

PROCEDIMENTOS OPERACIONAIS PADRÃO DE BIOSSEGURANÇA BIOSECURITY STANDARD OPERATING PROCEDURES



LABORATÓRIO DE DISSECÇÃO DE ANATOMIA ANATOMY DISSECTION LABORATORY

SAÍDA EXIT



1 Tire o avental, lave-o no lava-aventais e pendure-o num cabide.

Remove your apron, wash it in the apron sink, and hang it on a hanger.



2 Retire os manguitos, lave a face externa e coloque-os no local designado para o efeito.

Remove oversleeves, wash the outer side, and place them in the designated area.



3 Lave as botas no lava-botas.

Wash your boots in the boot washer.



4 Dirija-se ao filtro sanitário e sente-se no murete. Tire as botas.

Go to the sanitary barrier and sit on the wall. Remove your boots.



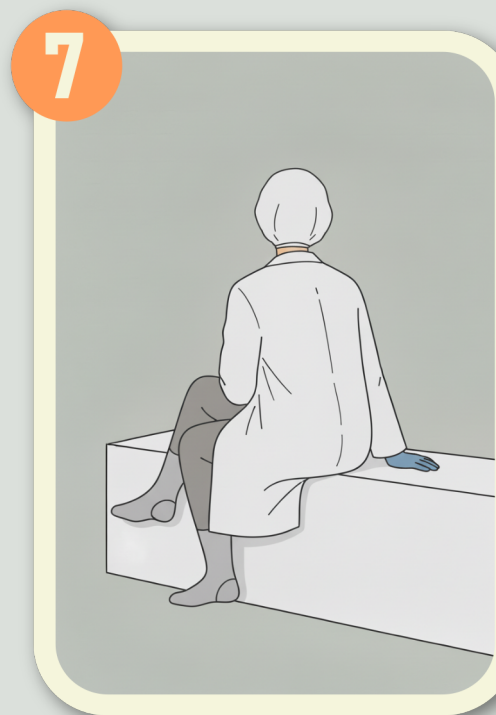
5 Pendure as botas no secador de botas.

Hang your boots on the boot dryer.



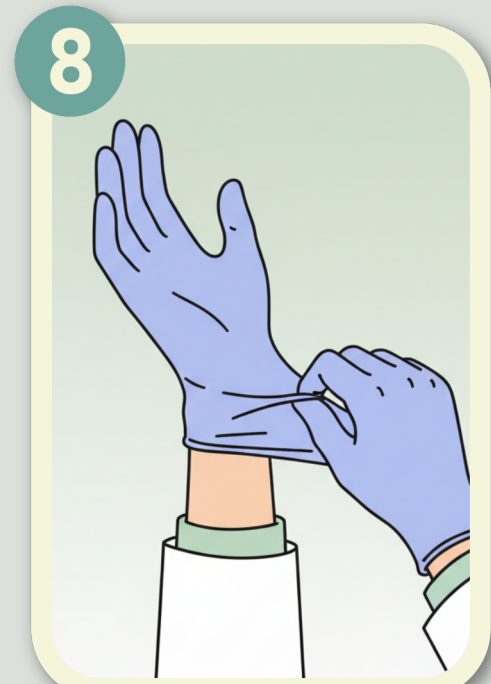
6 Remova os cobre-pés. Coloque os cobre-pés no caixote de lixo para materiais de risco.

Remove shoe covers and dispose of them in the biohazard waste bin.



7 Rode 180° para entrar na zona limpa do filtro.

Rotate 180° to enter the clean zone of the filter.



8 Retire as luvas e depois a touca.

Remove your gloves and after the bouffant cap.



