

BI103 Spring 2024

Safety checklist

Laboratory setting

- Ensure essential safety equipment is available and adequate clothing is worn (if applicable/needed for testing)
 - Safety goggles
 - Protective gloves
 - Lab coat or apron
 - Hair net
 - Closed toe footwear
 - Face mask and/or shield
 - First aid kit
 - Fire extinguisher
 - Hand wash/Eye wash station
- Make sure work area remains clear of unnecessary items
- Avoid coming into direct contact with substances
- Avoid food or drink while in lab, make sure food and drink does not come near the lab itself

Outdoors (field) setting

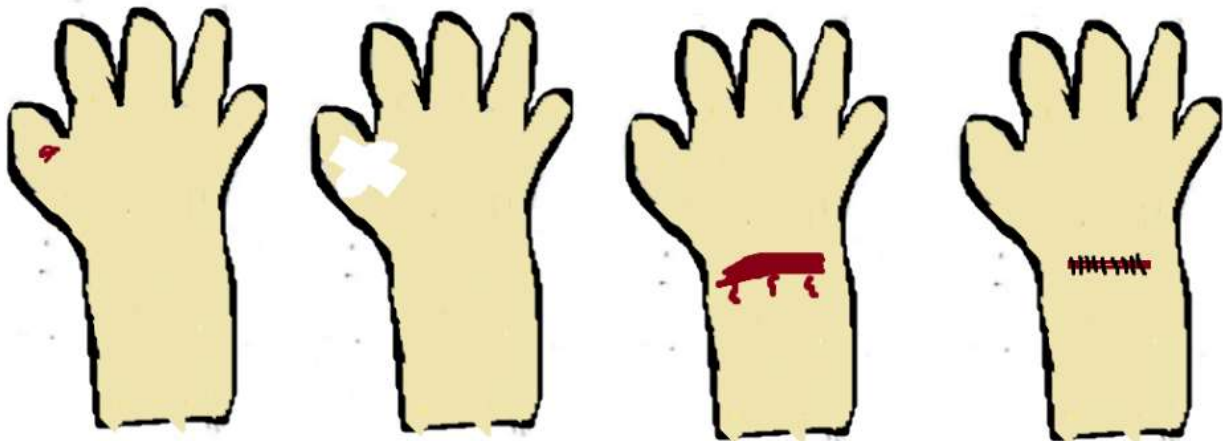
- Ensure essential safety equipment is taken to work area (equipment may vary depending on testing environment and procedures to be done)
 - Safety goggles
 - Protective gloves
 - Face mask and/or shield
 - Closed toed footwear
 - First aid kit
 - Important, ensure sprays are brought to deal with possible bee stings and poison ivy contact
 - Hand sanitizer or similar for hand cleaning
- Wear proper clothing, ideally clothing that limits skin exposure so as to limit reactions which could occur
- Ensure work area and/or traveling area is not hazardous

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First Aid Training

I enjoy cooking, and in order to prepare what I am going to cook there is often a lot of cutting involved whether it be vegetables or slicing strips of meat. As a result there have been a lot of finger cuts, once I almost cut halfway through my upper thumb. Basic first aid treatment has been applied anytime a cut occurs, but perhaps my understanding of what treatment needs to be done for what injury needs to be polished up. So I have chosen to learn more on procedures for dealing with abrasions/lacerations, and although my focus is more towards these hand injuries, it can be applicable elsewhere in the body.

Treatments are taught in standard adult first aid courses. These courses can be taken online but I found that the American Red Cross offers these courses in person in Salem, OR at some of their facilities. Reading through very quickly I can see they do in fact focus on a wide range of cut injuries, ranging from a simple cut to a larger graze and even a full-on laceration. This is exactly the reason I elected this type of training because when it comes to cooking and handling knives, accidents can happen, and so being well prepared to deal with anything that could occur would be more than beneficial.



Minor cut:
simple bandage
can suffice

Major cut (deeper):
stitches might be
necessary