

The «how to NOT do it guide» in the DNA lab

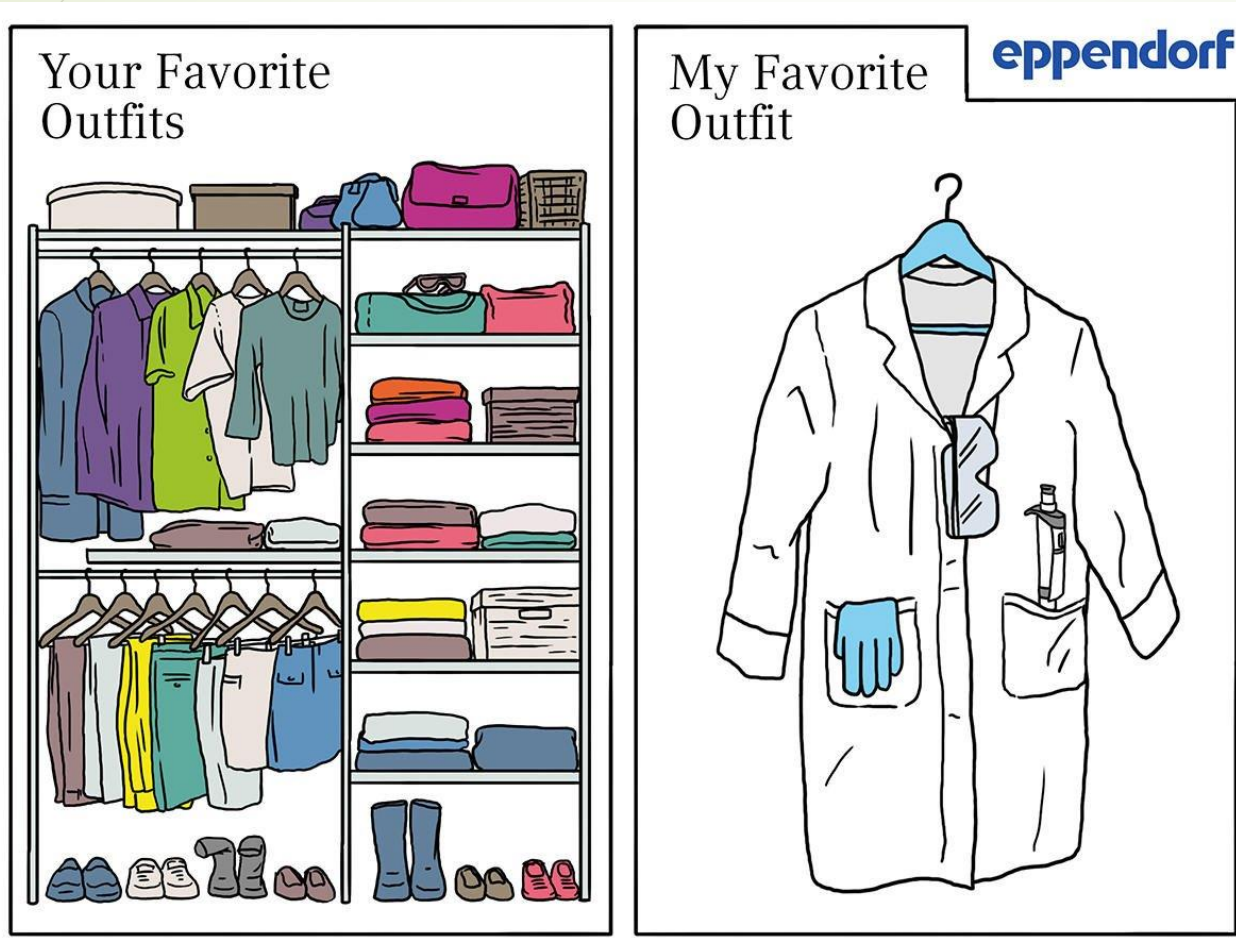
Bad habits have a tendency to develop, recur and linger in a lab - and the DNA-lab is no exception.

This guide will focus and emphasize on the most common bad lab habits. Hopefully, this attention may contribute to elimination, or at least to reduce some them.

Then we can all rejoice in a better working lab and gather in the comradeship of lab work.

