

Cornell Guided Notes

Human Anatomy & Physiology (Human Body Systems) | 2026-08-26

Name

Period

Date

Lesson

Lesson focus

Lab notebook and safety practical

Key words and questions

Prepared details and student notes

Essential question
What is today's target?

Set up a dated HBS lab notebook and pass a PPE and SDS safety practical. Big idea: Safe lab practice begins with reading the SDS and using the correct personal protective equipment before handling any specimen or chemical.

My notes, examples, and questions

Key words
What vocabulary unlocks the lesson?

- anatomy
- physiology
- homeostasis
- anterior
- posterior
- proximal
- distal
- superior
- inferior

My notes, examples, and questions

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Cornell Notes - Continued

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Must-know ideas
What should I understand by the end?

- A Safety Data Sheet (SDS) has 16 sections; Section 2 lists hazards, Section 8 lists required PPE, Section 4 covers first aid.
- Standard lab PPE for specimen handling includes gloves, goggles, and a lab coat or apron.
- Every lab notebook entry must be dated and include objective, data, analysis, and reflection sections.

My notes, examples, and questions

Process notes
What happens during class?

- 0-8: Intro: why lab safety matters in a health-science course
- 8-20: Lab tour: locate eyewash, sharps, fire extinguisher, SDS binder
- 20-40: SDS deep-dive: open one sheet, complete Sections 2, 4, 8 on checklist
- 40-55: Notebook setup: date page one, create four sections, write first objective
- 55-75: PPE practical: don correct gear for mock specimen task, teacher sign-off
- 75-80: Submit notebook photo and checklist

My notes, examples, and questions

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Steps and evidence What do I do and turn in?

- Create notebook sections for objective, data, analysis, and reflection, then date page one.
- Locate the eyewash, sharps container, and SDS binder in the lab.
- Open one SDS and find the hazards (Section 2), PPE (Section 8), and first aid (Section 4).
- Put on the correct PPE for a mock specimen-handling task and have it checked.
- Submit your initialized notebook page and completed safety/SDS checklist.

Evidence: Pre-lab - Completed SDS checklist (Sections 2, 4, 8) plus a photo of your initialized, dated notebook page.

My notes, examples, and questions

Checks for understanding How do I know I got it?

- You can record a dated, labeled lab-notebook entry.
- You can find hazards, PPE, and first aid on any SDS and gear up correctly.

My notes, examples, and questions

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Lab or safety notes
What must I handle carefully?

Safety:

- Goggles and gloves must be on before handling any specimen or chemical in this class.
- Know the location of the eyewash station before beginning any lab.
- Never recap needles or put sharps in the regular trash; use the sharps container.
- Wash hands with soap and water after removing gloves.

Supplies:

- Disposable gloves (nitrile, appropriate size)
- Safety goggles
- Lab coat or disposable apron
- SDS binder (already in lab)
- Composition notebook or bound lab notebook
- Pencil or pen

My notes, examples, and questions

Summary

Today's lesson focused on Lab notebook and safety practical. The main target was: Set up a dated HBS lab notebook and pass a PPE and SDS safety practical. The evidence of learning is Pre-lab: Completed SDS checklist (Sections 2, 4, 8) plus a photo of your initialized, dated notebook page.. In my own words, the most important idea from today is:

My summary

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My final question or connection