

General Health and Safety Principles

Good laboratory practice requires that every laboratory worker and supervisor observe the following:

1. Food and beverages are not permitted in the lab. Consume food and beverages only in properly designated areas.
2. Use appropriate personal protective equipment at all times.
3. Use laboratory equipment for its designed purpose.
4. Confine long hair and loose clothing.
5. Use a proper pipeting device. Absolutely no pipeting by mouth.
6. Avoid exposure to gases, vapours, aerosols and particulates by using a properly functioning laboratory fumehood.
7. Wash hands upon completion of laboratory procedures and remove all protective equipment including gloves and lab coats.
8. Ensure that the laboratory supervisor is informed of any unsafe condition.
9. Know the location and correct use of all available safety equipment.
10. Determine potential hazards and appropriate safety precautions before beginning new operations and confirm that existing safety equipment is sufficient for this new procedure.
11. Avoid disturbing or distracting other workers while they are performing laboratory tasks.
12. Ensure visitors to the laboratory are equipped with appropriate safety equipment.
13. Be certain all hazardous agents are stored correctly and labelled correctly according to Workplace Hazardous Materials Information Systems (WHMIS) requirements.
14. Consult the material safety data sheet prior to using an unfamiliar chemical and follow the proper procedures when handling or manipulating all hazardous agents.
15. Follow proper waste disposal procedures.