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.

4. **Remember RAMP.**
   Recognize the hazard(s), assess the risk(s), minimize the risk(s), and prepare for emergencies.

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.

6. **Always wear PPE.**
   Put all the appropriate PPE on before you enter a lab setting.

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.

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