

# 5 Ways to Reduce Your Carbon Footprint at Work



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No matter what you do for a living, there's a good chance you're creating additional carbon dioxide at work. Studies show that people in general don't pay as much attention to their energy usage or carbon footprint in the workplace as they do at home.

If you'd like to estimate how much carbon you're creating every day, check out the [Individual Emissions Calculator](#) provided by the EPA.

Reducing your carbon footprint isn't just about saving the environment. The beauty of using carbon footprint to guide our actions is that there is a direct link between business costs and carbon footprint. The more carbon a business pumps out, the more they are usually spending on energy, transportation, supplies, and other business inputs.

Minimizing carbon footprint is good for a business's bottom line. Consider some of the following ideas to reduce your personal carbon footprint at work. Once you've done them, there's no shaming in telling your boss what you've been doing to save company resources.

To reduce your carbon footprint at work, try a few of these ideas.

## **Recycle**

[Recycling](#) is simple, but can have a major impact on our planet and way of life. When it's time to throw something out, consider putting it into a recycling bin instead. If your company doesn't provide recycling bins, request them.

## **Print on Both Sides of Paper**

According to the clean air council, office workers use an average of 10,000 sheets of paper each year. The best option is to stop printing altogether and opt for electronic versions of documents. But, if you must print, always print on both sides of paper.

## **Walk, Bike, Carpool, or Use Public Transportation**

Driving to work every day can be quite expensive when you consider the expenses for gasoline, maintenance, insurance, and more. It would be a stretch to advocate that everyone get rid of their cars, but it is possible to reduce carbon footprint and save money by considering alternative means of transportation.

If your workplace offers a vanpool or discounted public transportation options, consider using them. Letting someone else drive usually costs less and allows you to have time to catch up on news, talk on your phone, or any other activity you shouldn't be doing while driving.

If you walk or bike to work, you get the added bonus of additional physical activity.

### **Indoor Plants**

If you work in an office with a window or skylight, consider bringing a plant into work. According to Kamal Meattle, an indoor air quality expert, using plants indoors can not only reduce the presence of harmful toxins but will also remove carbon dioxide from the air. The result will be a healthy workspace.

### **Turn off Electronics at the End of the Day**

When you're done with your work and ready to head home, take a few seconds to turn off all electrical devices around the office. This includes computers, monitors, printers, radios, lights, and anything else that uses electricity. If your workspace has a thermostat, turn it down to 55 in winter and up to 85 in the summer.