

# 2020 CALENDAR

## LITTLE STEPS TO SAVE THE PLANET



AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER  
المركز الطبي في الجامعة الأميركية في بيروت

Our lives are dedicated to yours



# A MESSAGE FROM AUBMC WASTE MANAGEMENT AND RECYCLING COMMITTEE

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Reducing the amount of corporate waste that ends up in a landfill is a critical environmental priority.

Since its inception in 2011, the AUBMC Waste Management and Recycling committee has aimed to:

1. Raise AUBMC community awareness on recycling and waste management initiatives and activities at AUBMC and their positive environmental impacts
2. Promote eco-friendly practices

For inquiries and suggestions, please contact [lk69@aub.edu.lb](mailto:lk69@aub.edu.lb) or ext. 2155

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# JANUARY

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
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## 1 REDUCE



Generate less waste.

## 2 REUSE



Reuse products to extend their lifespan.

## 3 RECYCLE



Properly sort recyclables to transform them into raw material.

1 - 31 Cervical Cancer Awareness Month  
 1 New Year's Day  
 6 Christmas Day - Armenian Orthodox  
 24 Women's Healthy Weight Day



## LET US START WITH PAPER

### FEBRUARY

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4	World Cancer Day
7-14	Congenital Heart Defect Awareness Week
9	St. Maroun's Day
14	Valentine's Day
28	Rare Disease Day

In the last 7 years, AUBMC recycled around  
**270,000 Kg of paper and cardboard,**  
with a current average monthly weight of  
**4,021 kg collected.**

Recycling a ton of paper/cardboard saves

**4,100 kWh of energy**



**7,000 gallons of water**



**9 barrels of oil**



**54 million BTU's  
of energy**





# LET US START WITH

## PAPER

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1. **Use** reusable cups/plates when possible.
  2. **Go paperless.** If you really need to print, adjust margins, font size, and line spacing, and print on both sides.
  3. **Reuse** paper envelopes by putting a label on top of the old address.
  4. **Refold and reuse** file folders.
  5. **Recycle** scrap paper, and **throw** it in the correct bin/blue bag, except for soiled paper cups and tissue paper or napkins.
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# WHAT TO DO WITH PLASTIC

## MARCH

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1-31	Nutrition Month
3	Birth Defect Day/ World Hearing Day
8	International Women's Day
11	Registered Dietitian Day
13	World Sleep Day
14	World Kidney Day
20	International Day of Happiness
21	World Down Syndrome Day/ Mother's Day/Children's Day
24	World Tuberculosis Day

**More than 8 million tons of plastic**

are dumped in the ocean every year.

**That plastic is ingested by fish**

ending up in  
your foodstream.



Since the year 2014, AUBMC launched the plastic recycling project with a

**total recycled weight of more than  
60,000 kgs of plastic.**



## WHAT TO DO WITH **PLASTIC?**

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1. **Use** a mug or a reusable bottle instead of a plastic one.
  2. **Use** eco-friendly grocery bags instead of plastic bags.
  3. **Pack or store** food in reusable containers.
  4. **Say no** to plastic straws, cutlery, and containers.
  5. **Drop** plastic recyclables in See-thru or other tagged containers/  
Reverse Vending Machine.
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# LET'S CELEBRATE EARTH DAY

## APRIL

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**Earth Day is an annual event on April 22** to support environmental protection.

**Launched by Denis Hayes in 1970,** it became international in 1990.

**AUBMC annually celebrates Earth Day** by organizing an awareness campaign during the month of April.

2	World Autism Day
7	World Health Day
11	Parkinson's Disease Day
10	Good Friday (Latin)
13	Easter Monday
16	World Voice Day
17	Good Friday (Greek Orthodox)
20	Easter Monday
15-19	Patient Advocacy Week
24	World Immunization Week
25	World Malaria Day
28	World Day for Safety and Health at Work



**A HEALTHY PLANET  
MEANS HEALTHY  
HUMANS.**



# LET'S CELEBRATE

## **EARTH DAY**

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1. Save our planet Earth. → Remember, there is no planet B.
  2. Conserve water usage.
  3. Reduce pollution. → Walk more and carpool.
  4. Practice energy-saving lifestyle → Turn off unused lights and electrical devices.
  5. Go eco-friendly. → Plant a tree.
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# DON'T FORGET OTHER RECYCLABLES

MAY						
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31						

A glass bottle will take

**more than 4,000 years to decompose.**

Glass can be recycled an infinite number of times without any loss of quality.



**It only takes about 6 weeks total**

to manufacture, fill, sell, recycle, and then remanufacture an aluminum beverage can.



