For all users of the CBE Fabrication Labs (Faculty, Staff, Students). To use the CBE Fabrication Labs this sheet must be signed and given to a member of the lab staff upon completion of a General Lab Introduction and Lab Safety Session. Read this before signing. If there is anything that you do not fully understand, please ask for an explanation.

Health: If you are aware that you have any ailment or disability, or are sensitized or allergic to any substances that you might expect to encounter in the lab environment, please make a member of the lab staff aware of this immediately. This is important for your own safety as well as the safety of other lab users. If you have any doubts at all about the effects that the lab environment may have on your health, please consult with a physician and advise the Lab Director of your specific requirements or concerns.

Clothing: It is important to wear suitable clothing while in the labs; cotton, wool, or linen are good choices for clothing materials. Synthetic fibers are not a good choice for lab clothing, and may be dangerously flammable. Don’t wear flammable clothing items if you will be anywhere near a source of high heat or flame such as welding, brazing, and soldering activities (even as a bystander or observer). This rule must also be followed when sanding, grinding or cutting steel with a grinding wheel. Frayed clothing, or clothing with loose collars, cuffs, belts, or buttons have no place in the lab. Long ties and scarves should be removed or - at minimum - tucked inside shirts. Bow ties are better. Cover-alls and aprons are good choices for wear in the labs. Ask the Lab Director if you would like to leave your own protective clothing in the labs for future use.

Eyes: Eye protection MUST be worn during any activity that involves power tools, striking an object or tool with a hammer or other tool, or when you are working in an environment with other people that might put your eyes at risk. We have a variety of different types of eye protection available to you but you may wish to provide your own. Goggles may protect prescription glasses, which do not always provide adequate eye protection, and may be damaged by some activities such as grinding. Welding and brazing activities require specialized eye protection.

Ears: Use ear protection when either you or anyone else in the labs are making excessive noise- judged by having to raise your voice even a little in order to be understood by another person. Hearing damage is remarkably simple to incur. It can be permanent, and is not generally reversible. Please use hearing protection more than you think you need to. We have plenty of earmuff and earplug type hearing protectors (you may want to buy your own for greater comfort). You may NOT use headphones or ear buds to listen to music while in the labs.

Nose & Mouth: Wear an N95 dust-respirator, at minimum, when you are engaged in dust-making activities, such as sanding, etc. Use appropriate filters for any activities that produce fumes, and for such work consult with the Lab Director to find an appropriate workplace (- if one exists; some activities producing noxious or unhealthy fumes are simply not allowed in the labs). You will have to provide your own respirator for exotic or unusual activities. Contact Environmental Health and Safety for respirator training and fitting.

Hands: Always wear appropriate gloves when you are handling hot tools or objects, especially when you are welding, brazing, or soldering. Gloves have other uses, too, such as insulating your hands from shock when hammering metal. Try to find and use the gloves that fit your purpose best. You may wish to provide your own. Never wear gloves to hold metal against a sanding disk, belt or grinding wheel, or when using tools that employ belts or that rotate, such as drills of any kind, or when using lathes. Gloves can become entangled in machinery much more easily than the bare hand.

Feet: No sandals or open-toed shoes will be allowed in the labs. Shoes should be comfortable, stable, with low heels and should protect the toes in particular. Ankle should be protected against hot materials and sparks during welding and grinding.

Hair: Long hair that is worn loose is dangerous in the labs. This is very serious. Tie your hair back and/or wear a hat if you have long hair.

Sharing the labs: Always keep one eye out for others using the labs with you, for our own safety and for the benefit of others sharing the facilities. If you see someone who appears to need assistance, inform the lab staff if you can. Users operating a power tool in particular may be very focused and intent on what they are doing, so if you want to approach them try to do it in such a manner that they will not have an accident due to being surprised. Do not be shy about asking a staff person to assist you, and be patient.

Finally: The CBE Fab Lab facilities include powerful machines that can cause injury to you or your project if not properly used. Do not assume you can simply turn on and use a tool you are not familiar with. You must ask a lab staff member for instruction for use of tools for which you have not received training! Ask for training or assistance before you use a tool to protect yourself - and the tool - from damage or harm. Again, be patient.

Affidavit: I have read and fully understand the information presented on this sheet

Name: ___________________________ Dept. __________________________ UW NetID: __________________________

Signature: __________________________ Date: __________________________