



NIH Environmental Management System

Take Action to Protect the Future



Many of the diseases that we research at NIH have been shown to have an environmental component. As a result, NIH has a unique responsibility to carefully consider the environmental impacts of our day-to-day activities. NIH is a leader in environmental stewardship, but we can do even better. Each of us must take simple actions to minimize our environmental impacts.

What is the NEMS?

The NEMS is a management tool that helps us identify our most pressing environmental issues, set goals to address those issues, and improves our environmental performance. As a part of NEMS we are launching the NIH Goes Greener campaign to challenge all NIH employees and contractors to conduct their activities in a more environmentally sound manner.

Do my actions really make a difference?

Yes! Our cumulative actions make NIH a leader in environmental stewardship. Thanks to your efforts, NIH has achieved:

- The participation of 5,300 employees in the Transshare Program.
- A recycling rate of approximately 50%. That means that 25,000 pounds of waste per day is *not* burned in the Montgomery County waste incinerator or buried in local landfills.
- A \$3,000 annual donation to NIH Charities from recycling our toner and inkjet cartridges.

How can I become involved in the NEMS?

- Join the NIH Greenserve where employees share environmental ideas and questions. Visit <https://list.nih.gov/archives/greenserve-l.html> to join.
- Visit www.nems.nih.gov.
- Join the NEMS Sustainable Office Practices Working Group (email: green@mail.nih.gov).
- Do you have a tip or information that will help *NIH Go Greener*? Send it to green@mail.nih.gov.

NIH Offices Go Greener

For more information,
please contact:
Terry Leland,
NEMS Coordinator
lelandt@mail.nih.gov

www.nems.nih.gov





What can I do to make my office greener?

PURCHASE

- ✓ Purchase office supplies and furniture that contain recycled and non-toxic content to conserve natural resources and reduce waste
(<https://www.gsaadvantage.gov/advgsa/advantage/search/specialCategory.do?cat=ADV.ENV>)
- ✓ Purchase Energy Star® equipment and enable energy savings features on computers

REDUCE

- ✓ Double-side all printed and copied materials
- ✓ Limit what you print and scan what you can
- ✓ Turn off lights when not in use and use natural lighting when possible
- ✓ 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
- ✓ Use compact fluorescent lights
- ✓ Use the stairs instead of the elevator

REUSE

- ✓ Use durable reusable plates, cups, and utensils
- ✓ Participate in Transshare – Carpool, bike, or use mass transit to commute to/from work (<http://dtts.ors.od.nih.gov/transshare.htm>)

RECYCLE

- ✓ Paper, binders, folders, catalogs, boxes, bottles, cans, batteries, electronics
- ✓ Toner and inkjet cartridges – Profits go to NIH Charities
- ✓ Donate used furniture and electronics through the Property Utilization Branch
(<http://olao.od.nih.gov/GovernmentProperty/AcquiringProperty/ReutilizationSurplusScreening/>)

REBUY

- ✓ Purchase quality furniture and electronics that are no longer needed through the Property Utilization Branch
(<http://olao.od.nih.gov/GovernmentProperty/AcquiringProperty/ReutilizationSurplusScreening/>)

