

# Top Ten Tips

## Lab Safety

1. Make sure you wear proper lab attire.
2. Choose the appropriate personal protective equipment for your task.
3. Know the risks associated with the materials with which you are working.
4. Keep your work space neat and organized.
5. Know where emergency contact numbers and emergency equipment are located (e.g. safety shower, eyewash, fire alarm pull station, etc.).
6. Make sure you have appropriate training before you start to work in the lab.
7. Don't over-schedule yourself or rush to complete your work.
8. Make sure equipment is working properly before starting your work.
9. To avoid contamination, don't handle personal items (e.g. cell phone, tablet, etc.) while you work.
10. Properly dispose of any wastes generated during your work.