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/

7. **Be aware of computer workstation ergonomics**
   Repetitive Strain Injury has become one of the commonest work place injuries.