

A woman with dark hair, wearing a black tank top and denim overalls, is seated at a table in a workshop. She is sorting through a large pile of colorful plastic bottle caps (red, blue, green, yellow, white, etc.) that are spread out on a green tarp. She is holding a yellow cap in her right hand. In the background, there are various workshop items, including a white bucket, a yellow bucket, and a sign with text in Greek. The sign has the word 'ΟΙΚΟΓΕΙΤ' at the top and a list of items below it. The overall scene suggests a recycling or upcycling project.

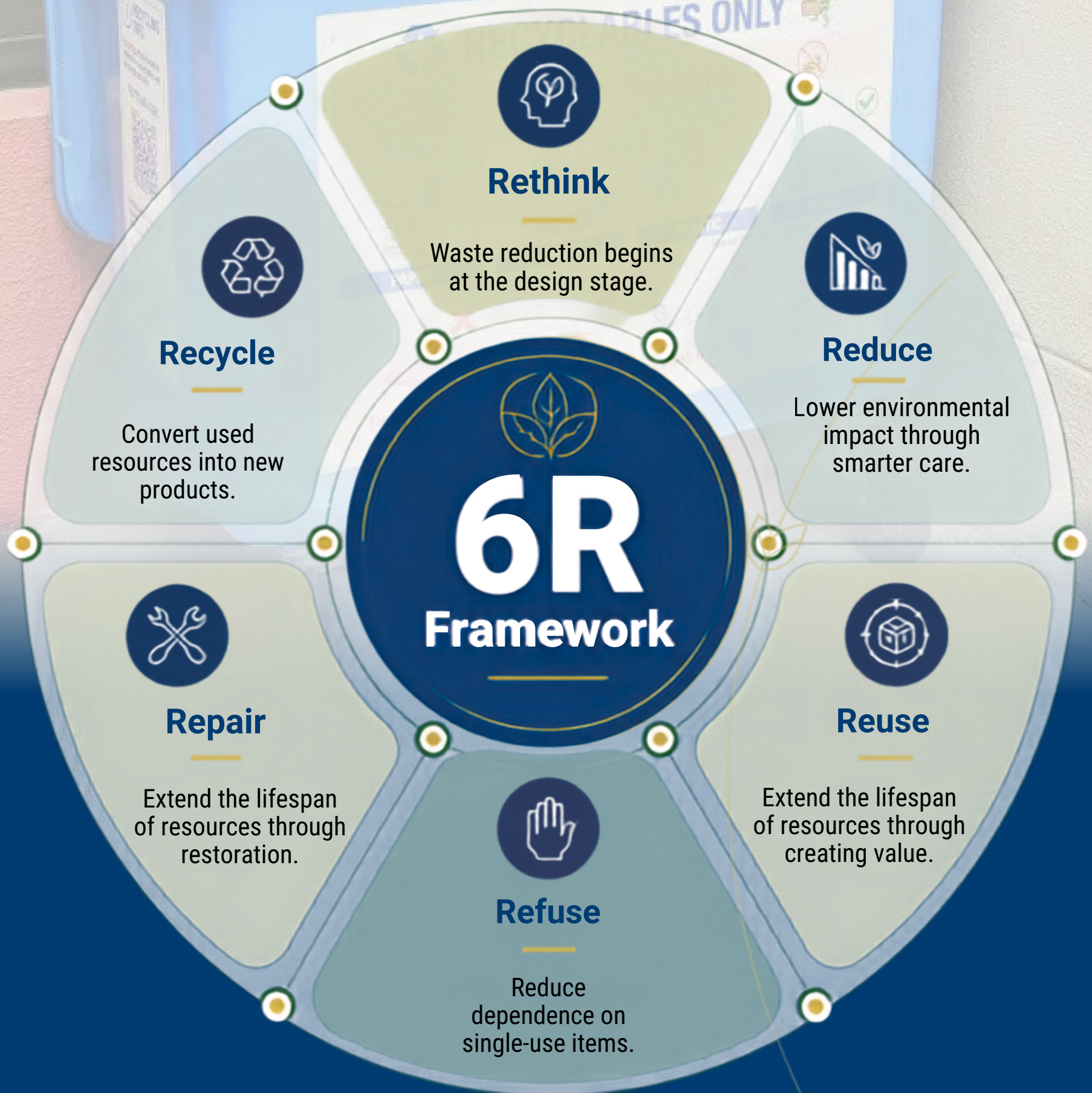
RETHINKING WASTE IN HEALTHCARE: EMBRACING THE 6Rs

The 6Rs –
Rethink, Reduce, Reuse,
Refuse, Repair and Recycle –
to minimise waste, maximise
resources and support a more
circular healthcare system.

UNDERSTANDING THE

6R WASTE FRAMEWORK

To rethink how resources are used and moving towards a circular economy.





