



CUH Environmental Campaign Newsletter - July 2015

We are currently inviting staff to take part in the campaign by becoming Green Advocates for their departments. If you'd like to get involved please contact us via email: -

CUH.SustainableEnv@hse.ie



Introduction

Welcome back to the **seeeco** campaign newsletter, part of the CUH Campus environmental awareness campaign.



It's important to us that the newsletter is useful to you. If there's anything you'd like to see featured, we'd love to hear from you. Please email our campaign address, CUH.SustainableEnv@hse.ie. You never know, you might even see yourself in print!

This month, we are taking an in-depth look at paper - how it is made, how much of it we use and the costs associated with this and also how we can use less of it!

Website of the Month: Sustainable Business for a Better Environment

<http://wwf.panda.org>

The World Wildlife Fund actively works with business to change behaviour in order to ensure that the natural resources and ecosystems which underpin their own operations are used sustainably. The website is full of fact sheets and how-to guides looking at everything from energy and water use to paper saving and even looks at how the food choices we make can have an impact on the environment.



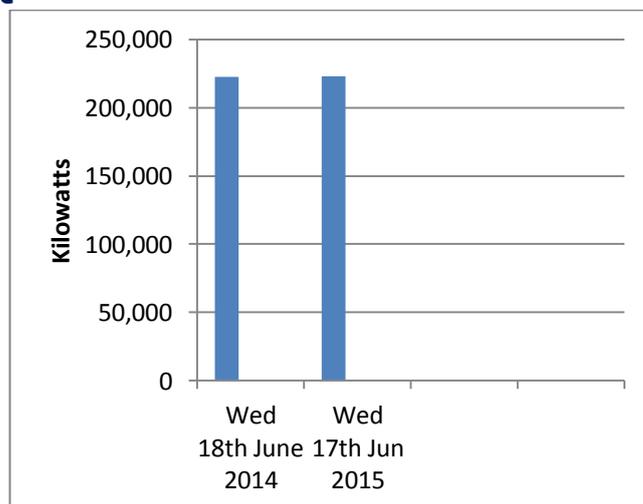
How are Trees Grown for Paper?

Trees are planted and grown specifically to make paper. The good news is that trees that are cut down for paper production do not come from our favourite parks or forest areas! Most trees used for paper come from forests called managed timberlands. Even though the trees in these timberlands may look like "woods", they are actually an agricultural crop - like vegetables on a farm. Paper isn't the only product that trees are grown for. Lots of lumber and plywood is used for construction and trees are also used for fuel and to make cleaning products and turpentine!



CUH Energy Efficiency Challenge Result

You might remember that we had an energy efficiency day in the middle of last month, the 17th of June to be exact. The result is shown on the chart. Overall, we observed a slight increase in the amount of energy that we used on the same day last year (666kW). This isn't too bad considering the construction works that have been going on and also the fact that the new mental health building (although not occupied on the day of the challenge) is essentially running. We can do better though! Remember, it only takes a split second to turn a light out when you are leaving a room - these things may seem small but they all add up when everybody starts to do them!





Read all about it - but keep it on the screen if you can!

This month we are paying special attention to the amount of paper that we use at work. It is staggering to think that we use **14.4 million sheets of paper** every year in CUH. As a rule of thumb, a cord of hardwood weighing 2 tonnes will produce between 450 and 900 kilograms of paper. A tree used for paper will have a height of about 45 feet and when cut down will contain roughly 10 cubic feet of wood. It would take about 8 of these trees to produce between 455 and 910 kilograms of paper. Since a typical 500-sheet packet of the paper weighs around 2.3kgs, that's 10,000 to 20,000 sheets per tree! Applying this logic we could say that around **1000 hardwood trees** are needed to make paper for CUH every year! Phew! There is also a significant cost attached to printing. If we combine the prices we pay for paper and ink, the cost of sending documents to the printer looks something like this;

Printed Pages	Associated Cost
1	0.026c
10	26c
20	52c
30	78c
50	€1.30
100	€2.60



You can use the above table to assess how much you might print on a daily basis and then work out how much this could potentially cost over the course of a year! If you want to leave out weekends and bank holidays there are 253 potential working days in the year! Here is an example; printing 20 pages a day could potentially cost €131.56 per year! Food for thought...



Exploding Environmental Myths

“Leaving a fluorescent light on will save money.”

ANSWER: No, it won't. You may have heard people say: “It's best to leave fluorescent lights on: it's cheaper than switching them on and off”. People who promote this are probably well meaning, but wrong. Usually they say it takes a lot of energy to start up a fluorescent and secondly, they say that switching on/off lights reduces the lamp life so replacing the lamp is a regular expense.

The energy consumed to start a typical lamp is the equivalent of 2 seconds running time. So it is wrong to say it takes a lot of power to start them. (It is true there is a current surge but this takes place in less than one-eighth of a second and because it happens so quickly it takes very little energy).

It is true that switching on/off fluorescent reduces lamp life but lamps are designed to be switched on/off up to seven times a day without any effect on their life. How many times a day do your colleagues switch on/off to save energy? Probably not enough times to reduce the lamp life.

So the advice on fluorescents is simple: when not in use - switch them off!