

HEALTH AND SAFETY STANDARDS IN CHEMICAL AND BIOLOGICAL RESEARCH LABORATORIES AT UNIVERSITAT DE VALÈNCIA

1. Cleanliness and tidiness are two of the basic principles when working in a laboratory. On completion of the work, the used material must be placed in its proper place. Remember: DISORDER = RISK.
2. Do not improvise. Use the established work procedures, be aware of the chemical and biological agents you are dealing with (Safety Data Sheets, Pictograms, Labels...) and use extreme caution when carrying out your work in the laboratory.
3. The use of a lab coat (fully fastened), protective gloves and safety glasses or goggles is mandatory (the use of contact lens is especially dangerous, as they cannot be quickly removed in the event of liquids splash, which may cause ocular injuries). The safety glasses, lab coat (REMEMBER: FOR A BREAK OR FOR A SNACK, LEAVE THE LAB COAT IN THE STACK) and protective gloves must be removed if leaving the laboratory. Thereupon, wash your hands.

Use the proper Personal Protective Equipment (PPE) according to circumstances.

4. Eating and drinking in the laboratory are not allowed. Tie your hair up, avoid bracelets, watches, rings, large sleeves, shorts, sandals or any other type of shoes that leave your feet exposed to splashes and spills.
5. The Occupational Health Physician on campus must be informed of pregnancy status, as well as possible allergy or sensitivity to any chemical or biological agent.
6. THE LABORATORY IS NO WAREHOUSE: minimise the amount of chemical products, properly manage the stocks and store the products in their proper place.
7. Keep control and stay in the laboratory when a chemical process is being carried out (reactions, distillations).
8. Before the use of any glass material, check that it is in perfect condition; otherwise, get rid of it. Do not use any equipment if unaware of its proper operation. Avoid handling any wet substances or flammable chemical agents around cabling and wiring.
9. Avoid pouring any product down the drain. These should be placed in the proper waste container for later collection.
10. FUME CUPBOARDS REGULATIONS: Adjust the height of the sash according to the danger of the task:
 - When not using the fume cupboard or with low frequency of use, keep the sash down.
 - When using the fume cupboard or with high frequency of use, the sash must NOT be in the full-open position, but at or below the safe sash opening marker.
11. Be aware of the safety signs, as well as both the location and operation of safety equipment to be used in the event of an emergency: fire extinguishers, fire blankets, safety showers, eyewash stations, etc. The closest emergency exits must be known. In all circumstances, the Servei de Prevenció i Medi Ambient must be informed of any incident/accident that may occur in the laboratory.

EMERGENCY TELEPHONE NUMBER: 112
NATIONAL INSTITUTE OF TOXICOLOGY: 91 562 04 20