



Lab A15-9 Environmental Health Checklist

The following list of statements relates to your impact on the environment. Put a check next to the statements that are true for you.

Conserving Energy and Improving the Air

- I ride my bike, walk, use public transportation, or carpool in a fuel-efficient vehicle whenever possible.
- I keep my car tuned up and well maintained.
- My vehicle is fuel efficient (city: _____ MPG; highway: _____ MPG).
- My car tires are inflated at the proper pressure.
- I avoid quick starts and drive within the speed limit.
- I don't use my car's air conditioner when opening the window would suffice.
- My residence is well insulated.
- Where possible, I use compact fluorescent bulbs instead of incandescent bulbs.
- I turn off lights and appliances when they are not in use.
- I avoid turning on heat or air conditioning whenever possible.
- I run the washing machine, dryer, and dishwasher only when they have full loads.
- I dry my hair with a towel rather than a hair dryer.

Saving the Ozone Layer

- I keep my car's air conditioner in good working order and have it serviced by a service station that recycles, rather than releases, CFCs.
- I check labels on aerosol cans and avoid those that contain CFCs.
- I avoid products containing methyl chloroform (1,1,1-trichloroethane).
- I don't have a halon fire extinguisher.
- I have an energy-efficient refrigerator, which I keep in good working order.

Reducing Garbage

- When shopping, I choose products with the least amount of packaging.
- I choose recycled and recyclable products and those sold in bulk.
- I avoid products packaged in plastic and unrecycled aluminum.
- I store food in glass jars and reusable plastic containers rather than using plastic wrap.
- I take my own bag along when I go shopping.
- Whenever possible, I use long-lasting or reusable products (such as refillable pens and rechargeable batteries).
- I use a ceramic mug and metal spoon for coffee and tea rather than disposable cups and stirrers.
- I recycle newspapers, glass, cans, paper, and other materials.
- I have a compost pile or bin for my organic garbage or I take my organic garbage to a community composting center.

(over)

LAB A15-9 (continued)

Reducing Chemical Pollution and Toxic Wastes

- ___ When shopping, I read labels and try to buy the least toxic products available.
- ___ I don't pour toxic materials (bleach, motor oil, etc.) down the sink.
- ___ If I am unsure of the proper way to dispose of something, I contact my local health department or environmental health office.
- ___ Whenever possible, I buy organic produce or produce that is in season and has been grown locally.

Saving Water

- ___ I take showers instead of baths.
- ___ I take short showers and switch off the water when I'm not actively using it.
- ___ I do not run the water while brushing my teeth, shaving, or hand-washing clothes or dishes.
- ___ My sinks have aerators installed in them.
- ___ My shower has a low-flow showerhead.
- ___ I have a water-saving toilet, or I have a water-displacement device in my toilet.
- ___ I fix any faucets that leak.

Preserving Wildlife and the Natural Environment

- ___ I snip or rip plastic six-pack rings before discarding them.
- ___ I don't buy products made from endangered species.
- ___ When hiking or camping, I never leave anything behind.

Statements that you have not checked can help you identify behaviors that you can change to improve environmental health. Consider planning a behavior change activity to alter one or more of your behaviors. To change some of the items listed, you may need the cooperation of your family and/or roommate(s). If there are environmental issues that are important to you, you can go beyond individual action by informing others, joining and volunteering your time to organizations working on environmental problems, and contacting your elected representatives.