

GREEN OFFICES AT EMORY

Guidance Document

#	Item Description	Suggested Action	Justification
1.0	Energy Efficiency & Conserva	tion	
	In our office, we		
1.1	Turn off the lights in	Place reminder stickers, provided by the	It is estimated that 26% of a building's electricity is used for lighting. (<u>Colorado</u>
	unoccupied rooms and at	Green Office Team, on light switches.	Springs School District 11 Energy Conservation Tips for Schools)
	the end of each day.	Place a permanent reminder in your	
		intra-office newsletter or other	
		communications.	
1.2	Unplug office electronics	Place reminder stickers, provided by the	Plug loads account for an average of 9% but as much as 28% of the electricity
	before weekends and	Green Office Team, on office equipment.	consumed in office buildings depending upon the nature of the work. Plug load
	during long periods of	Place a permanent reminder in your	is anything that draws power from an electrical outlet. Many devices continue
	non-use.	intra-office newsletter or other	drawing electricity from the outlet even when they are turned off. The best
		communications. Place automatic control	energy conservation practice is to unplug electrical devices when they are not
		devices on appropriate equipment.	in use. (NREL Plug Load Behavior Change Demonstration Project)
1.3	Employ power management	Develop a plan with your department's IT	An LCD computer monitor on average uses 27.61 watts while on and only 1.38
	sleep or hibernate strategies	contact to improve best practices for your	watts while in sleep mode. It only uses 1.13 watts when completely shut off.
	for computers and monitors.	office.	(<u>Standby Power Data</u>)
			Computer power management has multiple benefits to energy savings, security,
			and reducing office cooling loads, and does not harm the computer. (EPA
			Business Case for Computer Power Management) (EPA Power Management
			<u>Myths</u>)

1.4	Eliminate the use of desktop printers and utilize network printers and copiers.	Most contemporary network printers have password protected secure printing options. Contact <u>greenoffices@emory.edu</u> if you need help identifying if your office's networked printer has those capabilities.	The typical desktop inkjet printer uses at least 10 watts of energy while idling alone. Multiple desktop printers powered on use more energy than one networked printer, and require more energy to counter-balance the printers' heat output with building climate controls. (<u>Cornell University Computer Energy</u> <u>Usage Facts</u>)
1.5	Set copiers to power down into a deep sleep mode when not in use.	Develop a plan with your department's IT contact to improve best practices for your office.	The typical large copier machine on average uses 1,400 watts while it is on and only 40 watts in sleep mode. (<u>Rec Info Center</u>). Office equipment like copiers and printers are responsible for approximately 11% of an office building's energy consumption. (<u>Save Money and Energy: A</u> Guide for Offices by Georgia Power)
1.6	Use as much natural lighting as possible instead of overhead lighting.	Work with your Facilities Management building representative to determine if light bulbs can be removed for overhead lights that are unnecessary or unused.	The health benefits of using natural light, especially in the morning, include positive impact on mood, alertness and metabolism. Natural light is also associated with lower fatigue, reduced eyestrain, and increased productivity. A study conducted on workers who were exposed to natural light in the day versus those who aren't showed that they were also able to get more sleep at night. (<u>NREL Effects of Natural Light on Building Occupants</u>) (<u>"Natural Light in the</u> <u>Office Boosts Health" by Maria Paul</u>) ("Beyond the Bulbs: In Praise of Natural <u>Light" by Brian Libby</u>)
1.7	Install motion detectors for overhead lights.	For smaller projects, such as a single hallway light, the office should contact <u>Kevin Keefe</u> in Campus Services to work with to install motion detectors. For a large project, such as a whole floor, the office should place a <u>work order</u> and the project will be assigned a project manager.	The use of motion detector lighting can reduce the amount of time that lights stay on, thereby reducing energy use. Energy savings vary in rooms with different uses and sizes. Sensors reduce lighting energy by about 30% in break rooms, 40% in private offices, 50% in conference rooms, 60% in classrooms, and 60% in restrooms. (<u>Demand Reduction and Energy Savings</u> <u>Using Occupancy Sensors</u>)
1.8	before holidays and breaks containing an energy saving	Remind building occupants to turn off lights and computers, and unplug appliances to reduce energy consumption while the building is unoccupied.	
1.9	Consult the building manager to select energy efficient options when light fixtures or bulbs need to be replaced.	Offices are encouraged to use 2-lamp fluorescent parabolic fixtures, unless dimming is required in which case LED bulbs are recommended.	Compact fluorescent (CFLs) and light emitting diodes (LEDs) use about 25-80% less energy than incandescent light bulbs, and last about 3 to 25 times longer. More information on the comparison of these two can be found with the <u>U.S.</u> <u>Department of Energy: Energy-Efficient Light Bulbs vs. Traditional Incandescents</u> .

