

# WORKING ALONE IN A RESEARCH LABORATORY

Best practices and safety experts say not to work alone. Most of the time when working in a lab nothing goes wrong, but accidents are unexpected and occur no matter one's experience level. When working alone:

- The severity of an event is compounded without someone to help
- The consequence of an event can be a life altering tragedy

Before working alone, consider having a lab buddy, or if unavoidable, use a remote buddy system.

## When working after hours or during holidays

Work with a lab buddy. Ensure your buddy is:



Competent

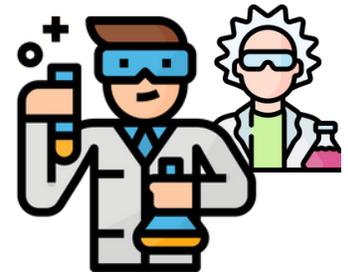
Expert icons created by Freepik - Flaticon



Trained in the operation of safety equipment



Willing to help



In the same room

Scientist icons created by monkik - Flaticon

## Remote buddy system

If working alone is unavoidable, a risk assessment should be completed to determine what work is safe to do with a remote lab buddy and what type of work is off limits. Ensure that your **PI authorizes work done alone**, create an **emergency plan**, and use the **remote buddy system**. Remote buddies should know how to **activate your emergency plan**.



Tell your buddy when you are on campus



Establish a schedule for regular check-ins with your buddy



Tell your buddy when you are leaving

## CONTACT US

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