

Upcoming Lab Safety Trainings:
October 17th 2025 10:00am-1:00pm
November 21st 2025 10:00am-1:00pm
Sign up: [Safety Training form](#)



The Micro Gram

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The premier research safety newsletter for the PSU campus community.

Portland State
Environmental Health & Safety



Please take a moment to familiarize or to re-familiarize yourself with the basic [laboratory PPE](#) and [attire](#) expectations at PSU.



Eye Protection

When working with chemicals, approved safety protection must be worn.



Hair Care

Long hair must be tied back and obstructive jewelry should be removed.

Lab Coat

Lab coats may be checked out for free from the Chemistry Stockrooms (SRTC 280 and RLSB 2N067). Both standard white lab coats and blue fire retardant lab coats

Closed-Toe Shoes

Gloves

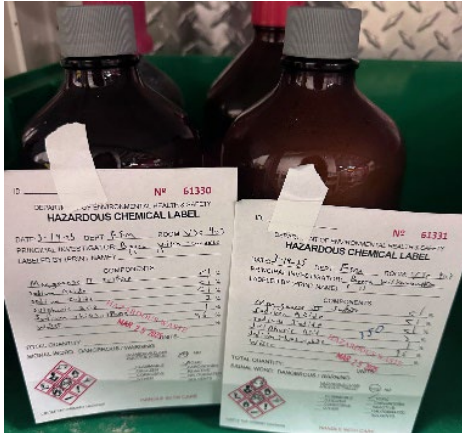
Appropriate gloves should be selected.

Long Pants

No exposed skin below the waist is allowed.

Ensure Proper Chemical Waste Practices

It is important to verify that your lab is abiding by best practices when it comes to labeling, storage, volume and the integrity of the chemical waste containers stored in your lab space.



PSU is legally required to uphold certain practices, but even more importantly, the safety of all lab members within the lab benefit from keeping to high standards.

Please check that your lab is following these simple rules:

1. The hazardous waste rules require that a PSU waste label be placed on all containers with chemical waste in them immediately upon waste being added to that container.
2. The label must detail the chemical constituents of the waste and indicate the hazards associated with those chemicals. **No abbreviations or shorthand of chemical names.**
3. Only remove waste container cap when actively adding chemical waste to that container. Container must be recapped when not in use.
4. Secondary containment must be used for waste containers outside of fume hood or chemical cabinet storage.

Lastly, please don't hesitate to place a [work order](#) at any time to have unwanted chemical waste removed from your lab, free of charge.

Chemical Hygiene Committee (CHC) Chair Corner:
"Look after one another"

When checking in with our campus CHC Chair this month for a contribution, he was a man with a simple message. "Look after one another."

After a little more prompting, he followed up with this advice to our lab community as we kick off the 2025-26 academic year, "wear PPE and encourage others who aren't, reach out if you need help or more information, get a lab or process assessment, make sure someone knows that you are working after hours or alone."

Sometimes the simplest of messages resound the most. Take care of each other.

Hands-on Fire Extinguisher Training is back!

Are you interested in having the knowledge and skill to operate a fire extinguisher? Sign up to attend one of the Fall Term Hands-on Fire Extinguisher Demos. All sessions will take place at the SRTC loading dock. Email lindsah@pdx.edu to get more info.



Have a suggestion for a lab safety topic?
Email: lindsah@pdx.edu



Click on hyperlinks to learn more

[News from Environmental Health & Safety at PSU](#)