

## DIRECTIVE FOR HYGIENIC WORK

### 1. General

These guidelines are to be followed, without exception.

- Should there be any chance of blood/blood contact during research, then you should have a hepatitis vaccination. Go to the 'Arbodienst' (health and safety/company doctor) situated on the 3rd floor of REC G for advice.
- Where students are being supervised, the responsibility for safety and hygiene lies with the supervisor. Supervisors are also responsible to ensure that students are aware of these guidelines and to ensure that these guidelines are followed.

### 2. People

- Postpone research if you have influenza, a heavy cold or other infectious condition. The lead-researcher and/or possible subjects need to be informed.
- Pay attention to both your personal and clothing hygiene during research.
- Regular washing of hands is the most basic step in disinfection. This should be done before any research.
- Nails should preferably be kept short during research.

### 3. Tools and equipment.

- Prepare your workplace, so that during physiological work as few cupboards, doorknobs, bottles, pots etc. as possible have to be touched.
- Wherever possible, use disposable items. These should be disposed of after every single use.
- Towels, face-flannels etc. must be recently laundered when offered to subjects.
- EEG electrodes must be cleaned in warm water. EEG caps must be cleaned with soap and water. More information can be found in room REC L1.25.

### 4. Research labs.

- The labs are cleaned twice a week. Should a lab need cleaning (more often), contact the lab co-ordinator.
- Food may only be consumed in the pantry (room REC L 2.06). Food may not be consumed in the labs.

## 5. Procedures.

- Invasive procedures (e.g. taking of blood) may only be done by qualified persons. Please discuss possibly invasive procedures with the lab co-ordinator ahead of time.

Before using a lab for the first time, every researcher should have familiarized themselves with the all the equipment in that lab. Contact either Bert Molenkamp (020 525 6760) or Marcus Spaan (020 525 6559) for assistance with this. For other questions contact the lab coordinator Marco Teunisse (020- 5256846)