

# Green features in our restrooms

## Automatic, low flow faucets

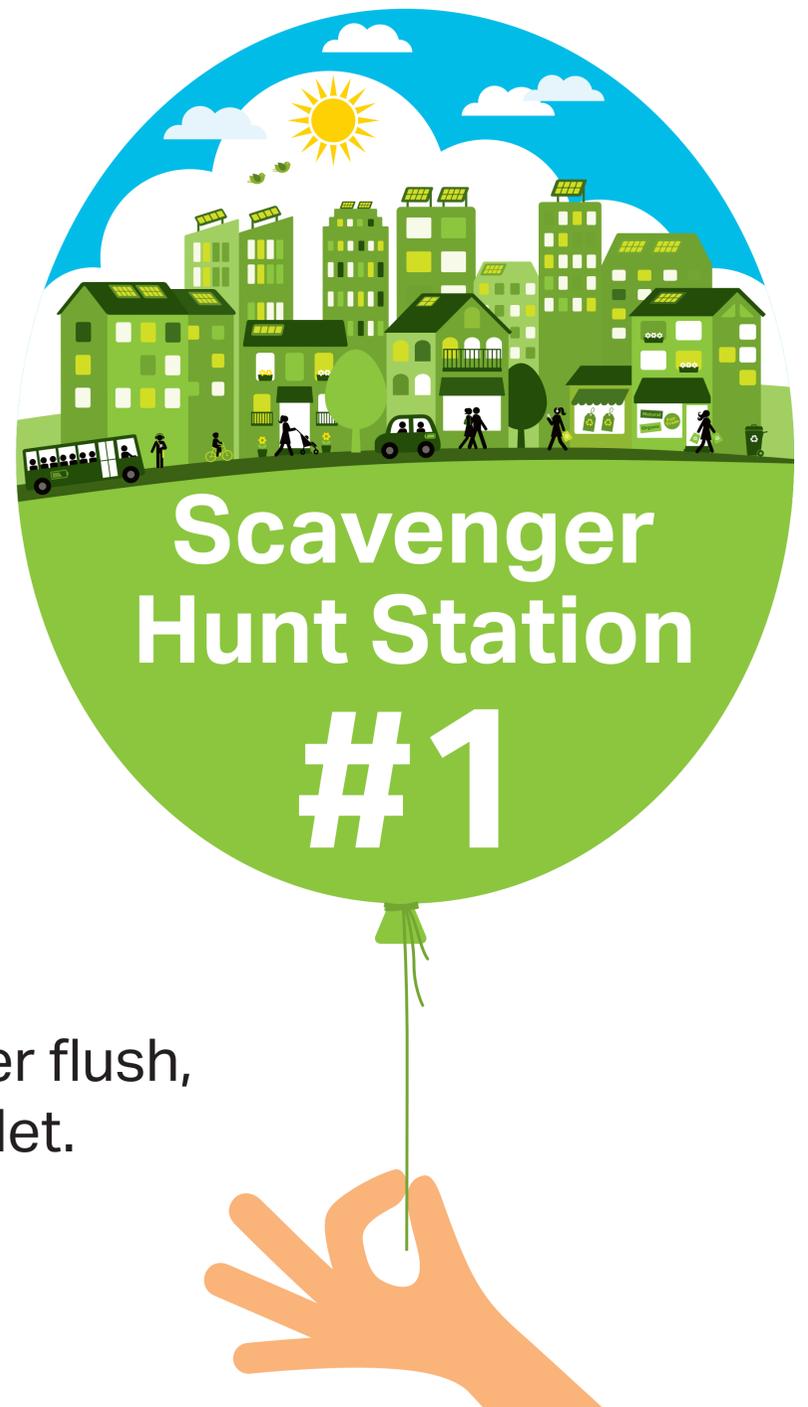
Our faucets have a flow rate of only 0.5 gallons per minute. Did you know that letting your faucet run for 5 minutes uses about as much energy as letting a 60-watt light bulb run for 14 hours?

## Waterless urinals

Older models can use as much as 3.5 gallons for each flush!

