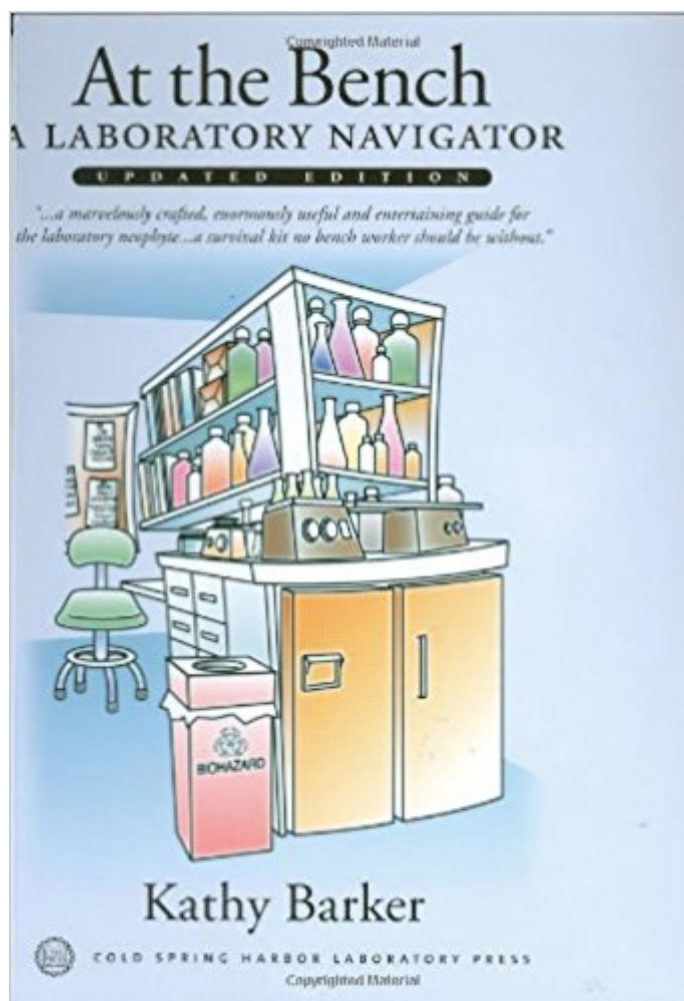


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# At The Bench: A Laboratory Navigator, Updated Edition



## Synopsis

At the Bench is the unique and hugely successful handbook for living and working in the laboratory, an essential aid to understanding basic lab techniques and how research groups work at a human level. In this newly revised edition, chapters have been rewritten to accommodate the impact of computer technology and the Internet, not only on the acquisition and analysis of data, but also on its organization and presentation. Alternatives to the use of radiation have been expanded, and figures and illustrations have been redrawn to reflect changes in laboratory equipment and procedures.

## Book Information

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## Customer Reviews

Barker has wisely identified many aspects of laboratory work not usually covered by "conventional" manuals, making her book one of the rarest sources for vital information required for any successful scientist. Overall, the volume is superbly written, and reading is made pleasurable by multiple hilarious remarks from the author. It is highly recommended for anyone working in research -- from undergraduate students to primary investigators, either in academy or industry. In my opinion, this is a "must have" volume for any laboratory. - The Quarterly Review of Biology

Kathy Barker received her B.A. in Biology and English, and her M.A. and Ph.D. in Microbiology, from various branches of the University of Massachusetts. She did her postdoctoral work in the laboratory of Viral Oncology at Rockefeller University and was an Assistant Professor in the

Laboratory of Cell Physiology and Immunology at Rockefeller University. She is now based in Seattle, where she writes and gives workshops on various aspects of running a lab.

This is a wonderful resource for any lab that has rotating personnel. Often, experienced researchers don't have the time or interest to orient new people but it's all here, and I would be surprised if even an experienced scientist could read through this whole manual without finding useful information. The author uses common sense and a casual style, and assumes that the reader knows nothing. Early chapters explore BASIC basics, like getting along with colleagues, getting started the first week, questions to ask, and safety procedures; lab setup and equipment; and organization. Later chapters discuss designing and setting up experiments, using a lab notebook, presenting data, making reagents (including storage and disposal) and working in a sterile environment. Final chapters detail work with eukaryotic cell cultures, bacteria, dna/rna/protein, radioactivity, centrifugation, electrophoresis and a light microscope. Along the way the reader will learn how to format a journal article, work in a hood or stay in touch with the PI. The only thing missing is library research, but since this is a bench guide that seems a forgivable omission. [2017 update: Of course the internet is a game changer. Most lab personnel will be using the net not only to research but as a hyperlinked manual. A print lab manual is still desirable imo but should include information regarding online research such as evaluating sources and even hardware maintenance.] [Apparently this manual was updated in 2004, addressing internet issues and equipment advances. The author updated her companion volume, *At the Helm*, in 2010. It'd be great if she'd update this wonderful manual as well.] Spiral bound and formatted for easy access and understandability, the volume concludes with a glossary and a good index. Black and white line drawings and pictures identify items found in labs and illustrate techniques from pipetting to making entries in a notebook. This is not a textbook written by someone who's never worked in a laboratory; it is a sensible, intelligent guide -- the dream tour you'd like to give each of your technicians/students if you only had the time! Also handy if a person is having problems and you want to refer them to written material. Any working lab could benefit from the addition of this volume. Fabulous.

Quick review of lab/research "orientation", but not very useful if you are already familiar with labwork. Experienced lab personnel will probably be disappointed.

A very useful guide for someone working in Biology lab. It explains you untold rules to follow in lab and several lab survival tips which are never told aloud in routine. It also includes scientific basis

underlying necessary techniques used in lab.

great for an undergrad starting in a lab!

Such a good reference for anyone doing lab work! My PI lent me her copy of this book to help me get more familiar in the lab, and I ended up buying my own copy. Its one of those you need to own!

In my lab it is very useful by the students. I am a technician and I consult many times. I think that was a good investment to the laboratory.

Great!

I bought the old version because it was cheaper. It's a great reference for those just starting to work in a research laboratory. If you just want a primer, the old version is enough. But the old version is clearly the 'old version,' and hasn't been updated for the digital lab. Great reference, though, all around. If you can afford the new version, go for it, but if not, the old version will give you 95% of what you need to know about working in a lab.

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