

A person in a white lab coat is shown from the back, interacting with a digital interface. The interface consists of a grid of hexagonal icons, each containing a different symbol: a person, a heart with a pulse line, a DNA helix, a globe, and an atom. The person's hands are raised, touching the icons. The background is a dark blue with a grid of hexagons and various scientific symbols.

**THE
TECHMED
EVENT** | SHAPING A
HEALTHY
FUTURE

Refuse

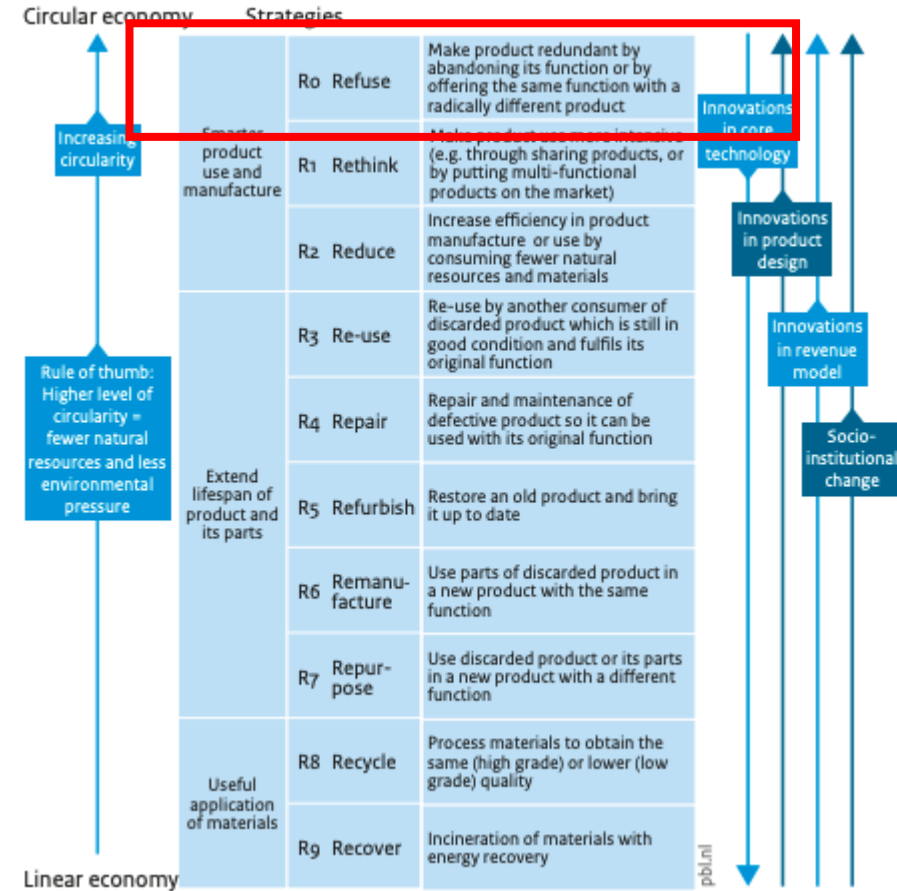
REFUSE TO MAKE UNNECESSARY IMPACT



Refuse in the R-Ladder

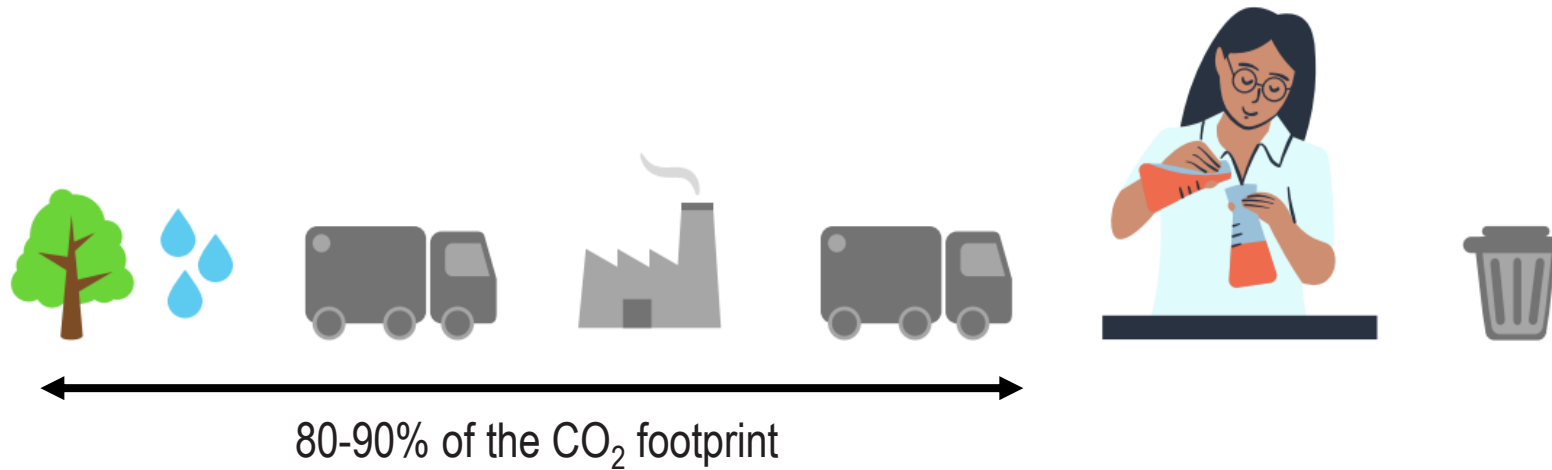
“Make a product redundant by abandoning its function or by offering the same function with a radically different product.”

with a focus on reducing the consumption and production of products



Source: <https://www.slimcirculair.info/circulaire-weetjes/r-strategieen>

Reducing consumption has a big impact



HOW TO REFUSE



WHAT CAN YOU DO?

- Be critical about your own activities.
Do you really need to do this action which requires these materials?
Do I really need to use this material for this activity?
- Evaluate the products and services that you use.
How big is their impact? Are there alternatives available?

