



Lower Carbon



Minimal Waste



Biodiverse
Campuses



Sustainable
Travel



Positive
Procurement



Wellbeing
and Health



Culture and
Community



Knowledge
and Skills

Sustainable Labs

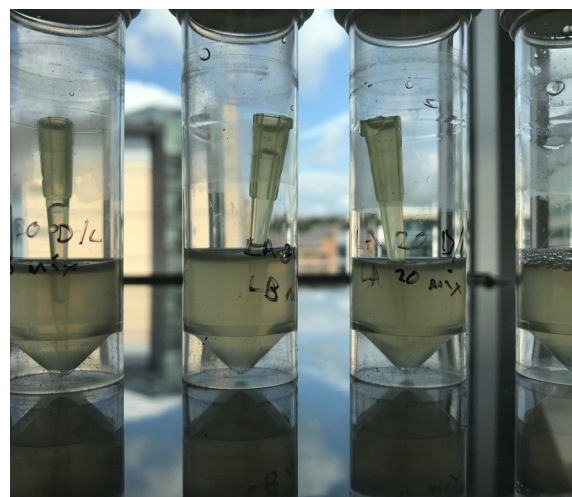


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How can I reduce my single-use plastic in the laboratory?

We use single-use laboratory plastics all the time, with some estimates that they could be responsible for 5.5 million tonnes of waste annually ([The Guardian, 2019](#)). They can also be essential for safety and research integrity, however, it is important to consider why we are using them and whether there is an alternative.



- Understand what you use and the volume across projects
- Understand why you use single-use plastics and whether there is an opportunity for reuse e.g. is it to save time? H&S requirements? Research integrity?
- Can you reduce the volume of plastics you use? Could you use a smaller volume tube or buy a smaller pack? Can you share boxes with your colleagues so everything gets used?
- Check which plastics you buy and whether you can recycle them after use
- Can you decontaminate and re-use consumables without impacting your results?
- Be aware of decontamination processes and requirements for recycling single-use plastics from labs, for more information check out the '[Disinfection Guidance Sheet](#)' from the H&S Team
- Check what other labs are doing and see if you can join their reuse or recycling projects e.g. tip box return schemes, get in contact with your local Safety and Sustainability Network to find out more

Need more support? Email
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