



BEST PRACTICES

Reducing plastic in the lab

- ☑ Replace plastic with glass, aluminum or paper alternatives.
- ☑ Plan well and/or reduce the scale of experiments when possible.
- ☑ Opt for smaller tubes or adapted to the sample volume.
- ☑ Prepare your own solutions and reagents.
- ☑ Check whether suppliers can take back some packaging/containers.
- ☑ Reuse packaging and coolers for shipments.
- ☑ Prefer to buy flexible kits, where reagents can be purchased separately.
- ☑ Fill boxes with pipette tips rather than buying new ones.
- ☑ Wash, sterilize and reuse plastic products when possible.