



Lincoln Primary Care Center Waste and Water Reduction



Steps to Recycling

The moto for recycling is: Reduce, Reuse, Recycle. To start a recycling program is very easy. All you need is the initiative and the how to do so. Seeing as we are working with a healthcare facility chain, implementation can start at on location and spread. Here are the steps to take:

1. Waste Audit: A waste audit is necessary to gauge you trash to recyclables rate. During the process, you go through trash and the building to find ways to reduce waste and find things that can be recycled. The trash is weighed and then converted. This tells you how much recyclables you can recycle. The research of the building is analyzed and used to reduce waste. For example: Using hand dryer instead of paper towels reusable packaging.
2. Equipment: The best equipment to start with are recycling bins. Having receptacles throughout the facility will compel employees and clients to recycle. Divide the bins by what product should be in them. For example: 'Paper here' and 'Plastics here'. This will ensure that they are separated and ready for pickup, if necessary.
3. Employee interaction: Communicating with your employees will ensure that they have the proper understand of what you are trying to achieve. Do not just put the bins around and change the facility without first informing your employees of what is going on. Engaging them in the activity is the best way to do this. Having friendly competitions, with rewards, can ensure that your employees are partaking in recycling. For example: Having a luncheon for employees if they hit the recycling goals set for them.
4. Pick up: Pick up is easy. Contacting the county, you reside in, and asking about getting a waste container to store all the recyclables once they are full is the first step. The waste audit is completed at this point, so then they can tell you the price for picking it up.

The company we are working with has no form of recycling. They get products through UPS, Fed-Ex, and Cintas and all of them are in cardboard boxes. The products inside are covered in plastic and all of it gets tossed in the trash. A recycling program is an excellent starting for the company we are at. It is a cheap and easy way to start helping the environment.

Other Recommendations: There are other ways to help the environment and we just wanted to name some of them:

1. Green cleaning products
2. Energy efficient lights
3. Reusable packaging for medical equipment

Abstract

Our focus was on how to help Lincoln Primary Care Center reduce waste and water in the simplest ways to implement and achieve. Recycling and Water Reduction are the two practices we suggested to help reduced unnecessary waste in the facility. By enforcing and providing the correct policies and equipment both can be achieved efficiently and effortlessly.

Introduction

Lincoln Primary Care Center (LPCC) is a rural healthcare facility in Hamlin, WV that provides basic healthcare and urgent care to the people of Lincoln County. Since the facility is open 7 days a week the amount of trash and water accumulated is high. Our goal was the find simple and effective ways to help reduce waste. Our suggestion was to implement recycling and water reduction inside the main facility, by installing dual-flush toilets and automated faucets the water savings in the long term would pay for the installation of new equipment. Implementing recycling practices with bins and dumpsters will help reduced the physical waste being produced by the facility. These simple but efficient steps will help allow Lincoln Primary Care Center to become more Eco-friendly and save money at the same time.



Steps to Water Preservation

The goal of water preservation is to reduce the amount of water being wasted. Fresh water is only available in 1 percent of the world's water supply, realizing this we must take steps to preserve water at our rural health facility.

The Department of Industry, Innovation and Science suggests these tips on how to start saving water in the workplace.

- look for water leaks in fittings and use a water meter or flow restrictor where possible
- replace tap washers and seals annually
- install rainwater tanks and water-saving devices where possible
- ensure there is training of staff and testing of equipment for fire-fighting. Penalties apply for incorrect use of fire hoses
- install software to help water utilities engage with your customers to save water and money
- develop and implement ways to save water by involving your staff or a 'water champion' to check meters and monitor water use. Consult with external experts where possible
- use products with a water efficiency label.

Lincoln Primary Care Center has approximately 7 toilets and 27 faucets inside the main facility in Hamlin, WV. After looking through the facility and inspecting the equipment being used we have come to some recommendations.

1. Installing and implementing two-way flush toilets: These toilets would replace the current low flow toilets that are currently used. Low flow toilets use 1.6 gallons per flush as compared to dual flush systems that use 1.28 gallons, this is a 20% reduction in water use per flush.
2. Installing and implementing automatic faucets: Currently all 27 faucets are manual and requires the user to turn the water off. This time between the user is done drying their hands or washing them wastes a high amount of water. Switching to automatic faucets would take the human error out of the equation. Users can save up to 70% using automatic faucets compared to manual. Features like starting/stopping the water within seconds of moving near/away from the sensor and no handles allows for a faster more efficient use of the faucet.

Group # 1