Medical facilities account for more than 8 percent of the total energy consumption in buildings across the U.S. and are estimated to generate more than 5 million tons of solid waste each year. This guide helps medical offices and hospitals evaluate their practices and take practical actions to increase their sustainability.

### Energy
- Track monthly energy use.
- Turn off equipment when not in use, including medical equipment, computers and lights.
- Upgrade to LED lighting.
- When replacing equipment, look for ENERGY STAR® ratings.

Visit [www.njcleanenergy.com](http://www.njcleanenergy.com) to find financial incentives.

### Waste
- Install recycling bins in your office and waiting room.
- Go paperless. Use electronic medical record systems and digital X-rays.
- Use cloth lab coats and exam gowns.
- Invest in rechargeable batteries for medical devices.

Visit [recycle.nj.gov](http://recycle.nj.gov) to learn about recycling requirements.

### Water
- Upgrade to WaterSense® products.
- Install amalgam and fluorine separators on dental office water disposal systems.
- Utilize drought resistant landscaping or smart-controllers for irrigation systems.

Visit [www.epa.gov/watersense](http://www.epa.gov/watersense) to learn more.

### Chemicals
- Avoid purchasing equipment and furniture that contain halogenated and brominated flame retardants.
- Avoid plastics or other products that contain PVC and BPA.
- Eliminate the use of mercury containing equipment.
- Switch to non-medicated hand soap.

To learn more, visit [practicegreenhealth.org/topics/safer-chemicals](http://practicegreenhealth.org/topics/safer-chemicals).

### X-ray Film Processors
- Switch to digital imaging to eliminate the need for chemicals, films and water.
- Retrofit existing x-ray processors with automatic shut off values and a rinse effluent recycling system.
- Install flow regulators to limit the rinse water flow rate.

For more resources visit [www.nj.gov/dep/rpp/brh/index.html](http://www.nj.gov/dep/rpp/brh/index.html).

### Sterilizers
- Upgrade to sterilizers with water recirculation and automatic shut off features.
- Install jacket and chamber condensate retrofit kits on older sterilizers to reduce water use.
- Switch to steam sterilization to reduce chemical use.
- Run sterilizers with full loads only.

Atlantic Health System (AHS) is dedicated to building healthier communities through its Trusted Network of Caring®. AHS is designated as a New Jersey Sustainable Business due to its sustainability programs focused on:

- **Energy Efficiency**
- **Recycling**
- **Safer Chemicals**

At Atlantic Medical Group (AMG), many small medical practices have chosen to transition to non-medicated hand soap without triclosan. As remaining AMG facilities deplete their existing hand soap inventory, they will transition to purchasing non-medicated hand soap too, proving even small steps can make a big impact. **Learn More**

### RESOURCES

- **Practice Greenhealth**
  - practicegreenhealth.org

- **Practice Greenhealth Eco Checklist**
  - practicegreenhealth.org/pubs/EcoChecklist_R5.pdf

- **Sustainability Roadmap for Hospitals**
  - www.sustainabilityroadmap.org

- **Healthier Hospital Initiative**
  - healthierhospitals.org

- **NJ Sustainable Business Registry**
  - registry.njsbdc.com

- **NJ Sustainable Business Guides**
  - www.nj.gov/dep/aqes/sustain_bus.html

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- www.nj.gov/dep/aqes/sustainability.html