## Toilets

The toilets use 1.3 gallons of water per flush, saving 870 gallons per month, per toilet.



**What  
can  
I do?**

If you notice an issue with the facilities (such as continually flushing toilets), write the facilities helpdesk at [Germantown.Facilities.Helpdesk@urs.com](mailto:Germantown.Facilities.Helpdesk@urs.com)!

# Green features of our building finishes

## Ceiling tiles

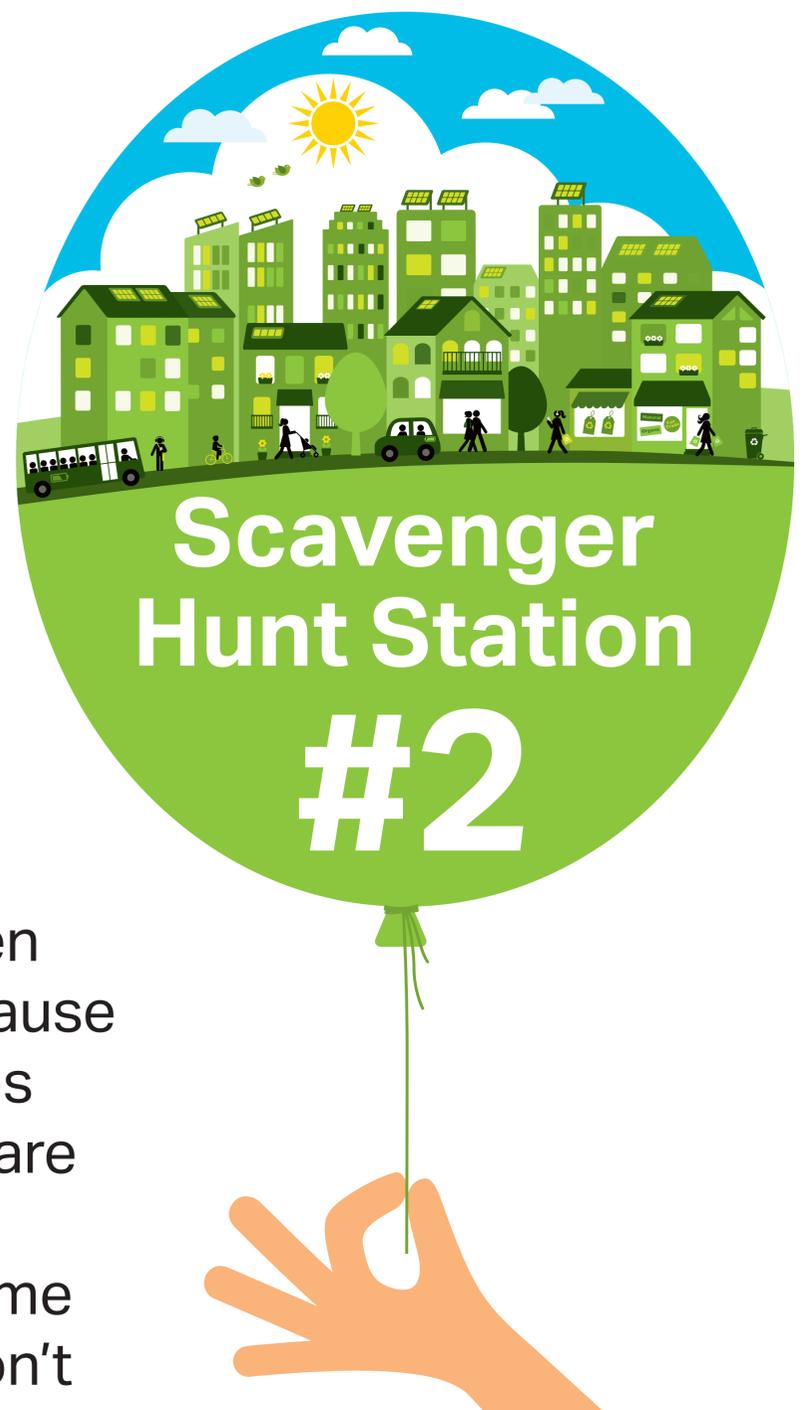
Made out of 30% recycled content and are themselves recyclable, sound absorbent, and light reflective.

