

# Waste management policy at Rīga Stradiņš University

At Rīga Stradiņš University (RSU), we believe that a healthy society begins with a responsible attitude towards the environment. For us, sustainability means caring for resources, people, and the future. Every student, employee, and partner in the RSU community is part of a shared commitment — to live and work in a sustainable way.

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## 1. Single-use materials

RSU deliberately reduces the use of single-use materials.

- We have **stopped purchasing single-use cups**.
- We encourage students and employees to use their own **reusable dishes, mugs, and bottles**.
- Shared kitchens are equipped with **ceramic mugs** that are washed in energy-efficient dishwashers and reused.
- We use Longo Pack bags, thereby reducing the number of single-use garbage bags.

In this way, we **limit plastic consumption** and reduce the amount of waste that ends up in the environment.

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## 2. Reuse of resources

We handle material resources and equipment with care.

- RSU furniture is reused in both **new and renovated projects**.

This approach strengthens **the principles of circular economy**, reduces waste generation, and promotes sustainable development.

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## 3. Waste sorting and recycling

RSU follows the principle – **waste should be sorted where it is generated**.

- All RSU premises have waste sorting systems equipped with Longo Pack bags.
- Paper is collected in reusable and recyclable cardboard boxes.
- Office waste bins and liners are not used.
- Every student and employee is individually responsible for proper waste sorting.

Sorting waste is a daily habit that helps keep the environment cleaner and reduces the amount of waste sent to landfills.

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#### 4. Management of biological waste

RSU promotes separate collection and recycling of biological waste.

- Biological waste is collected separately and handed over to a **licensed waste management company** that processes it into compost or biogas.

This reduces the total amount of waste and helps **keep natural resources in circulation**.

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#### 5. Sorting and disposal of hazardous waste

RSU ensure safe collection and disposal of hazardous waste, particularly in laboratories and research environments.

- Hazardous waste (for example, chemicals, laboratory solutions, batteries, bulbs, electronic devices) is **collected separately** and handed over to a **licensed waste management company**.
- All processes are carried out in accordance with environmental protection requirements and safety standards.

This approach helps prevent potential harm to the environment and human health.

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#### 6. Reducing paper waste

We are transitioning to electronic document management, reducing paper use and improving the speed and efficiency of administrative processes.

A digital approach means less printing, less waste, and greater efficiency. Digitāla pieeja nozīmē mazāk drukas, mazāk atkritumu un lielāku efektivitāti.

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#### 7. Monitoring waste quantities

RSU monitors waste generation to implement data-driven optimisation measures.

The following waste categories are tracked separately:

- Paper and cardboard

- Plastic
  - Food
  - Batteries
  - Bulbs
  - Chemical and medical waste
  - Non-recyclable household waste
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## 8. Energy-efficient and resource-saving solutions

In restrooms, we are gradually introducing **electric hand dryers**, reducing the use of paper towels.

Replaceable bottled water dispensers are being replaced with **water filters connected to the water supply**, thereby reducing the use of plastic bottles and the pollution associated with their transport and replacement.

RSU also chooses **energy-efficient solutions** for building and equipment maintenance, reducing electricity and water consumption.

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## 9. Requirements for external service providers

Contracts with outsourced service providers include requirements for waste reduction, sorting, and recycling.

External service providers are obliged to report on the quantity and management of generated waste.

Catering services:

- Service providers offer **deposit containers** for take-away food, thereby reducing the number of single-use dishes.
- We use **reusable dishes** and wash them in energy-efficient dishwashers.

Cleaning and maintenance services:

- The service is provided by a company selected through a **green procurement** process.
- The provider uses environmentally friendly cleaning materials and submits **quarterly reports on the types and amounts of cleaning products used**.