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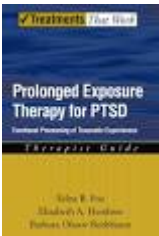
Figure

Exposure and Response (Ritual) Prevention for Obsessive ..., This book guides clinicians in treating individuals with OCD through the use of exposure and ritual (response) prevention, one of the most effective and the ... amazon.com/Exposure-Response-Prevention-Obsessive-Compulsive-Disorder/dp/0195335287



Figure

Exposure and Response (Ritual) Prevention for Obsessive ..., by EB Foa · 2012 · Cited by 358 — This Therapist Guide includes supporting theoretical, historical and research background information, diagnostic descriptions, differential diagnoses, session ... academic.oup.com/book/1134



Figure

Exposure and Response (Ritual) Prevention for Obsessive ..., It provides step-by-step instructions for helping clients manage and overcome their OCD, as well as the challenges that can arise during treatment. psychologytools.com/resource/exposure-and-response-ritual-prevention-for-obsessive-compulsive-disorder-therapist-guide/

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A Guide to Exposure and Response Prevention Therapy, Jun 8, 2023 — ERP therapy is a behavioral therapy that gradually exposes people to situations designed to provoke a person's obsessions in a safe environment. mcleanhospital.org/essential/erp

Exposure and response prevention for obsessive ..., by DM Hezel · 2019 · Cited by 151 — Two that have been found to be effective in treating OCD include cognitive therapy and acceptance and commitment therapy (ACT). Despite the fact that ERP, ... ncbi.nlm.nih.gov/pmc/articles/PMC6343408/

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Exposure and Response (Ritual) Prevention for Obsessive ..., This book guides clinicians in treating individuals with OCD through the use of exposure and ritual (response) prevention, one of the most effective and the ... books.google.com/books/about/Exposure_and_Response_Ritual_Prevention.html?id=aLV9kWG9kmUC

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3. Relationship obsessive–compulsive disorder beliefs associated with OCD and ROCD symptoms. Exposure and response prevention (ERP) is a very common treatment for obsessive compulsive disorder, including...
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5. Intrusive thought (redirect from Obsessive thought) "Pedophilia-Themed Obsessive–Compulsive Disorder: Assessment, Differential Diagnosis, and Treatment with Exposure and Response Prevention", *Archives of Sexual...*
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7. Sexual obsessions (category Obsessive–compulsive disorder) "Symptom dimensions in obsessive-compulsive disorder: phenomenology and treatment outcomes with exposure and ritual prevention". *Psychopathology*. 46 (6):...
8. Anxiety disorder (redirect from Alternative medicine for anxiety disorders) completed face-to-face. Exposure and response prevention (ERP) has been found effective for treating PTSD, phobias, OCD and GAD. Mindfulness-based programs...
9. Mysophobia (category Obsessive–compulsive disorder) William A. Hammond first coined the term in 1879 when describing a case of obsessive–compulsive disorder (OCD) exhibited in repeatedly washing one's hands...
10. Scrupulosity (category Obsessive–compulsive disorder) to that for other forms of obsessive–compulsive disorder. Exposure and response prevention (ERP), a form of behavior therapy, is widely used for OCD in...
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12. Kleptomania (category Habit and impulse disorders) obsessive-compulsive spectrum disorder, but also share similarities with addictive and mood disorders. The disorder is frequently under-diagnosed and...
13. Jonathan Abramowitz (category Obsessive–compulsive disorder) "Effectiveness of exposure and ritual prevention for obsessive-compulsive disorder: A comparison of randomized and clinic patients". *Journal of Consulting and Clinical...*
14. Body dysmorphic disorder (category Obsessive–compulsive disorder) elements include Psychoeducation and Case Formulation, Cognitive Restructuring, Exposure and Ritual Prevention and Mindfulness/Perceptual Retraining...
15. Hoarding disorder periodic visits and consultations to keep a healthy lifestyle. This modality of treatment usually involves exposure and response prevention to situations...
16. Psychological trauma (category Harassment and bullying) Obsessive- compulsive disorder is another mental health disorder with symptoms similar to that of psychological trauma, such as hyper-vigilance and intrusive...
17. Elizabeth McIngvale (category People with obsessive–compulsive disorder) hands over 100 times a day. She engaged in exposure with response prevention (ERP) treatment for her OCD and now successfully manages her illness. She...