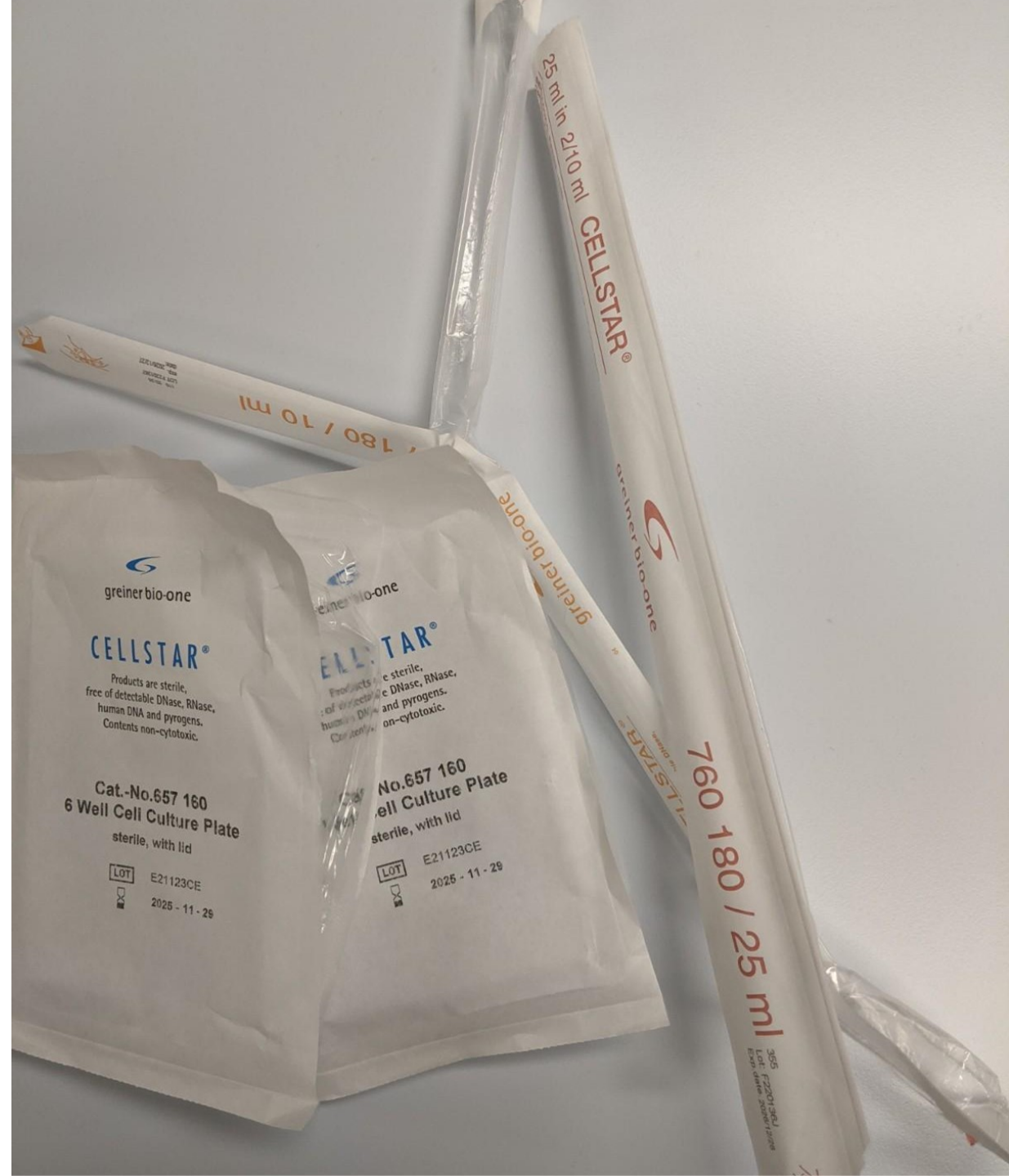
Example 1

CHOOSE RECYCLABLE PACKAGING

Refuse items in packaging that is hard to recycle.

Example

Buy alternative product that is packed in full plastic wrappings, which can be recycled via the PD waste stream. E.g., Greiner Bio-One full plastic packaging alternatives for serological pipettes.



Example 2

BUY EXAMINATION GLOVES FROM RENEWABLE SOURCE

Refuse to buy from a vendor without a take-back scheme for discarded products

Example

Buy nitrile gloves from vendors that have a system in place to pick up and recycle their own products. E.g. Kimberly-Clark's Right Cycle program.



Example 3

BUY DISPOSABLE PLASTICS FROM RECYCLED MATERIALS

Refuse to buy consumables that have a high production footprint, because of reliance on virgin resources.

Example

Look for products that are produced with lower virgin material. E.g., ThermoFisher's Greener by design products.



Example 4

BUY CHEMICALS WITH FEWER HAZARD STATEMENTS

Refuse chemicals with a high impact on health and environment, if alternatives are available.

Example

Many chemicals are currently replaced by safer alternatives. E.g., SYBR safe instead of Ethidium Bromide.



Ethidium Bromide (Sigma Aldrich)
H302 Acute toxicity, Oral (Category 4)
H330 Acute toxicity, Inhalation (Category 1)
H341 Germ cell mutagenicity (Category 2)



SYBR Safe nucleic acid gel stain (ThermoFisher)

SECTION 2: Hazards identification

Classification of the substance or mixture

Classification according to Regulation (EC) No. 1272/2008 [CLP]

Physical hazards
Not Hazardous

Health hazards
Not Hazardous

Environmental hazards
Not Hazardous

Additional information
Not Applicable



Don't buy what you don't need

