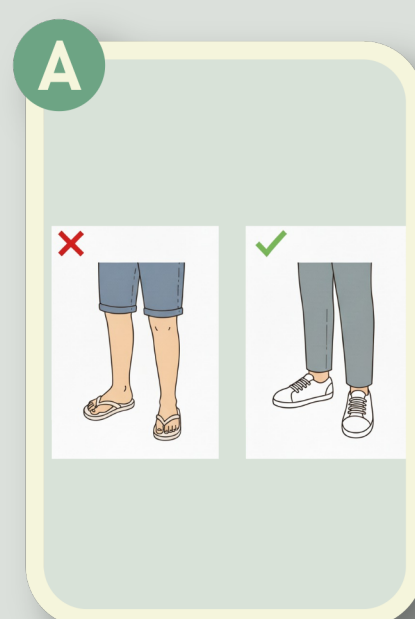


PROCEDIMENTOS OPERACIONAIS PADRÃO DE BIOSSEGURANÇA BIOSECURITY STANDARD OPERATING PROCEDURES



LABORATÓRIO DE DISSECÇÃO DE ANATOMIA ANATOMY DISSECTION LABORATORY

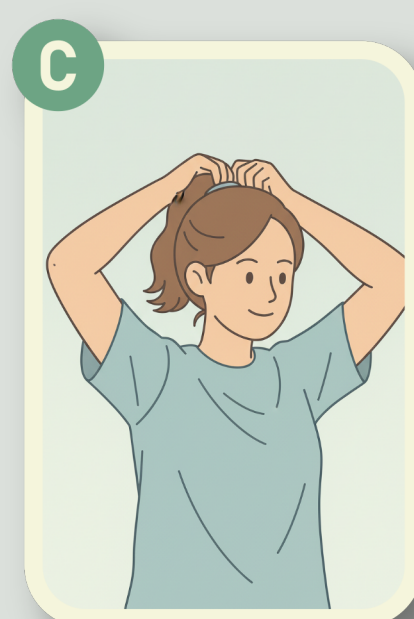
ENTRADA ENTRY



A Use sapatos fechados. Proibido calções/saias (exceto com leggings).
Wear closed shoes. Shorts and skirts are forbidden (unless worn with leggings).



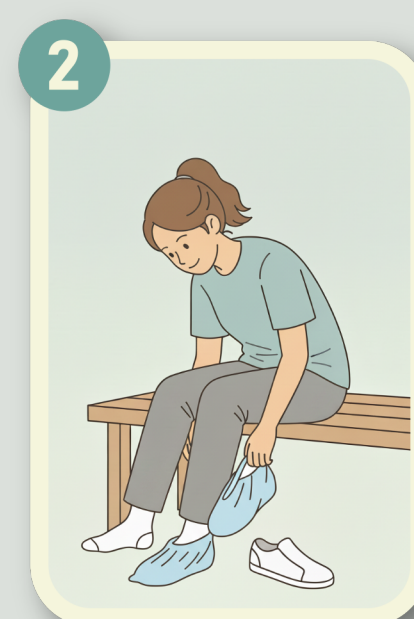
B Arrume os seus pertences num cacifo do Vestiário Geral e feche-o com o seu cadeado.
Store your belongings in the general locker and lock it.



C Apanhe os cabelos compridos.
Tie back long hair.



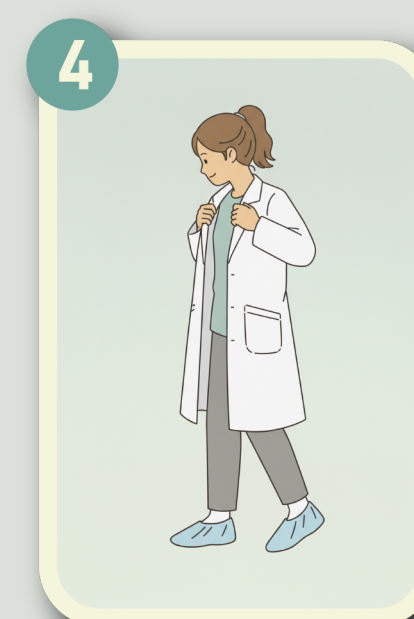
1 Sente-se no banco e descalce os sapatos de rua.
Sit on the bench and remove street shoes.



