

# Take-away notes

## Sustainable Practices For Every Scientist

This is the additional list of 25 actions for the online event “Sustainable Practices For Every Scientist – With Limited Time and Resources” (took place 13th of March – [Recording here](#))

### In the Laboratory

- Minimizing the size of consumables (especially tubes, serological pipettes, pipette tips)
- Reusing Falcon tubes, potentially after rinsing, especially for frequently used solutions
- Reusing pipette tips, tubes where cross-contamination is not an issue
- Throwing caps of tubes into the recycling trash if you do not use them
- Using less wipes or Kim-wipes instead
- Pouring solutions where precise volumes are not decisive (e.g., washing steps)
- Precise calculation and bulk preparation of reagents and solutions
- Conscious use of gloves
- Reviewing Protocols (e.g., optimizing pipetting schemes and master-mixes to reuse tips and tubes)

### Informatics & Computers

- Reviewing code to optimize running times
- Transition to digital sources to avoid paper use
- Regularly organizing and cleaning digital inboxes to prevent unnecessary data storage
- Turning off Screens (instead of screensavers)

### Equipment & Processes

- Double check settings before starting an analysis or make test-runs with smaller volumes
- Keep laboratory fume hood sashes shut and turn machines off when not in use
- Reuse collection tubes and only order columns anew (e.g., in DNA isolation kits)
- Use old pipette tip boxes as reservoirs for staining or storage space
- Order consumables in bulk if possible
- Using covers for water baths
- Operating dishwashers and autoclaves only at full capacity
- Only take as much ice as you need for a given experiment
- Making sure that evaporating waste is handled properly (e.g., stored in a closed container)

### Sharing the Passion

- Mentioning sustainability in lab meetings
- Make small notes on your posters and presentation about your sustainable practices
- Encouraging the reuse of Labcoats in the laboratory

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