

Side note: I realized that the kitchen is kind of like a lab when it comes to prep and the procedure
If I am interpreting this correctly, it is stuff that I do to take precautions in my daily life and not just labs?

Based on guide

- Avoid potentially hazardous situations, even if it means missing a photo or video opportunity.
- Consider the safety of other people and animals at all times, especially our cats.
- Clean up work spaces, don't leave any potentially dangerous materials behind.
- Communicate any safety concerns to Mark or whoever else may be involved.
- Follow safety directions on signs, in activities, and on product labels.
- Carry a safety kit everywhere, all the time.
- Wasp sting? Immediately take benadryl and prednisone. EpiPen if necessary.
- Seek medical assistance if at all unsure about treatment.
- Wear gloves when needed; wash hands frequently.
- Wear a mask, especially while working around potential rodent feces.
- Wear protective footwear and clothing, including sun hats and long sleeves.
- Watch loose hair and clothing around animals, chemicals, and flames.
- Wear safety goggles or other protective eyewear when working with chemicals or walking along trails with low-lying branches.
- Take breaks, avoid over-exertion and use cane even if feeling great.
- Avoid "playing" with animals to reduce chance of unintentional injury (to me and/or the animals).
- It should be obvious, but don't taste or smell without care to reduce hazard.
- Don't eat or drink around chemicals, animals, or waste products.
- Add new safety procedures when needed.

Lab Safety

- Clean and organized station
- All items are isolated to avoid contamination/accidental mixing
- Wash hands a lot
- If having long hair, tie and tuck it away
- Long sleeve clothing
- Know where the medical supplies are
- Use gloves when necessary
- Wear protective lab equipment like goggles
- Watch for abnormalities
- Focus on the task at hand
- Only have the necessary equipment like no food/drinks near by

Indoor Safety

- Place things in organized places instead of placing them randomly
- Constant wash of hands after a task, especially in cooking
- Speaking of cooking: CLEAN THE KITCHEN. A clean kitchen is an organized brain
- Make sure equipment is clean and working properly (keep knives sharp)
- Know where medical supplies are in case of emergency
- Understand what to do and where to go in case of external issues/emergencies
- Watch for heat/don't get too close

○ But not me because I am immune to heat 😈

- Make sure heat is turned off when out of kitchen
- Fridge is properly closed so energy isn't wasted

Outdoor Safety

- Mask cuz covid
 - It annoys me that people would pull their mask down to talk to other because that literally defeats the purpose of masks...
- Stay 6 feet apart
- Try to reduce outdoor activity with a lot of people by having a purpose when going out.
- Don't come to contact with anyone in the house after being outside unless I have showered or at least changed clothes
- Lights are out when leaving house
- All electronics that need to be off are turned off before leaving house