



Recycling and
Environmental
Action
Planning
Society

Greening Your Office

...one tip at a time!

We care about the environment and we know you do too. Your office is a great place to make little changes that make a big difference. Here are some ideas to help you do just that. Provided monthly by R.E.A.P.S., we hope they inspire you to create change!

GREEN TIP #85:

Bike to Work!



May 2017

Winter is finally over! Celebrate the sweet smells of spring by busting out the bicycle, unicycle, or penny farthing. Not only does cycling (or walking) to work keep you fit, it also saves you money, helps improve air quality, and reduces greenhouse gases!

Be Safe! B.C. Law states: Cyclists have the same rights and duties as vehicle driv-

Are you worried about safety and cycling in the city? This guide prepared by BikeSense B.C. will fill you in on your legal responsibilities, equipment, visibility, cycling and traffic skills, and much more!

<http://www.bikesense.bc.ca/documents/bikesense.pdf>

The City of Prince George's Cycle Network Plan can also help you **prepare your safest route to work!**:

<http://princegeorge.ca/citybusiness/longrangeplanning/transportationplans/cyclenetworkplan/Documents/biketrails.pdf>

Hit the Road! - Make your office lifestyle more bike-friendly!

- Do you bring home a lot of office work? - **Panniers bags** can make it much easier to haul your load.
- Only have enough energy to bike one way? No worries! The city buses have **bike racks** to take your bike and your tired body home.
- Most of the time, office buildings don't have showers. Need some tips on freshening up? Here are some options:
 1. get into work early enough to have a quick wash in a bathroom sink or use a hand towel.
 2. Bring a full change of clothes and keep your work shoes under your office desk/locker. Try staying in your bike clothes for 15 min. to avoid sweating in your clean work clothes.
 3. Don't forget your deodorant!!
- Bicycle thefts are more common than one might think! Talk to your office manager about setting up a safer bike storage space.
- Organize monthly Bike Clinics! Share free bike repair tips and hold a bike swap/sale!
- Hold 'Bike to Work' contests! - Bike decoration, most km's biked in a week, etc. have PRIZES!

Do you have any questions or suggestions? Call or email us at green_solutions@reaps.org!

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