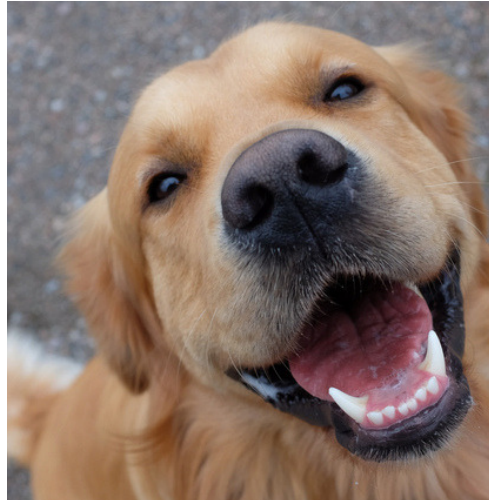
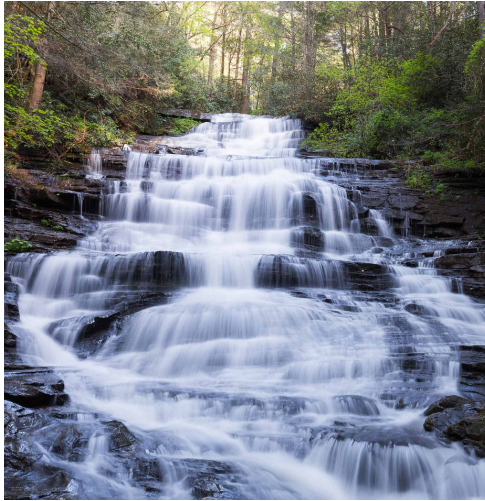


GUIDE TO ENVIRONMENTAL AWARENESS



Everything that supports the survival of human beings is dependent on the environment. In addition to directly impacting wellness and health, it generates our resources, supports our lifestyles, and provides beauty. The environment includes:

Air

Reduce air pollution by conserving energy, using energy efficient appliances, limiting driving and idling, and choosing environmentally friendly cleaning and paint products.

Water

Conserve water where you can - boil the required amount of water in your kettle, use a shower instead of a bath, and turn off the tap when brushing your teeth. Do not use a toilet as a means of disposing of tissues, wrappers, dust cloths, baby wipes, etc.

Land

The aim is to reduce the amount of waste going to landfill. Where possible, use biodegradable products, buy produce with less packaging, reduce your use of plastic, give unwanted items to charity shops, and choose digital statements and bills.

Natural Resources

Ensure buildings are well insulated and free from draughts, reduce your use of fossil fuels, upcycle furniture instead of dumping it, purchase sustainably caught seafood.

Flora & Fauna

Protect plants and animals by not littering, take part in a wildlife conservation program, avoid using pesticides or fertilisers that contain chemicals, plant flowers and trees in your garden, and visit a local national park or nature reserve.

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