



Best Foot Forward

Bringing sustainability down to earth

Carbon Footprint Breakout Session

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Carbon Footprinting

Simon Miller from Best Foot Forward hosted a workshop session on carbon footprinting and how it can be applied in the commercial workplace. Simon asked attendees why they had come to this session, and the significance of sustainability measurements to their business. He delivered a presentation structured under the following subheadings:

1. Climate Change Overview

Introduction which framed the latest opinion on climate change, what is causing it and how it is viewed in government, business and wider society.

2. Introduction to Carbon Footprinting

- a. Interactive session inviting attendees to define “carbon footprint”, how it is measured, what it is useful for, and what contributes to it.
- b. The carbon footprint was then applied in the context of an office environment, and attendees were challenged to rank the impacts of products, services and activities in order of magnitude. The attendees were then asked to list the most likely impacts of their office on the environment, and identify those which were relatively “big hitters”
- c. Case studies – Simon presented a range of results from projects completed by his company, Best Foot Forward. These included several offices, government departments and products including airline meals, office chairs and South African apples

3. Using footprint results to reduce environmental impact

- a. Simon demonstrated Best Foot Forward’s new online calculator (see www.footprinter.com) and how it can be used to do office calculations.
- b. Interactive session for attendees to consider opportunities to reduce emissions from material use; commuting; business travel; energy use; and waste generation.
- c. Case study – series of slides and explanations on opportunities to reduce transport emissions by modal switches, demand management and technological advancement.

4. ‘Carbon neutral’

Simon gave an overview of the current interest in being ‘carbon neutral’, what it means and asked attendees to consider the pros and cons of this approach.

For more information on applying carbon footprinting to commercial premises go to www.bestfootforward.com or contact Simon directly: simon@bestfootforward.com