

Lab Safety and Conduct

1. Come prepared to spend a full lab period on the activity planned that day:
 - familiarize yourself with the lab activity ahead of time
 - be sufficiently rested & nourished
 - dress in proper attire and hair style
 - no open-toe footwear
 - no shorts or short skirts – cover the legs
 - tie long hair back or keep it in a bun or hair net
 - avoid interruptions/distractions: no visitors allowed; turn off cell phone
 - **food & beverages are prohibited in labs at all times!**
2. “Lab demeanor” is a critical part of safety—focusing on doing tasks efficiently and safely, not letting your attention wander or being diverted, and being aware of what is going on around you. **Be alert and focused.**
3. **Eye protection is mandatory** anytime anyone is doing lab work; other personal protective equipment (“PPE”) may be appropriate at times (primarily gloves).
4. Know the location and proper operation of:
 - safety shower
 - eye wash
 - fire extinguishers
 - fire blanket.
5. Know what to do in case of a spill; know the location of the spill clean-up kits, and which one to use for what kind of spill.
6. Know how to dispose of sharps & broken glass correctly.
7. Know and use good lab practice for the handling of chemicals and solutions:
 - don’t use spatulas to get chemicals out of jars
 - don’t use pipettes to get stock solutions out of bottles
 - don’t put unused chemicals or solutions back in their containers
 - don’t leave containers uncapped when they are not in use, in your hands
(when you set it down, you cap it up)
 - notify everyone immediately in the event of a spill, and clean up spills promptly
 - be able to retrieve MSDS’s on-line and know what information they include
8. Lab no-no’s:
 - putting objects down the sink
 - mouth pipetting
 - waving labware/chemicals around
 - heating tubes containing any chemical while they are pointed at other people
9. Clean-up before leaving:
 - glassware
 - equipment (especially balances)
 - lab surfaces
 - your hands!!