

REDUCE LAB PLASTIC WASTE

FOLLOW THE 4 R'S



REFUSE

Purchase responsibly

- Consolidate orders
- Choose products with reduced plastic and packaging
- Ask suppliers for life cycle analysis



REDUCE

Minimise usage

- Pipette tip refill systems
- Use thinnest gloves suitable for task
- Replace single use plastics with reusable alternatives



REUSE

Plastic lasts millennia

- Reuse or send packaging back to suppliers
- Reuse single-use plastics where possible (e.g. serial dilutions)
- Repurpose empty containers to hold waste



RECYCLE

One last option

- Recycle bin in your lab
- Recycle packaging and lab plastics
- Use external recycling schemes e.g. for uncontaminated gloves

