



Achieving Sustainability Excellence: Synexa's Journey to My Green Lab Certification

Synexa Life Sciences recently achieved **My Green Lab** certification, an impressive milestone that highlights their commitment to sustainable laboratory practices. At **Lasec®**, we share this dedication to sustainability and are proud to collaborate with innovative companies like **Synexa**, who are leading the way in creating greener lab environments. Together, we aim to inspire and empower laboratories across Africa to adopt more environmentally responsible practices.

In this interview, **Melanie Lucas**, **General Manager at Synexa**, shares insights into their **sustainability journey**, the steps taken to achieve this milestone, and the impact it has had on both their operations and corporate culture.



Synexa's efforts provide a valuable roadmap for other organisations looking to reduce their environmental footprint while maintaining operational excellence.

1. Can you tell us about Synexa and the work you do, and how sustainability fits into your overall mission as a company?

[Melanie] **Synexa** Life Sciences was established in 2003. We're a biomarker and bioanalytical solutions provider with a focus on leading with science. We specialise in the development, validation, and delivery of complex, custom-designed assays through a network of laboratories staffed by highly skilled scientists. We are customer-centric and agile, with deep expertise in immunoassays, immunogenicity, flow cytometry, and LC-MS/MS.

Sustainability is not just a corporate objective for us—it has become a core principle that underpins our operations. As a company grounded in scientific integrity and innovation, we recognise the need to reduce our environmental footprint while advancing healthcare solutions. We view sustainable operations not as a checkbox, but as an essential part of long-term business resilience, responsible leadership, and scientific excellence.

2. Achieving My Green Lab status is a significant accomplishment. Can you walk us through the journey your team took to reach this milestone?

[Melanie] Our journey toward My Green Lab certification began with a shift in mindset—acknowledging that even small, everyday lab practices have environmental consequences. We conducted a baseline assessment of energy usage, waste handling, chemical management, and equipment practices, which helped us identify key areas for improvement.

We also established a project coordinator and a Green Team—an internal task force comprised of passionate staff from various departments. The team championed change, engaged colleagues, and rolled out training initiatives. The certification process helped formalise our efforts and provided a framework to measure

3. What were some of the key challenges you faced during the process of becoming My Green Lab certified, and how did you overcome them?

[Melanie] To be honest, one of the major challenges was simply making time for sustainability in a fast-paced lab environment. With tight deadlines and operational demands, it's easy to view sustainability as secondary. We overcame this by intentionally prioritising it—scheduling dedicated sessions, gaining leadership support, and integrating green practices into daily routines.

I am especially grateful to our project coordinator and Green Team, whose dedication and drive kept us focused and made the journey both impactful and rewarding. This shift helped embed sustainability into both our culture and long-term planning.



4. How has receiving My Green Lab status changed the way Synexa approaches sustainability, both within your laboratory operations and as part of your corporate culture?

[Melanie] Achieving My Green Lab status has embedded sustainability deeper into our DNA. It's no longer a side initiative; it's the way in which we view decisions across our lab and business operations. In our labs, it has resulted in more thoughtful resource use, better waste segregation, and energy-conscious behaviours.

It has also changed the way we think about procurement—in attempts to source suppliers and products that align with our environmental values. Furthermore, it has become a differentiator in how we position ourselves to clients and collaborators who prioritise environmental responsibility, making it a key aspect of our business approach.

5. Could you share a few specific initiatives or changes you implemented that had the greatest impact on your sustainability efforts and helped you achieve My Green Lab status?

[Melanie] Some of the most impactful initiatives included:

Equipment usage optimisation: We implemented the 'shut-the-sash' campaign for our fume hoods and replaced older equipment with energy-efficient models.

Energy optimisation: We scheduled shutdown protocols, where feasible, for incubators and other equipment when not in use.

Staff engagement: We shared targeted communications and introduced visual prompts in labs to reinforce environmentally conscious behaviours.

Waste reduction: We increased recycling streams throughout the facility, improving overall waste segregation.

These changes, while often small in isolation, added up to a meaningful shift in how we operate day-to-day.

6. What advice would you offer to other organisations or labs looking to embark on their own sustainability journey or achieve My Green Lab certification?

[Melanie] John C. Maxwell said, "The greatest gap in the world is the gap between knowing and doing." That perfectly sums up sustainability in the lab. Once a lab knows what it should be doing, turning that knowledge into consistent action is where the real impact begins. Start small but be intentional. Don't wait for the perfect moment—begin by assessing where you are, identifying a few quick wins, and build momentum. Engage your team early and often; success comes when sustainability is seen as a shared responsibility. Leverage the My Green Lab tools and community. Their framework is practical, science-driven, and adaptable to labs of all sizes. Continuous improvement is key, and every step forward matters.

Synexa's journey to achieving My Green Lab certification is a powerful example of how deliberate, thoughtful steps toward sustainability can lead to lasting, meaningful change. By prioritising environmental responsibility, engaging their team, and fostering a culture of continuous improvement, **Synexa** has set a strong precedent for other organisations in the lab industry. As they continue to innovate and grow, their commitment to sustainability remains a cornerstone of their success. For any lab or organisation looking to make a difference, **Synexa's** experience serves as an inspiring blueprint for how small, consistent actions can lead to substantial positive outcomes.

Coming Soon

Keep an eye out for details on our next webinar—we'll be building on these discussions with more practical tools and supplier insights to help labs across Africa work greener, smarter, and more sustainably.

Contact your **Lasec® Sales Representative** for more information.

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