
We are in a time of climate emergency; Medical Station are of the opinion - all businesses could be doing more to minimise their environmental impacts. With so many simple ways to reduce carbon emissions, there's no reason not to operate in an environmentally friendly way.

Here at Medical Station, we have thought long and hard about measures we can take as an organisation that feels strongly about reducing carbon footprint. We have decided to take steps to reduce carbon emissions. A lot of effort has gone into the various ways this can be anything from implementing recycling collections all the way to actively planting trees. Below we have listed some of the ways in which Medical Station are striving towards doing our part.

Recycling

Recycling at our workplace is one easy way to reduce our organisation's carbon footprint. When we recycle, we reduce the number of raw materials that need to be sourced to create products from scratch. For example, recycling a single tin can could save enough energy to power a computer for a full hour. Plus, there's no limit to the number of times tin cans can be recycled. With paper recycling, a ton of recycled paper can save 17 trees from deforestation, as well as 7000 gallons of water, 380 gallons of oil, 4000 kWh energy, and 3 cubic yards of landfill space.

Implementing recycling collections at our workplace could also nurture a greener work culture. This is likely to be attractive to our customer base, we have noticed a boost in our staff's morale. A 2019 study by **Top Line film** discovered that 73% of office workers wanted their workplace to improve their sustainability efforts, and a huge 24% said they would refuse a job at an organisation with poor sustainability records.

When it comes to paper recycling, something else we have been particularly mindful of is confidential paperwork. We therefore use an external company that has similar values as us ie: 100% recycling. This helps us avoid any potentially costly risk of an employee making the wrong call when it comes to which documents need shredding, and minimises the risk of a data breach.

Using Recycled Resources

As with recycling, using recycled materials helps our business to aid the conservation of the earth's resources.

As an example, where possible we use recycled paper products to help reduce deforestation and preserve natural habitats. The world's insect population has declined by almost 25% in the last 30 years. One huge reason for this is the destruction of habitats. The UK's butterfly production is in particular danger, with a fall of 50% in butterfly numbers since 1976. When insect populations decline, it affects the entire food chain. UK woodland bird populations are also down about

25% from 1970. Even hedgehogs are now listed as “Vulnerable to extinction” on Britain’s red list of mammals, having fallen up to 30% in urban areas and 50% in rural areas since 2000. Simply by using recycled products, we can both safeguard the natural habitats of our nation’s wildlife and reduce our carbon footprint.

While recycled options can sometimes be slightly more expensive for us, we found the environmental cost of using brand-new products is much higher.

Using Sustainable Suppliers

It’s no longer enough to ensure our own business is doing its part to help protect the environment; we are taking measures to also use sustainable suppliers. We are pulling out all the stops to minimise our environmental impacts.

We are members of ISO. This certification provides proof that organisations have environmental management at the heart of their Quality Management Systems, and are actively improving resource efficiency and waste reduction.

Switching to Online Meetings and Online Events

As the majority of the UK’s working population made the transition to remote working through 2020 and 2021’s national lockdowns, we probably all had some kind of experience with virtual meetings. Be that with Zoom, Teams, Slack, Skype, or even Facebook Rooms. Instead of travelling long distances for business meetings or corporate events, majority of our meetings are hosted online. This saves our staff commuting times and travel expenses, and will also reduce our company’s travel emissions.

Transport accounts for around one-fifth of global CO2 emissions. So, if everybody travelled a little less, there is certainly room for large reductions in collective CO2 emissions.

Using Public Transport or Car Share for Business Trips

Where possible, business trips or events that must be held in person, Medical Station insist on using public transport. This is another way we can reduce our carbon emissions, particularly if the journeys to these trips or events will be single-passenger journeys.

Investing in Green Energy & Green Office Equipment

We have started investing in green energy and green office equipment. We found this to be another great way to reduce our businesses' carbon footprint. Our energy providers have offered us a green tariff. We have also looked at ways we could take this further by even investing in your own renewable energy sources. Once our cash reserves are established, Solar panels could be a viable option.

When it comes to the physical workplace, here are a few easy ways we try to reduce our energy consumption:

- We use LED lighting and turn lights off once we leave the office. In the daytime, our lights are switched off, there is enough natural daylight to work comfortably.
- We have invested in kitchen appliances such as fridges or dishwashers that have a high energy rating.
- Medical Station staff have been advised to enable energy-saving and battery-saving modes on all PC and mobile work devices.
- The thermostat temperature in our offices can only be controlled by management. Training has been provided to management about these methods and reducing the office's thermostat temperature is another effective way of reducing energy consumption. Keeping the thermostat down by just 1°C could reduce space heating energy by 13%

Buying Used Office Furniture

Buying used office furniture has helped save our company a bit of cash, more importantly it's better for the planet. As already mentioned, reusing and recycling goods avoids contributing towards further depletion of natural resources like woods and metals.

When we do we look at buying sustainably sourced or recycled office furniture such as recycled polypropylene canteen chairs and bamboo desks are also great ways of reducing our carbon footprint.

Talking to our Employees

Talking to our workforce about the environment and inviting them to offer their own suggestions on how Medical Station can help combat climate change has encouraged our workforce to get on board with our environmental efforts. It has helped them to feel a sense of pride and purpose in reducing environmental impacts. Our employees will always be our best asset.