

Healthy environment Energy campaign

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Please get in touch if you'd like any further information



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We're building a sustainable future...

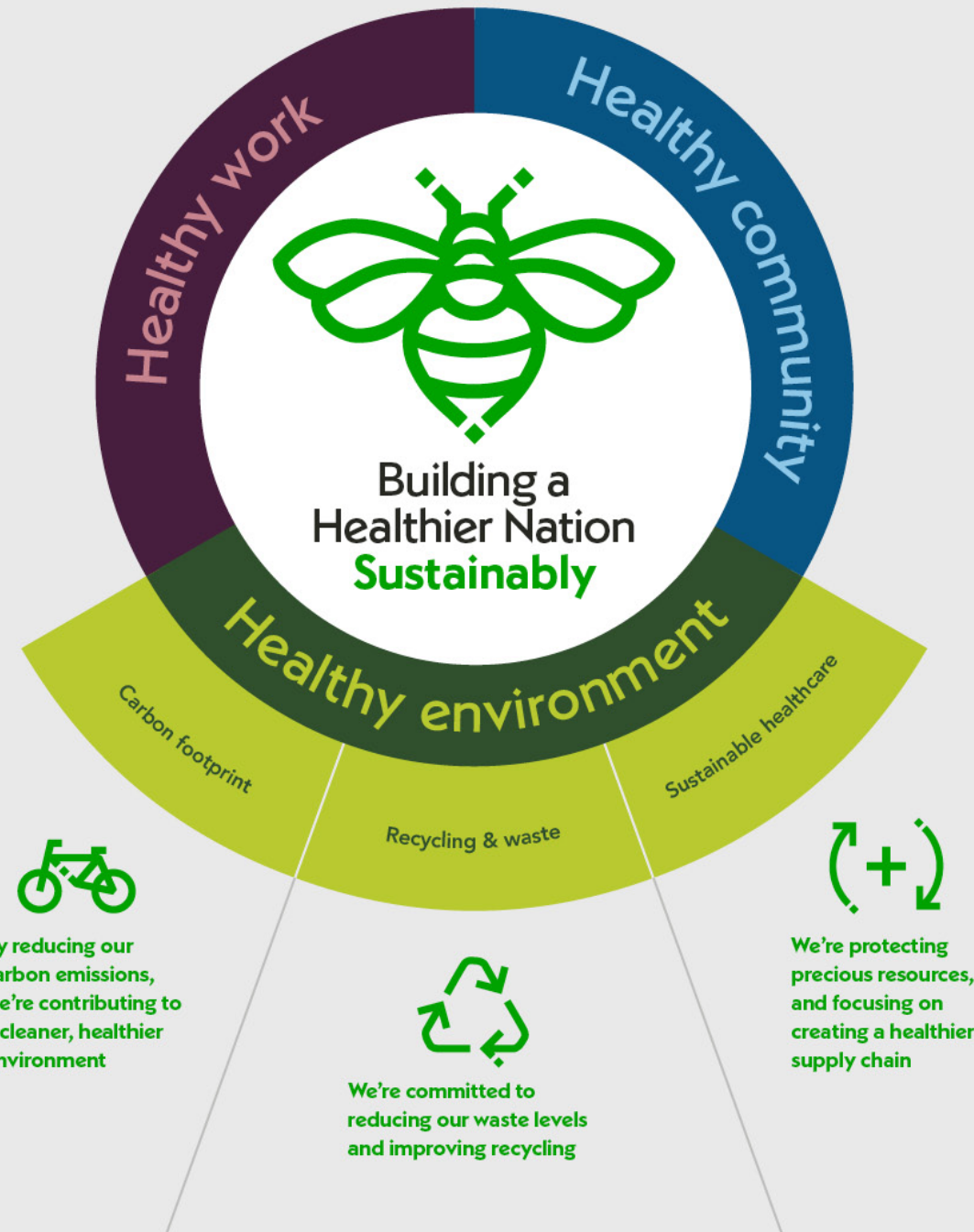
Our purpose to build a healthier nation can only be achieved if we put sustainability at the heart of everything we do. Our 'healthy work, healthy community and healthy environment' framework sets out the key areas where we're taking positive actions towards a more sustainable future.

