

'Green' is in and since we tend to spend huge chunks of our lives in the office, here are: 6 IMPORTANT THINGS A LAWYER CAN DO TO HELP THE ENVIRONMENT

by Wong Li Chin

Be PC Savvy Switch Off!

Your computer may be your lifeline at work but it doesn't need to be switched on 24-7!

Shut down your PC when you head out for meetings, lunch or home.

**Saves energy.
Cuts down
electricity bills.**



Set your PC to "Hibernate" or "Sleep".

It powers down your monitor to about 5 watts of energy and your PC to 2-3 watts.

Conserve Energy Go Natural

Work using natural light where possible.

Switch off some or all unneeded office lights.

Use low-wattage high efficiency light bulbs.

**Reduces CO2
greenhouse
gas emissions.
Saves money!**

Studies done in America show that artificial lighting consumes some 40% of electricity in a typical office building.



Reduce Emissions Cycle to Work...

We're kidding! Unless you live within a 5 km radius of work, carpooling is best.

Studies show that carpooling can reduce stress!

**Preserves our
ozone layer.
You'll be happier
and healthier.**

The average Malaysian spends a staggering 2 1/2 days in traffic jams every month. This translates to **one month** of our daily lives every year!



Hug a Tree Go paper -LESS

The legal profession uses huge amounts of paper.

Make a change now: send emails, review documents on-screen, invest in a good document management system.

**Saves trees!
Reduces costs
to store, manage,
move & protect
your files.**

500 sheets of paper (1 ream) uses 6% of a tree. So, if you reduce your usage by just 17 reams a month, you will save 12 trees every year!



Get your Free & trendy Eco Bag

Simply send us an email and tell us "Juriski is a must read because....",

Spread your own Green Message

Send a green message with your emails. Download your FREE messages from www.malaysianbar.org.my (See page 12 for more information).

Hug another Tree Print Smart

If printing is inevitable, PRINT WISELY and recycle paper.

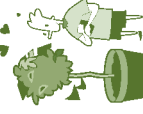
Print on both sides.

Use all misprints as your notepaper.

**Animals get
to keep
their habitats!
Lower
overheads for
the firm.**

One species is pushed to the brink of extinction every 20 minutes.

So print smart and use recycled paper.



Reduce Waste Recycle!

Get recycling bins for your firm.

Encourage staff to recycle used plastic, toners, paper, aluminium cans, etc.

**Less trash,
less landfills.
Boost staff
morale.**

Organise a gotong-royong for the office. Donate old binders, books and magazines. Electronics can also be recycled at any best buy.



Think Green Go Green!

**Preserves
resources for
future
generations.**

Persuade your firm's partners to adopt at least one of these environmentally friendly (and cost-effective) policies!



Reference websites:
www.conservation.com/learn/EnviroIssues/TreesStats.shtml
www.conservation.org

* The Juriski team bears no liability/responsibility for any inaccuracies in information/statistics stated in this article or any loss arising from implementing the above steps.