

# ANDREW BLAKE TRIBUTE AWARD

## Preparing a Poster

Preparing and presenting a Poster can be just as effective and as rewarding as an oral presentation but without the nerves associated with talking in front of hundreds of industry colleagues. The following guidelines will help you to prepare a good poster – and it may even win a prize!

### Preparation

- Before you start you need to remember that your poster is presenting highlights of your work.
- Always read through the provided information, included in the submission form.

Here you will find specific requirements of the meeting and the size and orientation of the poster boards.

- It may be useful to mark out this area when you are planning, to get an idea of the space available.
- Think about how you want to present your poster. For example, it could be a series of A4 sheets (often mounted on card or laminated) or a printed, glossy poster.
- Talk to people at work about the facilities available to you and the time and costs involved.
- You then need to work out the content. Read the study that you have done or the plan of the study that you are about to undertake and ask yourself:
  - are the statements or plan of work accurate?
  - what data do you need to illustrate your findings?
  - what are the key points you want to communicate?

**Remember, your poster should be a stand-alone, self explanatory representation of your work that is relatively simple and easy to follow.**

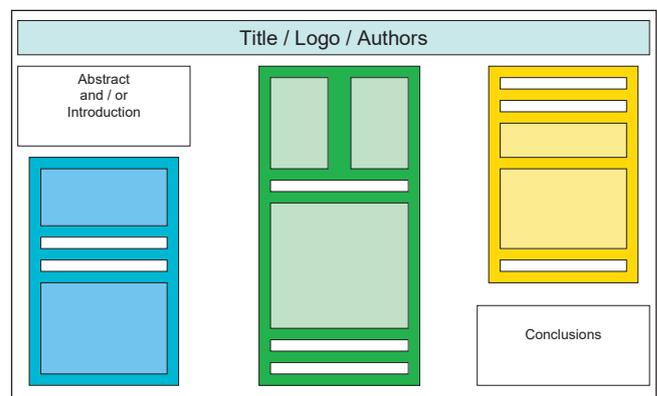
### Structure and Design

- Posters are a visual communication of your research so try to keep text to a minimum.
- Use graphics, such as photos, figures and tables to ‘tell your story’.

- Avoid over complicated images.
- Your findings need to be clear and also visible from a short distance away.
- Try to guide your audience through the research by presenting information in a logical sequence.
- Use arrows or numbers to direct them.

**Typical content and layout for a poster are shown below but you do not have to follow this exactly.**

### Typical Poster Layout



### Title

- The title should be short and attention grabbing if possible.
- It should be clear from a distance of three metres.
- Use bold, black typeface (about 24 font size).
- Author names should be slightly smaller.
- Include your facility name and logo and contact details.

### Abstract and Introduction

- Display a brief abstract exactly as it was submitted to the Congress Committee.
- Include a brief introduction to your poster or work if you think it adds something.

## Methods

- Depending on your work, this could be called ‘materials and methods’ or ‘study detail’ for example.
- Keep this brief and include photos and graphics if necessary.

## Results

- The results of your work should form the major part of your poster.
- Ensure that graphs and charts are self-explanatory and keep additional text to a minimum.

## Discussion / Conclusion

- keep this brief
- present as a numbered or bulleted list

**Remember, at least one author should be available during any display session to talk about the work in more detail.**

## Visual Impact

- Visual impact of the poster is important.
- Avoid clutter – a clean, simple design is most appealing.
- Think carefully about the use of colour and how you are going to arrange the information before you commit to the design.
- Background – try a single colour or two to three related colours for different sections (muted shades are often best).
- Areas of white or empty space can be used to differentiate elements of the poster.
- Vary the size and spacing of sections to add interest.
- Outline or alter the background to graphics for emphasis – dark images look good against pale colours and vice versa.

