



When Recognition Matters



HOW TO BECOME ECO-FRIENDLY

How did the Earth Day start?

The beginning of Earth Day dates back in 1968 when the Human Ecology Symposium was held. With the U.S. Public Health Service, Morton Hilbert organized an environmental conference for students where they could learn more from scientists about the effects of environmental degradation on human health. For the next two years, Hilbert and the students worked to plan the first Earth Day. In April 1970, along with a federal proclamation from the U.S. Senator Gaylord Nelson, the first Earth Day was officially held. This day impelled the U.S. Congress to develop some of the most significant environmental legislation.



About the Earth Day

Earth Day remains an important event, annually celebrated globally on April 22 – often considered a holiday. Despite the fact that there are actually two different days appointed to represent this day, this date is most commonly acknowledged as the Earth Day in most parts of the world. Earth Day aims to raise the awareness of environmental issues, and demonstrate support for environmental protection.

Since the first Earth Day ever celebrated, celebrations have increasingly grown year by year. Nowadays, more than one billion people worldwide participate in this global event each year. Everyone is engaged in different outdoor activities, whether individually or in groups, acts of service and benefit to earth are performed by different kinds of people all around the world.

Energy saving, climate change, global warming and green living are only some of the themes used on Earth Day, which focus on ways to improve the environment of our planet.

How to become eco-friendly?

Today common words like “eco-friendly”, “environmental-friendly” or “planet-friendly” have joined the vocabulary of media, education, marketing, organizations, etc., and of course are being widely used to promote environmental protection. But these claims are sometimes misleading the public. In fact, “Eco-friendly” is defined as not being harmful to the environment; and being eco-friendly literally means being earth-friendly.

All over the world, environmentally conscious people, even organizations on their own, are taking actions towards being more eco-friendly. People are making changes in their lifestyles and their old habits opting for more pro-environmental behavior.

Earth day brings together all people, regardless of age, ethnicity, gender, income, or geography, to raise the awareness and take action regarding environmental concerns.

Here are some easy and wise ideas, for individuals and businesses, to become more eco-friendly.

Practical tips for individuals

1. Use public transportation instead of private vehicles will contribute to reduction of energy use and carbon footprint.
2. Buying local produce when possible will reduce the energy for product transport and helps protect the environment.
3. Switching the lights and other electronic equipment when unused.
4. Not leaving water running while washing hands, face and/or teeth.
5. Choosing to read (books and/or newsletters) online instead of using hardcopies helps saving trees, energy and water.
6. Growing your own garden contributes to a healthier lifestyle and environment.
7. Separate waste at source, especially plastics, glasses and papers, for easier recycling.
8. Take old clothes, furniture, books and equipment to second-hand stores.
9. Avoid using plastic or paper disposable cups. The use of a real glass/cup or reusable tumblers helps reduce landfill waste produced by disposable cups.
10. Replace ordinary light bulbs with high-efficiency ones (CFL bulb or LED bulb).

Tips for small businesses

There are several ways in which businesses can become more eco-friendly.

1. Going paperless
2. Energy saving practices
3. Using water efficiently
4. Adopting environmentally friendly and sustainable practices
5. Providing eco-friendly products and services
6. Calculating and managing your carbon footprint
7. Developing a waste management plan
8. Initiating social responsibility projects
9. Volunteering in tree planting and tree care projects
10. Investing in renewable resources

Environmentally friendly business practices do not only benefit the environment, but also help the company save money. In the last two decades, companies are increasingly concerned with achieving and demonstrating sound environmental performance by controlling the impacts of their activities, products and services on the environment.

Obtaining certification on international standards such as ISO 14001 (Environmental Management System Standard) and ISO 50001 (Energy Management System Standard) helps to prove to the customers and stakeholders, that the company is aware of environmental obligations and it has taken responsibility for its environmental impacts.

PECB (Professional Evaluation and Certification Board) is a personnel certification body for a wide range of professional standards. It also offers ISO 14001, ISO 26000 and ISO 50001 training and certification services for professionals wanting to support an organization in the implementation, operation and auditing of these management system standards.

ISO 14001 and Environment Trainings offered by PECB:

- Certified Green IT Professional (2 days)
- Certified ISO 14001 Lead Implementer (5 days)
- Certified ISO 14001 Lead Auditor (5 days)
- Certified ISO 14001 Foundation (2 days)
- ISO 14001 Introduction (1 day)

ISO 14001 Lead Auditor, ISO 14001 Lead Implementer and ISO 14001 Master are certification schemes accredited by ANSI ISO/IEC 17024.

Narta Voca is the Health, Safety and Environment (HSE) Product Manager at PECB. She is in charge of developing and maintaining training courses related to HSE. If you have any questions, please don't hesitate to contact her at hse@pecb.com.

For further information, please visit <http://pecb.com/site/renderPage?param=139>

