

Pitt Green Labs Self-Assessment Overview

This document is meant to be used as a preview to the Pitt Green Lab Self-Assessment. The items listed on this document are the items that you will be asked to check off regarding your lab when you take the Self-Assessment. After reviewing this document, along with the Pitt Green Office Resource Guide, you can begin the [Pitt Green Lab Self-Assessment Survey here!](#)

Check out [the Sustainable Pitt Website](#) for more info & email any questions to [the Office of Sustainability](#).

PURCHASING

- Our lab uses in-house supply rooms and kiosks whenever possible (Dietrich School Stockroom, Bio-Rad, Promega kiosks, etc.)
- Our lab is aware of and utilizes the SSOE List of Shared Equipment
- Our lab shops green suppliers on PantherExpress
- Our lab works with EH&S to donate or purchase chemicals in inventory for redistribution
- Our lab checks the EH&S inventory list before purchasing new chemicals
- Our lab consolidates purchases into one big order to reduce shipping and & packaging
- Our lab ships overnight only when necessary
- Our lab purchases only paper with recycled content
- Our lab purchases only TreeZero carbon neutral paper
- Our lab purchases Triclosan/antibacterial-free hand soap
- Our lab minimizes use of non-reusable lecture bottles for exotic gases
- Our lab minimizes the use of disposable bottles
- Our lab purchases liquid nitrogen from Shared Research Support Services
- Our lab purchases helium for Shared Research Support Services
- Our lab has helium recovery
- Our lab has equipment made on campus or locally
- We do any of these!
- We do a few other things

ENERGY CONSUMPTION / EQUIPMENT MAINTENANCE for refrigerators/freezers

- Our ultra-low freezers (ULFs) and refrigerators/cold rooms accommodate multiple users and/or are shared with other labs
- Our lab's freezer/fridge appliances are Energy Star-rated
- Our lab has at least one Stirling or TSX ULF
- All of our freezer/fridge appliances utilize a natural refrigerant (i.e. do not use HFCs, HCFCs, or CFCs)
- Our lab annually defrosts all of our freezers
- Our lab annually vacuums/cleans condenser coil on all fridges/freezers
- Our lab utilizes a remote monitoring system for all fridges/freezers to tell when doors have been left open
- Our lab has moved up our ULF set points from -80 to -70
- We don't do any of these things!
- We do a few other things

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ENERGY CONSUMPTION general

- Our lab has "Shut the Sash" stickers on all fume hood sashes
- All fume hood sashes are closed when unoccupied
- Our lab turns off UV lamps in tissue culture hoods after 30 minutes
- Our lab turns off vacuum pumps when not in use
- Our lab uses energy saving modes overnight on all office equipment (computers, printer, and power strips)
- Our lab turns off all equipment overnight (computers, printers, and power strips)
- Our lab uses energy saving modes on all laboratory equipment overnight, when safe to do so
- Our lab turns off all laboratory equipment not in use overnight
- Our lab leave equipment unplugged until needed
- Our lab minimizes the opening time of oven doors both by reducing both opening counts and time
- Our lab equipment is shared with multiple users if possible
- If problems exist regarding the overheating or over-cooling of our lab, we have contacted our facility coordinator to report the issue(s)
- We shut window blinds or shades when appropriate to trap heat and keep out cold in winter/ trap cold and keep out heat in summer
- Reminders are posted to turn the lights out when the rooms is not in use
- Our lab has occupancy/vacancy sensors for all overhead lights
- We have requested Facilities retrofit out lab with occupancy/vacancy sensors for all overhead lights
- We don't do any of these things!
- We do a few other things

WATER CONSERVATION for equipment

- Our lab has reduced since pass water cooling by EITHER installing recirculation loops OR purchasing recirculating water baths OR chillers
- All autoclaves and dishwashers are only run with full loads
- All autoclaves and dishwashers are on standby mode when not in use
- Our lab has installed a water mizer on all autoclaves
- Our lab has purchased a more water efficient autoclave
- Our lab has eliminated all vacuum aspirators and replaced them with vacuum pumps
- Our lab utilizes reaction condensers
- We don't do any of these things!
- We do a few other things

