

## Educate your patients

Let your patients know that you are greening your office. Give them the information and tools they need to make similar changes in their homes or workplaces. Use posters to advertise your efforts and the importance of green practices.

## General Resources

Ontario College of Family Physicians -  
Environmental Health Committee  
[www.ocfp.ca](http://www.ocfp.ca)

Canadian Association of Physicians for the  
Environment (CAPE)  
[www.cape.ca](http://www.cape.ca)

Quebec College of Family Physicians  
[www.cqmf.qc.ca](http://www.cqmf.qc.ca)

HealthCare Environet  
A collection of Canadian resources on green  
health care.  
[www.c2p2online.com/healthcare](http://www.c2p2online.com/healthcare)

Green Guide for Healthcare  
A comprehensive guide to reducing your  
office's environmental and health impact.  
[www.gghc.org](http://www.gghc.org)

Hospitals for a Healthy Environment –  
Common Hazardous Materials in  
Healthcare Facilities  
[http://cms.h2e-  
online.org/ee/hazmat/hazmatconcern/](http://cms.h2e-online.org/ee/hazmat/hazmatconcern/)

For brochures & further information contact the  
OCFP EH Committee via [ocfp@cfpc.ca](mailto:ocfp@cfpc.ca). Tel  
(416) 867-9646, Fax (416) 867-9990

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## A Green Office is a Healthy Office

Physicians' offices are not as healthy as one might think. Offices contain numerous potentially toxic chemicals, such as mercury and glutaraldehyde. Plastic medical supplies release toxic furans and dioxins into the atmosphere during their production and disposal. The energy sources that power the health care industry contribute to climate change and air pollution.



The good news is that there are also many ways for physicians to make their offices more healthy. Take a few moments to find out how you can make your office a healthier, greener place for yourself, staff and patients! While you may not be able to incorporate all these suggestions, every step counts!

Endorsed by:  
Ontario College of Family Physicians  
Environmental Health Committee;  
Quebec College of Family Physicians  
Environment and Health Committee;  
Canadian Association of Physicians for the  
Environment

This brochure is printed on Recycled Paper.

# Green Office Solutions for Physicians

## Tips for a Healthier, Greener Office



## 1. Use Less Paper

- Re-use good one-sided paper
- Consider electronic copies
- Set your printer/copier to double-sided printing



## 2. Purchase Environmentally Preferable Paper

- Look for high post-consumer content, chlorine-free bleaching process

## 3. Use Reusable Equipment

- Cloth gowns
- Reusable specula

## 4. Reduce Packaging Waste & Unsolicited Mail

- Refuse unnecessary packaging from pharmaceutical companies
- Contact the Canadian Direct Marketing Association ([www.the-cma.org](http://www.the-cma.org), Tel: 416-391-2362) to reduce your junk mail
- Receive electronic journals instead of paper versions



## 5. Use Non-toxic Cleaning and Sterilizing Alternatives

- Consider non-glutaraldehyde sterilizers or steam autoclaves

## 6. Phase out Mercury Containing Equipment



- Replace mercury thermometers & mercury sphygmomanometers with non-mercury containing alternatives
- Dispose of mercury products safely (Environment Canada's mercury disposal website: ([www.ec.gc.ca/MERCURY/EN/md.cfm](http://www.ec.gc.ca/MERCURY/EN/md.cfm)))

## 7. When Purchasing, Look for Third-Party Ecolabels

Green Seal



Forest Stewardship Council



The FSC Logo identifies products which contain wood from well managed forests certified in accordance with the rules of the Forest Stewardship Council. FSC Trademark © 1996 FSC A.C.

## 8. Use Non-toxic Building Materials and Furniture

- Use low-VOC (volatile organic compounds) paint
- Avoid carpet → use cork, hardwood, linoleum or bamboo

## 9. Recycle Paper, Glass, Plastic, Aluminum



- Keep recycling bins near areas where recyclable materials are generated

## 10. Reduce Energy Consumption



- Purchase office equipment certified by EnergyStar
- When not being used, turn off the lights and electrical appliances, turn down the temperature 4-5 degrees, and shut down computers and monitors.
- Install electronic thermostats and energy-efficient light bulbs.

## 11. Establish Water-saving Strategies

- Fix leaks
- Install aerators on taps

## 12. Green Transportation

- Bike/walk/bus/carpool to work at least one day a week (and encourage staff and patients to do so as well)

- Locate office on bus route

## 13. Green Landscaping

- Pesticide-free
- Plant drought-resistant species, native plants and trees for shading

