



## **Individual Safety:**

- Be familiar with emergency procedures
  - o Know where emergency showers, eye wash stations, fire extinguishers and drench hoses are located
  - o Eyewashes should be flushed regularly
- Wear hazard appropriate PPE (safety glasses, lab coat, gloves)
  - o Wear long pants, completely closed shoes and long hair tied up out of your face and away from your work.
- Keep lab coats clean (launder often)
- Do not wear contaminated PPE in chemical-free spaces (e.g., NMR room, outside, bathrooms, kitchens)
  - o Keep a spare set of clothing or gym clothes around so you can change in the case of a spill/contamination.
- Complete online safety training annually
- Do not work alone.
- Know who your lab safety officer is.
- Know where spill pads, sand, spill kits, and solid sodium bicarbonate are for cleaning up spills.
- Keep sand handy for quickly putting out a small fire.