1.10		Contact <u>greenoffices@emory.edu</u> for examples of signage installed in some Emory buildings.	The average office elevator uses 350 watts of electricity to go from one floor to the next. Using the stairs will help conserve this energy. Additionally, walking up and down 3 flights of stairs burns about 15 calories. The <u>National Wildlife</u> <u>Federation</u> and <u>The University of New Mexico Health Sciences Center</u> provide more information about the value in taking the stairs instead of the elevator.
			According to the <u>NYC Department of Health</u> , two minutes of stair climbing per day burns enough calories to eliminate one pound the average adult gains per year.
1.11	Report through a <u>Facilities</u> <u>Management Work Order</u> any problems regarding overheating or overcooling of office space outside of Emory's temperature policy range of 68-76 degrees.	Place office furniture and electronic equipment away from thermostats in order to ensure the accuracy of temperature readings.	Computers, monitors, and other heat-producing equipment can contribute to artificial thermostat reads and contribute to cooler climate conditions in office buildings. (<u>Emory Temperature Settings Guidelines FAQs</u>)
1.12	Eliminate the use of space heaters, per Emory policy in all F&A divisions.	Space heaters create a safety hazard, consume energy and negatively impact the heating and cooling balance in buildings – causing the building's system to work harder by using more energy.	(Emory Temperature Settings Guidelines FAQs)
1.13	Minimize the use of automatic door opening buttons, unless required for mobility.	Place signage next to automatic doors discouraging their use unless necessary.	Automatic doors often stay open longer with each use than manual doors, letting more conditioned air out of the building and unconditioned air into the building. Additionally, automatic doors use energy while manual doors do not. (<u>U.S. Department of Energy: Modeling of Air Infiltration through Door Openings</u>)
2.0	Waste In our office, we		
2.1	Set the printers and copiers to default to double-sided and black and white.	Work with your local IT department to generate and distribute directions to setting printers to default for double sided and black and white.	The use of duplex printing has the potential of saving about 50% of monetary costs and 50% of resources used to produce paper, including water, trees, and energy. (<u>CSU Seeing Things From Both Sides: Double-Sided Printing</u>) (<u>EPA Reducing Paper and Printer Ink Usage</u>)

2.2	Recycle all printer and toner cartridges.	Offices are encouraged to recycle printer and toner cartridges through Flex Imaging Solutions by contacting <u>Carlos Ibarra</u> . Cartridge recycling containers are strategically placed throughout campus.	Check out the <u>Emory Procurement recycling page</u> for more information on recycling office equipment. Find the closest <u>cartridge recycling locations</u> at Emory.
2.3	Use bulk coffee brewing machines rather than single- serve machines. If single- serve machines are necessary (i.e. in patient or guest waiting areas), machines with fully compostable waste are used.	single-serve machine that produce waste that is recyclable and/or compostable through Emory's waste stream without requiring the user to disassemble the waste.	Roar brand coffee machines produce a paper pouch containing grinds or tea leaf, which can be placed directly into an Emory compost bin, supporting Emory's waste diversion goal. Conversely, Keurig and other brand machines produce a plastic cup full of grounds or tea leaf that must be emptied and rinsed by the user before recycling, which does not support Emory's waste diversion goals. We welcome suggestions of other brand machines that meet this standard, but are currently only aware of Roar <u>http://www.roarcoffee.com/</u> .
2.4	Ensure the office has complete sets of properly labeled recycling bins throughout the office space, including break rooms, copy rooms, and other common areas, and educate occupants on protocols for recycling at our location.	Monitor the placement of recycling, compost, and landfill bins to be sure that bins are not moved or misplaced. For assistance with placing containers, and to view recycling container options and order new containers, visit <u>here</u> . Consider eliminating landfill bins from your office!	Landfill diversion best practice is to keep equipment for all materials together, and to never place one materials stream separate from the others. Styrofoam is the only non-regulated material that cannot be recycled or composted at Emory, so eliminating landfill trash cans is entirely possible! To learn more about Emory's landfill diversion goals and waste minimization programs, visit <u>here</u> .
2.5	Offer battery recycling in a convenient location.	For information about battery and other universal waste recycling, please visit <u>here</u> .	
2.6	Use scrap paper for note taking, rough drafts, or working copies of documents.	Cut scrap paper into small squares and staple together for a handy notepad on desks or on-the-go.	This saves natural resources and money for your department.