2 Calce os cobre-pés.
Put on shoe covers.



3 Guarde os sapatos de rua na prateleira apropriado.
Store street shoes in the designated shoe rack.



4 Vista a bata (Use uma lavada se for a 1ª aula da semana, senão use a bata guardada).
Put on your lab coat (Use a fresh one for the first class of the week; otherwise, use your stored one).



5 Sente-se no murete, rode 180° sem tocar no chão limpo e calce as botas do laboratório.
Sit on the barrier wall, rotate 180° without touching the clean floor, and put on lab boots.



6 Retire o avental do cabide e coloque-o.
Take an apron from the hanger and put it on.



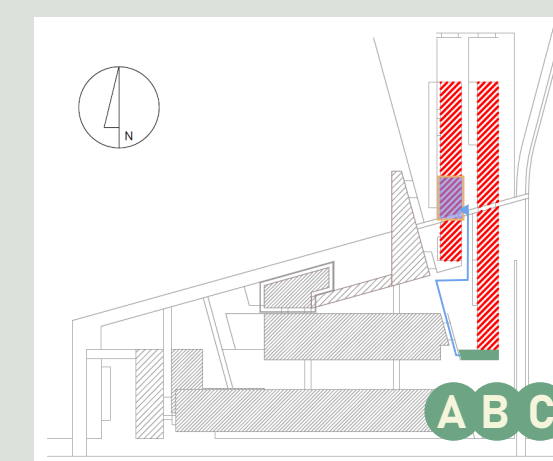
7 Coloque os manguitos plásticos.
Put on plastic oversleeves.



8 Coloque a touca e cubra totalmente o cabelo.
Put on Bouffant cap covering hair completely.



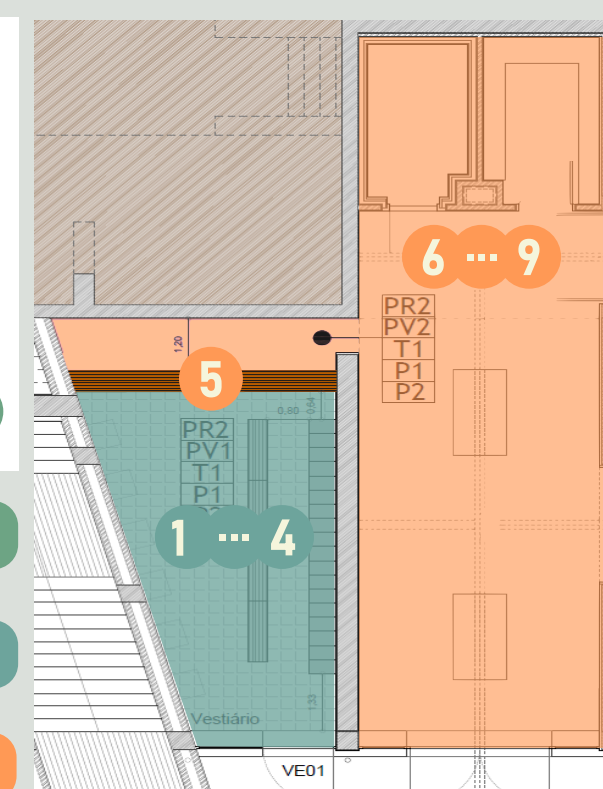
9 Calce as luvas descartáveis. Entrada autorizada.
Put on disposable gloves. Entry authorized.



A B C Vestiário geral
General changing room

1 ... 4 Secção de anatomia - Área limpa
Anatomy section - Clean area

5 ... 9 Secção de anatomia - Área suja
Anatomy section - Dirty area



OBRIGATÓRIO

- Use de:
- Botas*
- Bata*
- Avental*
- Manguitos*
- Luvas*
- Vacinação contra o tétano em dia
* Material providenciado pela FMV



MANDATORY

- Use of:
- Boots*
- Lab coat*
- Apron*
- Plastic oversleeves*
- Disposable gloves*
- Up-to-date tetanus vaccination
* Material provided by FMV

PROIBIDO

- Comer ou beber
- Utilizar telemóveis
- Fumar



FORBIDDEN

- Eat or drink in the facilities
- Use of cellphone
- Smoking

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