



# UAB GREEN LABS PRIMER

## How to get started as a new researcher at UAB

UAB is the largest recipient of NIH funding in the state of Alabama, receiving over 85% of all NIH funding that enters the state. Research buildings at UAB use over four times the amount of electricity as traditional campus buildings, and consequently UAB is one of the largest consumers of electricity in Alabama. While UAB has a significant, positive economic impact on the state, we can also have a positive ecological impact.

In order to mitigate energy consumption and foster a culture of sustainability and stewardship within the lab, consider the follow opportunities when developing your new lab:

### **Sustainable Purchasing:**

- Equipment: Select equipment (ex. freezers and biosafety cabinets) with EnergyStar labels.
- Furniture: Check the UAB Surplus Warehouse before buying new furniture. It's free!
- Gloves: Contact [gloverecycling@uab.edu](mailto:gloverecycling@uab.edu) to see if your lab is eligible for glove recycling.
- Chemicals: Use **MIT's Green Chemical Alternative Purchasing Wizard** to find safer and greener chemical alternatives.
- Inventory: Start early with maintaining an inventory of equipment and supplies to prevent over-purchasing.

### **Sustainable Lab Practices:**

- Become a certified UAB Green Lab: [uab.edu/sustainability/greenlabs](http://uab.edu/sustainability/greenlabs)
- Use outlet timers and power strips on applicable equipment.
- Perform regular freezer maintenance (defrost, change freezer filters, and vacuum freezer coils), and post freezer maintenance information on each freezer.
- Create and maintain a sample inventory of all samples in cold storage.
- Unplug equipment that is not regularly in use.
- Post signage and stickers indicating when equipment should be turned off and any necessary "shut-down, start-up" procedures.
- Request fume hood signage to engage lab staff with the importance of closing the sash when not in use.