues, set goals to address those issues, and improve our environmental performance.

Goals of NIDCD Green Team

The NIDCD Green Team:

- ✓ Reviews what NIDCD employees do;
- ✓ Identifies how NIDCD activities might impact the environment and public health;
- ✓ Sets goals and objectives to lessen NIDCD's impact on the environment and tracks progress toward achieving those goals;
- ✓ Develops tools and strategies for minimizing NIDCD's impact;
- ✓ Uses multiple outreach strategies to increase awareness of these tools and strategies; and
- ✓ Effects changes to NIDCD's operations where necessary to make sure we do as little harm to the environment as possible.

Leadership's Role in Greening NIDCD

As a NIDCD supervisor, you should:

- ✓ Commit to pollution prevention and continual improvement of NIDCD's environmental performance;
- ✓ Support the NEMS and the NIDCD Green Team initiatives;
- ✓ Participate in the NEMS by helping the NIDCD Green Team achieve its goals;
- ✓ Update your staff on the NIDCD's greening initiatives during regular meetings;
- ✓ Challenge your staff to lessen their impact on the environment and green their activities; and
- ✓ Encourage employees to find greener alternatives when designing research.

Greening Guide for NIDCD Leadership

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Tips to Minimize Your Impact on the Environment

Here are some tips on what you can do to lessen your impact on the environment. These tips can be used to challenge your staff to green their activities as well.

Pollution Prevention and Water Conservation

- ✓ Store chemicals properly and use secondary containment to contain leaks or spills
- ✓ Ensure wastes types are disposed of in separate, proper containers
- ✓ Keep containers of chemicals closed at all times
- ✓ Do not dispose of chemicals down the drain
- ✓ Keep containers labeled to avoid costly analysis required to identify wastes for disposal
- ✓ Identify and have leaking faucets fixed – For a maintenance request call 301-435-8000

Chemical Use

- ✓ Purchase chemicals in smallest quantities needed
- ✓ Use less toxic alternative chemicals
- ✓ Do not use or purchase mercury-containing equipment
- ✓ Design your experiments to use the minimum amount of chemicals possible
- ✓ When researching a new or alternative procedure, consider the amount of waste produced as a factor
- ✓ Share your techniques for minimizing wastes with colleagues

Energy Conservation

- ✓ Activate the power down features in Energy Star[®] computers and monitors to enter into a low-power or sleep mode when not in use
- ✓ Turn off computers and office equipment at the end of every workday
- ✓ Unplug equipment (e.g., phone chargers, radios, coffee makers) when not in use since they continue to drain energy when left plugged in
- ✓ Turn off lights when not in use and use natural lighting when possible
- ✓ Use compact fluorescent lights
- ✓ Use the stairs instead of the elevator
- ✓ Participate in Transshare – Carpool, bike, or use mass transit to commute to/from work

Recycling and Waste Reduction

- ✓ Recycle and minimize general waste by using less
- ✓ Double-side all printed and copied materials
- ✓ Limit what you print and scan what you can
- ✓ Use durable reusable plates, cups, and utensils

Purchasing

- ✓ Purchase green office products
- ✓ Purchase Energy Star[®] equipment for offices and labs

Get Involved!

- Join the **NIDCD Green Team**. Be a part of the solution and work to make NIDCD more sustainable.
- Join the **NIDCD Greenserve** to keep informed of the progress we are making or to post environmental ideas and questions. Visit https://list.nih.gov/archives/nidcd_greenserve.html to join.
- Visit www.nems.nih.gov for more information on the NEMS.

