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Subject: Re: T-nuts, their care and feeding

Posted by [Wayne Parham](#) on Fri, 04 Jun 2010 00:27:06 GMT

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That's exactly how I do it too. I've done thousands of T-Nuts (literally) and I find it is really important to put a little glue on them. Nothing worse than trying to remove a T-Nut that is spinning in the wood.

There's a real trick to using these things properly. It's not so difficult, but important that they be done right. What works for me is to put a dab of poly glue on the outside of the T-Nut where it contacts the wood. Only used just a tad because it expands, a thin film is all that is needed. Then get a screw and washer, run them in and tighten down to pull the T-Nut in place. Tap the T-Nut ever so lightly to get it started, and hold it to prevent spinning, which would bend the tangs. But even if they do bend slightly, it's fine as long as the penetrate the wood. The glue is what really holds them in.

Do NOT tap them in place with a hammer, as most people think they should be installed. Nine times out of ten, the tangs just fold up underneath and don't penetrate the wood. The impact will often make them hold enough to stay in place while the screw is run down, and tightening pulls them into the wood enough to prevent spinning. But coming out is another story. They'll spin behind you and if you aren't lucky enough to get them to hold just enough to eventually unthread the screw, you'll be drilling them out, tearing up your driver and cabinet in the process.

Another tip: Don't use the same screw over and over again. It is tempting to do, but don't. After a few times, the screw has worn and/or stretched threads enough that it will damage T-Nuts. I like to use each screw once, and then leave it in place to be used later to install the driver.