

Being Eco-Friendly in the Lab

Use alternative procedures that reduce waste produced and limit the use of hazardous chemical.



Whenever possible, buy packaged items in bulk as this can save money and reduce packaging waste. Furthermore, you could reuse the larger autoclavable containers and store small consumables.



Most of the equipment in the lab is only used occasionally, but they could be unplugged or switched off after usage to save energy.



Research whether the protocol you are performing requires a high level of sterility. If not, cleaning and reusing particular consumables prevents thousands of single-use plastic equipments being unnecessarily disposed of.



Throw away any samples from the freezer that you are no longer using. Defrost the freezer when possible, to save energy.



Choose to buy products from companies that are committed to being eco friendly. For example, Promega are committed to making their products more eco friendly, by using less packaging, reducing waste and using less hazardous alternative chemicals.



Organise your order of pipetting so that you are minimising the amount of times you have to change your pipette tip:

e.g. Water first!