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| Never eat or drink in the lab | You might accidentally eat something hazardous. |
| Do not run or horseplay in the lab | You might cause an accident by interfering with someone else or tripping yourself. |
| Do not perform experiments unless instructed by your teacher. Don’t mix chemicals for “fun”. | You may not adequately understand what could be hazardous. You might also produce a dangerous substance or an explosive reaction by accident. |
| Keep equipment and work areas clean and organized. | Cluttered and unclean areas can result in unintentional and sometimes dangerous reactions. |
| Wear eye protection, lab aprons, closed toed shoes and other protection as directed by your teacher. | Glass fragments or other harmful substances can damage eyes. Clothing should be protected to minimize risk of fire or harm to clothes and skin. |
| Carry microscopes and other pieces of equipment with both hands, using one hand to support the instrument from underneath. | It is easy to drop heavy equipment if you are pushed or trip. This could hurt you as well as the equipment you are carrying. |
| Never use broken or chipped glassware. If you notice a chip, crack, or break notify your teacher and dispose of broken glass in the proper container. | Glass ware that is chipped, cracked or broken can cause cuts. Material placed in cracked glassware may leak. Damaged glassware can break very easily. |
| Learn the meaning of every safety symbol used in the lab. | Symbols will remind you of the hazards and how to prevent accidents and protect yourself. |
| Read labels on containers with care before using their contents. | Materials may have similar names or concentrations and may react differently. |
| Always wash your hands after each lab experiment, or when ever your hands have been exposed to anything that might harm you. | It is a good habit to avoid risk of exposure to anything that may hurt your skin or damage your tissue in any way. |
| Read instructions for an experiment several times. Be sure you understand each of them. Follow directions exactly. | Not understanding the procedures could result in an accident, a chemical reaction or not enough of the supplies. |