Since cancer in humans may result from exposure to chemical carcinogens, the following guidelines are designed to keep worker and environmental exposure to a minimum. In this two phase approach, good work practice is backed up by engineering controls. Good work practice is the primary method of protecting laboratory personnel from exposure to carcinogens.

• Substitute non-carcinogenic substances for chemical carcinogens wherever possible.

• Use and keep on hand very small quantities or dilute solutions of chemical carcinogens.

• Avoid inhalation as route of exposure:
  – Contain carcinogens in a fume hood or glove box.
  – Avoid practices which produce aerosols (blow-out pipets, sonicators, heating, stirring, pouring or weighing). Conduct these operations in a closed system).
  – Dry sweeping or dry mopping in the area is prohibited.
  – Wear EH&S approved respirators in areas where exposure may exceed the permissible level. Respirator users must be fit tested and approved by EH&S.

• Avoid skin contact as a route of exposure:
  – Wear gloves appropriate for the task. Change gloves often and remove before leaving the regulated area.
  – Wear a lab coat, but remove prior to leaving the controlled area.
  – Clean up spills and contaminated containers as soon as discovered.
  – Wash hands and arms after each use of chemical carcinogens.
  – Clean work surfaces after each procedure and at the end of the work day.
  – Shower immediately after any overt exposure to chemical carcinogens.

• Avoid ingestion as a route of exposure:
  – Do not eat, drink, or smoke in the lab.
  – Use mechanical pipettes. Do not mouth pipette.
  – Thoroughly wash hands and arms before eating or smoking.

• Chemical Carcinogen Waste Disposal:
  – EH&S will pick up carcinogen waste for proper disposal.
  – Do not dump carcinogens or toxic materials down the drain or evaporate
  – Do not dump carcinogens in the trash.