

Energy targets

- Reduce energy use by 33% by 2020
- Increase renewable energy integration by 2%
- Reduce Green House Gases by 3% PA average by 2020
- Prepare a Climate Changer Plan for CUH campus by 2018

Energy Actions

- Reduce energy consumption wherever possible.
- Give our campus the 3 a day, 1. Close windows 2. Close blinds 3. Switch off all equipment.
- Set air conditioning units at 19-20 degrees. Turn off when not needed.
- Heating 'keep it at 20 degrees'
- Use the stairs instead of the elevators

Energy ICT Actions

- Activate the stand-by mode & power saving functions on PC, printers and photocopiers/fax machines.
- Turn your screen off at break time & lunch time
- Power down office computers and non-essential computers printers etc each evening, at weekends, & before holidays.
- Run paperless meetings-provide electronic meeting documents instead of printouts
- Use email/text messaging in place of snail mail and fax whenever possible.

Water targets

- Reduce water use by 5% in 2018
- Increase water reuse and recycling (rejected grey water from reverse osmosis plant) by 2% 2020
- Reduce waste water released by 5% 2018 and reduce Biological Organic Dissolves (BOD) to 150mg/l by 2018

Water actions

- Reduce water consumption where possible e.g by only boiling as much water as needed in the kettle, encourage 3 minute showers.
- Be aware and use the dual flush buttons of toilet
- Don't use the toilet as a waste bin
- Don't dispose of expired/waste milk down the drain
- Use filtered water in canteen instead of buying bottled water.
- Any dripping taps, leaking pipes, broken toilets should be reported to the maintenance dept.

Waste Targets

- Reduce waste disposal costs by 10% by 2018
- Increase recycling rate by 0.03kg/per patient bed day by 2018
- Reduce healthcare Risk Waste by 0.60kg/per patient bed day by 2018
- Reduce food waste by 0.30kg/per patient bed day by 2018

Waste Recycling Actions

- Follow bin signage guidelines for recycling
- Recycling on campus includes: Plastic, Paper, Aluminium cans, ink cartridges, cardboard, mobile phones, postage stamps, batteries WEEE equipment, glass, florescent tubes, old furniture.
- Bring your own mug
- Empty used paper coffee cups and plastic water bottles and plastic glasses can be recycled.

Waste management actions

- Follow the bin signage placement guidelines
- Strictly adhere to the Healthcare Risk Waste Segregation guidelines

- Stop food waste-order/bring only what you will eat; don't over order food and milk for pantries.
- Non infectious incontinence waste can be disposed of in clear bags.
- Put litter in waste bins.
- Decrease use of disposable cups on site by 50% by 2019

Transport and travel targets

- Get 20% of all staff to use sustainable transport by 2020
- Reduce single occupancy car use by 5% by 2020
- Hold pedometer Challenge annually
- Increase bicycle/bus and rail use through increased awareness days and encourage the tax saver scheme and cycle to work scheme.
- Increase uptake of tax saver by 5% in 2018

Travel and transport actions

- Walk or cycle or take the bus whenever possible (link to web site)
- Avail of the cycle-to-work scheme (link to web site)
- Carpool with others who may be travelling from the same area where possible.
- Use Tele/video- conferencing whenever possible
- CUH to take part in Smarter Travel Workplaces pedometer challenge

Bio-diversity Targets

- Carry out a habitat/species mapping exercise with UCC by 2018
- Increase the number of native trees on site by 2021
- Attract bird life to campus
- Map campus walkways by 2018

Bio-Diversity Actions

- Buy products from companies that value the environment and people.
- Support fair trade purchases and cafes
- Participate in bio-diversity Initiatives e.g. Bird Watch Ireland events, building, positioning & monitoring of bird boxes
- Encourage bio-diversity at home with grow your own project running in 2018

Sustainable Healthcare Targets

- Enable the re-configuration of services away from the acute settings
- Capture sustainable healthcare & living changes on how we deliver care and use health and care services on CUH campus
- Become more involved with Healthcare without harm/Global Green Healthy Hospitals by 2018

Sustainable Healthcare Actions

- Promote, support and practice sustainable healthcare clinical and care models when deciding what is right for the patient. This may include
- Prevention and early intervention:
 - -Such as staff and patient vaccination programs, fall prevention program and medication safety program
- Enablement & support:
 - -Such as patient support programs directed to ensure better drug adherence and compliance

- Self Management
- -Such as wound management, home dialysis program and self management hospital dialysis
- Acute and specialist help following an emergency or an episode of significant ill health or injury;
- -Such as rapid access clinics, and rehabilitation program for patients following heart attack
- Dying well; Hospice-friendly Hospitals (HFH) programme.
- -By striving to ensure that everyone has a caring, careful death and a patient will die with dignity and that later there will be support for their families.
- Raise awareness and get involved in the joy of living through the CUH Campus Arts Programme, contact arts coordinator on 21394
- Learn more about sustainable clinical and care models by reviewing a module on
- <http://www.sdhealth.org.uk/documents/publications/2014%20strategy%20modulesNew%20folder/MODULEmodelsofcareFinal.pdf>