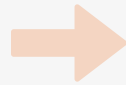


# Planetary Health Checklist

Check out the tips below and see what small changes you and your organisation can do to support planetary health

## Ideas & Tips

### Electricity



- Turn off the lights when not in use
- Use energy saving lightbulbs
- Unplug phone chargers when not in use
- Unplug phone chargers when phone is fully charged
- Fully turn off tablets & laptops when not in use or put on sleep mode

### Water



- Turn off taps when not in use
- Only fill the kettle with the amount of water you need
- Have a shower instead of a bath
- Try to take shorter showers
- Use a reusable bottle instead of plastic/paper cups

### Air



- Walk or cycle instead of taking a car
- Use public transport where possible
- If you smoke, try to quit ([www.quit.ie](http://www.quit.ie))
- Use smokeless coal if lighting a fire
- Examine your air miles and see if you can reduce them

### Clothes



- Buy local and second hand
- Take clothes no longer needed to a charity shop
- Learn about the brands you are buying
- Avoid fast fashion as much as possible
- Invest in your shoes so they last longer e.g. take to a shoe repair shop if they become damaged

### In the Organisation/ Office



- Encourage email use instead of printing documents
- Print double sided documents to reduce paper waste
- Power off all computers/laptops when not in use
- Use reusable bags instead of plastic/paper
- If your organisation has a garden can you utilise this to grow fruit/veg/other plants