## Carpet and kitchen flooring

Made of recycled content.

## Paints and adhesives

VOCs are solvents that get released into the air as paint dries. (Other products emit solvents, including adhesives, cleaning supplies, and even some home furnishings.) VOCs can cause acute symptoms, including headaches and dizziness. The long-term effects are less certain, but according to the U.S. Environmental Protection Agency, some VOCs are suspected carcinogens. Don't worry though, in our office all paints and adhesives used in the building are low/no VOCs!



**What  
can  
I do?**

**When purchasing paint for your home, be sure to buy those which are labeled no-VOC or low-VOC!**

Brought to you by your DC Metro+ Green Team



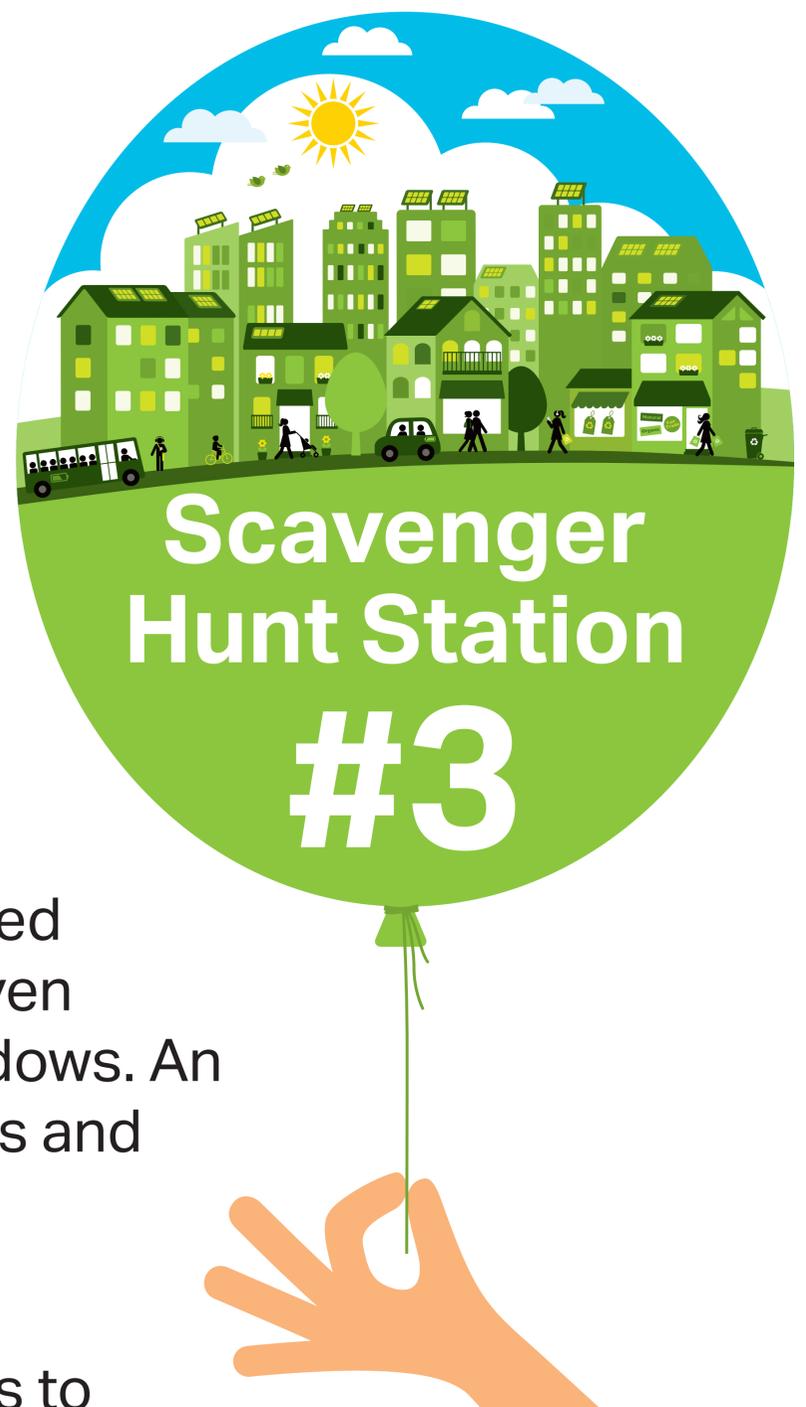
# Green features of our lighting and glass walls

