



Guidelines for behavior and clothing when working in laboratories

In order to create a safe and healthy work environment, students and employees must study and obey the following guidelines before starting their work:

Long hair – When working with open fire or doing work where there is a risk of contamination and spread of infection, long hair must be away from the face.

Footwear - There is no requirement for special footwear, but you may want to consider whether it is an advantage with a closed shoe or one that can be cleaned easily. In Class 2 laboratories, special shoes will be available.

Clothing – A lab coat is required in all laboratories. Consider whether your own clothes pose a safety hazard in connection with laboratory work. If the clothes drag along the floor, there is a risk of your stepping on your clothes and falling or your clothes of being contaminated. You should consider whether loose and fluttering sleeves, jackets or loose scarves prevent safe movement in the laboratory. Your personal clothing must never prevent the effective use of the lab coat.

Headgear - You must be able to move your head freely and use safety equipment in the form of a mask or safety glasses safely.

Gloves - Private gloves must not be used when working in the laboratory – not under the safety gloves either. If you have eczema, allergy or delicate skin, there are cotton gloves in the laboratory that you can use under the safety gloves.

Remember that the penetration time does not change, and that in case of spills both sets of gloves must be replaced.

In case of accident - In case of accident in the laboratory, it may be necessary to remove contaminated clothing. If that is the case, there are disposable suits available.

Adopted at a meeting in the Occupational Health and Safety Committee on 10 October 2018