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get into public transport

Cars comprise up to 80 per cent of traffic on Australian roads, with fewer than two in 10 Australians ever using public transport, and fewer than one in 10 regularly using public transport to travel to work or study. Over a year, taking a bus instead of driving a car for a typical 15-kilometre commute saves up to 1.9 tonnes of CO₂ emissions and reduces air pollutants. Supporting public transport will also result in improved and more efficient services as well as quicker travel times due to lower traffic congestion.

- **make the most of public transport systems and reduce your reliance on the car**

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Photo: Corbis Australia

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collect call



You only use your mobile phone recharger for a few hours a week but leaving it plugged into the power point means it could be drawing electricity all the time. The same goes for rechargers of other electronic devices, like laptops, PDAs and digital cameras. Unplug them when you're not using them. Recycle old phones. They contain toxic metals – including arsenic, antimony, beryllium, cadmium, copper, lead, nickel and zinc – that do not degrade in the environment. Mobile Muster is the official industry recycling program, while the Aussie Recycling Program helps benefit Clean Up Australia as well as other charities. Working old phones can be exported to developing countries to help bridge the digital divide, or be dismantled for parts and materials recovered to make other products.

- **be smart about the disposal of your electronic tools**

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Photo: Corbis Australia. Text sourced from True Green @ Work with Tim Wallace

environmental management plan

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strategies

fundraising

energy audit

green team

actions

paper conservation

Your business, school and even your local community can benefit from having a dedicated group of greenies. Create an eco-team of like-minded people to put in place and monitor environmental policies in your workplace, school or community. At work consider appointing an environmental officer to the executive team. At school create an environmental committee of students and get parents involved with an environmental rep on the P&C. In the community create an action group with your friends and petition for the support of environmentally responsible initiatives. With a dedicated environmental team, you can be sure that the environment stays at the forefront of the agenda.

- **get together like-minded people to promote environmental interests**

Photo: Corbis Australia

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waste audit

next meeting ...

start a branch office

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The air in your office might be air-conditioned but it is far from clean, with office products emitting potentially harmful toxins. The air inside a sealed energy-efficient building can be 10 times more polluted than outside air. The CSIRO estimates the impact of worker health costs on the Australian economy equates to \$12 billion a year. Indoor plants, like their outdoor cousins, act as natural air filters and have been shown to absorb airborne pollutants and radiation from computers and improve oxygen levels. Research has even found that indoor plants can reduce fatigue, coughs, sore throats and other related illnesses by up to 30 per cent – cutting down on absenteeism. There's a reason why you're told to 'hug a tree': plants also have an effect on reducing stress levels, helping to keep employees happy and relaxed.

- **let plants create healthier places for work and learning**

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Photo: Corbis Australia