



# 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.