

Hints and tips: Reducing consumable use

1. Refuse

- Only buy what you need and consolidate orders with other lab users.
- Ask Supplier's for LCA's.



2. Reduce

- Optimise experimental design to lower consumable use.
- Use the smallest plastic vessel.
- Prepare master mixes.
- Use tip refill systems.
- Replace single use plastic with reusable alternatives.



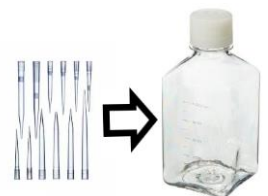
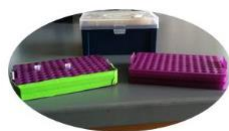
3. Reuse

- Wash and reuse plastics or reuse the same plastic item (such as reservoirs) throughout the same experiment.
- Reuse or send packaging back to suppliers – Promega and NEB provide return labels for their shipping boxes.



4. Repurpose

- Repurpose empty plastic containers to hold waste.
- Use 10ul and 20ul tip wafers to hold PCR tubes.



5. Recycle

- Recycle what you can in the laboratory.
- Make use of supplier take back schemes. i.e. glass Winchester recycling, tip box recycling.

6. Replace

- Replace the use of plastic with glass, paper or wood.

