

HEALTH AND SAFETY STANDARDS IN TEACHING LABORATORIES AT UNIVERSITAT DE VALÈNCIA

Laboratories with chemical and biological risk

1. The teaching staff shall ensure your health and safety during the laboratory classes to prevent accidents and incidents that could disrupt the regular course of the class. Ask them any possible doubts and never compromise your safety nor your classmates. As stated at the Health and Safety Plan of the University of Valencia, approved by the Governing Council on 1 December 2009, section 4.4.5, and Universities Council Agreement, 22 September 2011, section 2 of Annex I. Both documents contain the requirements of the Law on Occupational Risks Prevention.
2. Cleanliness and tidiness are two of the basic principles when working in a laboratory. On completion of the work, the used material must be cleaned and left in perfect condition. Remember: DISORDER = RISK.
3. Keep a responsible behaviour: follow the work procedures and safety standards in the laboratory. Use extreme caution and be aware of the chemical and biological agents you are dealing with (Safety Data Sheets, Pictograms, Labels...).
4. Containers carrying chemical products must not be left uncovered and must be labelled. Avoid pouring any hazardous product down the drain.
5. Avoid any direct contact with chemical or biological products. Remember that 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).
6. 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.
7. 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, ask your professor first.
8. The safety glasses, lab coat and protective gloves must be removed if leaving the laboratory. Thereupon, wash your hands.
9. Your professor must be informed of pregnancy status, as well as possible allergy or sensitivity to any chemical or biological agent.
10. Safety signs must be known. Be aware of the closest safety equipment: exits, fire extinguishers, fire blankets, safety showers, eyewash stations, etc. In the event of any incident or accident, however minor, keep calm, immediately report your professor and follow instructions.

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