

Dear all,

Here is my 2<sup>nd</sup> monthly letter as a delegate for the Environment and Sustainable development at OncPat. Last time I brought up three aspects on how each of us can reduce energy consumption and increase laboratory safety by turning off instruments and lights, replacing non-CE-marked equipment and by sharing instruments with colleagues. Some of us will take vacation during holidays, and here is what you can do for the environment before you leave:

1. Turn off lights and instruments to save energy
2. Take away snow and ice from your -80 freezers to save energy and your samples
3. Move the yellow boxes, plastic, paper and cardboard waste to the environmental room for sorting
4. Discard the old food from the fridges in the lunch room to prevent microbial growth and provide Stockholm with biomass for biogas



#### FOR YOUR INFORMATION:

- Environmental inspection (Miljörevision) has already taken place at OncPat and it went well.
- When you are on holidays, spend 15 min to take this test. It is amazing how wrong we are about the world and environment [AFRY x Gapminder | AFRY](#). When you know better – you do better!
- Anybody is interested in collaborating with me and applying together for a grant for sustainability at work <https://ki.se/en/about/grants-for-projects-at-karolinska-institutet-aimed-at-achieving-the-un-sustainable>. I suggest to study whether changing -80 to -70 will not affect the quality of samples (plasma, RNA, DNA, protein etc.). Dead-line Jan 15<sup>th</sup> 2021

Our motto: We can make a difference!

I'll be back!

Katja