



CDC Recommendations for Safe Lab Practices

What You Work With Can Make You Sick

Follow safe lab practices—and don't bring germs home with you.



Always wash your hands with soap and water...

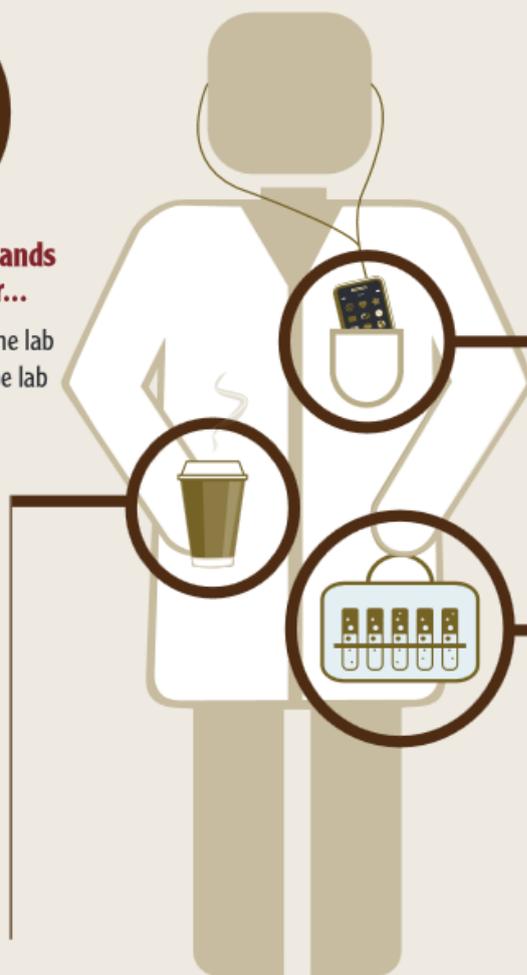
- ▶ Right after working in the lab
- ▶ Just before you leave the lab

Avoid contamination while in the lab.

Don't eat, drink, or put things in your mouth (such as gum)

Don't touch your mouth or eyes

Don't put on cosmetics (like lip balm) or handle your contact lenses



Don't carry dangerous germs from the laboratory home with you.

Leave personal items outside of the lab so you don't contaminate them: cell phone, car keys, tablet or laptop, MP3 player

Keep work items off of bench areas where you do experiments: backpacks, notebooks, pencils, pens

Leave lab supplies inside the lab.

If you must take supplies out of the lab, keep them in a separate bag so you don't contaminate anything else

Leave your experiment inside the lab so you can stay healthy outside the lab.



Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

CS237165

Training

Most of EHSO's Trainings are available online. ehso.emory.edu

Rad Safety Training
2nd Tuesdays at 10:00am (monthly)

Lab Safety Training
3rd Thursdays at 10:00am (monthly)

Chemical/ Radioactive Waste

[Full Schedule here...](#)

All **chemical** waste pick up should be requested by emailing chemwaste@emory.edu

All **radioactive** waste pick up should be requested via EHS Assist pick-up.

Chemical waste disposal inventory form and/or **radioactive** waste inventory form should accompany all waste containers at the time of pick-up.

PPE

Choice to be based on potential exposures involved:

