



REDUCE REUSE RECYCLE

Reduce, reuse and recycle more now for cleaner land, air, water, and a thriving economy.

Patient care in office environments routinely involves generation of traditional recyclable office materials, such as paper and cardboard. Files are created, paperwork is completed and supplies are delivered in cardboard boxes. Staff also may generate recyclable materials from personal use of items such as plastic bottles, aluminum cans and newspapers. These offices also produce medical-related waste.

Besides recycling, medical and dental offices can reduce the amount of waste they generate. Also, some items in medical and dental offices can be reused. These measures reduce both procurement costs and waste disposal costs.

If your office is located in a multi-tenant office complex, your property owner and/or manager is responsible for providing recycling collection services for traditional recyclables. If your office is located adjacent to a residence, you need to establish your own recycling collection contract.

Regardless of your location, you will need to seek recycling collection services for non-traditional recyclables (such as medical equipment) on your own. Check with larger medical institutions such as hospitals in your area to see who they contract with for these services.

NOTE: Medical and pathological waste cannot be recycled in mixed paper and commingled materials recycling programs and should be disposed of properly in accordance with the law.

REDUCE

- Use recyclable paper such as shredded paper or newspaper as packaging material for shipping.
- Purchase cleaning supplies in bulk.
- Request your vendors to ship materials using recyclable packaging, such as shredded paper or newspaper.
- Use electronic forms for patient intake information instead of paper.
- Replace incandescent lights with LED lighting which are more energy efficient and require less-frequent replacements.

REUSE

- Reuse packaging materials for outgoing shipments. If you can't use them, find someone who can. Donate or sell packaging materials to a local packaging company. Local shipping companies, may accept donated packing materials for reuse.
- Use cloth gowns that can be laundered instead of disposable gowns.
- Use plastic disposable liners with suction bottles and save the plastic suction bottles for reuse.
- Have employees bring and use ceramic mugs for beverages.
- Reuse corrugated cardboard boxes. Ask your vendor to take back used corrugated cardboard containers for reuse.

RECYCLE

- Recycle mixed paper such as cardboard boxes, old patient file folders, office paper, unwanted mail, newspaper, magazines and telephone books. Shredded documents are also recyclable. If you shred on-site, ensure that the shredded paper is recycled with the mixed paper.
- Recycle commingled materials (aluminum cans and foil products, bi-metal steel/tin cans, glass bottles and jars, and plastic bottles and containers) generated by employees in the lounge or kitchen.
- Recycle TYVEK (white, plastic-based material from which sturdy envelopes are made). Call 1-800-44-TYVEK for information on how you can recycle this material.
- Recycle button batteries (used in watches, hearing aids and calculators), Nickel-Cadmium (Ni-Cd), and Lithium (Li) rechargeable batteries by taking them to a household hazardous waste collection site. Be sure to check whether your office uses the kind of batteries that can be recycled.
- Recycle the following materials. Ask the manufacturers how their materials may be collected and recycled.
 - Lead lining from radiographic films.
 - Silver from waste amalgam materials and radiograph solutions. Silver has a high market value that commands a good price.
 - X-ray film solution.



Montgomery County's Ban on Expanded Polystyrene Food Service Ware and Loose Fill Packaging Materials



The use and sale of expanded polystyrene food service ware, and expanded polystyrene loose fill packaging (packaging peanuts) is prohibited in Montgomery County, Maryland.

In addition, all food service establishments, including grocery stores and supermarkets, must use either recyclable or compostable food service ware.

Prohibiting the use and sale of expanded polystyrene food service products and loose fill packaging, will help protect our environment and reduce litter.

For more information about the law, as well as a list of vendors that offer recyclable or compostable food service ware, visit our website at www.montgomerycountymd.gov/recycling.

**REDUCE,
REUSE &
RECYCLE
MORE NOW!**

Take part in what Montgomery County is doing to reduce waste and recycle more now! We'd like to add your medical and dental business to our list of recyclers, so let us know how you are doing! If you have a concern or issue you wish to discuss, or a success story you want to share, contact the Smart Organizations Reduce and Recycle Tons (SORRT) Program.

3-1-1 or 240-777-0311

www.montgomerycountymd.gov/recycling



Montgomery County, Maryland
Department of Environmental Protection
Division of Solid Waste Services
Waste Reduction and Recycling Section