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20. Hygiene (section Definition and overview) the Centers for Disease Control and Prevention Hand hygiene at the European Centre for Disease Prevention and Control Water, Sanitation and Hygiene at...

What are the ventilation standards for mines? Ventilation control At every place in the mine where persons are required to work or pass, the air should not contain less than 19% of oxygen or more than 0.5% of carbon dioxide or any noxious gas in quantity likely to affect the health of any person.

How were medieval mines ventilated? They lit brushwood fires inside the mines, which promoted airflow from the surface down into the mine shafts. This technique was rediscovered by medieval Greeks and Romans and was heavily used in Britain during the industrial revolution alongside increasingly sophisticated ventilation shafts.

How to ventilate a coal mine? When exhaust ventilation is used with a scrubber, fresh air is drawn through the mine entry toward the face. This air then passes into the scrubber where it is cleaned of dust and discharged back toward the line curtain. From the line curtain, the air passes to the return.

What is an effective mine ventilation system? Primary ventilation is the main airflow that is used to dilute contaminants. It is typically delivered through large, powerful fans that are located at the surface and blow fresh air into the mine. The basis of any adequate underground ventilation is the adequacy of the primary ventilation system.

What is the minimum ventilation requirement? The 5% ventilation requirement For the purpose of ventilation, an openable window or similar aperture is required to be at least 5% of the floor space in that particular area.

What is the square law of mine ventilation? The relationship between ventilation pressure and quantity follows a simple square law, pressure is proportional to quantity squared, or for an airway pressure drop equals a constant, known as the resistance, times quantity squared.

What happened to miners when they were breathing in mine dust for years? It turns out that, for decades, thousands of miners were exposed to a toxic dust that led to a deadly form of black lung disease.

What is natural ventilation in the mines? Small and shallow mines are sometimes ventilated by natural means. Ventilation only through natural means is usually – Poor – Fluctuates to a large extent and – Subject to reversal of direction. In case of emergency such as fires underground, mechanical ventilation is more effective.

What do miners breathe in?

How to improve mine ventilation? The key to mine ventilation is having adequate cross sectional area to support the required airflow. Air pressure and fan power required is proportional to velocity squared, so the economic goal is to minimize velocity. Some airways may be better utilized by changing “gender” – from intake to return or vice versa.

What are the problems with mine ventilation? The three main hazards in ventilation systems are high temperatures, dust pick-up, and gas buildup. This means that avoiding hazards in these systems is important for the health and safety of workers.

What kills coal miners? It's caused by the inhalation of coal mine dust, especially exposure to highly dangerous silica dust. Silica is one of Earth's most abundant minerals, and it's about 20 times more toxic than coal dust.

What is the most efficient ventilation system? Positive Input Ventilation Systems (PIV) are more effective at protecting your whole home from condensation, damp, and mould than simple extractors. They do run continuously to circulate air, but thanks to their efficient design, they are quite cheap to run.

What is the most efficient type of venting system? Natural ventilation. If well installed and maintained, there are several advantages of a natural ventilation system, compared with mechanical ventilation systems. Natural ventilation can generally provide a high ventilation rate more economically, due to the use of natural forces and large openings.

What is the best type of ventilation system? Mechanical Ventilation These systems can be more energy efficient than natural ventilation because they provide a greater amount of control and limit the heat loss.

How do you calculate ventilation requirements? The ventilation rate indicates how often the room is supplied with fresh air per hour. For this you need to know the volume of the room (height x width x length = volume in m³ or ft³). The ventilation per hour is then calculated as follows: volume x ventilation rate = m³/hour or cfm.

What are the standard requirements for ventilation? As a general rule, any occupied building should have a fresh air ventilation rate from five to 10 cfm/person. Keep in mind that these rates may vary by building size. Ventilation rate standards may also differ depending on how spaces within a building are used.

What is the rule of ventilation? 'Dew Point Rule' or 'Three Degree Rule' The Dew Point Rule states that a cargo hold should be ventilated when the dew point of the outside air is lower than the dew point of the air inside the cargo space. Both rules are a suitable means of deciding whether or not it is appropriate to ventilate.

What is natural ventilation in mines? Natural mine ventilation is the process of supplying fresh air without using any mechanical systems. The external air moves into an enclosed space because of pressure differences arising from natural forces. Natural mine ventilation distributes oxygen from fresh air which enhances pulmonary and heart function.