- You can unscrew your toothpaste cap with one hand
- Talking about really gross things while eating doesn't bother you
- You label food items at home with open and initials
- You use the word "aliquot" in a regular sentence
- You got calluses from opening Eppendorf tubes
- You're very good at transferring very small amount of liquid between containers
- You develop the skill of writing very small letters
- You rejoice when pouring out the right amount of Eppendorf tubes on the first try

#1 – Shouldn't be necessary to say – but follow HSE-guidelines and use PPE



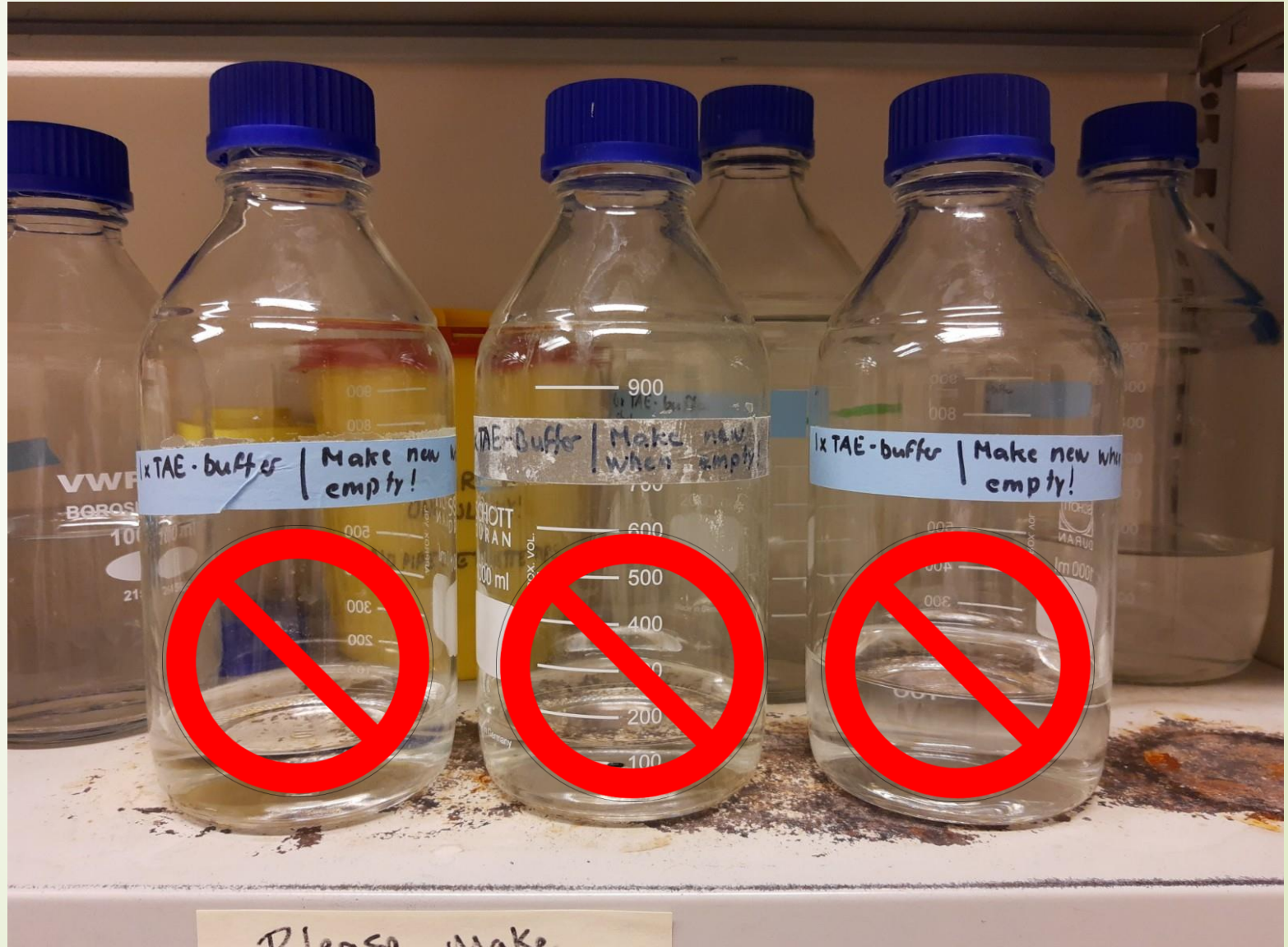
#2 – Do not overfill the bleach/deconex wash containers

If the racks do not even reach the liquid in the container, it should ring a bell saying «this is wrong»!



