

# 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/safety/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.

**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/](http://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?