We're already making good progress across our three sustainability pillars - driving positive change in the workplace; ensuring accessibility, engagement and opportunities in the community, and protecting the environment.

As part of our healthy environment roadmap for 2022 we're focusing on:

- ✓ Investing in insulation, LED lighting, and our building management systems, to be more energy efficient across our estate
- ✓ Greener Surgery by improving our clinical waste systems; using less carbon intensive gases; changing from single use products to reusables and reducing single use plastics. We're also looking at how we can improve our care pathways
- ✓ Working with our suppliers to understand their carbon footprint and ensure their social, environmental and economic practices are aligned to ours

...so let's all play our part



Our route to carbon net zero

2022

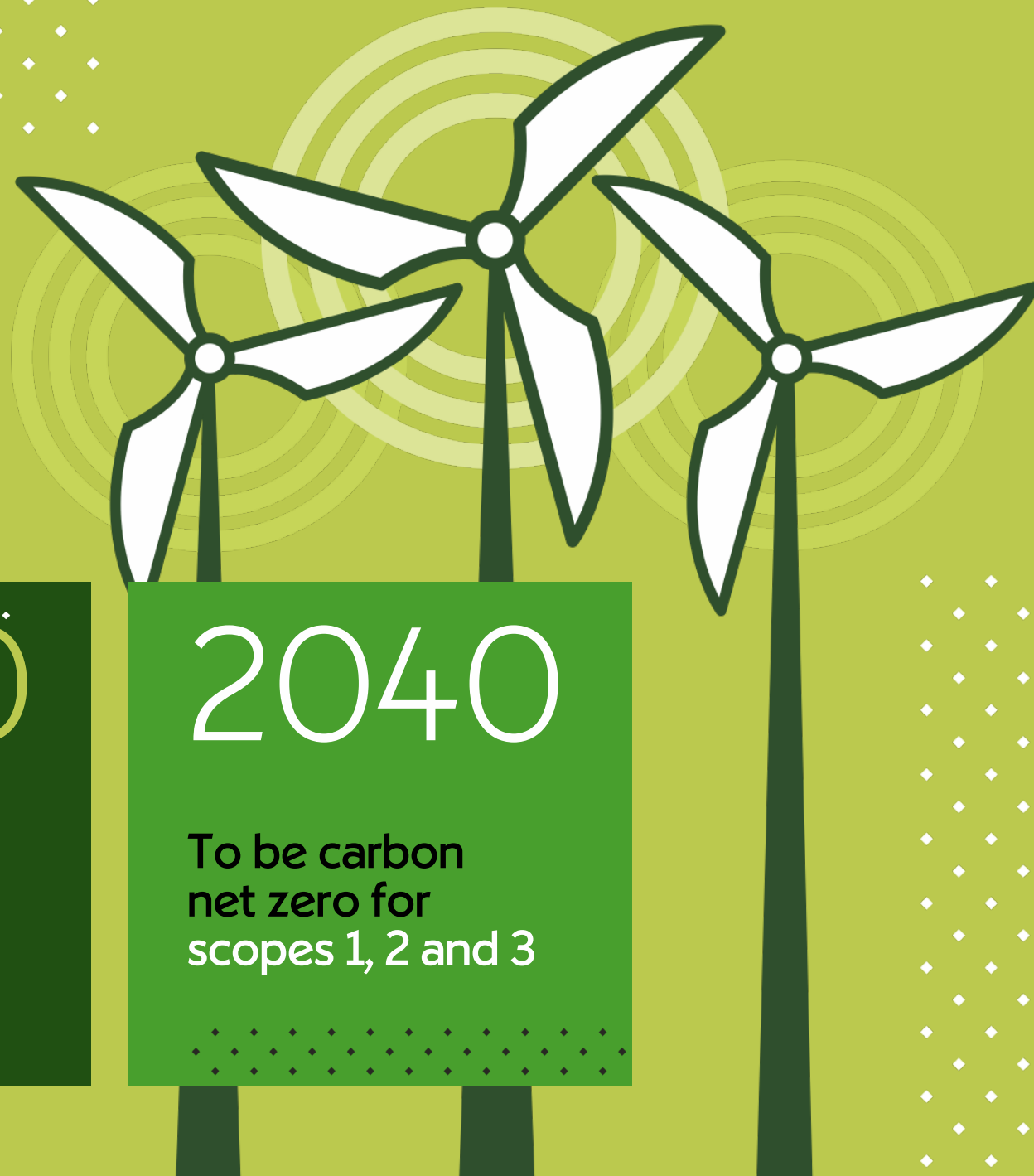
We reduced our
carbon emissions
by 6%

2030

To be carbon
net zero for
scopes 1 and 2

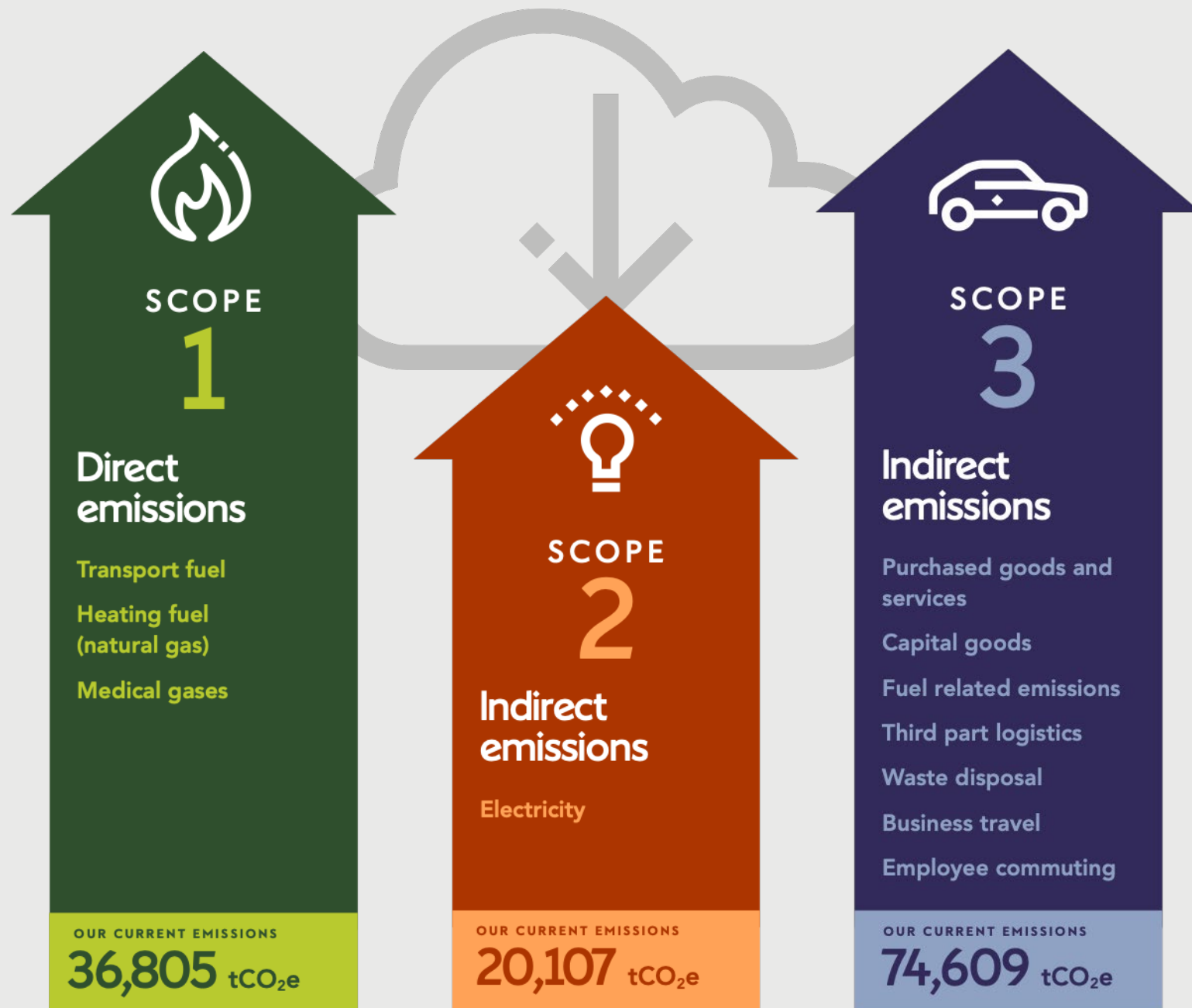
2040

To be carbon
net zero for
scopes 1, 2 and 3



What are our carbon emissions?

