

Introduction

It's Week 13 of CGLP! To catch up on anything that you've missed, head over to iSEE's website [here](#). This week, we'll be going over Elective Actions #14 & #15.

14. Keep freezers organized so you don't have to open them for longer than needed. Have a consistent labeling system for items such as name, nature of sample, and expected removal date.
15. Remove any unnecessary samples from freezer on at least a yearly basis.

As a reminder, completion of five Elective Actions beyond the Required Actions will earn you Bronze level certification, completion of ten will earn Silver level certification, and fifteen Elective Actions will earn Gold level certification.

Instructions

Elective Action #14: Keep freezers organized so you don't have to open them for longer than needed. Have a consistent labeling system for items such as name, nature of sample, and expected removal date.

Chances are we've all had someone tell us to shut the fridge because we're letting all the cold air out and wasting energy. So imagine how much more energy is being waste when an ULT lab freezer is hanging open! Thankfully, good freezer organization can go a long ways to minimizing the time it needs to be open.

An obvious step is to make sure that old and unneeded samples are cleaned out, so you don't have to dig through these samples. However, poor organization of the samples you do need can also make it hard to find what you're looking for quickly and efficiently. By constructing a clear labeling and organizing system, it will be much easier to locate the samples you're seeking and not let too much cold air out of the freezer.

Of course, not all old samples are unneeded, so a good way to sort out what to keep and save might be to [construct a spreadsheet](#) and/or database to go along with your labeling system.

Elective Action #15: Remove any unnecessary samples from freezer on at least a yearly basis.

While of course it's human instinct to want to hold onto things that we may or may not need for certain, keep in mind that the accumulation of samples (beyond being

energy inefficient) can often lead to the purchase of more freezers to hold them all. Having to do this is both expensive and leads to even more energy consumption. So set a specific date every year to go through all your samples and sort out the ones that can be disposed of!