



# College of science

## Department of Physics





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### Lab Safety Rules

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

**1. Dress appropriately**  
Wear long sleeves, pants, and other available protective clothing, gloves, goggles, and other personal protective equipment.

**2. Know location of emergency numbers & safety equipment**  
Don't perform lab experiments without knowing where the nearest phone numbers are and what emergency services you can access from your lab.

**3. Be careful when handling hot glassware**  
Identify hazardous materials and handle them with care. Use heat-resistant gloves and avoid touching hot glassware.

**4. No Food**  
Don't eat or drink in the lab. Avoid eating or drinking while working with chemicals or equipment.

**5. ID Hazards**  
Identify hazardous materials and handle them with care. Use heat-resistant gloves and avoid touching hot glassware.

**6. Be Attentive**  
Pay attention to what you are doing and the environment around you. Avoid distractions and be aware of potential hazards.

**7. Clean up**  
After completing the lab, clean up any spills or messes. Properly dispose of anything that is broken or damaged. Wash your hands and tools after each experiment.

**8. Site safe when conducting your labs by following these guidelines.**  
Don't distract work areas, and don't leave equipment unattended. Turn off equipment when not in use, and clean up after each experiment.

**9. Keep a clean workspace**  
Keep your workspace clean and organized. Avoid cluttering your work area with unnecessary items.

**10. Handle glassware carefully**  
Handle glassware carefully and avoid dropping it. Use heat-resistant gloves and avoid touching hot glassware.

**11. Clean up**  
After completing the lab, clean up any spills or messes. Properly dispose of anything that is broken or damaged. Wash your hands and tools after each experiment.

### 5 steps SAFE TO USE CHEMICALS

- 1. KNOW WHERE THE HEALTH MANUALS ARE STORED**  
Know the location of safety equipment & emergency phone numbers. If you can access them quickly.
- 2. STORE CHEMICALS IN SAFE STORAGE**  
Identify hazardous materials and handle them with care. Use heat-resistant gloves and avoid touching hot glassware.
- 3. STORE CHEMICALS WHEN NOT IN USE**  
Identify hazardous materials and handle them with care. Use heat-resistant gloves and avoid touching hot glassware.
- 4. STORE CHEMICALS IN ORIGINAL CONTAINER**  
Identify hazardous materials and handle them with care. Use heat-resistant gloves and avoid touching hot glassware.
- 5. DISPOSE OF CHEMICALS IN RIGHT WAY (ENVIRONMENTALLY FRIENDLY)**  
Identify hazardous materials and handle them with care. Use heat-resistant gloves and avoid touching hot glassware.

### Fire Action

! Fire Action

- Raise the alarm**
- Call the Fire Brigade by dialling**
- Leave the building by the nearest available exit**
- Report to assembly point**
- Do not return to the building until authorised to do so**
- Do not use lifts**

### Clean & Safe At Work Checklist :

Ready? Now You Can Start Working

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

### 7 STEPS TO SAFETY

During your stay at UPMO, 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 come to your home should also wash their hands or use hand sanitizer often.
- 2. SPEAK UP IF YOU'RE IN PAIN**  
Ask your nurse how soon you can get out of bed. Move your legs and ankles while lying down. Ask your nurse about compression devices or leg pumps to wear while lying in bed or sitting down to help blood flow in your legs and feet.
- 3. PROTECT YOUR SKIN**  
Change your position in bed often and easily move around so 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-slip 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 get out of bed. Move your legs and ankles while lying down. Ask your nurse about compression devices or leg pumps to wear while lying 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** University of Pennsylvania Medical Center

You are an important part of your care team and we trust that you have questions about your care. If you have any concerns or need something explained, if you are worried about a symptom or side effect, please let us know.

### LAB SAFETY PROTOCOLS

**Proper Supervision**  
Always have a teacher or supervisor present, without instruction supervision.

**Use Protective Gear**  
Safety Goggles, Lab Coat, Gloves, Long Pants, Closed Shoes.

**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**  
Always pay attention and listen to your teacher. Don't leave in the lab. Don't leave an experiment in progress.

**Clean Up**  
After completing the lab, carefully clean your work area and equipment. Don't forget to wash your hands.

**Handle Glassware Carefully**  
Properly dispose of anything that breaks.

### LAB SAFETY REMINDERS

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

### Lab Safety

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

**Authorized personnel only in the laboratory**  
All accidents and dangerous events must be reported and recorded.

**Lab coats must be worn**  
No smoking, of any kind.

**Safety footwear must be worn - no open shoes**  
Do not store or consume food or drink in the lab.

**Keep the lab tidy, and emergency routes accessible**  
All work must be carried out in accordance with risk assessment.

**safepoint**

Scan to find out more about this topic and download a copy.

If anything is not to taste please notify.