



# College of science

## Department of Biology



خطر مواد كيميائية  
أكلة



خطر الانفجار



خطر قابل للاشتعال



يجب ارتداء نظارات السلامة



خطر مواد آكلة



خطر كهرباء



خطر مواد سامة



ممنوع التدخين



يجب ارتداء معطف السلامة



يجب ارتداء قفازات السلامة



يجب ارتداء الكمامات



مخاطر باليولوجية



خطر اشعاع مؤين



مخرج طوارى



يجب ارتداء قناع السلامة



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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 lab coat, long sleeves, and available 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 call.

**3. Be careful when handling hot glassware**  
Don't touch or move hot glassware. Use tongs or heat-resistant gloves to move hot glassware.

**4. Keep a clean workspace**  
Don't let debris or waste accumulate in the lab. Clean up spills and debris as soon as they occur.

**5. Handle glassware carefully**  
Identify hazardous materials and use appropriate safety equipment when handling them.

**6. Clean up**  
Proper disposal of anything that breaks or is damaged. Don't leave glassware or equipment unattended.

**7. Site safe when conducting your labs by following these guidelines.**

### 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

- Raise the alarm
- Call the Fire Brigade by dialling **911**
- 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 :

**Wear Your Head Cap** **Wear Your Goggle**  
**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 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 make sure you can move 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

### LAB SAFETY PROTOCOLS

**Proper Supervision** Always have a teacher present, without instructor 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 an experiment in progress.

**Clean Up** Always pay attention and listen to your teacher. Carefully clean your work area and equipment. Don't forget to wash your hands.

**Handle Glassware Carefully** Proper disposal of anything that breaks.

### LAB SAFETY REMINDERS

Always pay attention and listen to your teacher.	Use safety goggles and gloves during experiments.	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.
Clean as you go.	If something goes wrong, call your teacher immediately.	Let's make our laboratory a safe and fun place for learning!

### Lab Safety

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

- Authorized personnel only in the laboratory
- Lab coats must be worn
- Scratch-free wear 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** Scan to find out more about this topic and download a copy.