

IMPORTANT INFORMATION about your first CHEM 154 LAB SESSION

WHERE: lab room **FR306**

WHEN: see here →

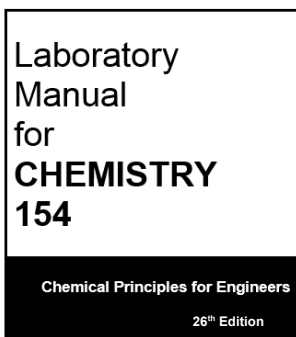
Fall 2026

section	date and start-time of first lab		
154 L1	Friday	Sept 18	10:00 am
154 L2	Friday	Sept 18	2:30 pm

Please arrive on time. Attendance is mandatory. If you miss the first lab, then you are not permitted to continue with the laboratory portion of the course.

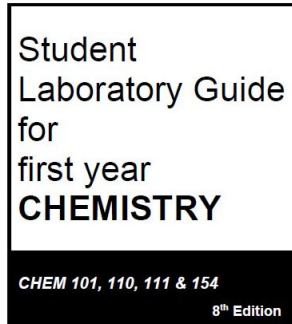
PURCHASE at the BOOKSTORE:

bring all items to the first lab session



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**26th edition
teal-coloured**



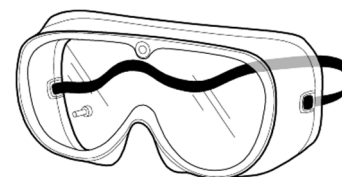
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pale-yellow/tan-coloured**



safety glasses

or....



safety goggles*

You already have this if you've done Chem 101.

All students must purchase their own copy of the Lab Manual. Students should feel free to mark up their own copy with notes and comments. Sharing does not work.

All students must have eye-protection, including those who wear prescription glasses. More information is given on the next page.



FIRST LAB SESSION – EXP #0



Approximately 2 hours of advance preparation is required before you come!

Read pages 1-29 of the Chem 154 Lab Manual and watch the videos mentioned on page 8. A lot is required. Please come fully prepared to the lab. Along with readings and videos to watch online, there are also forms to fill out.

EYE-PROTECTION

The online video titled "Safety in the Chemistry Laboratory" (see p 8 of the lab manual) discusses this topic, starting at the 6 minute 50 second mark, and shows examples of various styles of safety glasses and what you should purchase at the bookstore.

Choose carefully as safety glasses or goggles cannot be returned to the bookstore if already removed from the packaging.

Safety Glasses: These are meant for anyone not wearing contact lenses.

The bookstore sells three types of glasses, as noted on the label at the end of each box.

- the code "**OTG**" means "over the glasses" and should be used by students wearing their regular prescription glasses underneath.
- the code "**LNP**" means "low nose profile" and is recommended for petite students.
- a box with no code, other than, for example "Astrospec 3000" is the "regular" style recommended for all remaining students that don't fit in the first two categories.

Safety Goggles: Only students who wear contact lenses in the lab should purchase safety goggles from the bookstore. These wrap fully around your face but fog up rapidly, becoming difficult to see through. For this reason, **contact-lens wearers should instead wear their prescription glasses in the lab** and purchase "OTG" safety glasses instead.

LAB COATS: are not required for Chem 154 but are available at the bookstore

LAB SCHEDULE: will be handed out at the first lab session, also available online

www.capuchem.ca/labs/labs-154.html

<https://elearn.capu.ca/my/>

Questions? Please visit the chem lab office in room FR308A. You will have to ring the door-bell in the hallway outside of lab room FR306 to be able to reach the lab office.