#4 – Fill up empty electrophoresis buffer bottles

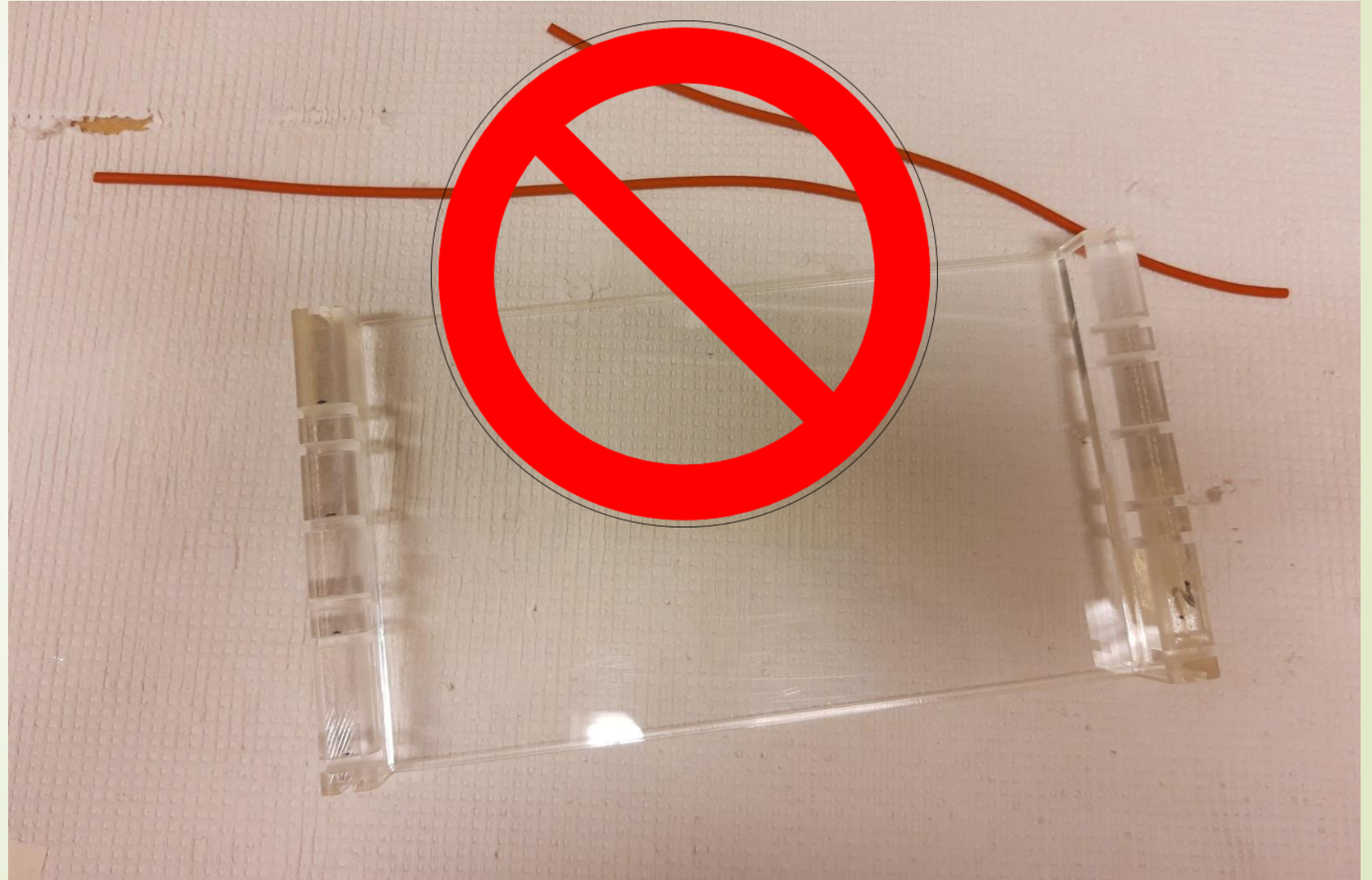
Come on
lazy people!



