What to do if you are overexposed to a hazardous substance:

With any overexposure **GET HELP IMMEDIATELY** and tell your teacher or another adult! For first-aid instructions, check the material safety data sheet. Here are some general guidelines that are appropriate for most chemicals:

- ⇒ **Eyes:** Flush with water for 15 minutes using the eye wash in your classroom
- ⇒ **Ingestion:** Follow label and MSDS instructions
- ⇒ **Skin Contact:** Stand under emergency shower in your classroom and remove contaminated clothing immediately
- ⇒ **Inhalation:** Get to fresh air and get prompt medical attention

Remember:

- ⇒ As a student, there are **very few hazards for you** to worry about in your classrooms. Your teachers and Lab Assistant care about your safety and do everything to reduce your risks! However, ultimately **your safety lies in your own hands and decisions!**
- ⇒ Science is about safe, interactive, and fun exploring!
- ⇒ **First aid kits** are maintained by the science EA and are present in

Make lab safety your #1 Priority!

For more resources see your:

- ⇒ Lab rules and guidelines form
- ⇒ Your teacher
- ⇒ Your Lab Assistant
- ⇒ Your Principal and Vice Principal
- ⇒ MSDS's
- ⇒ The Hazard Identification System and other lab Posters
- ⇒ Your science book

KAMEHAMEHA SCHOOLS HAWAI'I

- ⇒ Your peers

Kamehameha High School, Hawai'i Campus

Chemical Hygiene Plan

As required by Occupational Health & Safety Administration (OHSA)

For all Kamehameha High School Science Students!

Your Partner in Safety: The Chemical Hygiene Plan (CHP)!

Kamehameha's High School's CHP is designed to protect you from the health hazards associated with chemicals in your science labs. The CHP outlines specific work practices and procedures for all work involving hazardous substances in your labs. Here are some of the ways the CHP can protect you:

- **Give you information** about the hazards you work with and ways you can reduce your risk

Hazard ID System

  - 1(low) - 4(high)
  - Red—fire
  - Blue-health
  - Yllw—reactivity
  - White—special
- **Assure that you have** the right protective equipment and that it works properly (safety goggles, gloves, long sleeves, lab coats, closed-toed shoes, etc.)
- **Give you procedures** to follow when working with hazardous chemicals
- **Provide details** on how your chem-

Remember, good hygiene is part of lab safety:

⇒ **Don't** eat, drink, chew gum, put on contacts, or apply makeup in a lab

⇒ **Don't** keep food in areas with chemicals

⇒ **Don't** keep food in labeled lab refrigerators

⇒ **Don't** drink from lab glasses

⇒ **Don't** sniff or taste chemicals

⇒ **Don't** use your mouth for suction

⇒ **Don't** used damaged equipment

⇒ **Don't** pour chemicals down the sink unless you're told to do so

⇒ **Don't** put chemicals on floors or other places where people could trip over them

⇒ **Don't** horse around in the lab

⇒ **Don't** put fellow students/ teachers in danger—ask before you throw items in the trash!

⇒ **Don't** use any chemical without a label

⇒ **Don't** try and clean up any spill or broken glass; your teacher/lab assistant is trained to do this!

DO:

⇒ Wash your hands thoroughly before leaving the lab and before eating and drinking

⇒ Remove any contaminated clothing immediately and don't use again unless it's been properly decontaminated

⇒ Ask your teacher or science lab assistant if your not sure about something- **THERE ARE NO DUMB SAFETY QUESTIONS!**

⇒ Keep your lab area **clean and neat**

⇒ **Follow** all lab rules and teacher instructions

⇒ **Use** the Protective Equipment you are given

⇒ Treat lab equipment w/ **respect**

⇒ If there is a spill, broken glass, or another accident: **STOP** and notify your teacher immediately

⇒ Take your time and concentrate on what you are doing

⇒ Treat unknown substances as hazardous

⇒ Post and heed all warning signs

⇒ Learn about the hazards of the substances you use

⇒ Be alert to fire and burn hazards: use caution when using open flames, wear gloves to handle hot glass, and keep water away from electrical equipment

Labels and MSDSs–

your information resources:

Read the container labels and material safety data sheets (MSDS) given to you by your teacher **before** you use any chemical. They are the best source of information about those substances and how to be safe while using them. They'll tell you:

⇒ Any hazardous ingredients

⇒ Physical and chemical characteristics such as boiling point and vapor pressure

⇒ Physical hazards—fire, explosion, reactivity with other substances

⇒ Health hazards– toxic, cancer-causing, skin irritant

⇒ Precautionary measures, including PPE

⇒ Proper storage and handling procedures

⇒ How to handle leak and spill cleanup and proper disposal