



Environmental Campaign Newsletter - March 2015

WHAT'S ON MARCH 2015?

In March there are two international environment events taking place. The first is **World Water Day, 22 March**, highlighting the varying quality and quantity of this precious resource and encouraging us to use it more



responsibly to help maintain healthy ecosystems and people. Visit the official Water Day website www.worldwaterday.org

The second event is **Earth Hour, Saturday 28 March, 20:30**. For this one hour hundreds of millions of people worldwide switch off lights and other electrical items in a stand against climate change. Global landmarks such as the Sydney Harbour Bridge, Rome's Colosseum and The Golden Gate Bridge in San Francisco, all take part. Switch off your lights at home and enjoy an evening by candlelight! For more information visit the official Earth Hour site: <http://www.earthhour.org/>



Introduction

Welcome to the pre-Easter edition of Cork University Hospital environmental campaign newsletter.

It might be difficult to understand why we need to conserve water in Ireland, when we seem to have so much of it! But producing clean, safe drinking water uses energy and resources, so our plea this month is to ask you all to report any dripping taps, leaky pipes or faulty toilets to our maintenance department. By repairing leaks we can reduce water waste and protect the country's resources.

Did you know?

The average daily water consumption in Ireland is **148** litres per person!

Cork University Hospital spends around €400,000 each year on water coming in and out of our buildings - some of this undoubtedly by water that is being wasted.



Things that we can all do to reduce water and energy consumption both at work and at home include: boiling only the amount of water we need in the kettle, fix dripping taps, fitting water saving devices to toilet cisterns, taking less time in the shower, only using the washing machine when there are enough clothes for a full load.

Websites of the Month

<http://www.taptips.ie>

With the introduction of water charges there are many ways that we can save money and reduce our water consumption by making small changes to our daily activities in the home and in the garden.

<http://www.epa.ie/irelandsenvironment/water/>

The costs of providing clean water can be quite high and the process sometimes difficult to manage. The video "Influences that determine Water Quality" explains the challenges in maintaining water quality and preserving the health of lakes and rivers and why fresh water may not be as abundant as you might think.

Every hour can be an 'Earth Hour' this month at CUH

Earth Hour started in 2007 as a lights-off event to raise awareness about climate change. Since then it has grown to include more than 160 countries and territories worldwide. This year Earth Hour is on Saturday, 28th March at 8.30pm. This year, let's make a collective effort to celebrate this event by making every hour an earth hour both here in CUH and at home! Let's make a special effort to turn off lights when leaving offices/storerooms, sleeping computers when we are away and turning the heating down/off instead of opening windows. It's a busy month in the world of sustainability as **International Day of Forests** also falls on the 21st March. This is great opportunity for us to rethink how we use paper! Why not try an experiment with your printer by always using the double-sided printing option and by printing only the particular pages of documents that you need rather than the whole text! Not only will you save paper, but you will also reduce the amount of clutter on your desk!



Better Energy Homes Scheme

The Better Energy Home scheme provides grants to homeowners to upgrade their homes with energy efficiency measures, thus reducing energy use, costs and greenhouse gas emissions. Grants are provided for the following upgrade works done to any home built before 2006:

- Roof insulation
- Wall insulation
- Boiler and heating control upgrades
- Solar panels

For more information visit
<http://www.seai.ie/grants>

If you want to get involved with the environmental campaign here at our CUH why not become a Green Advocate? Email us to find out more!

CUH.SustainableEnv@hse.ie



The Cycle to Work Scheme is Back!

The cycle to work scheme is back up and running with applications now being accepted until Wednesday 30th September 2015. There are some great savings to be made, not only on bikes but also on top quality cycling kit and gear so it is well worth checking out! It could also save you in car running costs during the summer months and is a great way to keep fit! Contact your line manager for an application form or e mail us at CUH.SustainableEnv@hse.ie!



Exploding Environmental Myths

“Does a shower always save more energy/water than a bath?”



An eco shower in operation!

ANSWER: Not always. It depends on your shower type, water pressure and how long you take. A full bath can hold up to 150 litres of water and spending just 5 minutes in the shower can use $\frac{1}{3}$ of this. Shower throughput can range from 3 litres to 30 litres per minute, with power showers the most energy intensive. The most common shower type produces 9 litres a minute. With the average person taking 10 minutes in the shower, this should be less than a bath, as long as it's not a power shower. Replacing a showerhead that projects more than 16 litres per minute and taking showers lasting less than 10 minutes will result in greater CO₂ savings. And, to dispel another myth, women only shower for 39 seconds longer than men!

Shower timers are widely available so perhaps think about installing one if you have family members who are spending too long in the shower.....

