



## Checklist dental practices

Please note that the carbon footprint is calculated for **one year**.

If you cannot find all necessary information, you can use the **averages** we provide for some questions. We have marked all questions with averages as “∅ provided” in the list.

### General:

- Number of Employees
- Number of Workdays (∅ provided)
- Practice space size
- Average number of patients **per quarter**
- Average number of visits per patient **per year**

### Electricity:

- Annual statement of the electricity supplier
  - yearly electricity consumption in kwh
  - Energy source
- Do you generate your own electricity? If yes:
  - amount of electricity generated (kwh) per source
- Was energy fed into the grid?

### Heat:

- End of year heating bill
  - annual consumption in kwh
  - heating energy source
- Do you generate your own heat with solar thermal energy? If yes:
- total amount of heating energy produced (in kwh)

### Water:

- Service charge statement
  - Water consumption m3

### Paper and print:

- purchased copying paper in kg (∅ provided)   
(Copier paper (500 Sheets) - 2.5 kg)
- purchased hygienic paper in kg (∅ provided)   
(1 package of toilet paper (8 rolls) weighs about 1 kg)
- Paper for medical examination couches (roll 0.5x5m - 1 kg)
- Other paper (∅ provided)   
(prescription pads (500 pages - 0.7 kg), envelopes(1000 pcs. - 1.8 kg)
- Number of printer cartridges used last year
- Number of magazines layed out per month



**IT and communication:**

- letters sent and received per week
- Emails sent and received per month

**Practice Material:**

Purchased quantity last year from...

- Sets of working clothes
- Packages examination gloves
- (Surgical) instruments
- Anesthetics (in ml)
- Gauze
- Disinfectant (in l)

**Treatment:**

How many treatments **per quarter** each of...

- endodontic treatments
- Fissure and varnish treatments
- Dental prosthesis treatments
- Dental crowns treatments
- Dental fillings treatments

**Optional calculations - Patient Path & Medications:**

We offer a selection of different CO<sub>2</sub>-lump sums to choose from, so that you can include particularities of your practice in its carbon footprint.

- distance (in km) that the majority of patients travels to your practice   
(∅ provided)
- What percentage of patients uses which mode of transportation? (in %)   
(car, bus/train, bicycle, walking)
- Total equivalent value of medications prescribed **per quarter** (in Euro)

**Waste:**

- Garbage can sizes of the different waste garbage cans   
(120 liters, 240 liters, 1100 liters, 5-7 m<sup>3</sup> containers)
- number of garbage cans
- empties per month

**Cleaning:**

- cleaning staff approach route

**Catering:**

- We assume one lunch meal per team member, as well as the consumption of mineral water and coffee.

However, you have the option to provide more specific information in a detailed questionnaire:



- number of team members who eat lunch at work (∅ provided)
- percentage of non-vegetarian, vegetarian, vegan dishes in %
- number of food deliveries (throughout the year)
- hot beverages consumed per day (in l) (∅ provided)
- cold drinks consumed per day (in l) (∅ provided)   
(please do not count tap water)

#### Way to Work:

- breakdown of employees in terms of the means of transport they use (in %)
- length of work trips broken down by mode of transport (bicycle, bus/train, car)

#### Business trips:

- distance traveled by each mode of transport   
(train, car, plane, public transport)
- Hotel accommodation

Note: All appointments outside the usual work environment count as business travel.

#### Basic inventory:

- number of... 
  - Kitchens
  - Workstations (includes desktop, screen, mouse, keyboard, telephone)
  - Servers
  - Laptops
  - Tablets
  - Furniture
  - Printers/copiers
  - Smartphones
  - TVs

#### Medical devices (with estimated values) :

- number of... 
  - small devices ( < 30 kg) (e.g. 20 L Sterilizer)
  - middle-sized devices ( about 100 kg) (e.g. Ultrasound Scanner)
  - large Devices ( about 1000 kg) (e.g. CT Scanner)

#### Internal Events:

- number of events
- average number of participants
- proportion of means of transport chosen for travel (in %)   
(Car, train, public transport, bicycle)
- average distance traveled by each mode of transport
- nights in hotel