#5 – Fill up empty pipette tips boxes

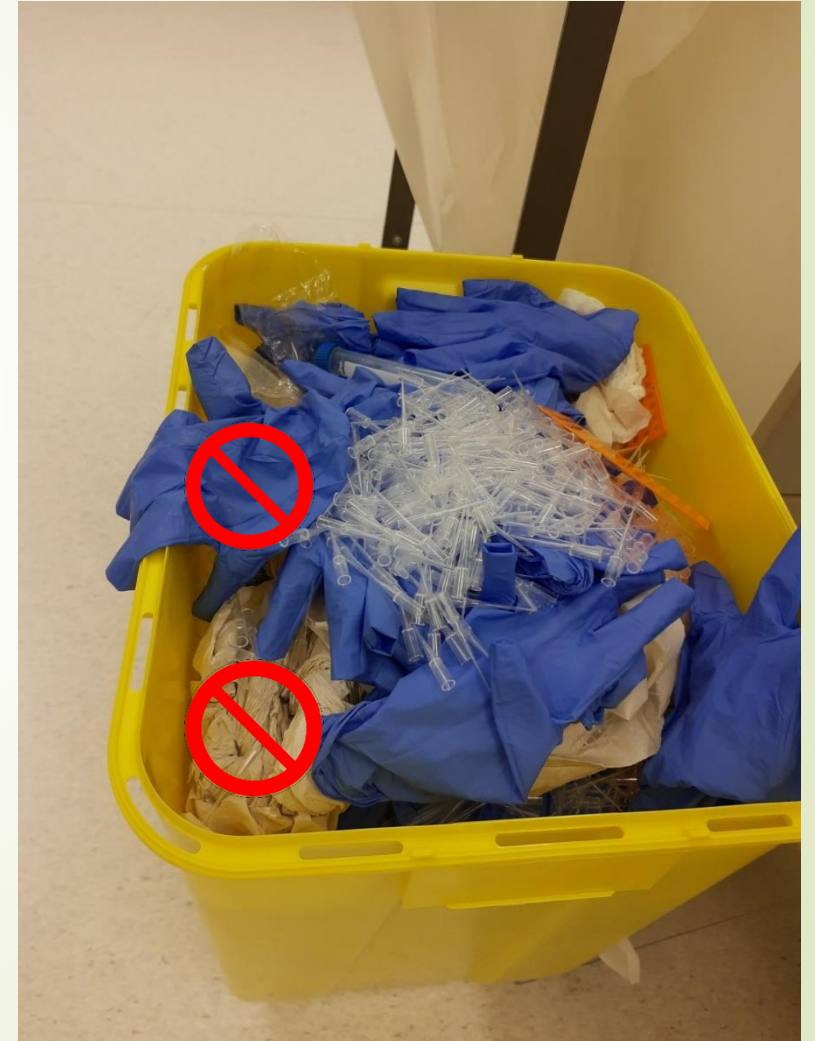


#7 – Do not remove rubber seals from the electrophoresis casting units



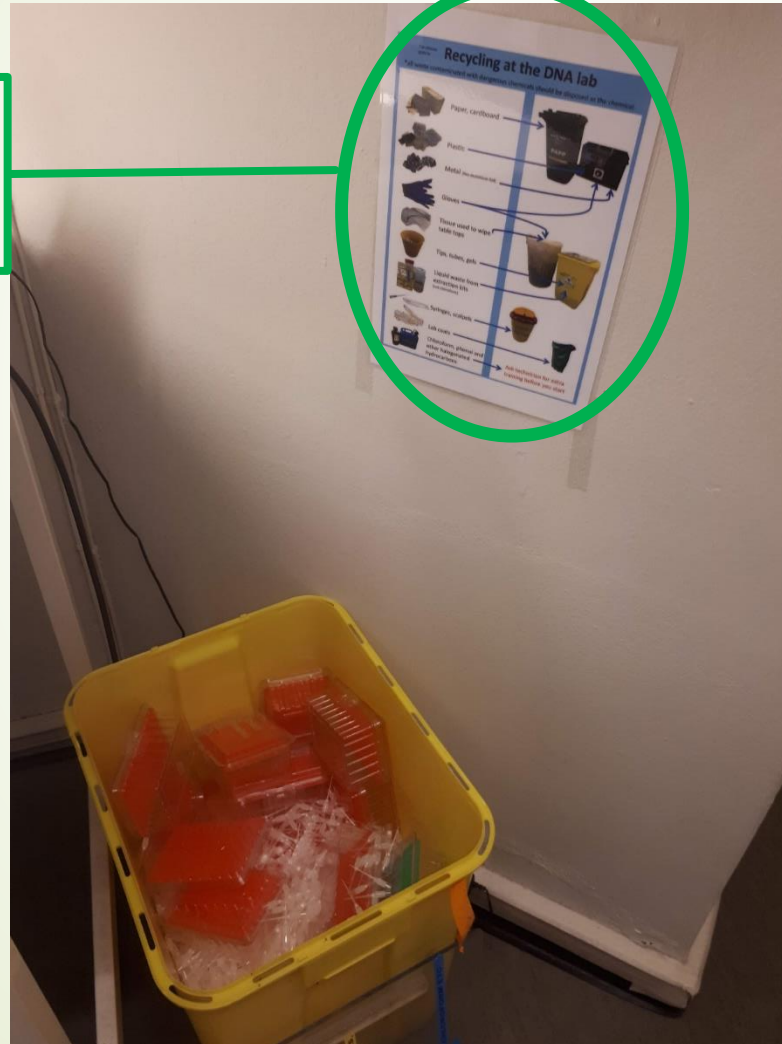
#8a – Recycling: Gloves and tissue paper are not risk waste