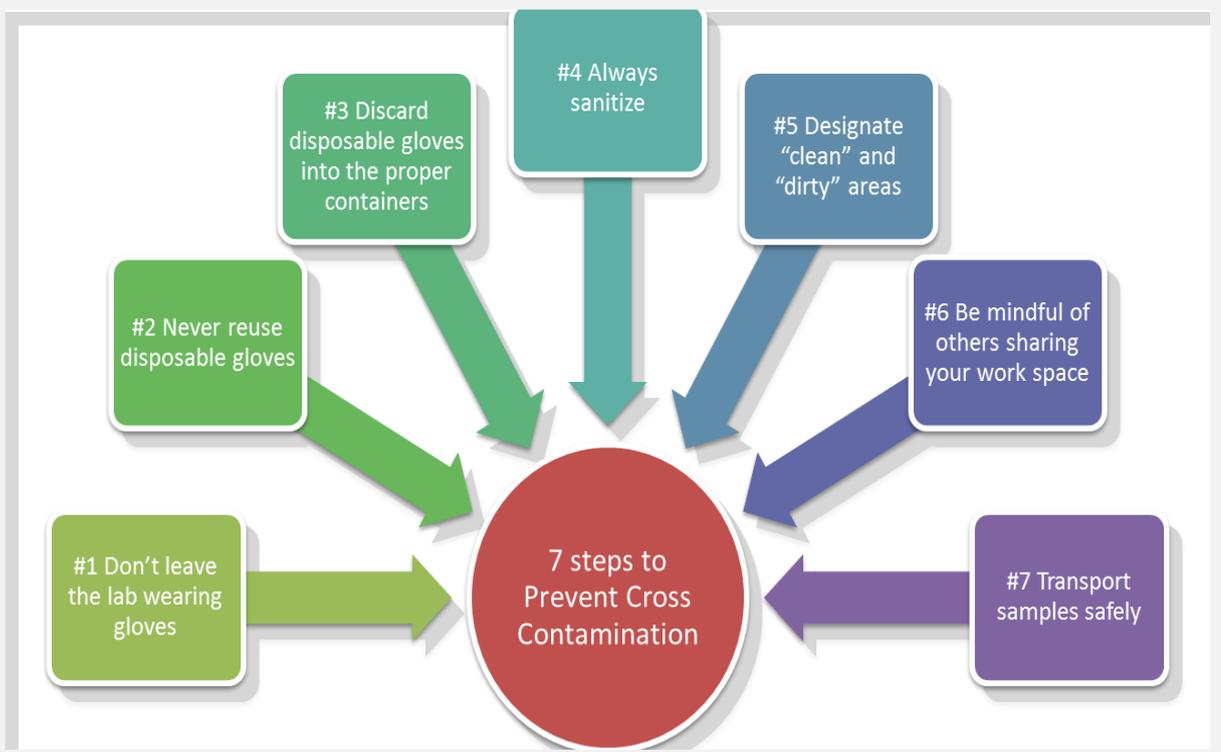
Eye: Glasses, goggles & face shields

Gloves: Appropriate for the type of procedure

Clothing: Gowns, lab coats, aprons, coveralls

Respirators: Appropriate for the type of procedure

7 Steps to Prevent Cross-Contamination...



1. *Gloves must be removed upon exiting the lab. Never touch elevator buttons, door handles, telephones, etc. while wearing gloves.*
2. *Reusing disposable gloves increases the likelihood of contamination. Change gloves often.*
3. *Don't leave gloves behind on bench tops or equipment. Discard gloves into the proper waste container.*
4. *Wash your hands after you remove your gloves.*
5. *Use biohazard labels to mark "dirty" areas and post signs to remind lab members where "clean" areas exist.*
6. *Refrain from wearing gloves or other Personal Protective Equipment (PPE) outside of the lab or animal care areas.*
7. *Use secondary containers to transport samples between rooms and between buildings.*

Please Read—

Signature indicates: I have read and I understand the information in this issue of Lab Rat Newsletter. Use an additional sheet of paper for more signatures, if needed and attach to this document.

- This newsletter is a tool to help fulfill a legal requirement for ongoing safety training.
- Supervisors are responsible for ensuring that individuals in their area have read and understood the information that applies to their area.
- The signed newsletter should be placed into the PIs EHSO Lab Safety Binder.

Signature Here

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Eye Wash Testing

Eyewash Stations should be tested and documented once a month by lab personnel

Certifications

Biosafety Cabinets, Geiger Meters and Chemical Fume Hoods:
Certifications are required annually.

Fire Extinguishers

Visual fire extinguisher inspections must be conducted monthly:
A. Is it present and mounted in its proper location?
B. Is it readily accessible?
C. Initial and date attached tag.
 If it appears to need servicing contact the Maintenance HELP line at 7-7463

Tell us how we are doing!

The newsletter has a new home. Every individual article is now hosted online at blogs.emory.edu/labratnews/

Got something to share? [Tell us!](#) Post comments, related articles/links, and safety concerns. Feel free to also send your comments to bi-osafe@emory.edu. We look forward to reading your ideas and comments!

Building Liaisons

[Click here](#) to find your building's Radiation and Research liaisons.