

# Sustainable

**EUSOBI**

europaean society of breast imaging



## 10 TOP TIPS

FOR BEING MORE SUSTAINABLE

### SAVE ENERGY

1. Shut down imaging equipment, computers, and monitors when not in use.
2. Switch off lights, heating, and ventilation systems when they are not needed.

### REDUCE TRAVEL

7. Consider virtual consultations.
8. Optimize patient visits and appointment scheduling to reduce unnecessary trips.
9. Choose greener commuting options whenever you can.

### REDUCE WASTE

3. Minimize paper usage; aim for a paper-free workflow. If you need to print, use recycled paper.
4. Dispose of waste properly and recycle whenever possible. Make recycling bins easily accessible and widely available.
5. Limit the use of single-use nitrile gloves to interventional procedures only, or if you have damaged skin.
6. Conserve water.

### SHARE SUSTAINABLE PRACTICES

10. Share your knowledge about sustainability practices with colleagues and peers.