



Ecological Stewardship

NEWS

"understanding our impact... creating positive change"



London Health Sciences Centre

Issue 05
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ELEMENTS



"We hope that you find something useful to take from Elements and something to give back"

This issue

Engineering Services

Energy



Waste



Grounds



Procurement



New **Bike Racks** at University Hospital

Although energy consumption inside our buildings accounts for most of our energy footprint at the Hospital, part of our energy footprint comes from staff travel. Staff travel an average of 20 kilometers per day getting to work and back, accounting for 10,000,000 kg of carbon dioxide emissions each year. Creating other opportunities for staff travel can reduce this impact and also allow staff to save money as gas prices soar.

Carpool Zone, a free online carpooling website for all hospital staff was introduced in partnership with the City of London last year and now has one hundred registered users and several people successfully matched. As the number of registrants increases, so does the opportunity for finding a match.

<http://lhsc.carpoolzone.smartcommute.ca>

In addition to providing local businesses with Carpool Zone, the city has just granted the use of two new bike racks to London Health Sciences Centre for one year, at which time they can be purchased at a reduced cost. The concrete pad surrounding the existing bike racks at the U.H. parking garage was expanded and these new racks provide a natural fit for people like Neurosurgery resident Craig Pinkoski, a year round bike commuter.



(Neurosurgery resident Craig Pinkoski)



(Left to right: Allison Cook—City of London, Mark Read—Engineering Services)

A big thanks to Allison Cook, Transportation Demand Management Coordinator at the City of London for all of her help in providing hospital staff with travel alternatives.

New Recycling in ICU and CCTC

For several months now, the Intensive Care Unit (ICU) at UH and the Critical Care Trauma Centre (CCTC) at VH have been working at becoming greener with new collection containers placed throughout the departments for recyclables. Special containers are being used to collect the 9,700 plastic bottles that were once destined for landfill. They are also collecting recyclables in the staff lounges, offices and reception areas. Leading the initiative at UH is Lisa Moorhouse, Kevin Schlievinsky along with Ian Hutt, PSA. At VH the initiative is lead by Pat Colosimo and Jill Rundle.



(From left to right: Rick Day, Elke Wissmann, Pat Colosimo, Caroline Waring, Jill Rundle, Peggy Frew)



(From left to right: Ian Hutt, Kevin Schlievinsky, Lisa Moorhouse, Peggy Frew)

Instrument Recycling in SPD

The Sterile Processing Department (SPD) at LHSC is now collecting old stainless steel surgical instruments for recycling. These instruments no longer pass the test for functionality and were being disposed of as general waste. Recycled stainless steel is used in architecture and for trains. It is one of the worlds most recycled materials and is recycled more than glass or paper. Leading this initiative is Terry Robb, Manager SPD.

Alex's Butterfly Garden



After the loss of their daughter Alex, Gordon and Lesley Hart engaged in a journey of helping to create a space of healing outside the Paediatric Critical Care Unit at Victoria Hospital. Inspired by Alex Lesley Hart in honour of Perinatal and Infant Loss, Alex's Butterfly Garden was brought to life on July 15, 2008.

The garden is a beautiful mixture of flowers, trees, stone, and water and incorporates plant life designed to attract butterflies into the space. One patient commented that the plants have taken quick effect and that many butterflies have already found this location, including the two monarchs he had seen that morning.

Alex's Butterfly Garden is accessible to anyone and contains several benches along the path for a peaceful rest. It is a wonderful place for staff, patients and visitors to escape for a moment and re-connect with nature as one of the stone scriptures reads,

"Those who contemplate the beauty of the Earth find reserves of strength that will endure as long as life lasts",
Rachel Louise Carson.



Alex's Butterfly Garden was made possible with the help of Selectpath Benefits and Financial Inc., Landscape Ontario Horticulture Trades Association, Clintar Landscaping Management, and LHSC Engineering Services.

Making LHSC 100% Mercury Free



(Left: Steve Kovacs and Mary-Lee Townsend)

Are you familiar with the Mad Hatter character, from the Alice in Wonderland story? This zany and wildly insane character didn't come from the author's imagination alone. In the 1800's hat makers were exposed to mercury during the wool felting process and this exposure literally made hat makers "go mad" from mercury poisoning. This substance is found throughout hospitals in items such as thermometers, blood pressure cuffs and esophageal dilators. Not only is mercury hazardous to our health, it is also very harmful to the environment. The mercury found in one thermometer is enough to

contaminate a 20 acre lake, to the degree that the fish would be unsafe to eat. Many fish consumption warnings have been issued in all five Great Lakes and over 2500 North American lakes due to mercury contamination. Healthcare facilities are recognized as the 4th largest source of mercury to the atmosphere, contribute approximately 4-5% of the total wastewater mercury load and there is 50 times more mercury in medical waste than in general municipal waste. LHSC is proud to be leading the way to eliminate mercury in our hospitals. A few years ago a mercury round up was conducted, which resulted in the elimination of a majority of the mercury containing devices in our facilities. In order to achieve 100% elimination, LHSC will be undertaking a final survey and replacing any mercury containing devices still on site. Working with technical specialist Mary-Lee Townsend, Steve Kovacs from engineering will be making visits to all departments to conduct this survey, and we appreciate your support in completing this most important work.

Don't forget your Sunscreen!

It is summer time, and we have all done it...gone and sat outside to tan! The Environmental Working Group, a not-for-profit organization that carries out important research on environmental toxins, has released a report on sunscreen that outlines "What Works and What's Safe". Their investigation has found that 4 out of 5 sunscreen products offer inadequate protection from the sun, or contain ingredients with significant safety concerns.

<http://www.cosmeticsdatabase.com/special/sunscreens2008/summary.php>