### Personal Protection

**LAB COAT**
- Lab coats must be worn and fastened until all experiments have been completed.
- Laboratory clothing must not be worn outside the laboratory.

**GLOVES**
- Gloves must be worn when handling infectious material.
- Gloves must be removed and properly disposed of before leaving the laboratory.

**EYE AND FACE PROTECTION**
- Eye protection must be worn when there is a potential risk of splashes or flying objects.

**FOOTWEAR**
- Suitable footwear with closed toes and heels must be worn in the laboratory.

### Laboratory Working Area

**THERE ARE A NUMBER OF ACTIONS THAT ARE NEVER PERMITTED IN THE LABORATORY**

- Never apply cosmetics.
- Never smoke.
- Never remove or insert contact lenses within the lab area.
- Never eat.
- Never store food or drinks, personal belongings, or utensils.
- Never drink.
- Never mouth pipette any substance.

### Hand Washing

- Hand washing is the most important practice.
- Hands must be washed after the removal of gloves.
- Hand washing should last as long as it takes to sing the happy birthday song to yourself – twice!

### Cleanup and Disposal Procedures

- Work surfaces must be cleaned thoroughly with a suitable disinfectant at the end of every experiment as well as after any spill.
- Most glassware, instruments and laboratory clothing can be reused or recycled after appropriate decontamination.
- Equipment should be decontaminated when work is completed.
- Broken glass must be disposed in a puncture-resistant sharps container.

### Hygienic Practices

- Wearing jewellery is not recommended in the laboratory.
- Cover any open wounds, cuts, or scratches with waterproof dressings.
- Tie back long hair.

### Emergency Procedures

- Report any lab incident immediately to the laboratory supervisor.