

# Read this first!

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## Who is health and safety essentials for?

Welcome to Health and Safety Essentials. This online laboratory health and safety training resource has been developed from existing good practice guides produced by the Royal Society of Chemistry and material kindly supplied by UK university chemistry departments. It is aimed primarily at providing postgraduate students and university researchers with the essential basic knowledge needed to work safely in a chemical laboratory. Health and Safety Essentials is intended to complement the health and safety guidance issued by users' own institutions, which should be adhered to at all times.

It should be remembered that experimental chemistry in universities may not be confined to chemistry department laboratories and that a wide range of activities are conducted in the modern university chemical laboratories that extend beyond chemistry alone.

## How to use this resource

The resources within Health and Safety Essentials comprise a series of modules. A module may contain practical information about safe working in the laboratory; a short assessment that provides the user with feedback about how well they have understood the material; or illustrative multimedia content such as video demonstrations, summary sheets and links to other sources of relevant information. We recommend that users of this resource work sequentially through each module and ensure that they know and understand what is required of them before moving to the next module.

## Help us to improve health and safety essentials

The intention is to create a 'living resource' that will be expanded to over time to include additional material. It would be greatly appreciated if you could let us know what you think needs to be done to improve the usefulness of this training resource. We look forward to receiving your views.

## Disclaimer

Any advice given has been carefully formulated but is necessarily based on the information available and the RSC and cannot be held responsible for accuracy or completeness. In this respect, the RSC owes no duty of care and shall not be liable for any resulting damage or loss.



Health & Safety  
**Essentials**