

Personalized Safety Checklist:

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Lab (Indoors--my kitchen) Procedures:

- ☐ Wear a beanie or other hat in order to keep my relatively long hair out of the way of any substance or as to not impair visibility.
- ☐ Do not smell or taste or consume hazardous or mysterious substances.
- ☐ Wear closed toe shoes in order to prevent possibly harming my feet in the event I drop something.
- ☐ If using any heat based equipment via gas-stove make sure the fan above the oven is turned on as to prevent toxic gas from poisoning me or others in the vicinity.
 - ☐ Related, do not leave the oven stove on and unattended.
 - ☐ Also related, if using an oven keep a timer running so as to not brutally burn any substance being cooked.
- ☐ Wear gloves when handling possibly sensitive substances so as to not possibly damage my skin in the event of spillage.
- ☐ Clean up space after completing the experiment and do not leave out any harmful materials.
- ☐ Watch out for cats, make sure they do not interfere or mess with sensitive materials.
- ☐ Take breaks when working continuously for more than a few hours.
- ☐ Don't eat or drink near harmful substances (although this may prove difficult given the only viable lab space is the kitchen, stay strong).
- ☐ If dealing with sharp objects and/or potentially harmful substances keep first-aid kits nearby.
- ☐ While operating equipment, don't physically force anything open or closed as to not potentially break the equipment.

- In the unfortunate event of broken glass, clean up all glass, make sure cats are far away from broken glass, and thoroughly dispose of any individual shards as well as sweeping up the area.
- Also make sure to bandage any glass cuts up.
- If dealing with liquid or non-solid substances wear eye-glasses or goggles to prevent stuff getting in the eyes.
 - If stuff manages to get in either eye, make sure to wash the eyes out immediately.
- nCOVID-19 specific instructions:
 - Do not touch eyes/mouth or other parts of the face.
 - Regularly wash hands (at least 20 seconds with warm water and soap) after using door knobs but also keep moisturized to prevent skin cracking (which could let pathogens and other bad stuff in)

Outdoor (Field) Procedures:

- Wear closed toe shoes as the outside is generally wet and rainy in my city.
- Watch your step when walking on slippery side-walk.
- Do not touch weird looking plants and do not eat random small berries from trees outside my house as they are definitely poisonous.
- Do not leave any messes.
- Do not disturb people sleeping on sidewalks.
 - Related, don't disturb people going about their day in general.
- Look both ways before crossing the street.
 - Related, don't run across street--walk.
 - Also related, don't look at your cell phone while crossing the sidewalk.
- Don't eat food outside.
- Wearing gloves when touching random outside things is a good way to contract disease.
- nCOVID-19 Specific Instructions:

- Keep a minimum of six feet away from any other person
- Minimize time outside in general
- Do not touch your face!