



## Checklist dental practices

Please keep in mind, the carbon footprint is calculated for **one year**.

If you cannot find all the data, average values can also be used for various questions. The questions for which average values are given are marked in the following list with: (∅ **available**).

We are aware that a lot of data must first be compiled. However, in order to be able to determine the most accurate CO2 value of the practice, it is important that as many questions as possible are answered.

### Helpful documents:

- Accounting documents
- Service charge settlement for electricity, heating and water
- Calculation of the drug turnover, if applicable

### The following categories are queried in the calculator:

- Electricity
- Heat
- Water
- Office supplies
- Practice material
- Treatments
- IT & communication
- Waste
- Cleaning
- Catering
- Commute
- Business trips
- Basic inventory
- medical devices
- Medication/patient mobility (explicitly optional), if applicable



## General

Number of employees : \_\_\_\_\_

Number of working days (∅ available) : \_\_\_\_\_

Size practice area : \_\_\_\_\_

Average number of patients **per quarter** : \_\_\_\_\_

Average number of visits per patient **per year** : \_\_\_\_\_

(Note: Possible estimation based on GOP 03000 and 03221 plus patient:s from GP-centered care and private patient:s or estimation with appointment calendar)

## Electricity (see annual statement of the electricity provider)

Yearly consumption: \_\_\_\_\_ kWh

Energy source :

- |   |                                  |
|---|----------------------------------|
| <input checked="" type="radio"/> STROMMIX | <input type="radio"/> ECO-POWER  |
| <input type="radio"/> HYDRO-POWER         | <input type="radio"/> SOLARSTROM |
| <input type="radio"/> WIND POWER          | <input type="radio"/> UNKNOWN    |

If there is self-generation of electricity:

amount of electricity generated      Solar Power : \_\_\_\_\_ kWh

Wind power : \_\_\_\_\_ kWh

## Heat (see service charge statement)

Yearly consumption: \_\_\_\_\_ kWh

Energy source :

- |   |  |
|---|--|
| <input type="radio"/> NATURAL GAS   | <input type="radio"/> DISTRICT HEATING |
| <input type="radio"/> FOSSIL OIL  | <input type="radio"/> ELECTRICITY      |
| <input type="radio"/> RENEWABLE ENERGIES<br>wood pellets, geothermal heating... | <input type="radio"/> UNKNOWN          |

If there is self-generation of heat by means of solar thermal:

generated heat: \_\_\_\_\_ kWh

## Water (see service charge statement)

Water consumption: \_\_\_\_\_ m<sup>3</sup> (∅ available)



### Office supplies

Copying paper purchased in kg (∅ available) : \_\_\_\_\_kg

(Note: Copy paper 500 sheets - 2.5 kg)

Purchased tissue paper in kg (∅ available) : \_\_\_\_\_kg

(Note: Pack of toilet paper (8 rolls) - approx.1 kg; Pack of paper towels 160 sheets - approx.0,6kg)

Paper rolls for patient couches (roll 0,5x5m - 1kg) : \_\_\_\_\_kg

Other paper (∅ available) : \_\_\_\_\_kg

(Note: Recipe pads 500 pages - 0.7 kg, envelopes 1000 pcs. - 1.8 kg)

Number of printer cartridges used : \_\_\_\_\_

Number of magazines per month : \_\_\_\_\_

are these secondhand?  Yes  No

### IT and communication

Sent and received Letters per week : \_\_\_\_\_

VEmails sent and received per week : \_\_\_\_\_

### Practice material

Purchased quantity last year from ...

Sets of uniforms : \_\_\_\_\_

Packs examination gloves : \_\_\_\_\_

Note: 100 gloves per package

(Surgical) instruments : \_\_\_\_\_

Anesthetics (in ml) : \_\_\_\_\_ml

Disinfectant (in l) : \_\_\_\_\_l

### Treatments

How many treatments in **the quarter** each of ...

endodontic treatments: \_\_\_\_\_ Fissure and varnish treatments : \_\_\_\_\_

Denture treatments: \_\_\_\_\_ Dental crowns treatments: \_\_\_\_\_

Dental fillings treatments: \_\_\_\_\_



## Waste

Sizes of the following waste garbage cans:

- |           |                                     |                 |                                     |
|-----------|-------------------------------------|-----------------|-------------------------------------|
| Plastic : | <input type="checkbox"/> 90l bag    | Residual waste: | <input type="checkbox"/> 120 l ton  |
|           | <input type="checkbox"/> 240l ton   |                 | <input type="checkbox"/> 240 l ton  |
|           | <input type="checkbox"/> 1100l ton  |                 | <input type="checkbox"/> 1100 l ton |
| Paper:    | <input type="checkbox"/> 120 l ton  | Organic waste:  | <input type="checkbox"/> 120 l ton  |
|           | <input type="checkbox"/> 240 l ton  |                 | <input type="checkbox"/> 240 l ton  |
|           | <input type="checkbox"/> 1100 l ton |                 |                                     |

Number of respective waste garbage cans:

Plastic: \_\_\_\_\_ Residual waste: \_\_\_\_\_ Paper: \_\_\_\_\_ Organic waste: \_\_\_\_\_

Empties per month:

Plastic: \_\_\_\_\_ Residual waste: \_\_\_\_\_ Paper: \_\_\_\_\_ Organic waste: \_\_\_\_\_

## Cleaning

Cleaning staff approach route : \_\_\_\_\_ km

## Catering (∅ available)

We assume one lunch and coffee and water consumption per person, but give the option to leave a different specification in the detail request.

Therefore, if necessary:

Number of those eating lunch (∅ available) : \_\_\_\_\_

Thereof share of courts

meat: \_\_\_\_\_% vegetarian : \_\_\_\_\_% vegan: \_\_\_\_\_%

Number of meal deliveries (in the whole year) : \_\_\_\_\_

Hot drinks consumed per day (∅ available) : \_\_\_\_\_l

Cold drinks consumed per day (∅ available) : \_\_\_\_\_l

(without tap water)



## Commute

Average one-way distance per mode of transport (∅ available)

E-Bike : \_\_\_\_\_ km    Bicycle : \_\_\_\_\_ km  
Bus/Train : \_\_\_\_\_ km    Car : \_\_\_\_\_ km

Number of employees using the respective means of transport:

E-Bike : \_\_\_\_\_    Bicycle : \_\_\_\_\_  
Bus/Train : \_\_\_\_\_    Car : \_\_\_\_\_

## Business Travel

Distance traveled by each mode of transport

Train : \_\_\_\_\_ km    Car : \_\_\_\_\_ km  
Bus/Train : \_\_\_\_\_ km    Airplane : \_\_\_\_\_ km

How many nights in a hotel? : \_\_\_\_\_

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

## Basic inventory

Number of:

Kitchen : \_\_\_\_\_  
Furnitures : \_\_\_\_\_ (includes all cabinets, chairs, tables etc.)  
Workplaces : \_\_\_\_\_ (umfasst Desktop, Bildschirm, Maus, Tastatur, Telefon)  
Printer/copier : \_\_\_\_\_  
Laptops : \_\_\_\_\_  
Tablets : \_\_\_\_\_  
Smartphones : \_\_\_\_\_  
Televisions : \_\_\_\_\_



## Medical devices

Number of:

small devices ( < 30 kg) (e.g. 20l sterilizer device) : \_\_\_\_\_

medium devices (around 100 kg) (e.g. ultrasonic device) : \_\_\_\_\_

large devices (around 1000 kg) (e.g. CT device) : \_\_\_\_\_

## Interne Events

Number of events : \_\_\_\_\_

Average number of participants : \_\_\_\_\_

Proportion of the chosen means of transport for the journey

Car : \_\_\_\_\_% Train : \_\_\_\_\_%

Public Transport : \_\_\_\_\_% Bicycle: \_\_\_\_\_%

Average travel distance per mode of transport

Car : \_\_\_\_\_km Train : \_\_\_\_\_km

Public Transport : \_\_\_\_\_km Bicycle: \_\_\_\_\_km

Number of person nights in hotel : \_\_\_\_\_

## CO<sub>2</sub>-Optionen

(It is explicitly up to you whether you want to take responsibility for these categories or not).

### Patient Mobility

Radius (in km) from which the majority of patients\* come (∅ available).

Radius : \_\_\_\_\_km

Distribution of patients regarding the means of transport they use (in %)

Bus/Train : \_\_\_\_\_% Car : \_\_\_\_\_%

Bicycle : \_\_\_\_\_% By foot : \_\_\_\_\_%

(Note: To answer this query, for example, a sample survey can be taken).



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## Medication

Prescription volume for drugs **per quarter**: \_\_\_\_\_ €