# Responsibilities of a
# Technician / Research Assistant
*in improving research culture*

UK**RIO**

## Recognition

Speak up if you feel undervalued and not credited for contributions to research (including authorship)

## Integrity & Quality in Research

Speak up if you are excluded from group discussions at any stage of the project

Carefully prepare technical aspects of the project without overlooking health and safety

## Career & Professional Development

Be proactive in gaining new training and opportunities for leadership or management roles

Seek supervisor support to apply for funding, be included in grant proposals and attend conferences

## Wellbeing & Teamwork

Set realistic goals and deadlines

Be collaborative, establish good relationship with others and seek to organise the team to be more efficient

Seek help and advice if you experience poor treatment, bullying or harassment