

CDA Lab safety bulletin

5th edition

In case of emergency

DIAL

From Landline / office phone : **911**

From mobile phone: **012-8080-911**

**Contact CDA lab team to replace your labcoat if it is small
OR without cuffed sleeves.**

Lab Coat Fitting Guidance

It is important that lab coats be an appropriate size and reasonably comfortable. Key factors include the circumference and length of the lab coat, as well as sleeve length.

If you intend to wear sweaters or sweatshirts under your lab coat, ensure that the circumference of the lab coat is sufficient to allow for full closure, including all buttons/snaps, for maximum protection.

The length of the lab coat should allow for easy transition from a sitting to a standing position and back.

Sleeve Lengths

Sleeve length should be such that there is no bare skin between the end of the sleeve and any gloves that you will be wearing. The sleeve should not require rolling to prevent it from interfering with your work.



WRONG FIT:

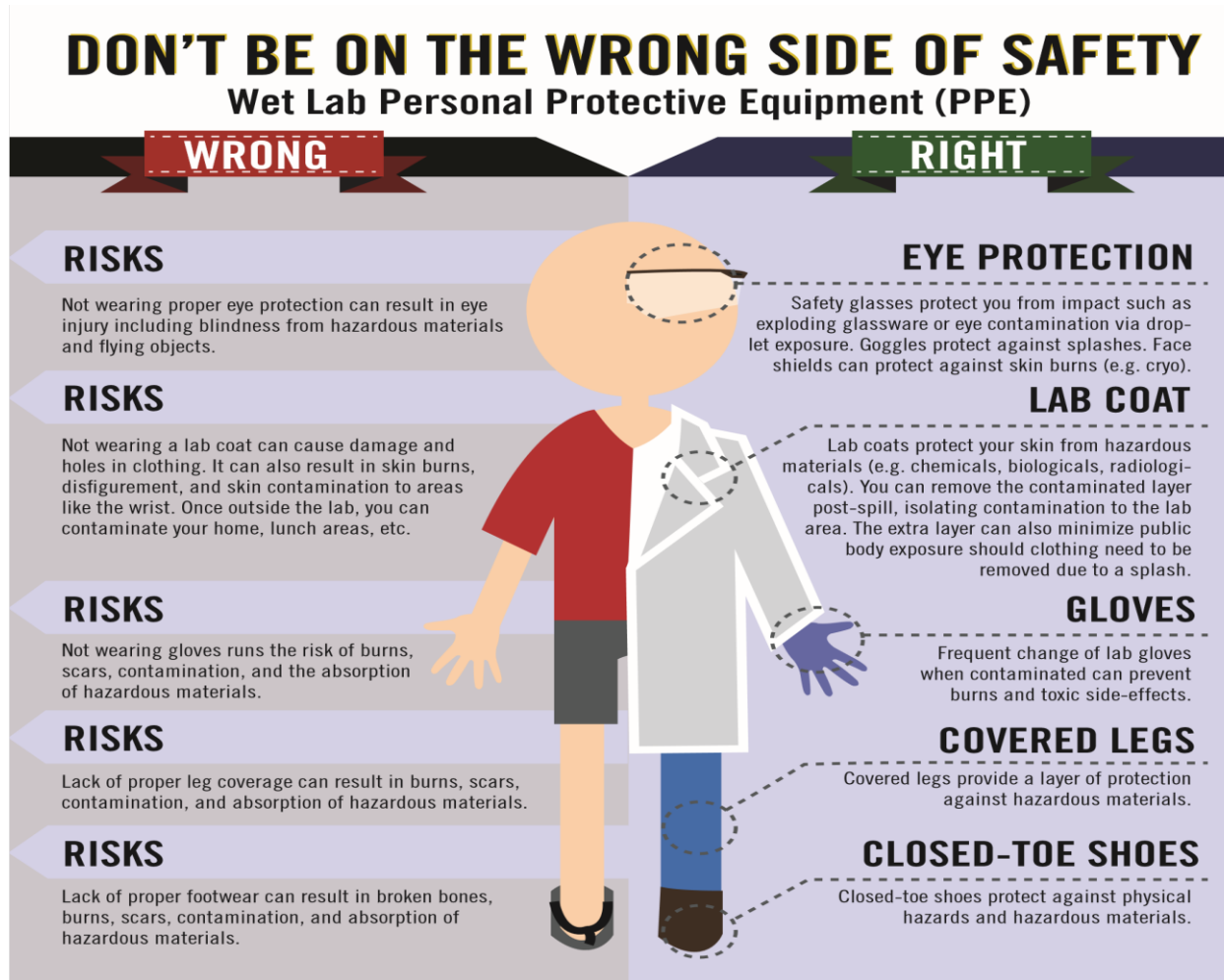


CORRECT FIT:



