

# Green Guide for the washroom.



The average North American uses 350 Litres of water per day. Of that, 40% is flushed down the toilet, 35% is used in shower and baths, 20% to laundry and dishes and the remaining 5% goes to drinking and cooking. North Americans use more than twice as much water as Europeans.

**The washroom at your office is a major source of waste. Here are some tips to help reduce the size of that waste stream.**

- Install linen towel dispensers instead of using paper towels or hand dryers.
- If you are using paper towels, ensure that they are made from unbleached, post consumer recycled paper. Similarly, toilet paper need not be made from virgin pulp and need not be bright white.
- Install water restrainers on all taps.
- Eliminate double bagging of garbage bags.
- Turn off the lights in the bathroom when there is no one in it or consider installing motion detectors so the lights are on only when needed.
- If you brush your teeth in the office bathroom, ensure that you turn the water off while you brush. Sixty per cent of the water used for brushing teeth goes down the drain unused during the process.
- Be sure to turn taps off tightly to avoid drips. A leaky faucet leaking only one drop per second wastes 10,000 litres of water per year.
- Never use the toilet for a wastebasket. Do not flush cigarette butts, tissues or waste paper down the toilet.
- Cleaning products for your office washroom should be environmentally friendly, natural products which are now available from a variety of sources. In addition, ensure that cloth rags are used to clean rather than paper towels.