

Zulekha Healthcare Group's green movement
with Earth-friendly Tips for daily practice at
your work place!

Zulekha Health Care Groups'
EFFORT
Earth Friends For Optimum Results Tomorrow



EARTH-FRIENDLY OFFICE USAGE

- Use plain paper fax machines so that you can avoid additional copy for records.
- Use paper clips, staples or strings instead of adhesive tapes that use industrial glue.

Zulekha Hospital
L.L.C.
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EARTH-FRIENDLY PRINTING

- Reduce usage of printer unless it cant be avoided and encourage emails.
- Reuse the plain side of paper for both side prints and photo copying.



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EARTH-FRIENDLY POWER SAVING

- Switch off computer and other equipments at your desk including light during lunch time.
- Switch off 'power' of rarely used office automation products like Printers.
- Switch off Air-conditioning whenever not necessary or when you leave a room.



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EARTH-FRIENDLY ILLUMINATION

- Leave shades and blinds at office open during day time to conserve electricity.
- Encourage compact fluorescent light bulbs, they use 75% less energy than standard incandescent bulbs.

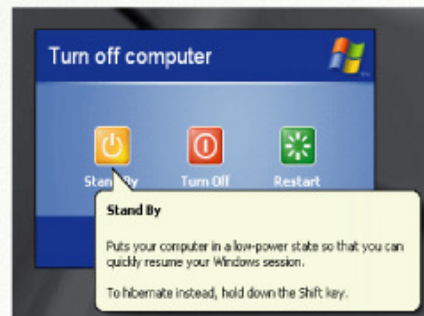
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EARTH-FRIENDLINESS OF IT DEPT.

- Request IT Dept. to set 'Screensaver' time at 30 seconds inactivity for your monitor.
- Request IT Dept. to set computer 'Standby' mode for 5 mins inactivity.



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EARTH-FRIENDLY TRAVELLING

- Avoid frequent travel for meetings and organize more teleconferences.
- Try to travel in 'colleagues car pool' to office for fuel conservation and pollution check.



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EARTH-FRIENDLY LUNCH BREAKS

- Avoid paper/plastic bags to carry lunch. Use lunch boxes with thermal properties to avoid reheating.
- Avoid excessive usage of tissue paper. Carry hand towels or cotton napkins.

