



Internal regulations of the CCRMN

Life safety instructions :

The Common Center of RMN is open from 9 a.m to 6 p.m, from Monday to Friday, with at least one staff member present on site. The 300 MHz instruments are accessible from 7 a.m to 7 p.m, from Monday to Friday, **for authorized personnel only**. Users are reminded that the university's internal regulations prohibit work outside of these hours, and solitary work is strictly prohibited at all times. Access to the instruments is prohibited for individuals wearing medical devices that may be disrupted or attracted by intense magnetic fields (pacemaker, insulin pump, cochlear implant, etc.). In case of fire alarm or anoxia alarm activation, evacuate the premises immediately.

Instructions for use of devices :

Access to self-service devices is strictly prohibited for unauthorized individuals.

During an analysis, remove any objects from your pockets that may be attracted or affected by a magnetic field (mobile phone, watch, credit card...).

It is prohibited to manipulate the spectrometer control computer with laboratory gloves.

Do not insert any external disk (such as a USB drive) into the central unit of the spectrometer's control station.

Users are requested to **clean their sample tube before inserting it into the spinner**. When using the AVL300 (continuous sample changer), please be mindful of the maximum total height : 22cm.

It is the responsibility of users to retrieve their samples once their analysis is complete.

Operation of the center :

Users must register in our database when they arrive, by visiting this link: <https://ccrmn-request.univ-lyon1.fr/>. This allows us to contact them when necessary and configure their network disk access rights to retrieve their spectra. This disk always contains at least the last 3 months of data, and it is the users' responsibility to copy the data onto their own storage.

External users to the ICBMS can request the configuration of their « CUMUL » card to gain access to our premises : (South entrance of the Lederer building and AV300 room, please contact anne.baudouin@univ-lyon1.fr).

To facilitate tube management by the center, users are requested to give their samples a name starting with their initials. The name should not contain any special characters except dashes and periods. It is strongly advised to respect the color codes for laboratory caps to avoid tube loss.

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TO ACCOMPANY
TO CREATE
TO SHARE

Several modes of use are possible :

On-demand analyses: submit an online request at <https://ccrmn-request.univ-lyon1.fr/> and deposit the tube in the sample drop-off area. Ensure that the sample name is legible to the operator by writing it on the tube with a permanent marker or using a label that will hold correctly and not prevent the insertion of the tube into the spinner.

Self-service analyses: contact ccrmn@univ-lyon1.fr to obtain authorization.

Collaborations : in case of significant involvement of CCRMN personnel in a research topic, users undertake to include them as co-authors of resulting publications.

In all cases, users are requested to acknowledge CCRMN in the acknowledgments of publications based on spectra performed there and to send us a copy of the article.

Tips for analysis :

Dilute the solution sufficiently to ensure complete dissolution, homogenize the solution and, as far as possible, remove bubbles to avoid any distortion of peaks due to improper shim settings. Reminder : only the dissolved part of the sample will be analyzed.

Avoid the presence of charged species (ionic solvents ...) or paramagnetic substances, if this is not possible, please inform us before the analysis.

The optimal solvent height in the tube is 3.7cm.

Available to users :

- A sample preparation room (pipette, pro-pipette, spatula, fume hood, gloves ...)
- A computer Workstation with various spectrum processing and simulation software
- Specialized RMN literature
- The option to add experiments on self-service spectrometers if needed
- Members of the CCRMN are available for discussions on RMN as needed. Please do not hesitate to consult us for specific needs such as kinetic monitoring, unstable products, analysis at different temperatures ambient... We will provide you an appropriate solution.

Contacts :

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Generic address : ccrmn@univ-lyon1.fr if you do not need any of us in particular.