

# HSE BULLETIN

HEALTH . SAFETY . ENVIRONMENT



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## LET US MINIMIZE OUR WASTE



### What constitutes waste around us?

Indonesian Law No. 18 of 2008: waste is referred to as the scraps of human beings' daily activities and / or residue of natural process that are solid in nature,

### Classification of Waste:

- Organic Waste: those that general will get rotten / decomposed naturally (for example: food, paper, leaf, wooden, fruit scraps, etc.)
- Inorganic Waste: those that generally would not get rotten / decomposed biologically (for example: plastic, tin, glass, metal/iron scraps, etc.)
- Dangerous and Toxic Waste: those originating from dangerous and toxic material that are combustible, environmentally pollutant, and endangering human health (for example: batteries, bulbs, cans of paint, oil etc.)

### Why should waste be managed properly?

1. It affects human health causing diarrhea, dysentery, skin diseases and even fatality due to waste contaminated food, etc.
2. It affects the environment causing soil, water, and air being contaminated.
3. It affects the social life causing distracted human activities due to stinky odor, greenhouse effect, and other long-term impacts.

### How should we manage waste?

Waste management shall be a systematic, comprehensive and sustainable activity to improve the quality of community's health and environment and to convert waste to resources through the principle of **3R** (Reduce, Reuse, Recycle) prior to being finally destroyed/annihilated. The principle of 3R is:

- **Reduce** meaning to reduce everything that will produce waste. The more we use material, the more waste we produce.
- **Reuse** meaning to re-use waste that is reusable for the original function or different one. It shall extend the usage period of the object before it becomes waste.
- **Recycle** meaning to recycle waste to produce beneficial new product. Not every waste can be recycled but currently there are many non-formal and home industry scale of businesses existing that convert waste to other products.

## How to implement 3R in daily activities?

The implementation of 3R in daily activities can be done by anyone, anytime, and anywhere



It just requires our little extra time, determination, and concern on the environment

Examples of **Reduce** in daily activities:

- Avoid using and buying products that will produce greater waste.
- Reduce the use of disposable product/material, for example: use handkerchief instead of paper tissue, use the rechargeable battery and refillable bottle of water, etc.
- Minimize the use of paper and use email (paperless media) for written communication, use electronic folder to save files that can be deleted and re-written, use both sides of paper for printing and copying.
- Avoid using and buying less priority/necessary stuffs



Examples of **Reuse** in daily activities:

- Choose to use reusable bags (made of fabric) instead of plastic bags.
- Re-use the empty container or packaging for the same function or other functions.

For example, use the empty drink bottle to contain used cooking oil.

- Use the empty side of paper to scribble.
- Separate waste into organic and inorganic containers and give the separated waste to the relevant parties.  
For example: give food scraps for cattle fodder.



Examples of **Recycle** in daily activities:

- Recycle the organic waste to become compost.
- Use the used drink bottles to make containers of stationeries such as pens and pencils.
- Use the used cardboard to make photo frames, etc.



## Tips

- Do realize that with regard to earth protection and natural resources conservation, reducing the consumption of waste-producing sources is far more effective than recycling.
- Do use the papers efficiently at work.
- Do use drink bottles that you can refill at work and in daily activities to reduce the volume of inorganic waste (plastic).
- Do bring your own shopping bag (non-plastic) to reduce the volume of plastic waste and to support the Regulation of Regional Government (PERDA) banning the use of plastic bags by retailers.
- Starting from ourselves, let us have concern on our work environment to see any chance to implement the principle of **3R** (Reduce, Reuse & Recycle).

### Sources :

1. Law No. 18 of 2008 Regarding Waste Management.
2. Bumi Lestari Journal Vol 15 No. 2, August 2015, Pg. 136 - 146 Regarding Planning of Integrated Waste Management, Village of Sempaja Selatan, Samarinda.
3. <https://lifestyle.kompas.com/read/2019/03/11/081100220/berbagai-tindakan-sederhana-untuk-mengurangi-penggunaan-plastik>
4. <http://www.ksh.co.id/news/show/127> Reduce Reuse Recycle