## Indirect lighting

Typical ceiling mounted fixtures direct light unevenly, leaving high light levels directly under the fixtures but not enough light further from the fixtures. Most designers counter this by increasing the number of fixtures or putting them closer together, resulting in higher energy use and more glare. With indirect lighting, the light is below the fixture, and is directed back up to and reflected off the ceiling. This allows for more even light levels and far less glare and shadows. An additional benefit is electricity savings and lower cooling loads.

## Glass walls

The perimeter offices have glass walls to allow for maximum natural light in the building core.



**What  
can  
I do?**

At home, make the best use of natural light by decorating with mirrors and other reflective surfaces and hanging translucent shades. Not only does it lead to substantial energy savings, some studies have shown that using natural light has health benefits such as increased energy levels!

# Energy efficiency in our office

## Occupancy sensors

Occupancy sensors are lighting controls that automatically turn off lights in unoccupied spaces, reducing energy costs by reducing energy waste.

## LED exit lights

Exit signs might not seem like an important part of energy efficiency, but because they operate 24/7, they can have substantial electricity usage. Using LED exit signs can save up to \$40 in electricity costs per exit sign per year and also require less maintenance due to their longer life spans.

## HVAC shutdown

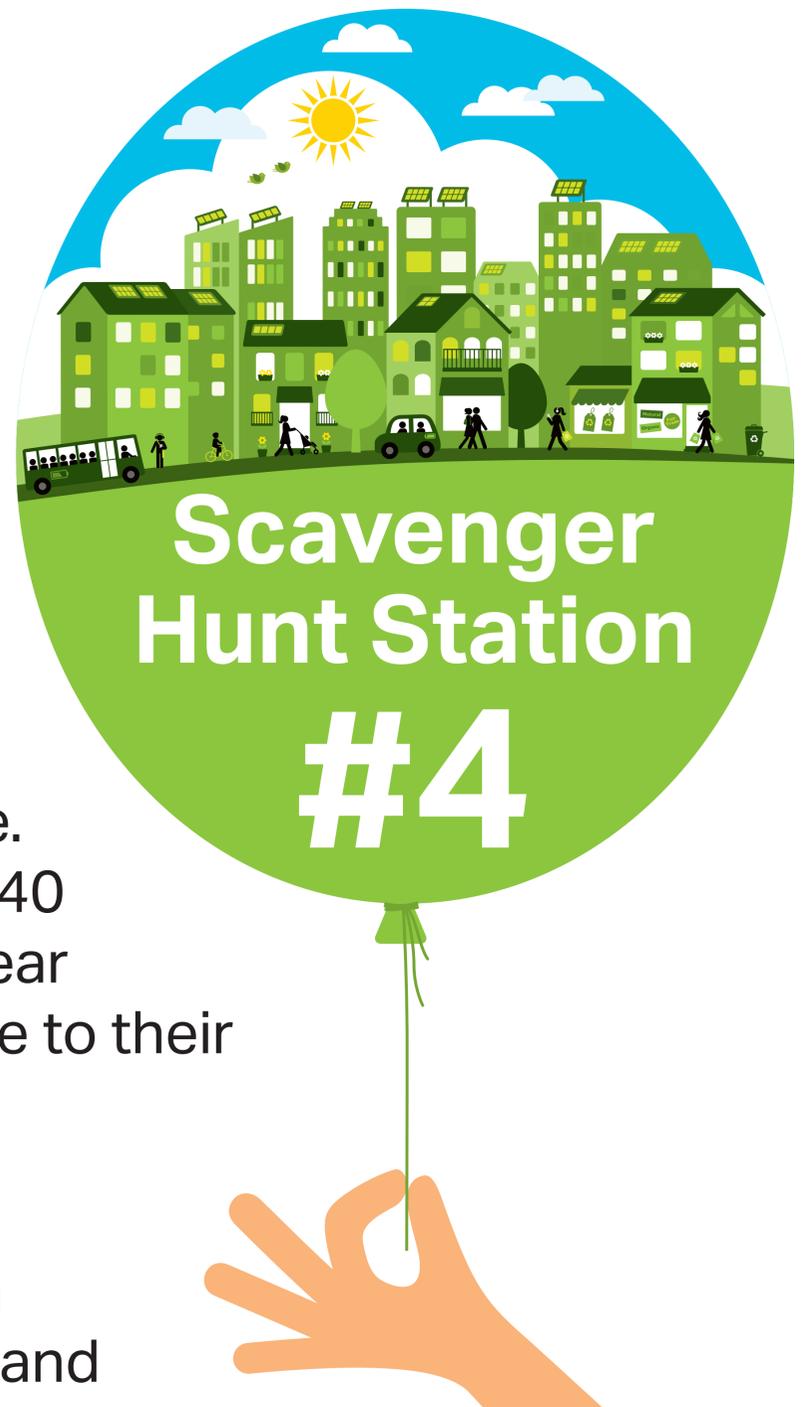
Milestone's management shuts down the HVAC systems on major holidays and weekends.