What is the square cube law of life? Biomechanics. If an animal were isometrically scaled up by a considerable amount, its relative muscular strength would be severely reduced, since the cross-section of its muscles would increase by the square of the scaling factor while its mass would increase by the cube of the scaling factor.

What is a ventilation survey in mining? i. Systematic observation of air pressure, quantity and quality, throughout a mine or part of a mine, to allow a detailed analysis of the ventilation system.

What are the ventilation requirements for MSHA underground? For bituminous and lignite mines, § 75.325 requires a minimum of 3,000 cubic feet per minute (cfm) of air at each working face, as determined at or near the face end of the line curtain, ventilation tubing or other ventilation control

device.

What is the NFPA code for ventilation? Standard for Ventilation Control and Fire Protection of Commercial Cooking Operations. NFPA 96 provides preventive and operative fire safety requirements intended to reduce the potential fire hazard of both public and private commercial cooking operations.

What is the OSHA standard number for ventilation in general industry?

How many types of ventilation are there in mining? The two types of ventilation systems used in underground mining are one duct (blowing) and two ducts (blowing and exhaust).

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What is BGP in Cisco networking? Border Gateway Protocol (BGP) is an Internet Engineering Task Force (IETF) standard, and the most scalable of all routing protocols. BGP is the routing protocol of the global Internet, as well as for Service Provider private networks.

What does BGP stand for in the border gateway protocol? Border Gateway Protocol (BGP) is a set of rules that determine the best network routes for data transmission on the internet. The internet consists of thousands of private, public, corporate, and government networks linked together through standardized protocols, devices, and communication technologies.

Why would you need BGP? Similarly, when someone submits data via the Internet, BGP is responsible for looking at all of the available paths that data could travel and picking the best route, which usually means hopping between autonomous systems.

How does a BGP work? BGP (Border Gateway Protocol) is the protocol that enables the global routing system of the internet. It manages how packets get routed from network to network by exchanging routing and reachability information among edge routers.

What are the three types of routing performed by BGP?

What port does BGP use? Among routing protocols, BGP is unique in using TCP as its transport protocol. BGP peers are established by manual configuration between routing devices to create a TCP session on port 179.

What is BGP AS path? The AS path allows us to see through which autonomous systems we have to travel to get to a certain destination and is also used in BGP for loop prevention. When a router sees its own AS number in the AS path, it will not accept the prefix.

What problem does BGP solve? As networks interact with each other, they need a way to communicate. This is accomplished through peering. BGP makes peering possible. Without it, networks would not be able to send and receive information with each other.

What are two benefits of BGP? Network Stability: BGP contributes to network stability by continuously monitoring paths and making dynamic adjustments. It can reroute traffic in the event of a path failure, ensuring uninterrupted network services. Policy Implementation: BGP helps network administrators in implementing routing policies.

When not to use BGP? Those neighbors cannot be trusted, and the information you exchange with those neighbors is (if BGP is configured properly) carefully controlled with route policies. But if connection to an external domain is your only requirement—particularly if there is only one connection—BGP is probably not called for.

What is the BGP rule? BGP is classified as a path-vector routing protocol, and it makes routing decisions based on paths, network policies, or rule-sets configured by a network administrator. Border Gateway Protocol. Communication protocol.

What are the requirements for BGP?

What happens when BGP goes down? User prefixes advertised via BGP to the Google Global Cache (GGC) aren't used for traditional routing. They're used to determine which prefixes should be served by the GGC node or nodes. If the BGP session is down, the node continues to operate normally using cached prefixes.

What is the difference between BGP and OSPF? While BGP excels with dynamic routing for large networks, OSPF offers more efficient path choice and convergence speed. Border Gateway Protocol, or BGP, and Open Shortest Path First, or OSPF, are two of the most popular, standards-based dynamic routing protocols used around the world.

What is an example of a BGP? Every time a route is advertised by one BGP router to another over a peering session, the receiving router prepends the remote ASN to this attribute. For example, when Verizon hears a route from NTT America, Verizon “stamps” the incoming route with NTT's ASN, thereby building the route in AS_PATH.

What are the three types of routing performed by BGP?

