

# Cornell Guided Notes

Human Anatomy & Physiology (Human Body Systems) | 2027-01-21

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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## Cornell Notes - Continued

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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