2.7	Do not provide disposable dishes, cups and utensils to employees.	Strive to be a "Zero Landfill Waste" office by requesting that office occupants bring their own reusable dishes to use for personal food and drink.	Reusable dishware reduces the amount of disposable items that are put into landfills. In 2011, 1.3 million tons of paper plates and cups and 1 million tons of plastic plates and cups were found in the municipal waste stream. This has increased from 120,000 tons in 1960, a 5.5% increase in the amount of disposable tableware comprising the municipal solid waste. Plastic bottles take approximately 450 years to decompose in a landfill, while foamed plastic cups (Styrofoam) take about 50 years to decompose. Much of our garbage ends up in oceans, and as a result the small bits of plastic that are broken down are toxins that are found in animals or on shorelines where humans can come in direct contact with them. (EPA: Municipal Solid Waste in the United States) (U.S. National Park Service: Garbage Decomposition) (U.S. National Park Service: Garbage Decomposition 2) ("How Long Does it Take for Plastic to Biodegrade?" by: William Harris)
2.8	Offer guests refreshments in reusable, compostable, or recyclable dishes, cups, and utensils. We do not provide bottled water.	Strive to be a "Zero Landfill Waste" office by offering reusable cups and glasses to guests. Find compostable and recyclable dishware and utensils through Staples by selecting the "eco-conscious" button when searching in Emory Express.	Please see Justification for # 2.7 above.
2.9	Send all unused office furniture and electronics still in good condition to Emory Surplus for reuse.	Fill out a <u>Surplus Property Transfer Form</u> and then call 404-727-7463 or fill out a <u>Work Order Form</u> to schedule a pick-up of furniture or large amounts of electronics.	In 2012, Americans put 50 million tons of durable goods (ie. furniture, small appliances, consumer electronics, etc.) in municipal solid waste. That waste stream has grown significantly since 1960, when Americans trashed only 9 million tons of durable goods. A N.Y. Times article discusses this issue, "The E.P.A. estimates that 2.6 million tons of electronic waste were dropped into landfills in 2007 Once buried, the waste leaches poisons and heavy metals into soil and groundwater." (<u>"A Green Way to Dump Low-Tech Electronics</u> ") (EPA: <u>Municipal Solid Waste in the United States</u>)
2.10	Use an electronic file system to reduce waste and minimize paper printouts.		
2.11	Use reusable inter-office instead of regular envelopes whenever possible and promote the redistribution of inter-office envelopes.		