- 1 Labor Day
- 5 World Hand Hygiene Day
- 5 World Asthma Day
- 6-12 Nurse Appreciation Week/  
Deaf Awareness Week
- 8 World Ovarian Cancer Day
- 12 International Nurses Day
- 15 International Day of Families/  
International Kangaroo Care Awareness Day
- 19 World Family Doctor Day
- 24 Eid El Fitr
- 31 World No Tobacco Day



## DON'T FORGET

# **OTHER RECYCLABLES**

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1. Recycle glass and tin/cans in their appropriate recycling containers.
  2. All documents containing patient and confidential information shall be shredded before being discarded. Please contact Housekeeping Department on 6350/6351.
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# SAVE EVERY DROP OF WATER

## JUNE

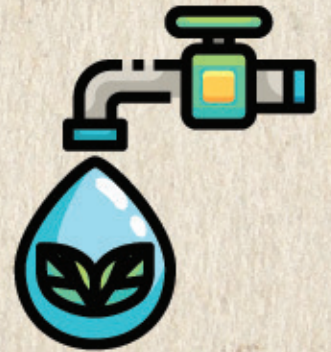
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1 person consumes

**on average 165L  
per day.**

Leaving the tap running  
while brushing your teeth

**wastes up to 6L  
of water per minute.**



14 World Blood Donor Day  
19 World Sickle-cell Awareness Day  
21 Father's Day



# SAVE EVERY DROP OF

## **WATER**

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1. **Use water responsibly; every drop counts.**
  2. Do not leave taps running.
  3. Report or fix leaking taps.
  4. Take shorter showers.
  5. Turn off taps while brushing your teeth, soaping clothes, and washing dishes.
  6. Install faucet aerators, low-flow showerheads, and toilets with smaller flush tanks.
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## WATCH OUT FOR THE BATTERIES

### JULY

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AUBMC Safe Disposal of used batteries was launched in May 2016; since then,

**we have collected more than a ton of used batteries.**



28 World Hepatitis Day  
30 Eid El Adha



# WATCH OUT FOR THE

## **BATTERIES**

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Drop off used batters in the closest containers.

- Lithium primary and Lithium ion batteries
  - Alkaline (AA and AAAA)
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# RECYCLE YOUR E-WASTE

## AUGUST

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30	31					

Up to 90% of the materials used in a mobile phone can be recycled.

AUB E-waste recycling project is in the pipeline.



1-7 World Breastfeeding Week  
12 International Youth Day  
19 Hijra New Year  
28 Ashoura



# RECYCLE YOUR **E-WASTE**

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1. **Drop off** your E-waste items in the designated bins at AUB.
  2. **Make** the most of your ink and toner cartridges (by shaking).
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IT'S TIME FOR  
**ENERGY SAVING**

**SEPTEMBER**

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**\$1 billion worth of electricity  
a year.**

**Screensavers  
don't save  
energy.**



**One tree can absorb around 5 kgs  
of CO<sub>2</sub> from the air each year,**

**thus reducing global warming.**



8	World Physical Therapy Day
10	World Suicide Prevention Day
13-19	Balance Awareness Week
18	Global Medical Ethics Day
25	World Pharmacists Day
29	World Heart Day



# IT'S TIME FOR **ENERGY SAVING**

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1. Turn off electronics that are not in use.
  2. Share printers in your unit.
  3. Turn off printers and monitors at the end of the day.
  4. Keep windows closed when cooling or when the heater is on.
  5. Turn off the lights when you leave a room; utilize natural light when possible.
  6. Install solar energy systems when possible.
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# NOTHING GOES TO WASTE

## FOOD WASTE/COMPOSTING

### OCTOBER

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**Around 25% of the waste we generate is FOOD.**

Sustainable food means

**producing more nutrition with fewer resources.**

**Throwing away food means wasting all the energy, water, and ingredients needed to produce it.**

**Food waste can be composted to be used as fertilizer.**



1-31 Breast Cancer Awareness Month  
1 International Day of Older Persons  
10 World Mental Health Awareness Day  
11 World Obesity Day  
12 World Arthritis Day  
29 World Psoriasis Day



# NOTHING GOES TO WASTE

## **FOOD WASTE/COMPOSTING**

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1. Put on your plate the quantity of food you can consume.
  2. Reduce the volume of generated municipal solid waste and subsequently the volume needed to handle it.
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# THE MEDICAL CENTER

## NON-RECYCLABLE WASTE

### NOVEMBER

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Proper segregation at source is key to prevent contamination of regular waste, and reducing cost of treating biohazardous waste.

Collection of chemical and drug waste for proper disposal ensures that our wastewater complies with national standards.



1-30 Prostate Cancer Awareness Month  
& Men's Health Awareness Month (Movember)  
14 World Diabetes Day  
17 World Prematurity Day  
22 Independence Day



## THE MEDICAL CENTER

# NON-RECYCLABLE WASTE

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1. **Place** non-recyclable waste in their designated containers/bags.
  2. **Call EHSRM (2345 / 2360) for disposing**
    - Chemical waste
    - Pharmaceutical waste or expired products
    - Radioactive waste
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# GO GREEN/SUSTAINABILITY

## DECEMBER

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To ensure sustainability, we can use these product types

Recyclable

Biodegradable

Reusable

Resource-efficient

Durable



1 World AIDS Day  
9 World Patient Safety Day  
25 Christmas Day



## GO GREEN/SUSTAINABILITY

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1. Purchase products with less packaging or no packaging.
  2. Consider renting equipment that you use only occasionally.
  3. Try to invest in high-quality equipment that is durable and repairable.
  4. Have reusable silverware, plates, and cups at your desk.  
Bring your lunch to work in reusable containers.
  5. If you are unable to reduce or reuse your products, locate your most convenient drop-off point to recycle.
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**LET GREEN BE  
YOUR SECOND NATURE**