What is the difference between TCP and BGP? The main difference between BGP and other routing protocols is that it uses TCP as the transport protocol. There are two types of BGP: internal or iBGP and external eBGP. It is called internal when it works in one autonomous system (AS), and external when it works in different autonomous systems.



Figure

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Figure

What is BGP (Border Gateway Protocol)? - AWS, ???? ???? · ??? 1 ???? 3. Cisco CCIE Routing and Switching v5.0 · ???? ?????. 224 ?????. · ???, English · ???? ?????. 14 ??? 2014 · ISBN-10. 1496169212 · ISBN-13. aws amazon com/what-is/border-gateway-protocol/#:~:text=Border Gateway Protocol (BGP) is,%2C devices%2C and communication technologies

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What are AWS welding symbols? The welding symbol is the most effective, compact, and standardized way to communicate required welding information specific to each weld. More generalized welding information is communicated by drawing notes, drawing details, specifications, codes, and welding procedures.

What is the standard for welding symbols? ISO 2553, Welding and allied processes – Symbolic representation on drawings – Welded joints, combines both systems and is the key industry

International Standard for welding symbols.

What is ANSI AWS A2.4? The only complete and official presentation of the standard welding symbols is in AWS A2.4, Standard Symbols for Welding, Brazing, and Nondestructive Examination.

What are AWS welding codes?

What are the basic weld symbols? There are three components of a welding symbol that will always be the same regardless of the required type of weld. Those components are the reference line, the arrow, and the tail.

What is the difference between ISO and AWS weld symbols? The biggest difference is the location of the arrow side and other side information. The ISO Standard and AWS 2.4 are opposite. The AWS 2.4 Standard puts the arrow side information under the reference line and the ISO Standard puts it above the reference line.

What are the 2 major welding codes? The most common used codes or regulations are API Standard 1104, American Petroleum Institute—Used for pipelines, ASME Section IX, American Society of Mechanical Engineers—Used for pressure vessels and nuclear components, and AWS D1.1, American Welding Society—Used for bridges, buildings, and other structural steel.

What does z mean in welding symbols? z = leg length. s = penetration throat thickness. For butt joints and welds, an S with a number to the left of a symbol refers to the depth of penetration as shown in Fig.

Are welding symbols universal? Welding symbols are a crucial aspect of the welding process and Non-Destructive Evaluation (NDE), serving as a universal language that communicates important information about the weld joint to welders, inspectors, engineers, and other stakeholders involved in the fabrication process.

What does g mean in welding symbols? F stands for fillet weld, while G is a groove weld. A fillet weld joins together two pieces of metal that are perpendicular or at an angle. A groove weld is made in a groove between workpieces or between workpiece edges. Using this system, a 2G weld is a groove weld in the horizontal position.

What is ANSI A2? A2 provides light to medium protection from cut hazards (500-999 grams to cut) A3 provides light to medium cut protection (1000-1499 grams to cut) A4 provides protection for medium cut hazards (1500-2199 grams to cut) A5 provides medium to heavy protection from cut hazards (2200-2999 grams to cut)

What is the full form of AWS in welding? The American Welding Society (AWS) was founded in 1919 as a non-profit organization to advance the science, technology and application of welding and allied joining and cutting processes, including brazing, soldering and thermal spraying.

What is the most widely used welding code?

What is the ASME standard for welding? ASME welding codes vary depending on the type of welding being done. They are among over 600 codes that set standards covering technical areas, and procedures and processes ranging from plumbing fixtures, elevators, piping and pipelines to power plant systems, nuclear components, and welding practices.

What is the ISO standard for welding? The ISO 3834 defines three levels of welding quality: Comprehensive, standard and elementary. Our experts offer advice on which level is most suitable for

your company and carefully guide you through the whole certification process.

How to give welding symbols in drawing? Basic Weld Symbol If the welds are symmetrical on both sides of the plate the dashed line is omitted. If the dashed line is above the full line then the symbol for the nearside weld is drawn below the reference line and the symbol for the farside weld is above the dashed line.

What does m mean in welding symbols? The following finish symbols indicate the method, not the degrees of finish: C—chipping; G—grinding; M—machining; R—rolling; and H—hammering.

How to understand welding blueprints? It is important to know that a weld symbol determines the type of weld joint that is to be made. The complete welding symbol contains additional information besides the weld symbol, such as location of the weld, size, depth, length, pitch, and process.

