



The Core Lab Rules

Eight habits that keep every science classroom safe — before the experiment even starts.



Goggles on, every time

On your eyes — not your forehead — until cleanup is done.

01



No food or drink

The lab bench is not a table. Nothing goes in your mouth.

02



Tie back long hair & sleeves

Keep loose things away from flames and reactions.

03



No horseplay

Move with purpose. A bump near glass or fire is dangerous.

04



Know your exits & equipment

Find the door, eyewash, shower, and extinguisher first.

05



Report & clean spills

Tell your teacher, then clean up right away.

06



Label every container

If you can't name what's in it, it isn't safe to use.

07



Dispose of broken glass properly

Use the glass bin — never the regular trash.

08



Gear Up: Wear Your PPE

Personal Protective Equipment is your first line of defense. Put it on *before* you begin.

PPE stands for **Personal Protective Equipment** — the gear that stands between you and a splash, spark, or spill.



Safety Goggles

Sealed around the eyes — the #1 protection against splashes and fumes.

ALWAYS



Lab Apron

Shields skin and clothes from chemicals, stains, and burns.

CHEMICALS · HEAT



Gloves

Match the glove to the chemical. Remove them before touching door handles.

AS DIRECTED



Closed-Toe Shoes

No sandals. Protect your feet from dropped glass and spills.

EVERY LAB



Check yourself before you start.

Goggles sealed? Apron tied? Sleeves and hair back? Then you're ready.



Emergency Equipment

Find these the moment you walk in. In an emergency, seconds count — know where and how.



Eyewash

Rinse eyes for 15+ minutes if anything splashes in.



Safety Shower

For chemicals on skin or clothing. Pull and stay under it.



Fire Extinguisher

Aim at the base of a fire — only if trained and told to.



Fire Blanket

Smother small flames or wrap a person who is on fire.



First-Aid Kit

For minor injuries — always tell your teacher first.



Exit & Alarm

Know the nearest way out and where the alarm is.



Tell your teacher first — always.

Every accident, spill, or injury gets reported, no matter how small.



GHS Hazard Pictograms

Nine red-diamond symbols warn you what a chemical can do. Learn the shape inside.



Flammable



Oxidizer



Acute Toxic



Corrosive



Irritant



Health Hazard



Gas Under Pressure



Explosive



Environment

DANGER

More severe hazard

WARNING

Less severe hazard



Handle Chemicals Right

Four habits that separate a careful chemist from a lab accident.



Read the SDS

Every chemical has a 16-section Safety Data Sheet. Check hazards (§2) and first aid (§4) first.



Store by Compatibility

Keep acids from bases, oxidizers from flammables. Segregate — never alphabetize.



Acid Into Water

Always add acid to water, slowly — never the reverse. It spreads the heat safely.



Never Mouth-Pipette

Use a bulb or pump. Point heated tubes away from people.



Critique the procedure before you run it.

Read every step for hazards on paper — before anyone gets hurt.