Abstract: Across the world, hundreds of thousands of college students enroll in introductory physics labs every year. Lab-work serves as an introduction to the experimental side of science and provides a great opportunity for students to learn physics concepts and ways of thinking. However, because of inequities and other factors, the potential benefits of lab-work are not realized by all students. In this talk, I will share research results about student experiences and outcomes in introductory physics labs. Based on these findings, I will also highlight specific instructional strategies that we can take to improve inclusion in physics.