

General Biology

Practical Part

Lesson (1)

Laboratory Safety

How to do a Risk Assessment?

- Determine hazards and evaluate risks
- Use all relevant available data
- Determine controls needed to minimise those risks
- Document the assessment
- Agree it with your lecturer
- Use those control measures

Protecting yourself

- Wear the clothing and protective wear identified in your risk assessment
- Laboratory coats must be kept fastened
- Don't wear sandals or open shoes
- Long hair must be tied back

Laboratory hygiene

1- Personal hygiene

- Wash well before leaving the lab, even if it's only for a short break.
 - Use soap and water, not solvents (which may enhance absorption of the chemical by the skin).
 - Wash immediately whenever any chemical comes in contact with your skin. Flush for at least 15 minutes.
- Avoid inhalation of chemicals.
 - Do not sniff a chemical in order to identify it.
- No food or drink is allowed in the lab or in chemical storage areas.
 - This includes gum and candy.
- Application of cosmetic products is not permitted.
- Use of tobacco products is not permitted in the lab. Smoking is prohibited.
- Never pipet any chemical by mouth.

General Tidiness

- Keep your workplace tidy
- Clear up waste, deal with washing up and put things away as you finish with them
- Make sure everything is safe before you leave things unattended
- A tidy laboratory avoids accidents to everyone

Laboratory Equipment

- Never use any laboratory equipment unless you are trained & have been authorised to do so
- As well as injuring yourself you may cause very costly damage

Protecting your health

If you have an allergy to lab materials or suffer from a medical condition which may affect you in the laboratory (eg diabetes or epilepsy), ensure that your supervisor knows

Waste Materials

- Part of your risk assessment will be to determine how to dispose of waste lab materials safely
 - Solvents and oils must be segregated into the correct waste bottle or drum
 - Your department will help you determine what to do with chemical or biological materials
- Do not put materials down the drain or in with normal waste unless authorised to do so