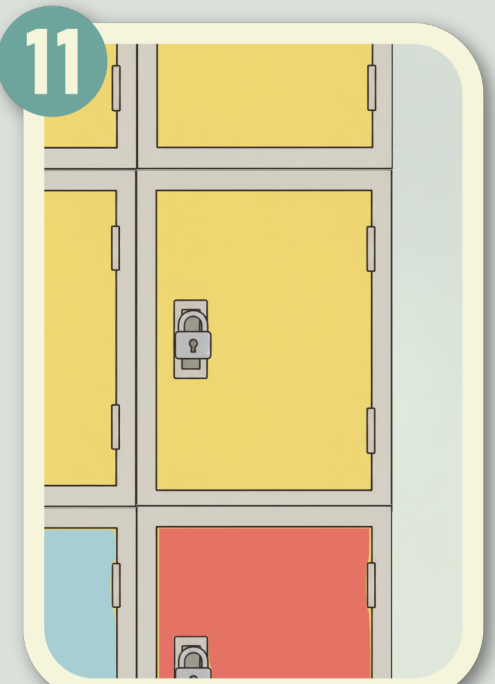
9 Coloque a touca e luvas no saco para material de risco, tire os seus sapatos do cacifo, e calce os sapatos.

Dispose of the cap and gloves in the biohazard waste bag. Retrieve your street shoes from the locker and put them on.



10 Dispa a bata e se tiver mais aulas nessa semana, guarde-a no cacifo, caso contrário coloque a bata na tuiha.

Take off your lab coat. If you have more classes this week, store it in your locker; otherwise, place it in the laundry hamper.



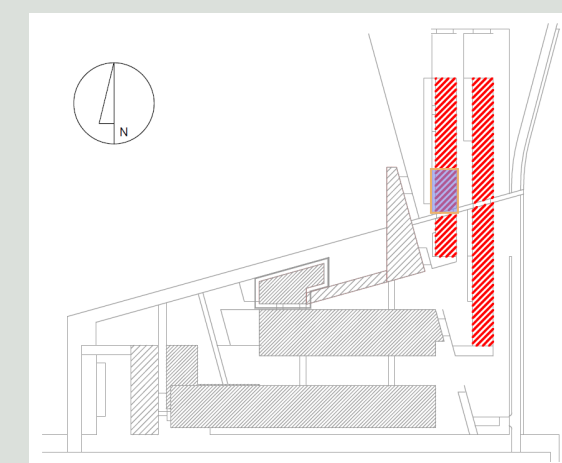
11 Feche o cacifo com o seu cadeado.

Lock your locker with your padlock.



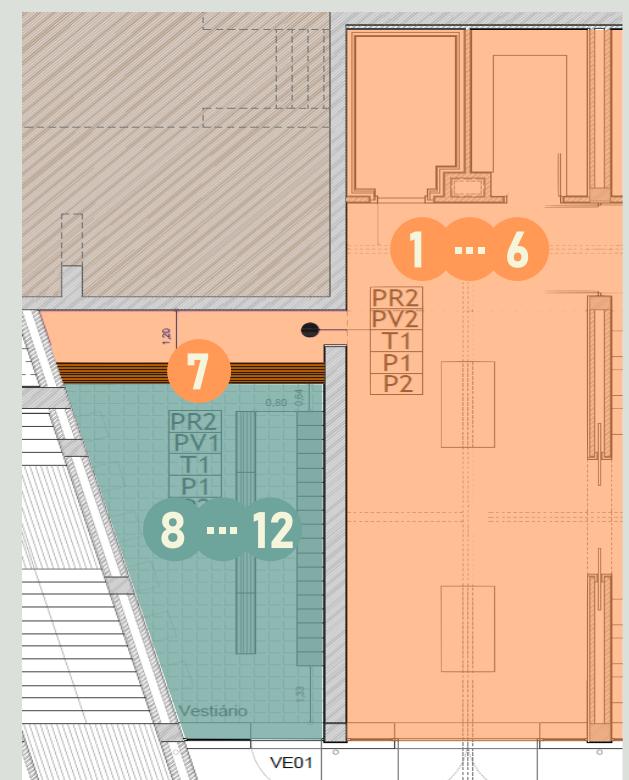
12 Lave as mãos com água e sabão.

Wash your hands with soap and water.



1 ... 7 Secção de anatomia - Área suja
Anatomy section - Dirty area

8 ... 12 Secção de anatomia - Área limpa
Anatomy section - Clean area



OBRIGATÓRIO

- Uso 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 mobile phones
- Smoking

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