WATER CONSERVATION general

- Our lab reports all water leaks to Facilities in a timely manner
- Our lab uses water conservatively when washing
- Our lab has installed low flow aerators on all faucets
- Our lab uses the appropriate type of water for each application (using distilled/deionized for most cases unless ultra-pure is needed)
- We don't do any of these things!
- We do a few other things

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LAB RECYCLING

- Our lab reuses, recycles, or returns cardboard received
- Our lab recycles paper
- Our lab works to make Styrofoam free purchases
- Our lab reuses, recycles, or returns all Styrofoam received
- Our lab recycles uncontaminated gloves via Medline
- Our lab recycles uncontaminated gloves via Kimberly Clark or TerraCycle
- Our lab recycles metals
- Our lab reduces red bag waste by properly distinguishing contaminated waste from non-contaminated waste
- Our lab recycles plastic beverage containers
- Our lab recycles Millipore water filter cartridges
- Our lab recycles inkjet & toner via on-campus collection bins
- Our lab recycles all electronics/e-waste via our facility manager or Pitt Surplus (computers, phones, tablets, computers, TVs, printers, etc.)
- Our lab recycles batteries via on-campus collection bins
- Our lab uses serological pipettes when possible
- Our lab donates usable electronics/equipment to Pitt Surplus
- Our lab properly disposes of UV light bulbs, mercury containing thermometers, mercury or metal halide microscope light bulbs and CFLs
- We don't do any of these things!
- We do a few other things

CHEMICALS/SAFETY

- Our lab makes efforts to limit the volumes of chemical wastes generated
- Our lab scales down experiments when appropriate in order to reduce the total volume of wastes generated
- Our lab ensures that all chemical and chemical waste containers are capped and closed
- Our lab has created standard operating procedures for common higher risk experiments
- Our lab makes sure all electronic equipment is made with RoHS compliant materials
- Our lab uses mercury free thermometers
- Our lab uses all mercury and metal halide free microscope light bulbs
- Our lab inventories and purchases chemicals in the smallest quantity needed
- Our lab uses the EH&S Chemical Waste Program to properly dispose of chemical wastes
- Our lab is aware of and utilizes the EH&S Chemical Redistribution Program
- Our lab, when given the option, uses safer chemicals (i.e. Safe Red for Ethidium Bromide, Green solvent alternatives/substitutes for volatile organic solvents, etc.)
- Our lab uses cold traps with vacuum pumps to collect and recycle solvents
- Our lab follows the 12 Principles of Green Chemistry
- Our lab follows the 12 Principles of Green Engineering
- Our lab members are trained and up to date on their Chemical Hygiene training through EH&S
- Our lab ensures that all compressed gases and liquid nitrogen storage vessels are shut off when not in use
- Our lab has helium recovery
- Our lab uses non single-use lab coats

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- We don't do any of these things!
- We do a few other things

CULTURE OF SUSTAINABILITY

- Our lab encourages the use of reusable water bottles and coffee cups
- Our lab encourages the use of Electronic Research notebooks
- Our lab prints double-sided whenever possible
- Our lab prints in gray-scale whenever possible
- Our lab regularly reviews the University's sustainability resources @ sustainable.pitt.edu
- We have identified 1 or more members of our lab as our "sustainability" expert
- All lab members are familiar with the Pitt Staff Green Guide
- We include discussions on sustainability topics in our group lab meetings
- We encourage lab mates to take part or attend sustainability related events, lecture, or service opportunities
- During the summer months, and especially on "Code Orange" air quality action days, our lab encourages its members to reduce or eliminate activities that contribute to producing ground level ozone
- We have adopted a vision statement to reflect how our workplace can integrate sustainability into our everyday practices
- At least half of our lab members have calculated their own personal footprint (food, energy, water)
- We don't do any of these things!
- We do a few other things

INNOVATION ACTIONS

- INNOVATION ACTION #1- Tell us about the additional SUSTAINABLE INNOVATIONS that your lab has undertaken or has an idea of.
- INNOVATION ACTION #2- Tell us about the additional SUSTAINABLE INNOVATIONS that your lab has undertaken or has an idea of.
- INNOVATION ACTION #3- Tell us about the additional SUSTAINABLE INNOVATIONS that your lab has undertaken or has an idea of.