



# College of Science Department of Medical Physics

### Lab Safety Rules

Science labs offer great opportunities for learning, teaching, and research. They also pose hazards that require proper safety precautions.

**Stay safe when conducting your labs by following these guidelines.**

- Dress appropriately**  
The back long hair and wear suitable gloves, goggles, and other protective equipment.
- Know location of emergency numbers & safety equipment**  
911 Know the location of safety equipment & emergency phone numbers. So you can access them quickly if necessary.
- No Food**  
Don't eat or drink in lab and never taste chemicals.
- ID Hazards**  
Identify hazardous materials before beginning labs.
- Be Attentive**  
Be attentive while in the lab. Don't leave an experiment in progress.
- Be careful when handling hot glassware**  
Turn off all heating equipment when not in use. Keep flammable deposits away from your workspace.
- Keep a clean workspace**  
Don't clutter work area with books, papers, or coats. Keep coats, bags, and other personal items stored in designated areas away from the lab. Don't drink or eat with coats.
- Handle glassware carefully**  
Properly dispose of anything that breaks. Report any spills, broken equipment, or other incidents immediately.
- Clean up**  
After completing the lab, carefully clean your workspace and the equipment. Don't forget to wash your hands.

### 5 steps SAFE TO USE CHEMICALS

- 1 KNOW WHERE THE HEALTH MANUALS ARE STORED**
- 2 STORE CHEMICALS IN SAFE STORAGE**
- 3 STORE CHEMICALS WHEN NOT IN USE**
- 4 STORE CHEMICALS IN ORIGINAL CONTAINER**
- 5 DISPOSE OF CHEMICALS IN RIGHT WAY (ENVIRONMENTALLY FRIENDLY)**

### Fire Action

- 1 Raise the alarm**
- 2 Call the Fire Brigade by dialing**
- 3 Leave the building by the nearest available exit**
- 4 Report to assembly point**
- 5 Do not return to the building until authorised to do so**
- 6 Do not use lifts**

### Clean & Safe At Work Checklist :

- Wear Your Head Cap
- Wear Your Goggles
- Wear Your Coat
- Wear Your Mouth Mask
- Wear Your Gloves
- Wear Non-Slip Shoes

Ready? Now You Can Start Working

### 7 STEPS TO SAFETY

During your stay at UPMC, we want to give you the best care possible. You and your loved ones can help us make sure that you stay safe and recover quickly by following these simple safety steps.

- 1 WASH YOUR HANDS**  
Clean hands will help to lower the risk of infection. Your visitors and the people who take care of you at home should also wash their hands or use hand sanitizer often.
- 2 SPEAK UP IF YOU'RE IN PAIN**  
Let someone know if you are in pain or if you are having side effects from your pain medicine. Pay attention to how you feel and tell us about your symptoms.
- 3 PROTECT YOUR SKIN**  
Change your position in bed often and safely move around as much as you can to prevent bedsores. Check your skin every day and try to keep it clean and dry.
- 4 BE CAREFUL SO YOU DON'T FALL**  
Call a nurse before getting out of bed. Get up slowly. Wear non-skid socks, slippers, or shoes that won't slip. Clear a safe path so you have plenty of room to move around.
- 5 TAKE YOUR MEDICINE**  
It is important to take your medicine exactly as your doctor tells you. If you have any questions about your medicine or side effects, please ask your doctor.
- 6 GET MOVING**  
Ask your nurse how soon you can safely get out of bed. Move your legs and ankles while lying down. Ask your doctor about compression devices or leg pumps to wear while in bed or sitting down to help blood flow in your legs and feet.
- 7 DON'T SMOKE**  
If you smoke, talk to your doctor about quitting. Patients who don't smoke recover more quickly.

**UPMC** You are an important part of your care team and we trust that you know your body better than we do. Always ask your health care team if you are unsure or need something explained. If you are worried about a symptom or side effect, please let us know.

### LAB SAFETY PROTOCOLS

- Proper Supervision**  
Don't perform lab experiments without instructor supervision.
- ID Hazards**  
Always read labels before using any chemicals.
- Safety First**  
Known location of safety equipment and emergency numbers.
- No Food**  
Don't eat or drink in the lab and never taste chemicals.
- Be Attentive**  
Be attentive while in the lab. Don't leave an experiment in progress.
- Handle Glassware Carefully**  
Properly dispose of anything that breaks.
- Use Protective Gear**  
Safety Goggles, Lab Coat, Gloves, Long Pants, Closed Shoes.
- Clean Up**  
After completing the lab, carefully clean your workspace and the equipment. Don't forget to wash your hands.

### LAB SAFETY REMINDERS

- Always pay attention and listen to your teacher.
- Use safety goggles and gloves during experiment.
- Wear proper attire like lab coat and closed shoes.
- Don't do any experiments without your teacher present.
- Handle lab apparatus with care.
- Don't eat, drink, or chew gum in the laboratory.
- Let's make our laboratory a safe and fun place for learning!
- Clean as you go.
- If something goes wrong, call your teacher immediately.

### Lab Safety

It is our joint responsibility to keep the lab clean and safe!

- Authorised persons only in the laboratory
- Lab coats must be worn
- Sanitizable footwear must be worn - no open shoes
- All accidents and dangerous events must be reported and recorded.
- No smoking, of any kind
- Do not store or consume food or drink in the lab
- All work must be carried out in accordance with risk assessment
- Dispose of waste properly, in line with policy
- Keep the lab tidy, and emergency routes accessible

**safepoint**