2.12	Offer electronic versions of our newsletter (if published) that readers can select instead of the paper version. Subscribe to electronic		
2.13	publications rather than print subscriptions most of the time.		
2.14	Recycle all e-waste during Emory's e-waste drives.	Refer to this <u>guide</u> for e-waste recycling protocols. Put Emory Recycles e-waste drives on your office calendar and plan to collect and deliver when the time comes. For office moves or large amounts of e- waste accumulated between e-waste drives, place a <u>work order</u> through Campus Services for the e-waste to be picked up. <u>Emory Recycles</u>	
2.15	Reuse packing materials instead of purchasing new.		
2.16	Recycle used light bulbs in designated EHSO containers.	Light bulb recycling containers are located in the DUC for CFLs or call (404) 727-5922 for other mercury-containing bulbs. <u>Emory: What to recycle and compost?</u>	Used lamps (light bulbs) must be handled and labeled according to regulations from the Environmental Protection Agency (EPA). Lamps are considered hazardous because they contain various heavy metals that are toxic and harmful to the environment. Examples include: fluorescent, compact fluorescent, HID, halogen, LED, incandescent, metal halide, sodium, and UV. (<u>Emory EHSO: Safety/Environmental Toolbox Training - Proper Management of Used Lamps)</u>
2.17	Eliminate/replace aerosol cans with non-aerosol equivalents when an alternative is available.		Aerosol cans present a unique hazard in that the pressurization of the container is often more dangerous than the compound within. (<u>Emory EHSO:</u> <u>Guidelines for Chemical Waste Management in Laboratories</u>)

2.18	If aerosol cans are necessary, give them to EHSO for proper disposal/recycling.	All aerosol cans, whether full or empty, must be given to EHSO for disposal as chemical waste (<u>Emory EHSO: Guidelines</u> for Chemical Waste Management in <u>Laboratories</u>) Submit EHSO waste pickup requests to <u>EHSO</u>	
2.19	Decrease electronic waste by using computers and electronics for their full life span before replacing.	Consult your local IT department to determine the best timeline for replacing office electronics, considering the environment and cost.	
3.0	Purchasing In our office, we		
3.1	Are familiar with Emory Procurement's sustainable purchasing recommendations and programs.	Make sure all office staff in charge of purchasing are familiar with more sustainable alternatives to the office's regularly used items, and know how to search for and select alternatives in Emory Express.	
3.2	Seek options for low- emission vehicles through collaboration with the Procurement office when purchasing an office vehicle.	Please use Emory Procurement's <u>guide</u> to select and purchase a low-emission vehicle.	
3.3	Use rechargeable batteries.	In Emory Express, use the search terms "battery, rechargeable" to locate these for purchase and to select a charger for the office.	The environmental effects of batteries include resource depletion, global warming, ecological toxicity, and human health impacts. (<u>Frost & Sullivan</u>) (<u>Demotix Photo Journal</u>) Reusable batteries decrease these harmful impacts.
3.4	Eliminate the purchase and use of disposable bottled water.	Encourage office occupants to utilize refillable water bottles, and provide guests with water from hydration stations or break rooms in reusable glassware and pitchers.	In 2006, the equivalent of 2 billion half-liter bottles of water were shipped to U.S. ports, creating thousands of tons of global warming pollution and other air pollution. Most bottled water comes in recyclable PET plastic bottles, but only about 13 percent of the bottles we use get recycled. In 2005, 2 million tons of plastic water bottles ended up clogging landfills instead of getting recycled. (<u>NRDC Bottled Water Facts</u>)

