

10:10 OCCUPATIONAL THERAPY CHECKLIST.

Tick off 10 actions to cut CO2 by 10% in 2010 in your OT department

1 Drive less

Highlight alternative travel arrangements with your team, group together home visits, explore flexible working and develop a sustainable travel plan with your clients.

2 Turn them off

Run a switch-off campaign. Even low-energy lightbulbs are wasting energy if the room is empty. Inform clients of economic and environmental benefits of switching off and of buying energy efficient electrical equipment such as fridges.

3 Paper-less

Buy recycled paper and monitor quarterly paper consumption. Set the printer to double-sided and reduce your paper usage by sending documents electronically.

4 Including sustainability in activity analysis

Explore ways to include sustainability and cutting carbon in the performance context of activity analysis. Monitor energy use: only boil as many cups of water as you need and when cooking on the hob, match the pan to the ring and cover it to save energy...and flavour!

5 Equipment provision

Clinically reason whether equipment provision is essential in each case. Keep in mind the principle of 'reduce, reuse, recycle' and highlight this with the rest of your team.

6 Gardening and Growing

Encourage your team to develop an OT garden or allotment space – grow your own fruits and veggies. Explore gardening opportunities with your clients for them individually or as part of a group.

7 Sustainability-tea

How sustainable are the cups of tea that your team and your clients are making? Try buying an energy efficient kettle and monitoring water use. Could the tea be ethically sourced, the bag composted and the packaging 'reduced, reused, recycled'?

8 Natural Environment

Promote community opportunities where your clients can actively engage with the natural environment. Explore the evidence base for this: www.sustainabilityforhealth.org/designingthebuiltenvironment

9 Mindfulness in ADLs

A simple and free way to enhance individual wellbeing which can reduce consumption and materialism: encourage your clients to perform activities of daily living mindfully.

10 Preventative Healthcare

Engage with health promotion issues and facilitate a more upstream approach to wellbeing. Explore the many health co-benefits of a low carbon lifestyle with your clients: www.carbonaddict.org

Congratulations! Don't forget to report back to 10:10 on your success

MORE INFO

1010uk.org

Find out more about the Greener Healthcare Clinical Transformation Programme at www.greenerhealthcare.org/clinical-transformation





PLEASE STICK ME WHERE EVERYONE CAN SEE ME

10:10 health, run by the Campaign for Greener Healthcare, is a major strand within the overall 10:10 campaign. We believe there are very compelling business reasons for cutting emissions (accentuated by the significant pressure on budgets), very compelling moral reasons for not contributing to the greatest threat to global health of the 21st Century* and very positive health co-benefits from making a transition to a low carbon society (a low carbon active lifestyle is good for health).

Whatever OT setting you work in, committing to the 10:10 pledge demonstrates that you and your department are serious about taking immediate action on climate change.

For more inspiration on action for low carbon healthcare visit

1010uk.org/health

Find out more about the Green Occupational Therapy Network at www.greenerhealthcare.org/green-ot



THE CAMPAIGN FOR GREENER HEALTHCARE

Business

Education

Organisation

THIS ONLY WORKS IF EVERYONE'S ON BOARD. SO PLEASE ENCOURAGE YOUR BUSINESS, SCHOOL, DOCTOR, CHURCH, FOOTBALL TEAM OR MEDIEVAL RE-ENACTMENT SOCIETY TO SIGN UP TOO



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