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Wearing shorts.Dress appropriately.Keep a tidy lab.Know your lab safety symbols.Handle chemical spills properly.Know your safety equipment.Test your skills in our Lab Safety simulation.of 10. The Most Important Lab Safety Rule. of 10. Know the Location of Safety Equipment. of 10. Dress for the Lab. of 10. Dont Eat or Drink in the Laboratory. of 10. Dont Taste or Sniff Chemicals. of 10. Dont Play Mad Scientist in the Laboratory. of 10. Dispose of Lab Waste Properly. of 10.Safety Rule #1 Know Your Name, Number And Address: Safety Rule #2 Do Not Eat Anything Given By A Stranger: Safety Rule #3 Do Not Climb The Fence: Safety Rule #4 Do Not Walk Off The Yard Alone: Safety Rule #5 Playing Or Experimenting With Fire Is Not Allowed:See also Which is difficult branch of science?The most important lab safety rule is to know the location of and how to use safety equipment, such as a fire extinguisher. 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Tie back long hair, jewelry, or anything that may catch in equipment. Never eat food, drink beverages, chew gum, apply cosmetics (including lip balm), or handle contact lenses in the laboratory.What is laboratory hazard?Laboratory hazard is defined as anything that has a potential to cause damage. People working in the laboratory are exposed to potential hazards.What is a safety precaution?(seft prkn) noun. a precaution that is taken in order to ensure that something is safe and not dangerous. SWAMI DAYANAND POST GRADUATEINSTITUTE OF PHARMACEUTICAL SCIENCE, PGIMS, ROHTAK Laboratory Working/ Safety Rules(Dos and Donts for Students) Conduct The use of personal audio or videoequipment is prohibited in the laboratory. Do not engage in boisterous conductor practical jokes in the laboratory. The performance of unauthorizedexperiments is strictly forbidden. Do not sit on laboratory benches orin working area. Never run in the laboratory. General Work Procedure Never work in the laboratory withoutthe supervision of an instructor. Always perform the experiments orwork precisely as directed by your instructor. Immediately report any spills,accidents, or injuries to your instructor. Never leave experiments while inprogress. Be careful when handling hotglassware and apparatus in the laboratory. Never point the open end of a testtube containing a substance at yourself or others. Never fill a pipette using mouthsuction, always use a pipetting device. Make sure no flammable solvents arein the surrounding area when lighting a flame. Turn off all heating apparatus, gasvalves, and water faucets when not in use. Store coats, bags, and otherpersonal items in designated areas. Notify your instructor of anysensitivity that you may have to particular chemical. Apparel in the Laboratory Wear a full-length, long-sleevedlaboratory coat or chemical-resistant apron in laboratory Always wear appropriate eyeprotection (chemical splash goggles) in the laboratory. Wear disposable gloves, as providedin the laboratory, when handling hazardous materials. Wear shoes that adequately cover thewhole foot with low-heel and non-slip soles are preferable. Do not wear sandals, open-toedshoes, open- backed shoes, or high-heeled shoes. Avoid wearing shorts or shortskirts; long pants that completely cover the legs are preferable. Secure long hair, loose clothing andsynthetic fingernails, which are made of extremely flammable polymers, are notrecommended in the laboratory. Hygiene Practices Keep yourhands away from your face, eyes, mouth, and body while using chemicals. Food and drink (open or closed)should never be brought into the laboratory. Do not use laboratory glassware foreating of food or drinking purposes. Wash hands after removing gloves andbefore leaving the laboratory. Remove any protective equipmentbefore leaving the laboratory. Housekeeping Keep work area neat and clean, freeof any unnecessary objects. Thoroughly clean your laboratorywork space at the end of the laboratory session. Do not block the sink drains withdebris. Never block access to exits oremergency equipment. Inspect all equipment for damage(cracks, defects, etc.) prior to usedo not use damaged equipment and wash thembefore use. Never pour chemical waste into sinkdrains or wastebaskets. Place chemical waste inappropriately labeled waste containers. Properly dispose of broken glasswareand other sharp objects (e.g., syringe needles) immediately in designatedcontainers. Properly dispose of gloves, filterpaper, and paper towels in the laboratory. Chemical Handling Check the label to verify it is thecorrect substance before using it. Wear appropriate chemical resistantgloves before handling chemicals. If you transfer chemicals from theiroriginal containers, label chemical containers with the contents,concentration, hazard and date. Always use a spatula to remove asolid reagent from a container. Do not directly touch any chemical with yourhands. Never use a metal spatula whenworking with peroxides (Metals will decompose explosively). Hold containers away from the bodywhen transferring a chemical or solution from one container to another. Use a hot water bath to heatflammable liquids. Never heat directly with a flame. Add concentrated acid to waterslowly. Never add water to a concentrated acid. Weigh out or remove only the amountof chemical you need. Never touch, taste, smell anyreagents or directly inhale the vapors. Clean up all spills properly anddispose of chemicals as instructed. Never handle bottles that are wet ortoo heavy for you. Emergency Procedure Knowthe location of all the exits in the laboratory and building. Knowthe location of the emergency phone. Knowthe location of and know how to operate the following Fireextinguishers Alarmsystems o Fire blankets Eyewashes Firstaid kits Dsafety showers. Incase of an emergency or accident, follow the established emergency plan asexplained by the teacher and evacuate the building via the nearest exit. Laboratories are integral