3.5	Provide tap water for filling reusable bottles and pitchers, in the form of retrofitted water fountains, hydration stations, or kitchen sinks.	Contact your FM building manager and the greenoffices@emory.edu to find out more about hydration stations.	Emory's standard hydration station is energy efficient, saves consumer spending on plastic water bottles, and reduces plastic water bottle pollution and energy to produce plastic disposable bottles. (<u>Elkay Hydration Stations</u>)
3.6	Purchase paper towels and napkins made from recycled content.	These items are available through Emory Express through the Staples punch-out, and can be found by selecting the "Recycled" filter button. For more information, visit Procurement's <u>Green</u> <u>Buying website</u> .	
3.7	Purchase and use only 100% post-consumer-waste recycled or tree-free printer paper.		
3.8	Eliminate the purchase of Styrofoam for any purpose.	Emory's coffee & tea suppliers offer hot cups made from paper or compostable materials. Emory suppliers have agreed not to provide products made of Styrofoam to Emory University customers. Please see more information on Procurement's <u>Green Initiatives web</u> <u>page</u> .	The production, use, and disposal of Polystyrene (a substance more commonly known as Styrofoam) causes adverse environmental and health effects. According to the Environmental Production Agency, Styrofoam is the fifth largest source of hazardous waste in the United States. (Earth Resource Polystyrene <u>Foam Report</u>)
3.9	Use remanufactured ink and toner cartridges.	Office will buy remanufactured ink and toner cartridges with help from <u>Emory</u> <u>Procurement's Buying Green webpage</u> .	
3.10	Purchase Energy Star and EPEAT certified appliances and machines, when available.	Refer to Emory Procurement's <u>Green</u> <u>Buying</u> web page for assistance with identifying and purchasing EPEAT products.	 <u>EPEAT</u>: Helps purchasers evaluate, compare and select electronic products based on their environmental attributes. Emory gives preference to products meeting the EPEAT guidelines whenever possible. <u>Energy Star</u>: Energy Star is the U.S. Environmental Protection Agency's and U.S. Department of Energy's guide to environmentally-friendly products and energy-savings calculator. Energy Star qualified products use less energy, save money, and help protect the environment.

3.11	Purchase organic and/or fair trade coffee or tea. Use wooden coffee stirs	For more information on how to procure and pay for organic and fair trade coffee, visit Procurement's <u>Green Initiatives web</u> <u>page</u> . Wooden coffee stirs can be found in the	Fair Trade certification seeks to guarantee improved environmental practices and higher returns to producers in developing countries. For products where plantation agriculture can be certified, Fair Trade offers improved labor conditions, higher pay, and rights to organize. Fair trade certification supports local economic development efforts, democratic processes, and direct relations between buyers and sellers. (Emory's Sustainable Food Guidelines) Production and disposal of wooden coffee stirs have smaller impact on
	instead of plastic coffee stirs.	Staples punch-out of Emory Express.	environment. Wood uses more resources, but pollutes much less, than plastic.
3.13	Check to see if Emory Surplus has office furniture and equipment, such as chairs, desks, file cabinets, etc. before purchasing them new.	Emory Surplus supports Emory's sustainability goal to divert 65% of waste from landfills by 2015 by facilitating the resale, liquidation, salvage or disposal of Emory property, including furniture, equipment and vehicles. Visit the Surplus Property website <u>here</u> .	In 2009, U.S. EPA reported that furniture accounted for 9.8 million tons (4.1%) of household waste. Furniture is the least-recycled household item. (<u>PlanetSave</u>)
3.14	Choose furniture that is made using recycled materials, is environmentally friendly, PVC free, and/or is certified by BIFMA if new furniture purchases are necessary.	Work with your contact in Emory Interiors to request healthier furniture, or research the furniture you have selected for the manufacturer's environmental health policy.	There are a variety of chemical contaminants found in office furniture. Volatile organic compounds (VOCs) are common chemical contaminants found in office and home environments that easily evaporate into the air. Reducing exposure to chemicals in the workplace is a preventative action that can lead to improved outcomes for both worker health and to the environment. (CDC Indoor Air Quality)
3.15	Regularly use reusable bags instead of plastic bags.		Americans use and dispose of 100 billion plastic shopping bags each year, and at least 12 million barrels of oil are used per year in the manufacture of those plastic grocery bags. (<u>New York Times "A Bag Problem Blossoms"</u>)
4.0	Meetings & Events In our office, we		
4.1	Certify all hosted events with the Office of Sustainability's Sustainable Events Checklist, and at a minimum certify as Zero Landfill Waste.	To view and complete the Sustainable Event checklist, visit <u>Emory's Sustainable</u> <u>Events Certification</u> page.	Emory's Sustainable Events Program outlines actions event planners can take to ensure that Emory's celebrations and events further our sustainability goals and set a positive example for Emory's faculty, staff, students and visitors.