## Daytime cleaning

Milestone's green certified cleaning service is contracted for daytime cleaning, to reduce both energy and lighting costs!

**What  
can  
I do?**

If you have an office, don't wait for the automatic lights, click to turn off your lights when you leave. Use energy efficient light bulbs at home and turn off the lights when you leave a room.



# How we recycle

## Single stream

Single streaming simplifies the recycling process by allowing customers to combine recyclable paper, plastic, glass, steel and aluminum materials into one single container for collection. These materials are then picked up by a single truck and taken to the Waste Management recycling facility in Elkridge, MD, where advanced recycling technology is used to automate the sorting. Single streaming promotes recycling for those who like the simplicity of using one container for all recyclables. Maybe that's why Montgomery County had the highest recycling rate in the state in 2011 at 57.68%!



**What  
can  
I do?**

**Familiarize yourself with your county's recycling standards to increase recycling at home. Provide us with your name, email, and county/city of residence, and we will send you your local recycling guides!**

# Bike racks

## Health benefits of biking

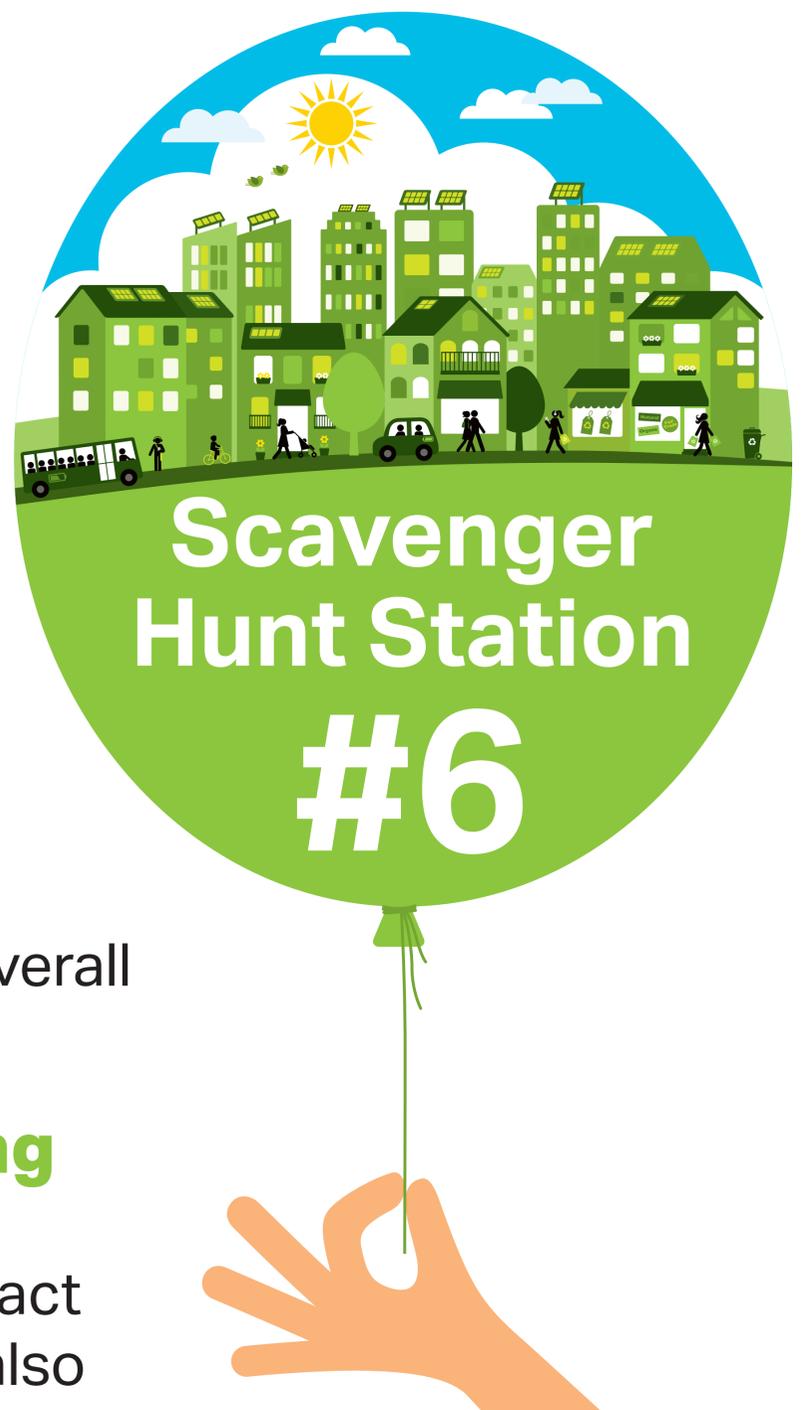
Riding a bike for three hours a week can cut your risk for heart disease by 50%. Plus, biking to work for a year can help the average person lose 13 pounds.

## Financial benefits of biking

You can save money by biking to work. The average annual operating expenses of a bike is \$7,692 less than the average cost of operating a car for a year. Plus, you can also save healthcare costs by improving your overall health.

## Psychological benefits of biking

Exercise can improve your mood and sitting in rush hour traffic does the exact opposite, so by biking to work, you'll also be a lot happier both in the office and when you get back home in the evening.



What  
can  
I do?

Give it a try on Bike To Work Day,  
Friday, May 20, 2016.

# Rainwater cistern

## Landscape irrigation

Our building's landscaping irrigation system primarily uses captured rainwater from the cistern. In addition to the obvious economic benefits, rainwater harvesting can reduce stormwater runoff and prevent local flooding.



What  
can  
I do ?

Install a rain barrel, plant a raingarden, or put permeable pavement in your driveway using guidance AECOM developed for Montgomery County, MD as part of their RainScapes project (<http://www.montgomerycountymd.gov/DEP/water/rainscapes.html>).

