NIH Goes Greener

Protect the Future ~ Take Action

Energy Saving Tips

- Walk up and down the stairs instead of taking the elevator
- Report leaking faucets and fixtures for maintenance
- Always use Compact Fluorescent Lights (CFLs) in desk lamps as opposed to incandescent lights.
- Switch off all unnecessary lights.
- Turn off fluorescent lights when leaving an area for more than one minute. (During non-emergencies, five minutes is recommended, to keep from reducing lamp life.)
- Turn off incandescent lights when leaving areas for any period of time.
- Use natural lighting when possible.
- Use task lighting and turn off general lighting (especially when working late), where it is feasible to maintain sufficient lighting levels for safety and productivity.
- Turn off display and decorative lighting.
- Unplug equipment that drains energy even when not in use (i.e. cell phone chargers, fans, coffee makers, desktop printers, radios, etc.).
- Turn off equipment, especially printers, copiers, and monitors at the end of the workday.
- Use efficient ENERGY STAR® products and ensure that the power down features are activated.
- Close or tilt window blinds to block direct sunlight to reduce cooling needs during warm months.
- Photocopy only what you need and double-side your jobs when possible.
- Always use the second side of paper, either by printing on both sides or using the blank side as scrap paper.
- Carpool, bike, or use mass transit when commuting to work.
- To save gas: drive the speed limit, accelerate and decelerate slower, and make sure tires are properly inflated.
- Use durable reusable beverage containers instead of disposable cups.
- Sensors turn off unnecessary lights and can result in a 40% reduction in lighting costs. If an existing sensor in your office is not working properly, contact your building's facility management to have it fixed.

Recycling Facts

Aluminum

- Recycling one aluminum can saves enough energy to run a TV for three hours.
- 350,000 aluminum cans are produced every minute.
- We use over 80,000,000,000 aluminum soda cans every year.

Plastic

- Americans use 2,500,000 plastic bottles every hour! Most of them are thrown away.
- Plastic bags and other plastic garbage thrown into the ocean kill as many as 1,000,000 sea creatures every year.

Trash & Landfills

- About one-third of an average dump is made up of packaging material.
- Every year, each American throws out about 1,200 pounds of organic garbage that can be composted.
- Although 100% of trash can be recycled, the U.S. is the #1 trash-producing country in the world at 1,609 pounds per person per year.

Paper

- Approximately 1 billion trees worth of paper are thrown away every year in the U.S.
- If all our newspaper was recycled, we could save about 250,000,000 trees each year.

Glass

- The energy saved from recycling one glass bottle can run a 100-watt light bulb for four hours.
- Every month, we throw out enough glass bottles and jars to fill up a giant skyscraper. All of these jars are recyclable.

Did You Know?

- More than 20,000,000 Hershey's Kisses are wrapped each day, using 133 square miles of tinfoil. All that foil is recyclable, but not many people realize it.
- McDonald's saves 68,000,000 pounds of packaging per year just by pumping soft drink syrup directly from the delivery truck into tanks in the restaurant, instead of shipping the syrup in cardboard boxes.

Important Web sites

America Recycles Day Web site

www.americarecyclesday.org/home.html

For More Information About Recycling in Your Neighborhood

1. Montgomery County - www.montgomerycountymd.gov/swstmpl.asp?url=/content/dpwt/solidwaste/index.asp
2. Loudon County - www.co.loudoun.va.us/oswm/recycle/
3. Arlington County - www.arlingtonva.us/Departments/EnvironmentalServices/swd/EnvironmentalServicesSwdRecycling.aspx
4. Washington DC - http://recycle.dpw.dc.gov/recycle/site/default.asp
5. Fairfax County - www.fairfaxcounty.gov/dpwes/trash/recyclingtrash.htm
6. Prince Georges County - www.co.pg.md.us/Government/AgencyIndex/DER/about_recycling.asp?h=20&s=&n=60&n1=100
7. Baltimore County - www.co.ba.md.us/Agencies/publicworks/recycling/recylfact.html
8. Allegany County - http://gov.allconet.org/recycle/index.html

NEMS
NIH Environmental
Management System

National Institutes of Health Environmental Management System

**For More Information Contact: Terry Leland, NEMS Coordinator, 301.496.7775, lelandt@mail.nih.gov
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