SJA: Refilling liquid helium on NMR magnets.

NB! This is only to be done by authorized personnel

| What can go wrong | What can we do to prevent | What can we do to reduce the consequences if something happens |
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| The nmr magnet(s) might quench fast or slow during refilling procedure, resulting in low oxygen level and very low temperatures. | Change O-rings every ten year. (Not done due to lack of allocated money). Use Oxygen sensors and change batteries when worn out. Have installed pressure relieving windows that reduce nitrogen over pressure. | Run out of the room and press fire alarm button to evacuate the building. |
| Get electrical shock. | Do not touch faulty electrical cables. Replace electrical cables immediately. | Nothing. |
| Tip over the magnet by leaning on the magnet during refilling procedure. (Resulting in extreme frost bites and asphyxiation.) | Do not lean on magnet. Use personnel without balancing problems. | Nothing. |
| Spilling liquid nitrogen on the body (hands, feet, eyes, main body). | Be careful. Use gloves and safety glasses all the times. | Be quick to get away form the spillage. |
| Refilling tube cracks and solid rubber tubing hitting the human body under high speed. | Be careful not to bend the cold tube. Always wait a sufficient period after filling to allow for thawing. Use gloves and safety glasses. | Nothing |