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**WEAR SAFETY GLASSES**  
WHEN AN ACTIVITY REQUIRES IT



**WEAR A LAB COAT**

WHEN AN ACTIVITY REQUIRES IT (SPILLAGE OF DANGEROUS PRODUCTS)



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**DO NOT WEAR CONTACT LENSES**  
(PARTICLES OR PRODUCTS COULD BECOME LODGED BEHIND THEM)



**TIE YOUR HAIR**  
IF IT IS LONG



**ROLL LONG SLEEVES**  
AND AVOID SCARVES AND NECKLACES

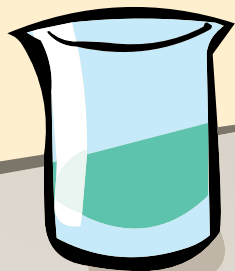


**AVOID CLOTHING MADE OF FLAMMABLE MATERIAL  
(NYLON, FOR EXAMPLE)**



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**WASH YOUR HANDS BEFORE LEAVING**  
THE LABORATORY/WORKSHOP



DO NOT EAT NOR DRINK IN THE LABORATORY/WORKROOM.





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**RESPECT THE MATERIAL**  
(DO NOT DAMAGE FURNITURE, TOOLS OR INSTRUMENTS)



**DO NOT RUN IN THE LABORATORY/WORKROOM**



**DO NOT DISTURB THOSE WHO ARE AT WORK,  
PARTICULARLY WHEN THEY ARE HANDLING DANGEROUS PRODUCTS**



**DO NOT SMELL A CHEMICAL UP CLOSE**  
(RATHER, WAVE YOUR HAND OVER THE OPENING TO MOVE THE AIR TOWARDS YOUR NOSE)



DO NOT WALK WITH A POINTED OBJECT DIRECTED TOWARDS OTHERS  
(POINT IT TOWARDS THE GROUND)



**AVOID WEARING INAPPROPRIATE SHOES  
(LIKE SANDALS, HIGH HEELS OR WEDGES)**



**DO NOT THROW CORROSIVE, HAZARDOUS  
OR TOXIC MATERIALS IN THE SINK**



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**CLEAN UP AND PUT AWAY THE WORKSPACE AND EQUIPMENT  
BEFORE LEAVING THE LABORATORY/WORKROOM**





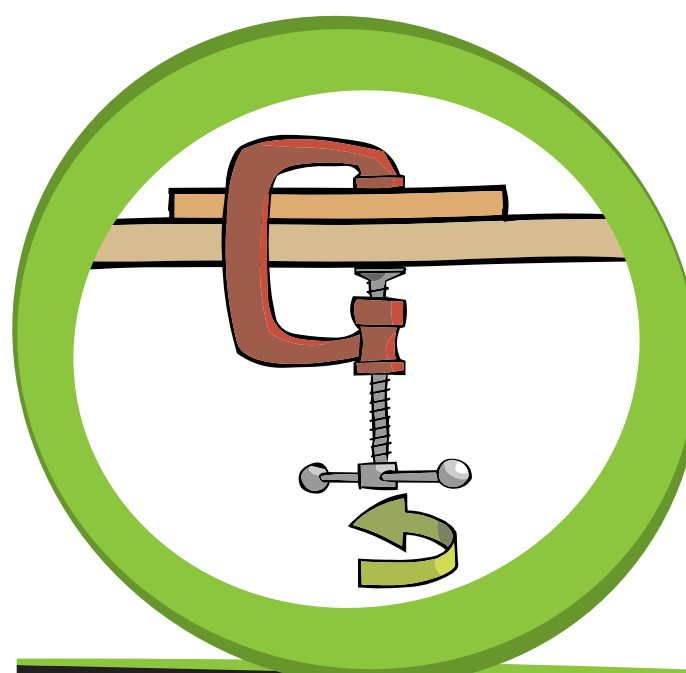
**FOLLOW INSTRUCTIONS**  
PARTICULARLY WHEN WORKING WITH CUTTING TOOLS



**USE GOOD POSTURE**  
WHEN WORKING WITH VARIOUS TOOLS AND INSTRUMENTS



**USE A SAFETY RULER**  
WHEN AVAILABLE, TO GUIDE UTILITY KNIVES



**IMMOBILISE PARTS YOU ARE WORKING ON**  
OR BUTT THE OBJECT AGAINST SOMETHING



**CUT AWAY FROM YOURSELF**