

# **Eco Friendly Therapist**

**By using the AoR Eco Friendly Therapist badge, I pledge to fulfil the following guidelines wherever practicable within my therapy practice:**

- 1. Minimise unnecessary purchasing in my practice – I use up existing things before buying new ones, and reuse items where appropriate**
- 2. Use paper only where necessary, and to choose paper that is recycled/carbon balanced/ FSC or PEFC certified**
- 3. Ensure that any products I use are produced in an environmentally sustainable way, eg low volume organic production runs**
- 4. Ensure that any chemicals used in my practice are not harmful to the environment**
- 5. Consider the carbon footprint of items and products used in my practice**
- 6. Minimise the waste generated by my practice and make sure any waste generated is recyclable or compostable**
- 7. Minimise the impact of my travel on the environment.**