Detailed recycling instructions are posted in each lab



#8b – Recycling: Clean plastics are not risk waste

Detailed recycling instructions are posted in each lab



#9 – Keep in mind the rack color codes - Blue, pink, yellow & white racks most not be moved into the Post-PCR area.

The color codes exist for a reason. Do not take racks from the clean side into the Post-PCR lab.

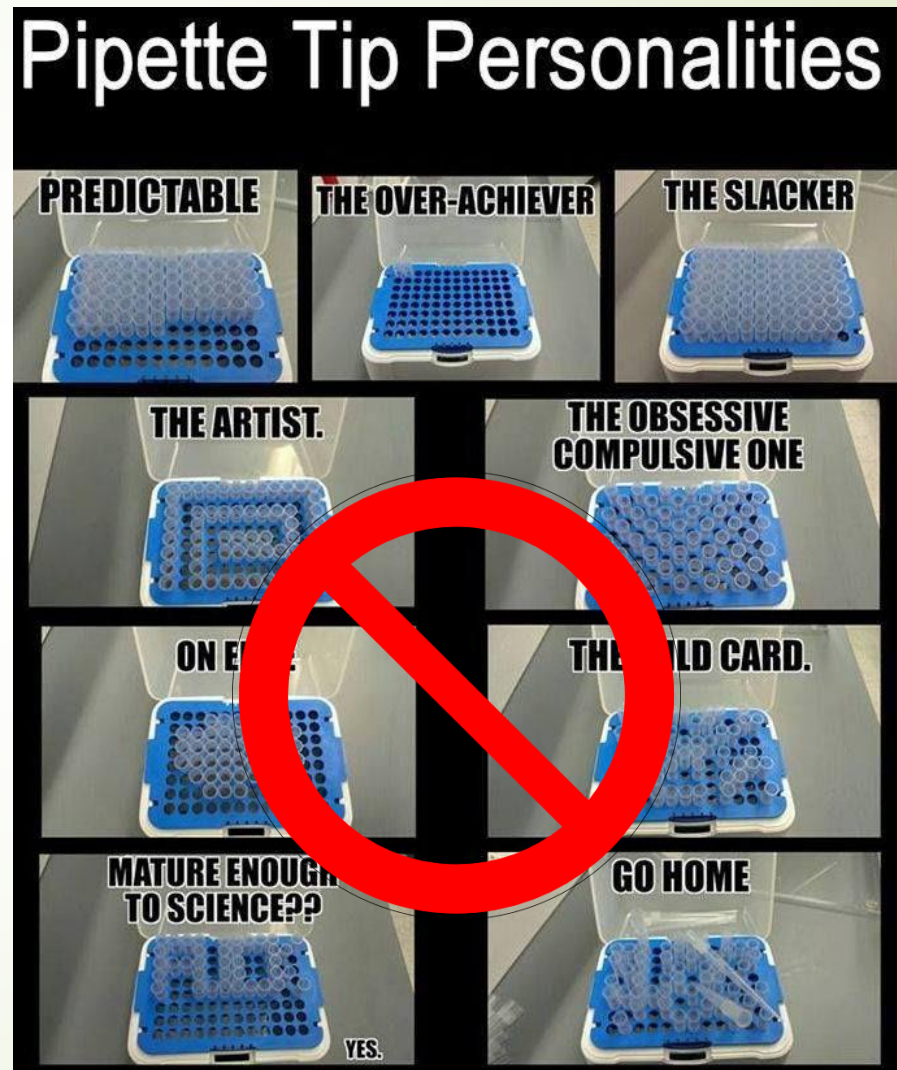
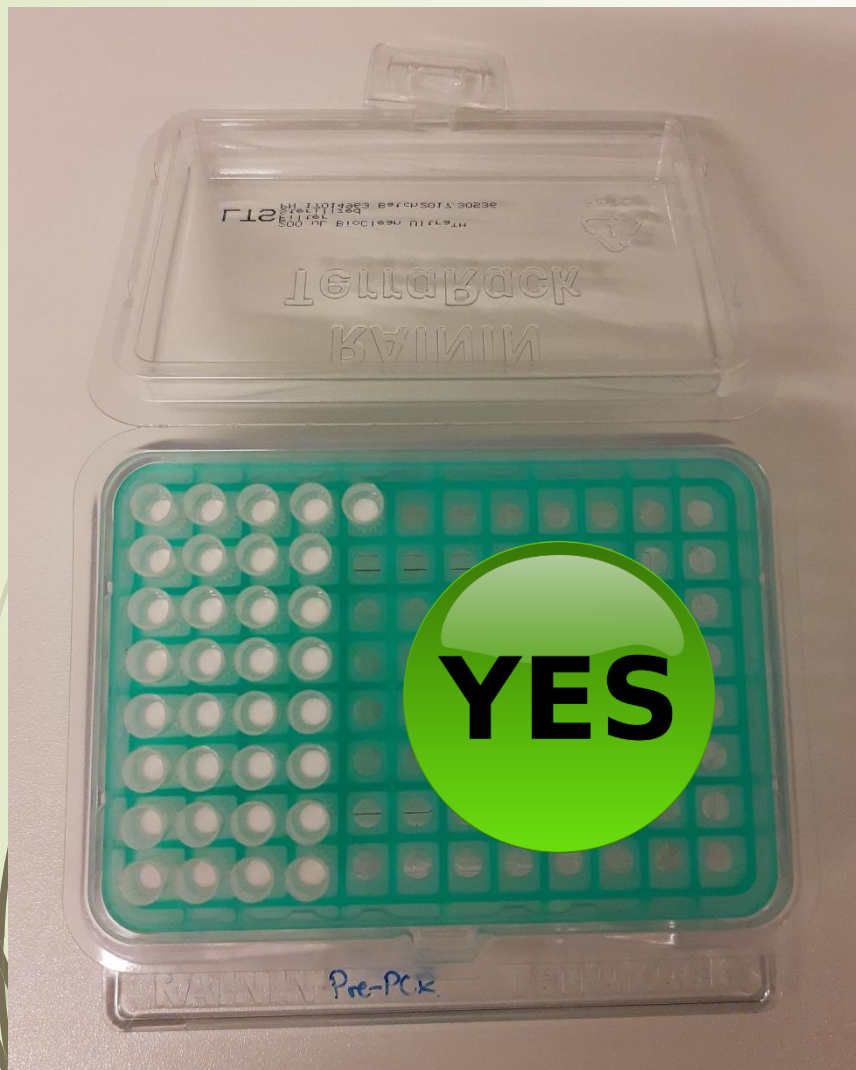