Rethink

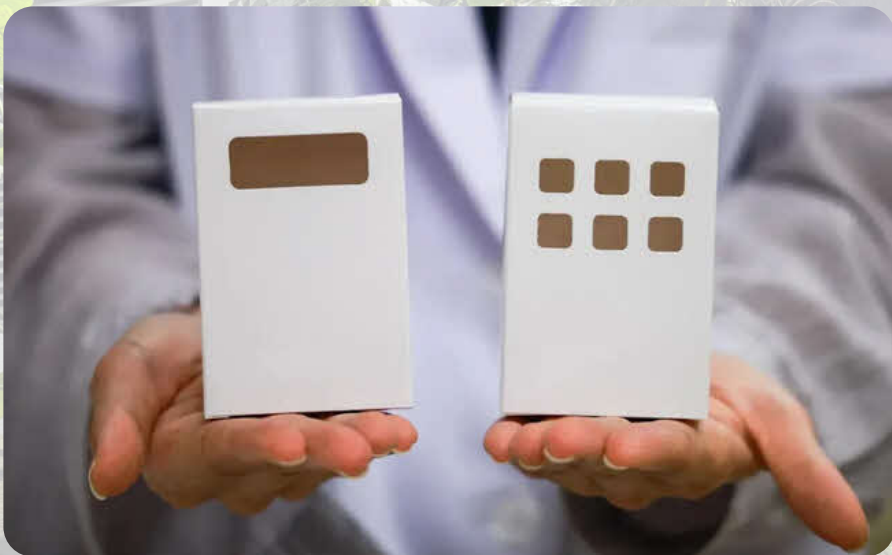
WASTE REDUCTION BEGINS AT THE DESIGN STAGE

Tan Tock Seng Hospital (TTSH) Pharmacy redesigned medication packaging into a fully recyclable format, enabling:

4.36 million
boxes to be recycled annually

4,592kg
of carbon emissions avoided

That's approximately
24 return flights
between Singapore and Bangkok!



DELIVERING CARE WITH FEWER RESOURCES

Through NHG Health's Choosing Wisely initiatives, clinicians are encouraged to reduce low-value healthcare interventions while maintaining quality patient care.

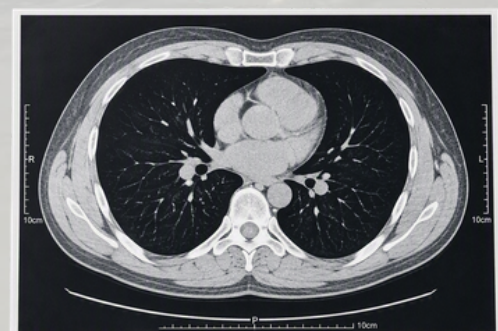
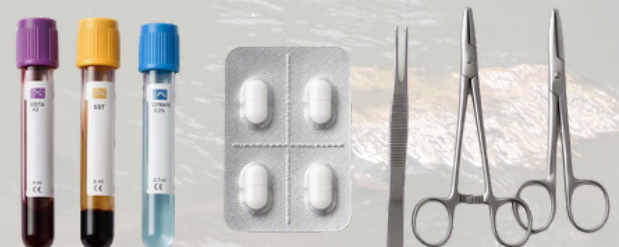
REDUCE WASTE. CREATE VALUE.

Choosing Wisely means:

- ✓ **Avoiding unnecessary care**
- ✓ **Reducing consumption of resources**
- ✓ **Eliminating low-value practices**
- ✓ **Improving outcomes that matter**
- ✓ **Preserving healthcare resources for future generations**



Reduce





Reuse

EXTEND THE LIFESPAN OF RESOURCES THROUGH CREATING VALUE

At the Institute of Mental Health (IMH), resources are given a second life through the refurbishment of uniforms, as well as creative repurposing of used materials.



Donated T-shirts were recycled into reusable tote bags.

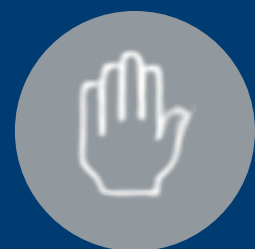


Felled Khaya trees were repurposed into community benches.



REDUCE DEPENDENCE ON SINGLE-USE ITEMS

The use of automatic paper towel dispensers, complemented by reminders, encourage staff and visitors to take only what they need and avoid paper waste.



Refuse



TTSH Pharmacy's "Say No to Plastic Bags" campaign allowed

24%
REDUCTION



in plastic bag consumption since 2022.



Repair

EXTEND THE LIFESPAN OF RESOURCES THROUGH RESTORATION

Through repair and maintenance, we reduce unnecessary waste and conserve valuable resources.

BEHIND EVERY WELL-MAINTAINED ASSET...

Across NHG Health, our Facilities & Engineering teams maintain, troubleshoot and repair equipment to ensure longer operational use and reduce the need for new replacements.



CONVERT USED RESOURCES INTO NEW PRODUCTS

When materials can no longer be reused or repaired, recycling helps close the loop.



Recycle

Through partnerships with recycling organisations, TTSH recovered

**8.55
tonnes**
of paper

**6.73
tonnes**
of plastic

between May 2024 and Dec 2025.



FOOD WASTE DIGESTERS



at Khoo Teck Puat Hospital (KTPH), WH and IMH convert food waste into compost.

FROM WASTE MANAGEMENT TO RESOURCE STEWARDSHIP

By embracing the 6Rs, we are delivering quality care while reducing environmental impact and making better use of finite resources as one NHG Health.



Every resource matters.
Every action counts.