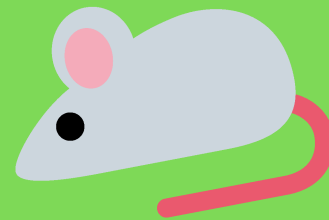


LAB TIPS FOR SAFETY & SUCCESS



1

GET SLEEP

While it might seem impossible at times, getting adequate sleep improves the immune system, improves our ability to learn, and lessens the chance of making mistakes in lab!

2

BE PREPARED FOR LAB

Being able to take charge confidently in a lab experiment has numerous benefits, including allowing for fast decision-making, reducing the likelihood of mistakes, and helping you understand what your experiment is even about!

3

ASK FOR HELP

If you are unsure about something, asking for clarification from classmates and lab instructors can be an easy way to make sure you are on the right track. Lab instructors are valuable resources that are there for YOU!

4

COMMUNICATE

Do you know what your lab partner is doing right now? Make sure the two of you are on the same page to avoid accidents!

5

LABEL EVERYTHING

Working with more than one chemical? Humans are not perfect, and we can lose track of what chemical is stored where. Label everything as you go to keep track. Color coding is a fun alternative!

6

TAKE IT SLOW

Slow and steady wins the race.

7

WEAR PROTECTIVE EQUIPMENT

Be safe and look great doing it! Wear your lab coat, goggles, and gloves when needed. For obvious reasons, wearing shorts and/or open-toed shoes are discouraged.

8

KNOW WHAT YOU ARE WORKING WITH

Is this chemical flammable? Does this machine emit lasers? Does this animal bite? Knowing what you're working with is the first and often most important step to being safe in the lab. Wear the proper PPE, and if you feel unsafe, tell a lab TA or instructor immediately.

For safety information on a chemical, you can visit [go/sds/](https://www.govts.com/go/sds/), or scan the QR code found on most lab doors