

## Lab Safety Rules for Personal Protective Equipment and Sanitation

Safety first! Follow all the lab safety rules for successful food science experiment.

1. Wash your hands thoroughly with hot, soapy water before and after each lab.
2. Avoid touching your face, hair, skin or unsanitary objects. Keep your hands away from your face (eyes and mouth especially) when handling chemicals in the food science lab.
3. If you are ill, do not work in the food science lab.
4. Clothing should be clean. Avoid jackets and shirts/blouses with long, loose sleeves.
5. Wear shoes that adequately cover the whole foot; low-heeled shoes with non-slip soles are preferable. Do not wear sandals, open-toed shoes, open-backed shoes or high-heeled shoes in the lab.
6. Remove jewelry (especially dangling jewelry).
7. Wear a full-length, long-sleeved lab coat or apron during the food science experiments.
8. Tie back long hair.
9. Wear safety goggles to protect your eyes when instructed by your teacher.
10. Wear disposable gloves when handling hazardous materials. Remove the gloves before exiting the laboratory.
11. Synthetic finger nails are not recommended in the lab; they are made of extremely flammable polymers which can burn to completion and are not easily extinguished.
12. Do not eat or drink any substance in the food science lab unless the teacher allows you permission to do so. Never chew gum in the lab.
13. Use extreme caution and care when handling microorganisms grown in petri dishes or test tubes.
14. Disinfect all counters and tables before and after each lab.