4.2	Utilize sustainable catering through Emory Catering or America To Go, and feature seasonal and locally grown menu items.	All Emory Catering events are Zero Landfill Waste due to their commitment to supplying only compostable items, and sourcing local and sustainable foods. Some America to Go caterers are committed to Zero Landfill Waste and sustainable food sourcing. Visit the America to Go website for more information on caterer commitments. Request seasonal and local items when placing your catering order.	Emory has a goal of 75% local or sustainable food procurement by 2015. For information on why this is important, and on Emory's priority areas, please see the <u>Emory Sustainability Guidelines for Food Service Purchasing</u> .
4.3	Provide tap or filtered water in reusable pitchers with reusable, recyclable, or compostable cups.		It is estimated that U.S. consumers throw away 60 million plastic bottles per day, requiring more than 15 million barrels of oil annually, enough to fuel 100,000 cars for a year. (Plastic Water Bottles Should No Longer be a Wasted Resource) Water bottles contribute to the "great Pacific garbage patch" and other litter locations across the globe. (National Geographic on the Great Pacific Garbage Patch)
4.4	Offer and/or utilize a virtual presence to increase accessibility and decrease transportation needs.	Emory's Libraries and Information Technology Services (LITS) supports the following virtual presence technologies for meetings: Lync, Vidyo, and Echo360. For guidance on what technology to use in your meeting space, contact your local IT department.	Offering a virtual presence has the potential to decrease the transportation impact as well as the energy and resource intensity of your meeting.
4.5	Minimize paper use at meetings by distributing agendas and support documents electronically most of the time.	If paper documents are necessary, consider printing half the amount needed so that meeting attendees can share.	Producing one ton of paper requires 3 tons of wood and 19,000 gallons of water, and produces approximately 2,300 lbs. of solid waste and 5,700 lbs. of greenhouse gases (<u>CSU Ohio - Paper Facts</u>). The EPA estimates that recycling 1 ton of paper saves 17 trees and 7,000 gallons of water (<u>SF Gate- Recycling</u> <u>Instead of Landfills</u>).

4.6	Avoid driving to on-campus meetings by walking or using the Cliff Shuttle, and carpool or use an alternative commute option when traveling to off-campus meetings.	Encourage "walking meetings" between colleagues while traveling to another meeting location, or use this time for reflection and restoration.	Alternative commute options reduce traffic congestion and carbon emissions. Biking and walking improve personal health, and public transportation/carpooling can encourage community building and provide opportunities for social networking. (Green Plus- Alternative Transportation) "Use public transportation, carpool, or walk or bike whenever possibleLeaving your car at home just two days a week will reduce greenhouse gas emissions by an average of two tons per year. If you can work from home, you'll reduce air pollution and traffic congestion - and save money." (USEPA What You Can Do: On the Road)
5.0	Safe & Healthy Office Environ In our office, we	nment	
5.1	Use the University BRS staff to provide cleaning services that abide by Emory's Green Cleaning Policy. Purchase eco-friendly and fragrance free cleaning supplies and dish soap for our break room and desk	Some university departments use an outside contractor for custodial services, who don't have to abide by <u>Emory's Green Cleaning policies</u> .	Certain ingredients in cleaning products can cause skin and eye irritation to workers and/or are toxic to aquatic species in streams, lakes and oceans receiving inadequately treated wastes. Volatile organic compounds (VOCs) in cleaning products can affect indoor air quality. All building occupants are potentially
	area, if applicable.		exposed to the volatile components of cleaning products. (EPA Green Cleaning) Using eco-friendly cleaners reduces exposure to toxic chemicals, may reduce incidence of asthma attacks caused by dust and chemical allergens, and improves indoor air quality by reducing airborne dust and chemical gases. (NY Green Cleaning Program)
5.3	Provide plants that naturally purify the air.		"Low-light-requiring houseplants, along with activated carbon plant filters, have demonstrated the potential for improving indoor air quality by removing trace organic pollutants from the air in energy-efficient buildings. This plant system is one of the most promising means of alleviating the sick building syndrome associated with many new, energy- efficient buildings." (NASA: <u>Interior Landscape Plants for Indoor Air Pollution Abatement</u>) Some plants remove toxins from the air: <u>Mother Nature Network: 15</u> <u>Plants for Improving Indoor Air Quality</u>

