

CEM OHSE NEWSLETTER



September 2025- November 2025 Issue 7



The Importance of PPE

Lab Coat

Are your clothes sporting tiny holes and unsightly discolorations? If so, it's likely due to those pesky chemical splashes from your time in the lab. That's where your trusty lab coat comes in! Designed to shield you from potential spills and splashes, a lab coat is your first line of defence against wardrobe disasters and skin irritations alike.

Now, let's talk materials: lab coats are typically crafted from 100% cotton or a blend of polyester and cotton. This means they're not just stylish; they're practical too! Make it a habit to don your lab coat the moment you step into the laboratory—after all, you never know when a rogue chemical might decide to make a splash.

Here's a pro tip: always keep your lab coat at the entrance of the lab and remember to button it up! And don't forget to wear a long-sleeved top underneath for that extra layer of protection. A word of caution: never wash your lab coat with your regular clothes. Chemicals can linger, and we wouldn't want your favourite shirt to become a casualty of your lab adventures!

Now, you might be wondering, why do demonstrators wear a different lab coat? Well, there are two key reasons:

1. To protect you from hazardous chemicals.
2. To ensure you stand out from the crowd due to difference in colour.

And remember, your demonstrator lab coat should never set foot in your research lab. Keep it in the designated area, and you'll be all set for a safe and stylish lab experience.

Safety Glasses

Safety glasses are the one of the unsung heroes of personal protective equipment (PPE) in the laboratory. Trust me, they're not just a fashion statement; they're your first line of defence against the unpredictable world of chemical splashes. I've seen firsthand how quickly a lab mishap can turn into an eye-opening experience—literally!

So, let's talk fit: your safety glasses should hug your face like a loyal puppy, not slide off at the first sign of movement. If you wear prescription glasses, don't fret! You can either rock a pair of stylish over-specs or invest in some prescription safety glasses from Specsavers.

And here's a friendly reminder: safety gear should be donned the moment you step into the lab. With reactions bubbling and chemicals swirling all around, your eyes deserve the best protection available. Remember, when it comes to your vision, it's better to be safe than sorry—so gear up and keep those peepers protected!



The Unsung Heroes of Your PPE: Gloves

Let's talk about another unsung hero of your personal protective equipment (PPE)—your gloves! In the bustling world of the laboratory, your hands are constantly exposed to a cocktail of chemicals, here are a couple of key points to keep in mind:

1. Quality of Nitrile Gloves
2. Regularly Changing Your Gloves

Quality Matters!

When it comes to nitrile gloves, not all are created equal. With a plethora of manufacturers out there, the quality can vary significantly. Keep an eye on two critical factors: the permeation rate and the breakthrough time for the various chemicals. For top-notch protection, look for gloves with a Quality Level (QL) greater than 1.5 on the box. Locally, the crème de la crème of nitrile gloves can be found at Lasec, conveniently available at the faculty stores. Trust me, your hands will thank you!

Change It Up!

Now, let's talk about the importance of changing your gloves regularly. This is especially crucial when you're handling harsh solvents like Dichloromethane, which has a notoriously low breakthrough time. If you have to step away from your lab bench, don't just leave your gloves lying around like they're on a vacation—dispose of them! Grab a fresh pair when you return. And if you ever feel those pesky solvents sneaking in, it's time for an immediate glove change.

Remember, I don't want to see abandoned gloves during my inspections. Let's keep our lab tidy and our hands safe! So, suit up, stay smart, and let those gloves do their job!

Respirators: Your Best Friends in the Lab!

A friendly reminder: don't forget to don your respirators when decanting solvents, handling hazardous waste, working with silica, and, of course, when extractions are down. Your lungs will thank you!

[respirator_policy-final .pdf](#)

After-Hours Policy: Stay Informed, Stay Safe!

Heads up, team! We've updated our After-Hours Policy, and it's essential for everyone to be in the know. Your health and safety are our top priority, especially when the sun goes down and the lab lights stay on. You can find the full policy on our website or simply click the link below. Let's keep it safe and sound, even after hours!!

[H3D Policies October 2017](#)



Global
Harmonizing
System

Find
Inform
Restrict
Extinguish