Sustainability Checklist

Energy Efficiency

AUSTRALIAN DENTAL ASSOCIATION
SOUTH AUSTRALIA

This checklist highlights practical actions ranging from simple, easy-to-implement steps to more advanced solutions that may require longer-term planning. There is no set order in which the actions need to be completed. Whether your practice is just beginning its sustainability journey or looking to build on existing initiatives, this checklist is designed to guide and support meaningful progress.

Achieving sustainability relies on prioritising energy efficiency. Energy-efficient initiatives can be integrated into current health practices through the following measures:

- Using energy-efficient appliances
- Optimising the use of natural light
- Ensure appliances are turned off when not needed

General Lighting		
EE.1	**Have you ensured that blinds, curtains, or furniture do not unnecessarily block sunlight in nonclinical areas?** Optimise the use of natural light to reduce your electricity consumption spent on lighting.	○
EE.2	**Is LED lighting technology used instead of outdated technology, such as incandescent, halogen downlights, or CFL? If not, is there any potential to install LED lighting?** LEDs are highly energy efficient since they consume up to 90% less energy compared to other light types, yet with better light quality and longer lifespan.	○
EE.3	**In the last 12 months, have you identified areas where lights are often unnecessarily left on (such as storage rooms, sterilisation rooms, utility rooms, etc)?** Switching off unnecessary lights lowers energy bills since lighting is among the major energy consumers in health clinics. Automatic switches that operate based on occupancy sensors or timer settings should be used if feasible.	○
EE.4	**In the last 12 months, have you made any changes to your outdoor light, such as carpark lighting? And do you review timer settings on lights?** Daylight sensors and lighting timers are available to ensure that the lighting system is automatically changed to match the natural daylight.	○
Office Equipment		
EE.5	**Review the Energy Efficiency Star rating for all ICT equipment and appliances (i.e. monitors, printers, etc). See https://www.energyrating.gov.au/** It is important to use equipment and appliances with a higher star rating for lower energy consumption and lower operational costs.	○

WU.6	**Are all office equipment and appliances (printers, etc) turned off when idle? What processes are in place to ensure that this happens?** Turning off equipment and appliances not only reduces the energy consumption and operating costs, but it also prolongs the lifespan of these devices.	◯
Heating, Ventilation and Air Conditioning		
EE.7	**Inspect your outdoor and indoor air conditioning units – have they been cleaned in the last 12 months?** Regular inspection of indoor filters and outdoor coils ensures system efficiency and contributes to good air quality.	◯
EE.8	**How old are your air conditioning units?** Older units are likely to be inefficient and should be considered for replacement with a unit having a high coefficient of performance (COP).	◯
EE.9	**Has the air conditioning setpoint been changed in the last 12 months?** The ideal range for AC set points is 20-22°C in winter and 24-26°C in summer.	◯
EE.10	**In the last 12 months, have you reviewed and optimised your air conditioning schedule or procedures?** Optimising AC schedules is a good way to cut down on electricity use. Consider setting schedules that reflect your open/busy periods.	◯
Domestic Refrigeration		
EE.11	**Inspect the conditions of domestic fridges and freezers.** Observe for excessive ice buildups and constant compressor noise, since it indicates an issue with the door seal or the moisture management ability of the refrigerator.	◯
EE.12	**In the last 12 months, have you updated your fridge inventory to reflect the size, age, and energy rating of all your fridges? Is the budget available to replace inefficient fridges with efficient ones?** It is important to use refrigerators with a higher star rating for lower energy consumption and lower operational costs. See https://www.energyrating.gov.au/	◯
Hot Water		
EE.13	**In the last 12 months, have you reviewed your hot water setpoints?** Check that the temperature setpoints are not unnecessarily high.	◯
EE.14	**Can you see any visible damage or missing insulation on the hot water pipework?** Ensuring good pipework insulation helps reduce your energy consumption for hot water provision and air conditioning loading.	◯

Dental Specific

Dental Equipment		
EE.15	**Review the list of all dental equipment and plants (compressors, suction units, sterilisers, etc) requiring regular maintenance. Was this maintenance undertaken as scheduled in the last 12 months?** Regular maintenance is a significant contribution to ensuring that the equipment is operating in the best possible way.	◯

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EE.16	**Are your compressors and medical suction units operating well and in good condition? Check:** **a) less than 10 years old,** **b) no water discharge,** **c) low noise,** **d) not continuously running,** **e) The supplier provides energy use data.** If any of the above checks are not met, request your service provider to assess the condition and suggest an energy-efficient upgrade.	◯
EE.17	**Are equipment settings, such as "Eco" or power saving modes, used to reduce unnecessary energy use?** Dental equipment, such as suction units and X-ray machines, often has standby or low-power modes, which can significantly save energy.	◯
EE.18	**Are dental equipment and operatory devices (i.e. operatory lights, suction units, etc) turned off when idle? What processes are in place to ensure that this happens?** Turning off equipment and operatory devices not only reduces the energy consumption and operating costs but also prolongs the lifespan of these devices.	◯

This checklist has been developed by Rawtec and 2XE for the Australian Dental Association – South Australia (ADASA) as part of Lead-Educate-Assist-Promote (LEAP) grant provided by Green Industries SA (GISA). It is one of three sustainability checklists made publicly available.

To achieve consistent, relevant and achievable goals, it is recommended that you periodically revisit this checklist, record your current score, and set your organisation 3 new, priority actions to implement.

Date	Initial	Score	3 Priority actions to implement		
12/09/2025	*J. Smith*	*5/18*	*LED lighting (EE.2)*	*Review ratings (EE.5)*	*Power saving modes (EE.7)*

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