## Summary

- Your poster should present the highlights of your work.
- Make information clear and only as complex as it needs to be.
- Keep text to a minimum.
- Make the design interesting and not too cluttered or over the top – remember that in the end your research is the most important thing.
- Give credit where it is due – contributors, co-authors and sponsors.
- Create an A4 handout – mini version of the poster, collection of Powerpoint slides or brief summary.

# ANDREW BLAKE TRIBUTE AWARD

**DON'T KEEP YOUR GOOD IDEA TO YOURSELF!**

**WE WANT TO HEAR ABOUT IT FOR THE 2023 AWARD**

**ARE YOU AN ANIMAL TECH?  
HAVE YOU BEEN PART OF A TEAM OR HAVE YOU REFINED ANIMAL  
CARE AND WELFARE IN YOUR FACILITY?**

**ALL ANIMAL TECHNICIANS AND TECHNOLOGISTS, QUALIFIED AT ANY LEVEL  
AND PRIMARILY WORKING IN THE UK CAN ENTER**

**CRITERIA - The topic of work that you describe in your application may be  
undertaken as part of a project and PRESENTED AS A POSTER.**

**YOUR POSTER SUBMISSION SHOULD CONTAIN THE FOLLOWING HEADINGS:**

**TITLE, AIM, METHOD, RESULTS, DISCUSSION, CONCLUSION, REFERENCES and  
ACKNOWLEDGEMENTS**

The Poster should also contain the content below:

- Why did you undertake this work? (what was the potential problem you were trying to improve?)
- How did you undertake it? (species, numbers, sex, materials used)
- Describe in a comprehensive and concise manner that allows a complete understanding facilitating reproducibility.
- Explain if the work contributes to one of the 3Rs.
- Explain how the welfare of the animals was improved.
- Describe the results you obtained including data generated with assessment.
- Were there any statistics undertaken? Please provide this information.

Include a brief CV outlining your overall contribution to the work.

Please also list your supervisors or PPL holder if applicable for the work.

Submit your Poster online via this link <https://www.iat.org.uk/abta> where you will see the Submission form for completion.

To allow others to be able to replicate the work, please consult the ARRIVE guidelines: <https://www.nc3rs.org.uk/arrive-guidelines>

The Andrew Blake Tribute Award commemorates the work and life of Andrew Blake, who suffered from Friedrich's ataxia, a hereditary condition described as one of the "worst of neurological diseases". Andrew died in May 2002 aged 39. Andrew was passionate about the need to support scientists in their work and his commitment to speaking out against animal rights activists took up much of the last ten years of his life. He died shortly before he was to collect his MBE.

## DETAILS OF THE AWARD

This Award is given annually, where sponsorship allows, to the Animal Technician/Technologist judged to have made the *most significant contribution to improving standards in laboratory animal welfare over the previous twelve months.*

All qualified Animal Technologists are guided in their work by the Institute of Animal Technology's Ethical Statement:

*In the conduct of their Professional duties Animal Technologists have a moral and legal obligation, at all times, to promote and safeguard the welfare of animals in their care, recognising that good laboratory animal welfare is an essential component of good laboratory animal technology and science. The Institute recognises and supports the application of the principles of the 3Rs (Replacement, Reduction, Refinement) in all areas of animal research.*

The Award is made to acknowledge the professional and personal commitment of Animal Technologists to improving standards in all aspects of laboratory animal care and welfare.

**THE PRIZE CONSISTS - CONGRESS 2023 FREE ATTENDANCE next March WHICH WILL INCLUDE DISPLAYING YOUR POSTER (WITH THE OPTION TO ALSO GIVE AN ORAL PRESENTATION) - AN ENGRAVED GLASS PLAQUE - AND £250 CASH AWARD**

### CLOSING DATE FRIDAY 30TH SEPTEMBER 2022

Need advice - or you wish to discuss anything regarding a possible entry? Then please email the IAT Administrator [admin@iat.org.uk](mailto:admin@iat.org.uk) with your contact details and one of the organisers will respond and give you all the support you need.



# ANDREW BLAKE TRIBUTE AWARD

SPONSORED BY THE ABPI