When we talk about carbon emissions, we're focusing specifically on carbon dioxide, or CO₂. When we extract, refine, transport, and burn fossil fuels like coal, natural gas, and oil, we release extra carbon and other greenhouse gasses into the atmosphere.



How do you #SwitchOff?

In 2022 Nuffield Health developed an internal energy campaign #SwitchOff based on behaviour change. With over 16,400 employees making small changes to energy usage every day, we knew collectively the impact would be considerable. Our approach was to create a toolkit that every site could use to reduce energy consumption and have some fun at the same time. Examples of what we did to deliver the campaign across our hospitals, fitness and wellbeing centres and offices, are shown here.

Small changes can make a big impact if we all play our part.

We're asking all sites to follow the energy checklists in the toolkit and consider what they can switch off safely, when not needed, to reduce their usage.

Our #SwitchOff video is a great way to get your team to think about what they can do at your site and have some fun along the way!

Watch our video [here](#) and show us what you're doing at your site by uploading your videos to Yammer using the

#SwitchOff 



Switch me off
when I'm not needed



Light switch stickers for all areas



**How do you
#SwitchOff?**

Play your part in our energy campaign.
Upload your videos to Yammer using #SwitchOff
Ask your line manager for more information.



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For internal use. Display in non-patient and non-member facing areas only.

Internal posters for staff areas only

What will **you do** to save energy today?

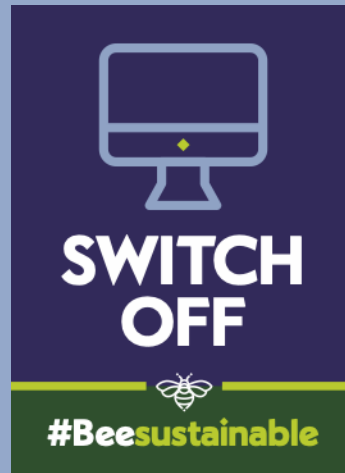
Using simple icons, we started to embed the idea that small changes can make a big impact at work and at home. We asked our people to use these energy saving ideas to reduce our usage and carbon emissions across the Charity.



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Energy saving actions


We created a suite of actions to use across our communications to reinforce simple messaging, in all our general communications.



Internal posters to use at site



For internal use only
 A set of posters were created with instructions for sites – print and put up the posters below in appropriate staff areas only. Encourage your teams to celebrate and share their energy saving actions by filling in a site action sheet (right) and uploading to Yammer.




What have you switched off?