# Repro/mail room

## Paper

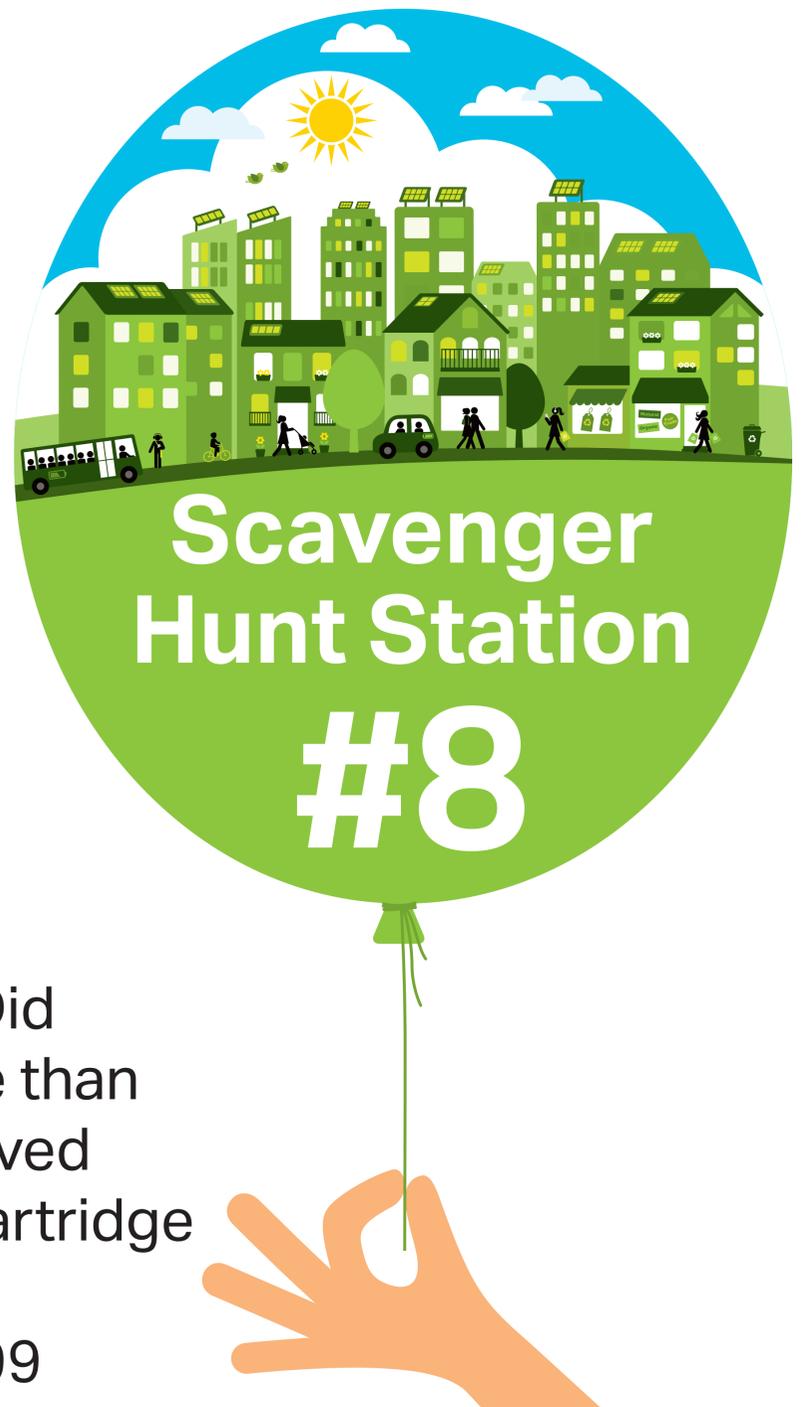
The repro room uses paper with 30% recycled content, the highest content recommended to prevent jamming on copiers.

## Scrap paper

All drafts are printed on scrap paper. Bring your reusable scrap paper down to the repro room instead of putting them in the recycling bin!

## Ink cartridge recycling

All used ink cartridges are recycled. Did you know that in North America, more than 40,000 tons of plastic and metal is saved from landfills annually as a result of cartridge recycling. For every 100,000 used cartridges recycled, we can save 9,599 kilograms of aluminum, 40 tons of plastic, and 1 million liters of oil!