[Lab Coat Fitting Guidance and Reassignment Instructions.pdf \(ucop.edu\)](#)

PPE (Personal protective Equipment)

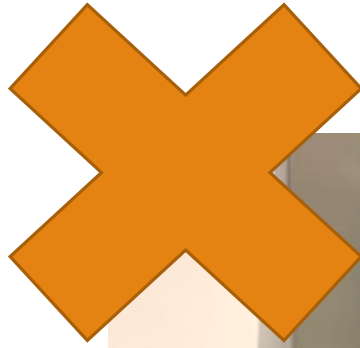


Face coverings are a public health measure during the COVID-19 global Pandemic, and not considered personal protective equipment (PPE).

Close the fume hood sash before leaving



Do not block access to eye wash



General reminders

 **KEEPING KAUST SAFE**
www.kaust.edu.sa/keepKAUSTsafe

Health, Safety and Environment

FEELING UNWELL?
Patients with COVID-19 symptoms have experienced mild to severe respiratory illness

Symptoms can appear **2-14 days** after you are exposed to the virus that causes COVID-19.

For mild symptoms

- Fever
- Cough
- Sore throat
- Shortness of breath

For acute symptoms

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

Contact the KAUST Health call center on 012 808 0940
If outside clinic hours, call KAUST Health on 012 808 4444

In an emergency, including difficulty breathing, call 012 808 0911 for immediate assistance

 **KEEPING KAUST SAFE**
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Health, Safety and Environment

Wash Your Hands

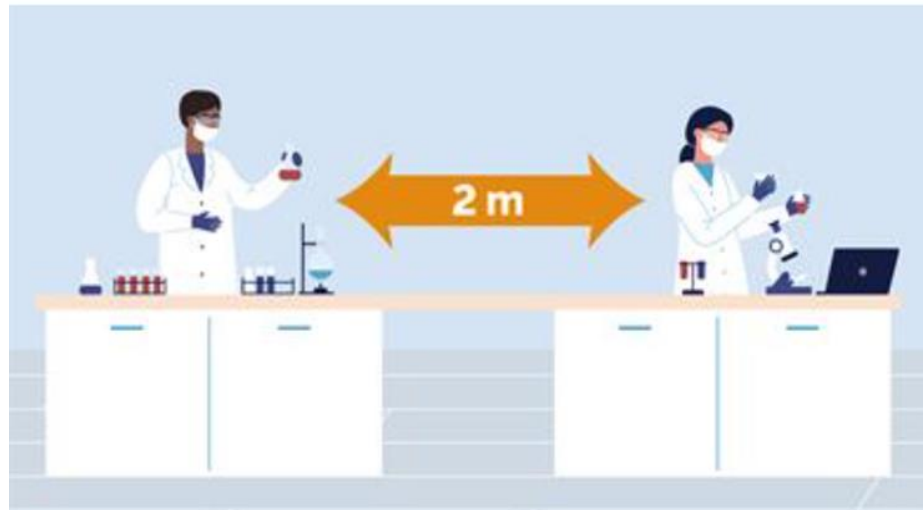
Use a Face Covering

Report Illness

Cover Coughs and Sneezes

Practice Physical Distancing (2m)

Contact the KAUST Health call center on 012 808 0940
If outside clinic hours, call KAUST Health on 012 808 4444



 **KEEPING KAUST SAFE**
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Health, Safety and Environment

Cover Coughs and Sneezes

- 1** Cover your mouth and nose with a tissue when you cough or sneeze.
- 2** Put your used tissue in the trash bin
- 3** If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- 4** Wash your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel or hand dryer.

**SAFETY
FIRST**

**SAFETY IS
EVERYONE'S
RESPONSIBILITY**