Site name: _____


Today I switched off the shade lights and the air-con just after tracking my patient data. Mark Hansen, PT			


Photograph your actions and share on Yammer
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Site action sheet





Challenging you to **save energy** and reduce our carbon emissions

 **SWITCH OFF**
Lights


 **TURN OFF**
Screens and monitors

 **CHECK TEMP**
Air-conditioning units


 **SHUT DOWN**
Laptop / desktop computers


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General




CHECK ROOMS


 **BEDROOMS**

 **STORE ROOMS**


 **CHANGING ROOMS**

 **OFFICES**


What **can you** switch off?


 #Beesustainable


Hospitals




CHECK ROOMS


 **STUDIOS**

 **CHANGING ROOMS**

 **STORE ROOMS**

 **PLANT ROOMS**

What **can you** switch off?

 #Beesustainable

Fitness & Wellbeing



What do **you do** when you see a light on in an unused area?

 #Beesustainable

Staff areas only



What do **you do** with your computer and screen when you leave work?

 #Beesustainable

Staff areas only




What do **you do** with the air conditioning when you leave a meeting room, office or gym studio?

 #Beesustainable

Staff areas only




#Beesustainable




Nuffield Health


Challenging you to **save energy** and reduce our carbon emissions




SWITCH OFF
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General



Nuffield Health



CHECK ROOMS



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#Beesustainable


Staff areas only



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We encouraged the use of energy saving checklists to reduce usage, particularly overnight and for equipment lying idle. We expanded this to further areas such as pathology.


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Fitness and wellbeing night time checklist


ACTION:
Every night when you close, check the below items are **switched off** where possible.

Area	Equipment to turn off
Reception/offices	Lights <input type="checkbox"/> Screens / monitors <input type="checkbox"/>
	Air conditioning units <input type="checkbox"/> Electric heaters / fans <input type="checkbox"/>
	Desktops / laptops <input type="checkbox"/> Chargers / docking stations <input type="checkbox"/>
Lounge / Café	Lights <input type="checkbox"/> Drinks machines <input type="checkbox"/>
	Air conditioning units <input type="checkbox"/> Empty display fridges <input type="checkbox"/>
	Televisions <input type="checkbox"/> Ovens & cooking equipment <input type="checkbox"/>
Over door heaters	Entrance heaters <input type="checkbox"/> Back of house heaters <input type="checkbox"/>
Changing rooms & toilets	Lights <input type="checkbox"/> Dripping showers / taps <input type="checkbox"/>
	Temporary heaters/coolers <input type="checkbox"/> Toilets <input type="checkbox"/>
Gym floor	Cardio equipment <input type="checkbox"/> Lights <input type="checkbox"/>
	Televisions <input type="checkbox"/> Electric heaters / fans <input type="checkbox"/>
Studios	Lights <input type="checkbox"/> Room specific heating/cooling <input type="checkbox"/>
Storerooms	Lights <input type="checkbox"/> Doors closed <input type="checkbox"/>
External lighting	Signage / car park lighting <input type="checkbox"/> Loading bay lights <input type="checkbox"/>



Remember to leave anything business critical on – ask your Building Services Engineer if you're not sure.


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Hospital night time checklist

ACTION:
At night time when you are operating a reduced service, check the below items are **switched off** where possible.

Area	Equipment to turn off
Reception	Desk fans <input type="checkbox"/> Temporary heaters/coolers <input type="checkbox"/>
Waiting area	Air conditioning units <input type="checkbox"/> Televisions <input type="checkbox"/>
	Lights <input type="checkbox"/> Drinks machines <input type="checkbox"/>
Stockrooms	Lights <input type="checkbox"/> Doors closed <input type="checkbox"/>
Staff changing rooms	Lights <input type="checkbox"/> Temporary heaters/coolers <input type="checkbox"/>
	Dripping taps & showers <input type="checkbox"/> Doors closed <input type="checkbox"/>
Toilets	Lights <input type="checkbox"/> Dripping taps <input type="checkbox"/>
Unused ward rooms	Bedroom lights (add to housekeeping checklist after cleaning) <input type="checkbox"/> Televisions <input type="checkbox"/>
	Room specific heating/cooling <input type="checkbox"/>
	Bathroom lights <input type="checkbox"/> Windows closed <input type="checkbox"/>
Consultation rooms	Lights <input type="checkbox"/> Room specific heating/cooling <input type="checkbox"/>
	Desktops/laptops <input type="checkbox"/> Windows closed <input type="checkbox"/>
Offices	Desktops/laptops <input type="checkbox"/> Lights <input type="checkbox"/>
	Screens <input type="checkbox"/> Air conditioning units <input type="checkbox"/>
	Chargers <input type="checkbox"/> Electric heaters / fans <input type="checkbox"/>

