

10 Commandments of Lab Safety

1. Understand the Hazards of Your Chemicals

- ☞ Read all labels
- ☞ Read the Material Safety Data Sheet (MSDS)
- ☞ Conduct a hazard and risk assessment

2. Protect Yourself from These Hazards

- ☞ Always wear proper lab attire when in the lab
- ☞ Always wear nitrile gloves (minimum) when handling chemicals
- ☞ Wear chemical goggles when working with corrosives and safety glasses when handling other chemicals that may splash
- ☞ Always follow all safety rules

3. Keep Your Exposure As Low As Possible

- ☞ Substitute chemicals with less hazardous chemical
- ☞ Use smallest amount of chemical
- ☞ Keep containers closed and covered

4. Use the Fume Hood for Particularly Hazardous Chemicals

[carcinogens, acutely toxic, reproductive, flammable]

- ☞ Make sure hood is working properly before beginning work
- ☞ Follow Fume Hood Use Procedures

5. Keep the Clean, Clean & the Dirty, Dirty

- ☞ Leave Personal Protective Equipment (PPE) in lab
- ☞ Don't touch common items (door knobs, faucets, phone, computer, radio) with gloves
- ☞ Wash your hands often
- ☞ Decontaminate work surfaces at the end of the day

6. Take Required Training

- ☞ Chemical Safety, Biological Safety, Bloodborne Pathogens, Hazardous Waste Disposal, Shipping of Dangerous goods
- ☞ See schedule: <http://www.stonybrook.edu/ehs/training/>

7. Store Chemicals Properly

- ☞ Label all containers with the name of the chemical
- ☞ Segregate chemicals by hazards
- ☞ Always use secondary containment
- ☞ Do not store flammables in a domestic refrigerator

8. Dispose Of Chemicals Properly

- ☞ Do not put hazardous chemicals down the drain
- ☞ Do not use squirt/wash bottles over the sink
- ☞ Use Hazardous Waste Labels
- ☞ Do not mix waste types
- ☞ Do not allow waste to accumulate

9. Know Where the Emergency Equipment Is & How to Use It

- ☞ Eyewash, shower, fire extinguisher, spill kit
- ☞ Have a plan to shut down lab processes and exit the building during an alarm

10. Report All Accidents