How many welding codes does AWS have? Codes & Standards The American Welding Society has authored more than 350 standards for welding practices and procedures, including the D1. 1 Structural Welding Code – Steel, one of the most-referenced codes in the world.

What are the four basic welding positions recognized by the AWS? They are defined by the American Welding Society (AWS) and are categorized based on the angle of the weld joint. There are four main welding positions: flat, horizontal, vertical, and overhead.

What is AWS classification in welding? American Welding Society (AWS) classifications for filler metals provide valuable information about their usability, including what materials they are best suited for and how to use these products in a way that maximizes performance.

What do the last 2 numbers indicate in welding? Welding Current The next to last digit indicates position. So, “1” stands for an all position electrode, “2” for a flat and horizontal electrode, and “4” for a flat, horizontal, vertical down and overhead electrode. The last two digits specify the type of coating and the welding current.

What does 2 mean in welding? A “2” typically means the rod can be used flat and horizontally.

What does 2 F mean in welding? The 2F welding position, or the horizontal position, involves welding a workpiece positioned vertically, with the weld joint running horizontally. In this position, the welder must control the filler metal deposition carefully to prevent it from sagging or dripping due to gravity.

What are the four AWS welding positions? Welds with a 1 are flat position, 2 is horizontal, 3 is vertical and 4 is overhead. F stands for fillet weld, while G is a groove weld. A fillet weld joins together two pieces of metal that are perpendicular or at an angle. A groove weld is made in a groove between workpieces or between workpiece edges.

What are the 3 weld contour symbols? Weld contour is a supplementary symbol that indicates the appearance of the surface of the weld in the end. The surface can be flush, concave, or convex, and this is indicated by a line that is either straight, convex or concave line, placed above the symbol that represents the type of weld or joint configuration.

What does the AWS numbers mean on an electrode? The AWS numbering system has all stick welding electrode classifications start with the letter “E.” That letter designates that it's an arc welding electrode. The first two numbers following the “E” indicate the electrode's tensile strength. The next-to-last digit indicates position.

What is AWS classification in welding? American Welding Society (AWS) classifications for filler metals provide valuable information about their usability, including what materials they are best suited for and how to use these products in a way that maximizes performance.

What is the hardest welding position? 6G Welding Position: One of the most challenging welding positions, 6G is similar to 5G, but the pipe is positioned at 45° to the other. The 6G position requires three welds: horizontal, flat, and vertical.

What are the four 4 basic welding positions?

What are the 4 fundamentals of welding? (1) fusion zone, (2) weld interface, (3) heat-affected zone, and (4) unaffected base metal zone. including welding process, metals being welded (e.g., identical metals vs. dissimilar metals welded), whether a filler metal is used, and the feed rate at which welding is accomplished.

What are the 2 major welding codes? The most common used codes or regulations are API Standard 1104, American Petroleum Institute—Used for pipelines, ASME Section IX, American Society of Mechanical Engineers—Used for pressure vessels and nuclear components, and AWS D1. 1, American Welding Society—Used for bridges, buildings, and other structural steel.

What does z mean on a weld symbol? z = leg length. s = penetration throat thickness. For butt joints and welds, an S with a number to the left of a symbol refers to the depth of penetration as shown in Fig.

How to give welding symbols in drawing? Basic Weld Symbol If the welds are symmetrical on both sides of the plate the dashed line is omitted. If the dashed line is above the full line then the symbol for the nearside weld is drawn below the reference line and the symbol for the farside weld is above the dashed line.

What does 6011 mean on a welding rod? E6011 (SMAW) Electrode Type: All-position, mild steel electrode. Tensile Strength: Typically 60,000 psi. Coating Type: Cellulose-based. Characteristics: Provides good penetration and is suitable for welding in a wide range of positions. Often used in maintenance and repair welding.

What does 7018 mean on a welding rod? 7018 welding rod is a low-hydrogen-producing electrode commonly used for low-carbon steel shielded metal arc welding (SMAW). This electrode can be used on various metals, including carbon steel, low-alloy steel, and even stainless steel. Read on to learn more about the many uses of the 7018 welding rod!

What amperage for 7018 welding rod?

What does E6013 stand for? E stands for electrode. 60 stands for tensile strength which is almost 60,000 pounds per inch. 1 stands for position of electrode. This welding rod can be used for all four positions – flat, horizontal, vertical and overhead.

