

# Follow Safe Lab Practices.



[dps.utah.edu/coronavirus](https://dps.utah.edu/coronavirus)

**1.**

Do not come to the lab if you have cold- or flu-like symptoms.

**2.**

Wash your hands often with soap and water for at least 20 seconds.

**3.**

Practice “Social Distancing,” keeping at least six feet away from others.

**4.**

Avoid touching your eyes, nose, or mouth.

**5.**

Cover your cough or sneeze with a tissue, then throw in the trash.

**6.**

Clean and disinfect frequently touched surfaces.

## Lab-specific procedures for reducing the risk of exposure.

1. DO NOT come to the lab if you have any cold or flu-like symptoms or if you have been exposed to someone with COVID-19.
2. Wash your hands (20 seconds with soap and water) and dry with a paper towel or air dry before entering the lab and then before putting on your personal protective equipment (PPE), in the order:
  - a. Lab coat
  - b. Eye protection
  - c. Gloves
3. If you feel that you are going to cough or sneeze, remove gloves (if possible) and cover the cough or sneeze with a tissue, then throw your tissue in the trash. Wash hands with soap and water and put on fresh gloves.
4. Practice "Social Distancing," keeping at least six feet away from others.
5. Don't eat, drink, or put things in your mouth (such as gum or pens/pencils) while in the lab.
6. Don't touch your mouth, nose, or eyes.
7. Don't put on cosmetics (including lip balm) or handle your contact lenses while in the lab.
8. Avoid sharing personal items.
9. When you are finished working, remove your PPE in this order:
  - a. Gloves
  - b. Lab coat
  - c. Eye protection

Note: The PPE remains in the lab or is disposed of. DO NOT take home and DO NOT wear gloves outside of lab.
10. Wash your hands.
11. Leave the lab and then rewash hands as soon as possible.

## All equipment and materials must be decontaminated/sanitized after each class.

1. Wash your hands and don PPE in this order:
  - a. Lab coat
  - b. Eye protection
  - c. Gloves
2. Decontaminate with an appropriate disinfectant, e.g.,
  - a. A freshly prepared 1:10 dilution of bleach:
    - i. Dilute using cold water.
    - ii. Prepare fresh each class.
    - iii. Apply sufficient bleach solution to make sure that the surface remains wet for at least five minutes.
    - iv. Wipe up the bleach, and then wipe the surface with water to remove the bleach residue.
    - v. DO NOT use on metal surfaces or computer equipment.
  - b. Other EPA-registered disinfectant:
    - i. For example, Lysol IC, CaviCide, Simple Green d Pro 5.
    - ii. Follow instructions on label to prepare the disinfectant.
    - iii. Apply sufficient disinfectant to make sure that the surface remains wet for at least five minutes.
    - iv. Check compatibility of disinfectant with hard surfaces and electronics.
  - c. EPA-registered disinfecting wipes:
    - i. Use for sensitive electronics, e.g., computer keyboards, mice. Disconnect from power supplies or remove batteries.
    - ii. Use non-bleach wipes, e.g., Lonza Disinfectant Wipes, Oxivir Tb Wipes, PURELL Professional Surface Disinfectant Wipes.
    - iii. Wipe tops and sides of keys.
    - iv. Allow to air-dry.
3. When you are finished working, remove your PPE in this order:
  - a. Gloves
  - b. Lab coat
  - c. Eye protection

Note: The PPE remains in the lab or is disposed of. DO NOT take home.
4. Wash your hands.
5. Leave the lab and then rewash hands as soon as possible.

