

Dear all,

Here is my 3<sup>d</sup> monthly letter as a delegate for the Environment and Sustainable development at OncPat. I previously listed three aspects on how each of us can reduce energy consumption. Now I want to turn your attention to the quality of your work. *With good and reliable equipment, you will get reproducible results and your research will be sustainable!* Here are some tips:

1. Take away snow and ice from your -80 freezers to save energy and your samples
2. Calibrate your pipettes regularly - at least every year
3. Service your equipment – large and small - regularly

#### SOME ASTONISHING STATISTICS\*:

- Energy consumed by research: 13% - lighting; 22% - Fans; 13% - cooling; 25% - heating; 22% - plug load ...
- Turning off 1 piece of equipment in every lab in USA = taking out 10.000 cars from the traffic
- Biological research accounts for an estimated 1.8% of total **global** plastic consumption
- To re-cycle 1% of the plastic in all labs in USA = emission from 4000 households
- Laboratory processes account for approximately 25% of all water consumed

\*Source: [My Green Lab - My Green Lab](#)

Here is the recording from the [1st KI Conference on Sustainable Development | Karolinska Institutet](#)

Our motto: We can make a difference!



I'll be back!

Katja