



[Make your comeback]

You're ready to return to your lab.
We're here to help ease your transition at every step.

This guide is meant to help you confidently resume your important work, even in these challenging times.

Before you head to the lab:

- Check with your facilities and EHS departments for recommended cleaning procedures
- Work out social distancing–friendly schedule with labmates
- Plan experiments so that you can make the most of the time in the lab and office
- Check the local rules for wearing PPE (e.g., city, county, and institution-specific guidelines). Order PPE so it is in the lab when you return.
- Confirm that the tissue and/or cells that you need will be available as labs reopen
- Identify tasks that can be completed without going into the lab
- Check on the statuses of any conferences you were planning to attend this year
- Is your data backed up? Make sure any work you generated at home is safe and sound

Once you're in the lab, prepare to get work started:

- Check the lab's supply of PPE, including gloves, masks, and goggles
- Order any PPE the lab may not currently have (remember to avoid items critical for health care, e.g., N95 masks)
- Check the lab's levels of commonly used products. Place a restocking order for items needed
- Check that your Supply Center by Thermo Fisher Scientific and Stockroom have the items you need
- Check reagent expiration dates and discard expired material. Your chemical account manager can advise about which chemicals are more likely to need replacement
- Contact EHS for help with hazardous waste removal
- Confirm that equipment calibration is up to date
- Schedule any overdue instrument calibrations or certifications, check for software updates, and reschedule any overdue preventative maintenance. Consider installation kits and calibration standards needed for restart and validation
- Give the lab a deep clean, focusing on shared space and equipment. Make sure you include your glassware
- Develop a lab-wide routine to clean shared equipment before and after use

Before setting up your first experiment:

- Make up fresh media, buffer solutions, titration solutions, and solvent blends
- Ensure you have stock of the reagents and building blocks you need for your experiments
- Thaw cells from liquid nitrogen
- Re-establish animal colonies
- Reschedule seminars and journal clubs that you may have missed
- Remember to maintain proper PPE and social distancing guidelines

To help support you, guide you, and get your lab back up and running quickly, we've created a variety of relevant resources you can conveniently access all from one place.

We are here to support your comeback, visit
fishersci.com/research-essentials
or fishersci.ca/research-essentials