#10 – Do not use the delivery fridge/freezer as a storage facility.

Please store ordered items in the dedicated research group facilities



#11 – Do not use tips randomly from the tip box



#12 – Do not overfill the tip waste box

The dirty tips will not go away by themselves so empty the box in the risk waste



#13 – Do not use racks for storing Eppendorf tubes

Use Sarsted boxes
labelled with name,
content and date



Kitchen vs Laboratory

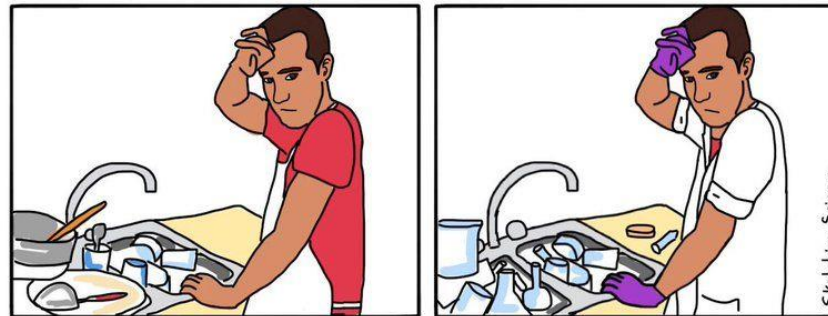
Follow protocols



Analyze results



Clean up the mess



By Rifna Khalid