



**PUBLIC INSTITUTION
STATE UNIVERSITY OF MEDICINE AND PHARMACY
"NICOLAE TESTEMITANU" OF THE REPUBLIC OF MOLDOVA
THE CHAIR OF BIOCHEMISTRY AND CLINICAL BIOCHEMISTRY**

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INSTRUCTION

APPROVED

Head of chair,
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SAFETY (PRECAUTIONS) IN THE BIOCHEMICAL LABORATORY

Laboratory safety rules and safe work practices or standard operating procedures (SOPS) should be established by lab to meet specific operational needs and to reduce the risks associated with laboratory hazards.

As a condition of entry to a laboratory, all individuals must complete a laboratory safety induction and receive specific training in local safety rules and laboratory procedures relating to their work (including relevant SOPs).

General Safety Rules

1. Wear safety goggles to protect eyes from chemicals, heated materials, or things that might be able to shatter.
2. Listen to or read instructions carefully before attempting to do anything..
3. Notify your teacher if any spills or accidents occur.
4. Use apron or gown while entering in Lab.
5. Wear shoes that cover your feet.
6. Always wear gloves while working in Lab.
7. Always wear mask while working in Lab.
8. After handling chemicals, always wash your hands with soap and water.
9. During lab work, keep your hands away from your face.
10. Tie back long hair.
11. Work areas/surfaces must be disinfected before and after use.
12. Label all materials with name, date, and any other applicable information.
13. Dispose of wastes in their proper containers.
14. Do not pour chemicals down the sink.
15. Do not walk about the laboratory with transfer loops, wires, needles or pipettes containing infectious materials.
16. Know the location of the fire extinguisher, fire blanket, eyewash station, and first aid kit.
17. Keep your work area uncluttered. Take to the lab station only what is necessary.
18. No food or drinks are permitted in the laboratory at any time.
19. Never put anything into your mouth during a biochemical lab experiment.
20. Clean up your lab area at the conclusion of the laboratory period.
21. Never "horse around" or play practical jokes in the laboratory.