

HERE ARE SOME IDEAS TO HELP YOU WORK TOWARDS BECOMING A MORE SUSTAINABLE OPTICAL PRACTICE

FOUR ideas to make a good start

1. *Appoint a sustainability champion*
2. *Identify sustainability challenges for your practice*
3. *Complete ABDO's sustainability self assessment*
4. *Pick a focus for your practice - carbon footprinting, travel, energy and water, procurement or waste?*



- Use a carbon footprinting workbook
- Take a carbon footprinting course
- Talk to a carbon footprinting consultant
- Take a staff and patient travel survey
- Hold a car-free day
- Encourage car sharing
- Have a 'switch off' campaign
- Encourage smart meters
- Check for leaks
- Move to paperless practices
- Cut back on packaging
- Ask suppliers how green they are
- Carry out a waste audit
- Set up a local scheme to collect spectacles, dummy lenses and contact lenses
- Combine forces with other local practices on recycling

Explore ABDO's SEE hub for
more ideas on sustainability

