

12 MONTHS OF RESEARCH SAFETY

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.

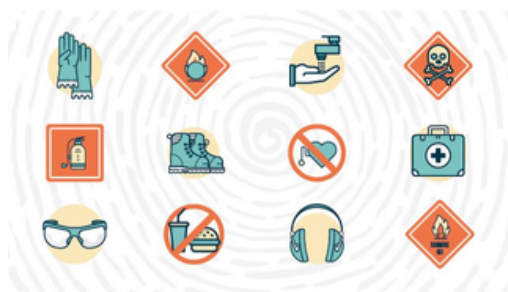
When working after hours or during holidays

Work with a lab buddy. Ensure your buddy is:



Competent

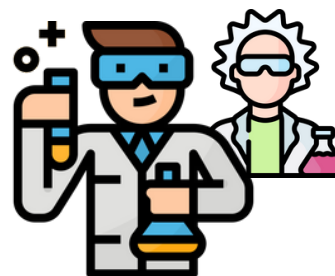
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**Trained in the operation of
safety equipment**



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

Phone: **951-827-5528**

Website: <https://ehs.ucr.edu/laboratory>

Email: ehslaboratory@ucr.edu Report an Incident, Injury or Safety Concern [Here](#)

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Inside and outside of the lab, the UCR Safe has resources that can help, including while working alone.

Quickly access emergency services with a single tap, share your location with friends or campus security in real-time, allow a virtual companion to “friend walk” with you to make sure you get to your destination safely, and more. Download today!

How to get the app

UCRSAFE

Your Campus Safety Companion



emergency.ucr.edu/ucrsafe

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