

TOP 10 Tips For Lab Safety



Laboratory work can be dangerous. Learning how to work responsibly in lab is a journey that requires learning some rules but more importantly, fully embracing a lab safety mindset. Follow these ten tips to start down the path to a safer lab experience.

1

Safety first.

Safety must be the top priority every time you enter a lab setting. Your well-being, those of your lab mates and the physical property, are of utmost importance



2

Be focused and alert.

When working in a lab setting, you should be in a healthy state of mind, focused on the task at hand, and alert. Do not be distracted.



3

Take your time.

Do not rush into a lab before researching all the safety issues and identifying ways to eliminate or minimize risks.



6

Always wear PPE.

Put all the appropriate PPE on before you enter a lab setting.



5

Incorporate safety into the design and preparation for your laboratory experience.

Scientists who incorporate safety steps into the design of a lab experiment, as part of the scientific method, develop healthier long-term safety habits.



4

Remember RAMP.

Recognize the hazard(s), assess the risk(s), minimize the risk(s), and prepare for emergencies.



7

Check your environment, all exits, and equipment.

Be aware of the location of all the different safety equipment in the lab and know how to use it.



8

Stay well-organized and keep a neat lab.

Being organized and neat is a major asset to lab safety. Even if this is not your natural habit, develop this skill for all lab experiments.



9

Embrace a learning mindset.

Safety is more than a set of rules to memorize. Safety is a mindset, you learn with each new experience or from your lab mates. Safety is an ongoing, lifelong effort.



10

Develop a shared culture of lab safety.

Talk with your lab manager, PI, department chair, or university about how you can create and foster a shared culture of lab safety.

