

Recorded Lectures - Multiple Choice Answers

Sustainable Optometry

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C-100519 Available January to April 2022

Six of the following questions were presented online following a recorded lecture video to entrants to comply with the General Optical Council's best practice specification for this type of CPD.

Question 1

The definition of “sustainability” below was set out by which organisation?

“Meeting the needs of the present without compromising the ability of future generations to meet their own needs”

- a) The European Union (EU)
- b) The World Trade Organisation (WTO)
- c) The World Health Organisation (WHO)
- d) The United Nations (UN)

The correct answer is **d**. In 1987, the UN Brundtland Commission defined sustainability as “meeting the needs of the present without compromising the ability of future generations to meet their own needs.” Today, there are almost 140 developing countries in the world seeking ways of meeting their development needs, but with the increasing threat of climate change, concrete efforts must be made to ensure development today does not negatively affect future generations.

Further information can be found at:

<https://www.un.org/en/academic-impact/sustainability>

Question 2

The term “Greenwashing” refers to:

- a) Running your business in an ethically sound way
- b) Behaviour or activities that make people believe that a company is doing more to protect the environment than it really is
- c) Only producing or buying sustainable products and services
- d) Running your vehicle on bio-fuel or electricity

The correct answer is **b**. The Cambridge English dictionary defines **Greenwashing** as: Behaviour or activities that make people believe that a company is doing more to protect the environment than it really is.

More information can be found at:

<https://dictionary.cambridge.org/dictionary/english/greenwashing>

Question 3

In an effort to become more sustainable in optical practice we might consider adopting the concept of the Three R's, which refer to:

- a) Reduce, re-think and reuse
- b) Reuse, recycle and remove
- c) Reduce, reuse and recycle
- d) Recycle, reimagine and reduce

The correct answer is **c**. Many companies and organisations will prioritise the order of the wording and suggest more R's to be used. However, the original three R's were Reduce, reuse & recycle.

Further information can be found at:

<https://www.dundee.gov.uk/service-area/neighbourhood-services/environment/practising-the-3rs-in-the-home>

Question 4

How much of the UK's plastics waste is estimated to be exported to countries such as Malaysia, Turkey & Poland?

- a) 2/3
- b) 1/2
- c) 3/4
- d) 6/10

The correct answer is **a**. A staggering 2/3 of all plastics waste is exported to be processed. Until 2018 China imported most of the UK's plastics waste. Waste is sent overseas to be recycled - in part, to reduce costs.

Further information can be found at:

<https://www.bbc.co.uk/news/science-environment-49827945>

Question 5

Single use plastics account for an alarming amount of waste. Several products found within optical practice can be termed 'single use'. Which of the following products would not be classed as a single use product?

- a) Daily disposable Contact Lenses
- b) Lid hygiene wipes
- c) Spectacles with plastics lenses
- d) Minims of drugs used in clinical diagnosis

The correct answer is **c**. Spectacles made from plastics materials for the frames and the lenses are not classed as 'single use' as the wearer will often use the same spectacles every day for at least one year or more – or until their prescription changes. All other examples are designed specifically to be single use for either convenience or hygiene reasons.

Question 6

Which phrase best describes the term 'Carbon Footprint'?

- a) Your carbon footprint relates to how much waste each individual produces
- b) Your carbon footprint is directly correlated to how much carbon dioxide (CO₂) create through travel by plane
- c) Your carbon footprint is a measure of how much waste you recycle
- d) Your carbon footprint is a measure of the impact all your activities have on the amount of carbon dioxide (CO₂) produced through the burning of fossil fuels and is expressed as a weight of CO₂ emissions produced in tonnes.

The correct answer is **d**. according to the World Health Organisation. Your carbon footprint directly correlates to EVERYTHING we do or don't do. The WHO have produced a useful document which illustrates possible changes we might consider to reduce our Carbon Footprint.

Further information can be found at:

https://www.who.int/globalchange/publications/factsheets/Kit2008_annex1_2.pdf

Question 7

The International Organisation for Standardisation (ISO) is an international non-governmental organisation made up of national standards bodies; it develops and publishes a wide range of proprietary, industrial, and commercial standards and is comprised of representatives from various national standards organisations.

ISO 14001 shows that companies have met the required standard in:

- a) Environmental Management
- b) Quality Management
- c) Occupational Health and Safety
- d) Energy Management

The correct answer is **a**. ISO 14001 Sets out the criteria for an environmental management system. It maps out a framework that a company or organisation can follow so that environmental impacts can be minimised.

Further information can be found at:

<https://www.isocertonline.net/certification/>

Question 8

Many non-optical products we purchase have detailed labelling listing all components or ingredients contained within the product or item. This tends not to be the case for spectacle frames or lenses. Whose responsibility is it to list the components of a frame or lens?

- a) The practice that stocks them
- b) The agent who supplies them
- c) The manufacturer
- d) There is no responsibility

The correct answer is **c**. Anyone who brings a product to market (i.e. the manufacturer) should know the constituent parts of the product they are hoping to sell. A Bill of Materials (BOM) is a comprehensive list of parts, items, assemblies, subassemblies, intermediate assemblies, documents, drawings, and other materials required to create a product is a good way of documenting all the component parts and methods of production for each item produced.

Further information can be found at:

<https://www.gov.uk/guidance/placing-manufactured-goods-on-the-market-in-great-britain>

Question 9

The Hawksbill Turtle has been used for the creation of objects for many years, including spectacle frames, and been considered critically endangered since 2007. In which decade did international trade of the Hawksbill turtle finally become illegal?

- a) The seventies (1970 -1979)
- b) The eighties (1980 – 1989)
- c) The nineties (1990 – 1999)
- d) The noughties (2000 - 2009)

The correct answer is **c**. Although In 1977 the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) banned commercial trade of Hawksbills and their parts, not all countries signed the agreement. It wasn't until 1992 that Japan finally agreed to the international ban. There have still been several reports of illegal production of spectacle frames and hair accessories from the Indian sub-continent and Japan in recent years.

Further information can be found at:

<https://www.wwf.org.au/what-we-do/species/hawksbill-turtle#gs.eixr9c> and
<https://www.smithsonianmag.com/smart-news/millions-endangered-sea-turtles-were-hunted-their-shells-over-150-years-180971824/>