[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 intended to help you confidently resume your important work, even in these challenging times.

Before you head to the lab:
Is your data backed up? Make sure any work you generated at home is safe and sound
Plan and prioritize experiments so that you can make the most of your time in the lab and office
Create a list of the reagents and equipment you will need for your experiment
Confirm that the tissue and/or cells that you need will be available as labs reopen
Contact biobanks or other sources for human tissue and find out the expected timelines for sample delivery
Plan contingencies if you cannot carry out certain experiments (e.g., human samples may not be available)
Check with your facilities and EHS departments for recommended cleaning procedures
Check the local rules for wearing PPE (e.g., city, county, and institution-specific guidelines)
Plan for your safety and social/physical distancing:
Remember to stay flexible to accommodate adjusted working hours
Identify tasks that can be completed remotely without going into the lab
Maintain an ongoing conversation with your supervisor or manager regarding remote data analysis
Work out a social distancing–friendly schedule with lab mates
Use a shared calendar or other app to organize and schedule lab time with your team
Keep in mind that social distancing may result in reduced access to shared equipment and that core facilities may operate at a reduced capacity
Develop a lab-wide routine to clean shared equipment before and after each use

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Once you're in the lab, prepare to get work started:
Check the lab's supply of PPE, including gloves and masks
Order any PPE the lab may not currently have (remember to avoid items critical for health care, e.g., N95 masks)
Contact EHS to catch up on hazardous waste removal
Give the lab a deep clean, focusing on shared spaces and equipment
Check the lab's levels of commonly used products
Check reagent expiration dates and discard expired material
Place a restocking order to replenish items needed and items that have expired
Check that your Supply Center from Thermo Fisher Scientific has the items you need
Consult equipment manuals for start-up recommendations
Check gas supply levels to your equipment and schedule replacement
Check liquid nitrogen levels
Verify tight connections (water, electrical, and CO_2/LN_2 backup) to your equipment
If capable, download data and verify the last 2 months of ULT freezer performance
Confirm that equipment calibration is up to date
Schedule any overdue calibrations or certifications, check for software updates, and reschedule any overdue preventative maintenance
Activate the sterilization cycles on your CO_2 incubators before use
Getting started:
Make up fresh media and buffers
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/physical distancing guidelines

We are here to support your comeback, visit
thermofisher.com/comeback

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