If you handle your phone in the laboratory, you may be taking home more than you intended. Your phone could become contaminated with the hazardous materials you use in the lab. When you pack up for the day, you may be spreading that contamination to your backpack, the pocket of your jeans or coat, your hands - everywhere you go.

Remove and discard your gloves and wash your hands before picking up your phone.

Things to consider

• If possible, leave the phone with your personal belongings.
• If you need your phone in the lab to check a protocol or stay in touch, remove your gloves before touching the phone and wash your hands.
• If you believe that your cell phone has been contaminated, use alcohol or disinfectant to decontaminate before taking to a clean area.
• Be aware that cleaning agents such as alcohol and disinfectants may harm the protective finish on your phone. Check your owner’s manual prior to cleaning.