Basic safety regulations for work at UMSC laboratories

Everybody that works at the laboratories must be able to answer the following questions

- Where is the nearest eye fountain or eye wash?
- Where is the nearest emergency shower?
- Where is the nearest fire extinguisher/fire-proof blanket?
- Where is the nearest First aid kit?
- Where can I find the phone numbers to ambulance, fire department, poison information and health consultant?
- Where is the nearest box with clean up material for chemical spill?
- Where is the nearest emergency exit?
- Am I informed about the risks with the chemicals I use and possible risks in the procedures in which those chemicals are employed?
- Do I know where to go in case of an evacuation of the whole workplace?
If an accident happens

<table>
<thead>
<tr>
<th>To where</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ambulance</td>
<td>112, ask for ambulance</td>
</tr>
<tr>
<td>Fire department</td>
<td>112, ask for fire department. For fire consultant, call 090-16 22 20</td>
</tr>
<tr>
<td>Poison information</td>
<td>112, ask for poison information</td>
</tr>
<tr>
<td>Consult a doctor</td>
<td>112, ask for doctor on duty</td>
</tr>
<tr>
<td>Health information</td>
<td>090-785 11 77</td>
</tr>
<tr>
<td>Emergency number to the health central in Hörnefors</td>
<td>0930-406 56</td>
</tr>
</tbody>
</table>

The address:

**Umeå Marine Sciences Centre (UMF in Swedish)**
**Norrbyn**
**910 20 Hörnefors**

(Next to the ferry departure)

Send a person who can meet up with the emergence service and show them the way.
If a fire starts where you work

1. Find out if anyone has been injured and help that person out of the building.
2. If possible, go ahead and use the fire extinguisher to put out the fire. Do not attempt to extinguish a fire that has gone too far. The rate at which a fire builds up at this stage is easy to underestimate, and everybody must get out immediately. Close the doors and hoods before you leave.
3. Warn everyone that is not aware of the danger.
4. If you are working with gas tubes or flammable solvents, remove the tubes or containers from the building if possible.
5. Call the emergency service.
6. Meet up with the emergency service and explain the situation.

If you or anyone else have a chemical splash in the eyes

- Go to the nearest eye fountain, and rinse vigorously for a long time.
- If you can’t find an eye fountain close by, use an eye wash bottle and rinse until the bottle is empty, then proceed to the nearest eye fountain and continue to rinse.

Actions depending on injury

**Injury from acids or bases:** Rinse vigorously with cold water for a long time.

**Burns:** Rinse vigorously with cold water for a long time. In case of large burns, do the water rinsing then put on a sterile compress and go to hospital.

**Injuries from electricity:** Check for the pulse, if needed start heart/lung revival and call for an ambulance.
Other important information
You will find a schematic evacuation plan close to the main entrance. This drawing also illustrates where the firefighting equipment is situated. Study the map, and familiarise yourself with it.

These are the basic safety regulations. Everybody that works in the UMSC laboratories must be familiar with them. In addition, there are special risks that originate from work with chemicals, bacteria or isotopes, including the handling of such material. Examples of such handling are chemical, bacterial or radiological analysis. Workers in the UMSC laboratories must be familiar with the special risks associated with the analytical method they are using.

Safety regulations audited 2011-08-30