IMS Health, Safety and Wellbeing Newsletter

December 2022

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Focus on recent incidents – storage of items at height

A couple of recent incidents in the IMS building highlight the need for greater awareness of where items are stored in laboratories and offices:

- Hazardous items should never be stored above head height.
- If items are stored at height, they must be lightweight, non-bulky, non-hazardous, and safely stored.
- Store heavy and bulky items at low levels and lighter items at higher levels.
- Use kick-stools to access items stored out-of-reach.

Please take time to review your working space to avoid storage of items above head height.

Reminder of Good Laboratory Practice – update your Summary Safety manual

The IMS Summary Safety manual has recently been updated. Your lab's local safety coordinator may have changed!

A print copy of the most recent version should be displayed in each laboratory with the PI and your local safety coordinator added to the front page. The document can be downloaded at https://www.abdn.ac.uk/ims/safety/index.php

Contact Information

Safety information and forms can be found online at http://www.abdn.ac.uk/ims/safe ty/index.php

Lead Safety Coordinator

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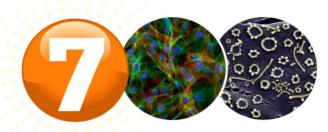
Emergency Contact No. Security x3939

Enter our festive wordsearch competition!

We are pleased to announce the return of our festive competition – see attached sheet Return your answer to Janice Forsyth by midday Mon 19th Dec to be entered into draw for a **£50 Amazon voucher*!**

(*IMS H&S committee members cannot enter competition)

Are you aware of The 7 Golden Rules for Foresterhill Scientists?



Golden rules of safety for Foresterhill scientists

1. Be safe with your sharps

Understand how to store, use and dispose of the needles and blades you use.

2. Know your chemical/instrument risk

Have a complete knowledge of the hazards of the chemicals you use and instruments you run.

3. Wear appropriate Personal Protective Equipment (PPE) and always your labcoat

For each experiment decide what PPE will keep you safe.

4. Be aware of the precautions needed for lone working

Never leave yourself isolated when performing an experiment unless risk is minimal and the work approved by your supervisor.

${\bf 5}.$ When the fire alarm sounds immediately leave the building

Your life is more valuable than that last experiment.

6. Always report any accident or near miss accident

Reporting accidents, even a near miss accident, is vital to make the building safer for everyone. This is simply done online at www.abdn.ac.uk/safety/general/accidents/

7. Be aware of computer workstation ergonomics

Repetitive Strain Injury has become one of the commonest work place injuries

This document is available at https://www.abdn.ac.uk/ims/documents/IMS-Safety-7-golden-rules.pdf. Why not print it off and display in your lab?