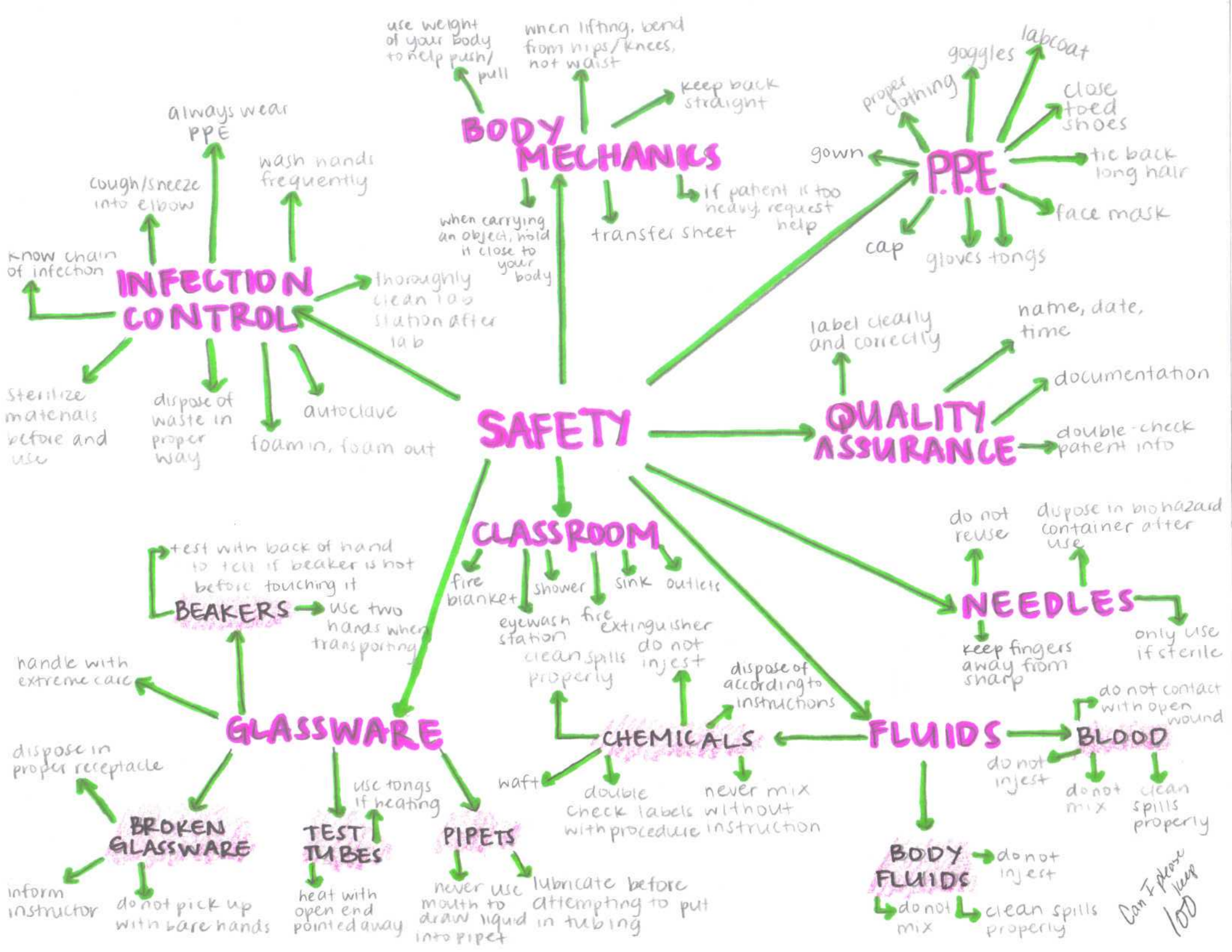
SAFETY
BODY MECHANICS
use weight of your body to help push/pull
when lifting, bend from hips/knees, not waist
keep back straight
when carrying an object, hold it close to your body
transfer sheet
if patient is too heavy, request help
INFECTION CONTROL
always wear PPE
wash hands frequently
cough/sneeze into elbow
know chain of infection
thoroughly clean lab station after lab
sterilize materials before and use
dispose of waste in proper way
foam in, foam out
autoclave
P.P.E
proper clothing
goggles
labcoat
close toed shoes
tie back long hair
face mask
gloves
tongs
cap
gown
QUALITY ASSURANCE
label clearly and correctly
name, date, time
documentation
double-check patient info
CLASSROOM
fire blanket
shower
eyewash station
fire extinguisher
sink
outlets
clean spills properly
do not inject
NEEDLES
do not reuse
dispose in biohazard container after use
keep fingers away from sharp
only use if sterile
BEAKERS
test with back of hand to tell if beaker is not before touching it
use two hands when transporting
GLASSWARE
handle with extreme care
BROKEN GLASSWARE
dispose in proper receptacle
inform instructor
do not pick up with bare hands
TEST TUBES
use tongs if heating
heat with open end pointed away
PIPETS
never use mouth to draw liquid into pipet
lubricate before attempting to put in tubing
CHEMICALS
dispose of according to instructions
waft
double check labels with procedure
never mix without instruction
FLUIDS
BODY FLUIDS
do not inject
do not mix
clean spills properly
BLOOD
do not contact with open wound
do not inject
do not mix
clean spills properly
Can I please have 100