

At Work Travel Options Tool

Objective

Health Authority worksites are dispersed around the province. Some employees need to travel between different sites for work-related duties or meetings. The purpose of this tool is to increase awareness of environmentally sustainable communication and transportation options available to employees to replace work-related single occupancy vehicle (SOV) travel.

Background Information

Changing our transportation habits can go a long way towards reducing climate-altering greenhouse gases and improving the air quality in our region.

According to the *2010 Lower Fraser Valley Air Emissions Inventory & Forecast and Backcast*, light-duty vehicles (the cars and trucks we drive) account for:

- 31% of climate altering greenhouse gas emissions (CO₂ or carbon); and
- 18% of smog forming pollutants in our region.¹

The provincial government has set a target to reduce greenhouse gas (GHG) emissions by 33% by 2020 and by 80% by 2050. Technology improvements alone will not get us there. To meet these targets, it's estimated that transit, walking and cycling will need to account for 50% of our trips by 2040.

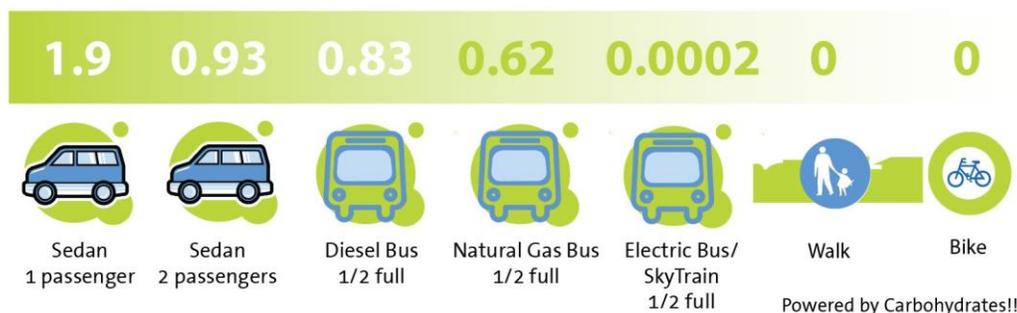
We all have an opportunity to help BC meet our responsibilities for addressing climate change.

Choosing a cleaner alternative to single occupant vehicles (SOV) just one day a week reduces GHG emissions by 20%. Carpooling with one other person, reduces your emissions in half, and taking transit, walking or cycling can reduce them to almost nothing.

There are many options for Green+Leaders who work at sites that are not easily accessible transit or bike. Setting up a car-pooling system, or simply driving to work with a coworker can be a great first step. Driving to a Park and Ride station is another option. You can also reduce the travel during work hours by using a shuttle service or increasing the use of teleconference and video-conference options.

Average CO₂ Emissions By Kilogram per Person for a 10 Km Trip*

* less is better!



¹<http://www.metrovancouver.org/services/air/whatsMVdoing/Pages/EmissionInventoriesandForecasts.aspx>

Potential Benefits

- Opportunity to help address the problem of climate change.
- Opportunity to help improve air quality in our region.
- Improved stress levels, from reduced time behind the wheel of a vehicle.
- Increased fitness levels and overall health.
- More parking space freed up for patients.
- Improved sense of community (especially for car-pooling activities).

Potential Barriers

- Perceptions that public transit is inconvenient, while driving seems easier and more efficient.
- Lack of awareness about sustainable transportation options and available programs.
- Misconception that driving costs roughly the same as transit.
- Need to travel off-site during the work day and lack of awareness of clean transportation options.
- Business attire can be prohibitive for cycling or walking.
- Assumptions that one needs to be young or athletic to cycle or walk to work.

Steps

Step 1

Either have your manager/director send out the email (below) to let people know about their **At Work Travel Alternatives** or send the email yourself. You can also bring up the points in the email at a staff meeting.

Step 2

Model the **At Work Travel Options** behaviour yourself and encourage your co-workers to do so too.

Step 3

Continue to talk with your colleagues about the options available to them. Use a combination of one-on-one conversations or presentations at meetings. Supplement these conversations with an email and/or other creative communication tools.

You may want to encourage your colleagues to commit to having at minimum one meeting via audio-conference or video conference and to travel to at minimum two meetings (where they would normally drive) by shuttle, carpool, transit or bicycle during the campaign.

Step 4

Evaluate the impact of your campaign. Determine the number of people whose transportation habits changed over the course of your campaign. Communicate the results to your coworkers and the Green+Leaders Lead sarah.currie@fraserhealth.ca

Sample Email

Subject: At Work Travel Options

Do you regularly travel between Health Authority sites or off-site during the workday? Did you know that you have a number of options that are cleaner, more sustainable and better for the environment?

Inter-hospital Shuttle: For employees at sites in Vancouver there is the inter-hospital shuttle between major health facilities in Vancouver. For schedules and drop-off/pick-up locations visit

<http://pod/TRANSPORT/SHUTTLES/pages/Default.aspx> or

http://www.vcha.ca/programs_services/commuter_centre/inter-hospital_shuttle_bus/page_31962.htm

For employees in Surrey, there is also an inter-hospital shuttle between selected sites. Please go to:

http://fhpulse/security_and_emergency_management/Documents/Central%20Surrey%20Health%20Shuttle%20Info%20Bulletin.pdf or

http://fhpulse/security_and_emergency_management/Documents/Central%20Surrey%20Health%20Shuttle%20Schedule.pdf

Audio-conferencing: You don't always need to meet face-to-face: Most phones and meeting rooms have audio-conferencing abilities where groups of people can call into one phone, and accomplish just as much, without extra travel.

Video conferencing: For times when you must be face-to-face try video conferencing. It's an easy way to meet and collaborate with people off-site. Many agencies with video conferencing capabilities can be found in the Lower Mainland, Fraser Valley, Vancouver Island, the Interior and the North.

Rooms must be booked in advance through the department or Agency that controls access to the room.

The video conference must be booked separately.

The TeleHealth office can provide location details and site contact information, and will assist in coordinating and booking your video conference.

Contact TeleHealth at telehealth@phsa.ca, telehealth@vch.ca or telehealth@fraserhealth.ca.

Thank you!

<Your Name>

<Position>