



LABORATORY SAFETY RULES

1. **Be aware of the location of the first aid kit, spill kit, fire extinguisher, nearest alarm pull stations, fire exit, and other emergency response equipment.**
2. **Don't eat or drink in the lab. Do not bring or store food, drinks, and related eating utensils in a laboratory.**
3. **Wear appropriate personal clothing for the laboratory to protect exposed skin. Wear shoes that provide full coverage of the feet.**
4. **You must wear a laboratory coat and personal protective equipment as appropriate when in the laboratory.**
5. **Wear appropriate eye protection in the laboratory. Unless prohibited by your supervisor you may wear contact lenses in the laboratory. If you wear contacts in the laboratory, you are prohibited from removing, adjusting or inserting them.**
6. **Perform procedures that involve the liberation of volatile, flammable, strong smelling or toxic materials in a fume hood.**
7. **Only allow authorized individuals in your laboratory.**
8. **Remove gloves and laboratory coats before leaving the laboratory.**
9. **Wash hands after removing gloves, and before leaving the laboratory.**
10. **Lock your laboratory when unoccupied.**
11. **Identify all containers, chemical storage areas, and waste appropriately.**
12. **Dispose of waste in accordance with the Hazardous Materials Services waste instructions, and dispose of it frequently.**

These Laboratory Safety Rules are to safeguard your health and the health of the University community, and are the minimum requirements for persons working in laboratories at the University of Calgary. For details refer to the Laboratory Safety manual.

Specific laboratory safety rules are outlined in other documents that govern the research and usage of specific hazards such as chemical, radioactive, and biohazardous materials.