



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 الكمامة



مخاطر بايولوجية



خطر اشعاع مؤين



مخرج طوارئ



يجب ارتداء قناع السلامة

شعبة ضمان الجودة

كلية العلوم

College of science Department of Biology



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.

- Proper supervision**
Don't perform lab experiments without instructor supervision unless given permission to do so.
- Dress appropriately**
The back long hair, and wear suitable footwear.
- Know location of emergency numbers & safety equipment**
911
The location of safety equipment is a mandatory part of your lab orientation. Know the location of safety equipment, for you can access them quickly if needed.
- No Food**
Don't eat or drink in the lab.
- ID Hazards**
Identify hazardous materials before beginning lab.
- Be Attentive**
Be aware of your surroundings. Don't leave lab equipment unattended or use it carelessly.
- Be careful when handling hot glassware**
Type of hot glassware depends on your lab.
- Keep a clean workspace**
Don't clutter your workspace. Clean up after you.
- Handle glassware carefully**
Properly dispose of anything that breaks. Don't touch broken glass.
- Clean up**
After completing the lab, clean up the equipment, and 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 dialling**
- 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 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 UPMSC, we want to give you the best care possible. We and your loved ones can help you 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-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 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.

UPMSC
You are an important part of your care team and we trust that you know your body better than we do. Always ask your team, 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

Use Protective Gear

Proper Supervision
Don't perform lab experiments without instructor supervision.

ID Hazards
Always read labels before using any chemicals.

Safety First
Know the 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.

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

LAB SAFETY REMINDERS

- 1 Always pay attention and listen to your teacher.**
- 2 Use safety goggles and gloves during experiments.**
- 3 Wear proper attire the lab coat and closed shoes.**
- 4 Don't do any experiments without your teacher present.**
- 5 Handle lab apparatus with care.**
- 6 Don't eat, drink, or chew gum in the laboratory.**
- 7 Let's make our laboratory a safe and fun place for learning!**

8 Clean as you go.

9 If something goes wrong, call your teacher immediately.

Lab Safety

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

- Authorized persons only in the laboratory**
- Lab coats must be worn**
- Sensible 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**

safe point