**What  
can  
I do?**

**Don't throw those ink cartridges in the trash!  
Bring them in to the office to be properly  
disposed of.**

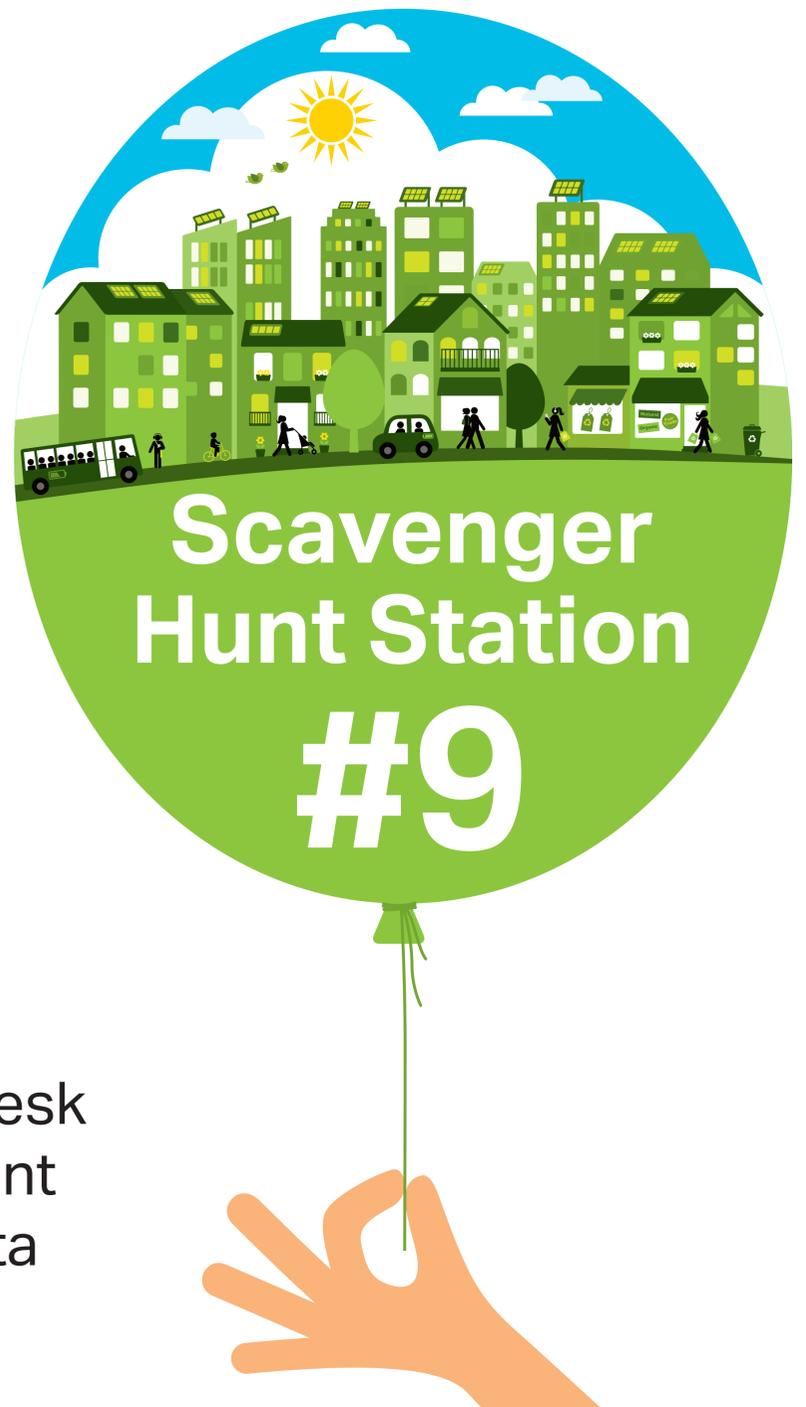
# Cell phone recycling

## E-waste

Cell phones, PDAs and other electronic devices contain hazardous materials such as lead, mercury, cadmium, arsenic and brominated flame retardants. Many of those materials can be recycled and reused; none of them should go into landfills where they can contaminate air, soil and groundwater. Did you know that currently only 10% of the cell phones used in the US are recycled?

## Security

Phones are kept secure at the front desk until they are mailed to a certified agent who wipes the devices clean of all data and information.



**What  
can  
I do?**

**Bring in and recycle those old cell phones collecting dust at home!**