

Recommendations and information material and sources for an environmentally friendly, sustainable laboratory

Simple immediate measures in the laboratory

Sustainability

- Order from companies that use recycled packaging material for transport
- Reuse of pipette tip boxes
- New England Biolabs has recently started using shipping boxes made from pressed paper scraps
- Order individual kit components, if possible, before ordering a complete new kit
- Use of non-stainless steel bottles → these can be recycled

Waste sorting

- Collection of plastic, plastic, styrofoam and metal objects
- Collection of paper
- Collection of glass waste
- Disposal via the appropriate collection points for waste

Recycling

- Returning Styrofoam shipping boxes to companies for reuse
- PET disposal and return of cold packs at PAN Biotech: [more](#)
- Recycling of plastic pipette tip boxes at the Sarstedt company

Further reading and suggestions for reducing resource consumption in the laboratory

Flyer 'How to Become More Sustainable in Your Lab' [more](#)

Flyer 'Harvard University Green Labs Guide' [more](#)

Website 'Harvard University Sustainability' [more](#)

Website 'Umweltschutz UKM' [more](#)

Website 'Sarstedt Refill-Revolution' [more](#)

Newsletter 'Entsorgung von Sonderabfällen und Chemikalien' Umweltschutz UKM [more](#)

Flyer 'Energy Reduction Potential in Lab Equipment – Harvard Green Labs Case Studies' [more](#)

Article Süddeutsche Zeitung 'Der Plastik-Müllberg aus dem Labor' [more](#)

Article LABO 'Wie kann man Laborprozesse ressourceneffizient und nachhaltig gestalten?' [more](#)

Article NIUB 'Nachhaltigkeit im Labor einfach umsetzen' [more](#)

Study about freezer management by the University of Copenhagen [more](#)

Publication 'A case report: insights into reducing plastic waste in a microbiology laboratory' [more](#)

Publication 'Re-use of labware reduces CO₂ equivalent footprint and running costs in laboratories' [more](#)

Publication 'The carbon footprint of bioinformatics' [more](#)