WELCOME TO THE VOICE NMR LAB

Enclosed in this packet is everything that you will need to get started training in the VOICE NMR Lab. Check to make sure that you have one copy of each of the following handouts. If any of the handouts are missing, ask lab staff for a copy.

Please take the entire folder of contents.

Contents:

1) A Guide to The Varian Oxford Instruments Center for Excellence in the NMR Laboratory
2) Authorization Form
3) Reslog Access Code Request Form
4) Basic NMR Information Level 2 Checkout
5) U400 Plotting practice handout
6) U400 Checkout procedure handout
7) Unity 400 Reservation Protocol
8) Data Backup Options and Data Backup Policies handout
9) Reslog handout

Training Procedure:

Note: It is very important that you follow the training procedure as described in this handout. Make sure that you do not skip any steps. YOU MUST talk to Vera after completing the plotting practice section. Do NOT begin training on the U400 with your trainer until after you have spoken to Vera.

1) Bring in your signed authorization form and Reslog access code request form and give them to Tracie to obtain a training code. Your training code will have the SUNDS1 and PCDS on it. You will also have a directory created in your last name in lower case for when you begin training on the U400.
2) Do the Plotting Practice on the SUNDS1 and take the NMR Basics Written quiz. Keep your practice spectra.
3) Make a appointment with Vera to go over the practice spectra. She will update your Reslog training code to put the U400 on it for training.
4) While training make sure that you are with your trainer at all times.
5) Make sure that you log on properly and enter your directory to store the practice data.
6) When you are ready for Checkout, bring your U400 practice spectra to Vera to set up a two hour Checkout time.