

# GOOD LAB PRACTICE-NMR

## C-CART GENERAL POLICIES

- Only authorized individuals are allowed in the C-CART facilities
- Anything unusual in the lab or any instrumental error should be reported immediately to C-CART staff
- Only trained individuals can use the instruments
- Time on the instruments should always be booked on the scheduler (FACES) unless indicated. Booked time should be strictly respected.

## GENERAL SAFE LAB PRACTICE

- All accidents should be immediately reported to the lab manager
- Dress properly: no outside coat, loose clothing, winter shoes, etc...
- Dispose of waste properly
- Keep lab tidy

## NMR LAB SAFETY

- MAGNETS ARE ALWAYS ON.** Do not carry metallic objects within the 5G line.
  - Watches, coins, jewellery items, magnetic strip bank cards should be left outside the laboratory.
  - Persons with life sustaining implanted medical electronics such as pacemakers **must not** enter the NMR laboratories.
  - Seek advice if you are wearing any other medical device or implant
- Cryogen hazards:** The magnets are filled with liquid nitrogen and liquid helium.
  - Do not enter the room during maintenance (Tuesdays 8:30-11)
  - Do not enter the room if the alarm is sounding and the light is flashing
  - If you observe a sudden exhaust of gas from a magnet (quench) or hear the O<sub>2</sub> sensor alarm, **EXIT** the room **IMMEDIATELY** and notify people in the vicinity
  - You can watch more about magnet safety here:  
<https://www.youtube.com/watch?v=59PY2rYS3P8>
- Proper handling of NMR samples:
  - Do not use cracked or damaged tubes
  - Use minimal force to cap the tube
  - The spectrometer operating desk is not to be used for sample preparation.