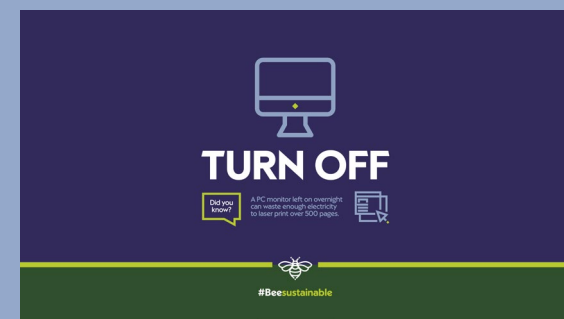


Remember to leave anything business critical on – ask your CBRE Engineer if you're not sure.



Screensavers

To increase visibility of the campaign, we created a new desktop wallpaper for all our internal screens across the Charity, along with some themed screensavers displaying easy ways to reduce our carbon footprint through unnecessary energy usage.



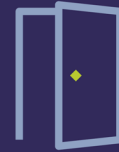
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**LIGHTS
OFF**



**CHECK
TEMP**



**CHECK
ROOMS**



**SHUT
DOWN**



**SWITCH
OFF**



**UNPLUG
CHARGERS**



**TURN
OFF**



**TURN
OFF**

What will you do to **save energy** today?

Small changes can make a big impact if we all play our part.



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Sustainability in action

Read about the small changes **Lynsey James, Senior Physiotherapist and Environmental champion**, and the team at Leicester Hospital have been making.



How did you start to raise awareness of sustainability in the workplace?

We've been raising awareness of the climate crisis and getting people to consider and change behaviours using our regular all team emails.

How are you getting people involved?



Emails

We've been sharing energy-saving facts in our regular emails to help us get the message across to encourage people to turn off lights, PCs and monitors, and other electronic devices.

Other topics include using air conditioning appropriately, reducing radiator temperatures and encouraging people to save water by reporting faulty lights, taps and toilets, educating them on waste reduction.



Quizzes

These are a great way to get people involved. We held two quizzes on recycling and waste with prize draws, and another which tied in nicely with plastic-free July last year.



Posters

These are placed near light switches, to remind people to turn off lights, and near bins to encourage them use them correctly, to reduce waste and increase recycling.

How do you check people are making these small changes?



Spot checks

We've carried out spot checks on PCs, lights and equipment that's been left on and shared our findings with people and translated this into carbon terms and energy-saving, as it's not just about money wasted.



“We've been raising awareness of the climate crisis by getting people to consider and change behaviours.”

Key achievements

- ✓ installed LED's and sensor lighting to corridors and some rooms, where needed
- ✓ completed a water survey
- ✓ changed our walking sticks from being wrapped separately in a plastic bag with an instruction leaflet to a box all together.
- ✓ completely stopped using single-use non-recyclable plastic cups in the canteen, saving 24,000 cups from ending up in landfill each year and a cost saving for the hospital. Staff now use reusable water bottles and mugs.
- ✓ TerraCycle our hospital blister packs and pens.

Results from our energy campaign 2022

Energy saved

 **>20 million** kWh

Total carbon emission reduction

 **> 11,000** tCO₂e



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