5.4	Are committed to having regular staff social events, such as lunch gatherings and walks in Lullwater.		Spending at least 30 minutes outdoors every day to get fresh air and higher vitamin D production also boosts energy and mood. According to one study, "being outside in nature for just 20 minutes in a day was enough to significantly boost vitality levels." The following links provide more evidence and discuss the importance of getting "fresh", outdoor air. <u>University of Rochester: Spending Time in Nature Makes People More Alive, Study Shows, How to get Vitamin D from Sunlight, National Recreation and Park Association: Enough Outdoor Time? Think Again</u>
5.5	Make office occupants aware of the health and wellness services available to them through Human Resources.	Remind employees of Emory's benefits program that supports health and wellness through free preventive care, tier zero medications, and free tobacco cessation, disease management, and lifestyle coaching programs. Health and Wellness benefits open to Emory employees can be found at <u>HR Benefits.</u>	
5.6	Make office employees aware of the health and wellness services available to them through the Faculty Staff Assistance Program and Healthy Emory.	Provide information to all new and existing employees about <u>FSAP</u> and Healthy Emory, and encourage them to take advantage of these valuable resources for the health and well-being of the office.	One study found a 28% reduction in absenteeism due to illness, which directly affects productivity by allowing for more efficient and able work days for employees. (Wellness and Beyond: Employers Examine Ways to Improve Employee Health and Productivity and Reduce Costs) "The Wellness Councils of America reported a \$24 return for every \$1 spent on a company wellness program for small businesses." (National Council on Strength and Fitness)
5.7	Make office employees aware of the safety services provided by the Emory Safety Alliance and its member organizations.	The Emory Safety Alliance seeks to foster a culture of safety for Emory University through a systematic, data-driven, and centralized approach to promoting safety, reducing injuries, and preparing our community for natural and human- generated disasters. More information on ESA and its member organizations can be found <u>here.</u>	

6.0	Communications & Participation			
	In our office, we			
6.1	Inform and ask office members to agree to follow the applicable actions on this checklist.		We recommend acquiring agreement from at least 75% of office occupants for maximum success.	
6.2	Share information about our Green Office certification with all new employees and encourage them to get involved.			
6.3	Discuss sustainability and the progress of our Green Office certification at staff meetings.			
6.4	Have at least one office representative on the Office of Sustainability Initiatives e-mail list serv, and re- distribute relevant information to office members or post on a shared resource.	Please sign up for the OSI listserv <u>here</u> .		
6.5	Follow the Office of Sustainability Initiatives on Facebook and Twitter.	OSI Facebook page OSI Twitter Page (@EmoryGreen)		
6.6	Know who our building's Sustainability Representative is and communicate with them about any related inquiries and ideas.	Find your building's Sustainability Representative <u>here</u> .		
6.7	Have 50% of our office staff participating in Emory's Sustainability Pledge.	Locate and take or renew your Sustainability Pledge <u>here</u> .		

6.8	Place reminders throughout the office about energy conservation, such as turning off computer monitors and shutting off lights in unoccupied rooms.	For a set of reminder stickers and clings, contact <u>greenoffices@emory.edu</u> or feel free to make your own!	
6.9	Provide information about the nearest recycling containers.	For a template of signage, please contact greenoffices@emory.edu.	
6.10	Promote and provide resources for alternative transportation options.	For information on available commute alternatives, visit the Transportation and Parking Services website <u>here</u> .	19% of Emory's CO2 emissions come from faculty, staff, and student commuting. Choosing an alternative helps Emory reach its goal of 20% reduction in greenhouse gas emissions by 2020. For more information on Emory's Climate Action Plan, visit <u>here</u> .
7.0	Innovation Points In our office, we		
7.1	Encourage innovative ideas from our employees for office-wide sustainability initiatives.	Offices can earn additional points for actions that are not listed in the checklist. Initiatives and corresponding points awarded are subject to committee approval.	Example Innovation: Eliminate landfill trash cans from your office to maximize material diversion from the landfill.