What do the first two numbers of a 4-digit electrode number stand for? The prefix "E" designates an arc welding electrode. The first two digits of a 4-digit number and the first three digits of 5-digit number indicate minimum tensile strength. For example, E6010 is a 60,000 psi tensile strength electrode while E10018 designates a 100,000 psi tensile strength electrode.

How to read welding electrode code?

A2.4:2007 Standard symbols for welding, brazing, and ..., This standard establishes a method for specifying certain welding, brazing, and nondestructive examination information by means of symbols. pubs

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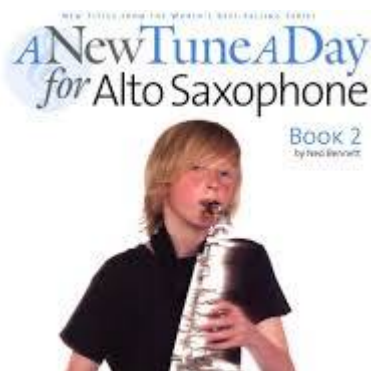


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What are the dimensions of ANSI flanges? ANSI standard flange dimensions are designated as 150, 300, 400, 600, 900, 1500, and 2500, in sizes NPS 1/2 through NPS 24.

What is the ASME standard for stud bolts? The stud bolt lengths are defined in the ASME B16. 5 standard. Bolts' threadings are defined in ASME B1. 1 Unified Inch Screw Threads, (UN and UNR Thread Form).

What size bolt hole for flanges?

What size are stud bolts?

What are the standard ANSI dimensions?

What is ANSI size?

What is the ASTM standard for studs? ASTM A193 stud bolts are available in national coarse (UNC) thread pitches, generally used in traditional applications, which means that there are 8 threads per inch ("thread per inch") for rod diameters above 1 inch. B7 is the most common specification grade for stud bolts.

What is the ASME standard for bolts? ASME B18. 2.1 is a standard developed by the American Society of Mechanical Engineers (ASME) that covers the general and dimensional requirements for inch-series square and hex bolts, screws, and studs. These fasteners are commonly referred to as "hex bolts," "hex screws," or "hex cap screws."

What is the standard steel stud size?

How is ANSI flange measured? You can measure the outside diameter of the pipe to determine its size. Identify the pressure rating: ANSI flanges are available in different pressure ratings, ranging from 150 to 2500. The pressure rating determines the maximum pressure the flange can withstand.

What is the ANSI code for flanges? Flange Standards The most commonly referred to flange standard in the oil and gas industry is arguably ANSI B16. 5 (ANSI - American National Standards Institute). However, despite being referred to extensively by engineers, flange manufacturers and pipe fitting suppliers the ANSI B16.

Are ANSI and ASME flanges the same? ANSI flanges undergo testing per applicable industry standards, with certification ensuring compliance with ANSI specifications. ASME flanges undergo rigorous testing and certification processes to validate their performance, reliability, and adherence to ASME standards.

What is ANSI rated flange? The ANSI Class rating of a flange is defined as the maximum amount of pressure that the flange can withstand at increasing temperatures. There are seven primary pressure classes for flanges. They are 150, 300, 400, 600, 900, 1500, and 2500.

Figure PDF) Bolt stud dimensions for ansi flanges pdf | ali taher ...

Stud Bolt Sizes for ANSI ASME API Flanges, BOLT SIZES FOR ANSI 150 TO 1500 CLASS FLANGES. Dimensions (inches) ANSI/ASME 150 - 600 lb. Flange. Size. 150 lb (1/16 Raised Face). 300 lb (1/16" Raised Face). globalsupplyline.com/au/wp-content/uploads/2017/07/Stud_Bolt_Sizes_for_ANSI_ASME_API_Flanges.pdf

Figure Rhinofitt Bolt Stud Dimensions For Ansi Flanges | PDF ...

ANSI Standard Flanges - Coastal Flange, Inc., Diameter of Bolts is shown in inches. For nominal diameters 1" and smaller, threads are U.N.C.; nominal diameters 1-1/8" and larger threads are 8 U.N. (8 T.P.I ... coastalflange.com/ansi/#:~:text=ANSI standard flange dimensions are,1%2F2 through NPS 24

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