to scientific research and education, offering a controlled environment for experiments and discoveries. However, they also present various hazards if safety protocols are not strictly followed. Ensuring the safe use of lab equipment is paramount to prevent accidents, injuries, and potential financial losses. This article delves into the dos and donts of laboratory safety, supported by relevant statistics and facts.Understanding Laboratory RisksStatistics on Lab-Related InjuriesEach year, a significant number of lab-related injuries are reported globally. According to the U.S. Bureau of Labor Statistics, a huge number of accidents and illnesses have been reported. Among such cases,2.8 million nonfatal workplace injuries were recorded. All of these cases were observed to occur in the labs. Specifically, the American Chemical Society highlights that most of these injuries result from improper use of lab equipment.Common Types of Lab AccidentsThe most frequent types of accidents in laboratories encompass a variety of hazards that pose significant risks to lab personnel. Burns are a common occurrence, often caused by the improper handling of Bunsen burners, hot plates, or other heat sources, leading to severe skin damage and pain. Cuts frequently result from broken glassware or the mishandling of sharp instruments, which can cause deep lacerations and potential infection.Chemical Exposure is another prevalent accident type stemming from spills, splashes, or the improper storage of hazardous chemicals. This exposure can lead to serious health issues, including respiratory problems, skin irritation, and long-term toxic effects. These types of accidents underscore the importance of adhering to Lab Safety rules and the safe use of lab equipment, as they can significantly reduce the likelihood of such incidents and ensure a safer working environment for all laboratory personnel.Costs of Lab AccidentsLab accidents can be costly, not only in terms of medical expenses but also due to equipment damage and downtime. Universities accounted for the highest rate of lab accidents by institution type, at 70.4% (138 cases). This high incidence rate underscores the substantial financial burden that lab accidents can impose on academic institutions, affecting both their operational efficiency and overall budget.Beyond the immediate medical costs and repair expenses, accidents can lead to significant disruptions in research activities, causing delays and potentially jeopardizing ongoing projects and funding. The ripple effect of such incidents highlights the critical need for stringent safety protocols and regular safety audits to mitigate risks and minimize costs.The Dos of Lab SafetyDo Wear Appropriate Personal Protective Equipment (PPE)Wearing lab safety equipment such as gloves, goggles, lab coats, and appropriate footwear is essential for maintaining a safe laboratory environment. Gloves are crucial as they protect hands from chemical exposure and cuts, preventing harmful substances from causing skin irritation or more severe health issues. Goggles are vital for shielding the eyes from splashes and flying debris, ensuring that no harmful chemicals or particles come into contact with the eyes, which could result in severe damage or blindness.Lab Coats serve as an important barrier against spills and splashes, preventing chemicals from soaking into clothing and coming into direct contact with the skin. This protective gear is fundamental in promoting lab safety rules and ensuring the safe use of lab equipment, ultimately safeguarding the well-being of all laboratory personnel.Do Follow Lab Safety RulesAdhering to established lab safety rules is critical for mitigating risks and ensuring a safe working environment. These rules are meticulously designed to address various hazards and promote safe practices within the laboratory. One fundamental aspect is to know emergency procedures, which involves familiarizing oneself with emergency exits, eyewash stations, and safety showers. This knowledge is vital for responding swiftly and effectively in case of an accident.Another crucial rule is to label and store chemicals properly. By correctly labeling and storing chemicals, accidental exposure, and dangerous reactions can be prevented, thereby maintaining a safe and organized workspace. Additionally, it is essential to conduct regular equipment inspections. Regularly checking and maintaining equipment ensures it is in good working condition, which prevents malfunctions and reduces the likelihood of accidents.Adhering to these lab safety rules not only protects individuals but also fosters a culture of safety and responsibility in the laboratory.Do Receive Formal Safety TrainingSafety training programs are vital for educating lab personnel on proper protocols and hazard recognition. According to the National Safety Council, a large number of lab workers who received formal safety training reported a significant reduction in incidents.Do Perform Safety AuditsFor better identification of potential hazards and ensuring compliance with the safety standards that are enlisted, regular safety audits and inspections should be done. Laboratories that conduct frequent safety audits report a 60% reduction in accidents compared to those that do not.The Donts of Lab SafetyDont Use Equipment without Proper TrainingOperating lab equipment without adequate training can lead to severe injuries. Statistics show that 40% of lab accidents are caused by misuse of equipment due to insufficient training.Dont Ignore Safety ProtocolsIn case of ignorance of safety protocols, accidents can also occur, apart from legal consequences. OSHA reports that laboratories violating safety regulations face fines ranging from $7,000 to $70,000 per violation.Dont Work AloneWorking alone in the lab increases the risk of unnoticed accidents. Always ensure there is another person present or nearby when conducting experiments, especially those involving hazard