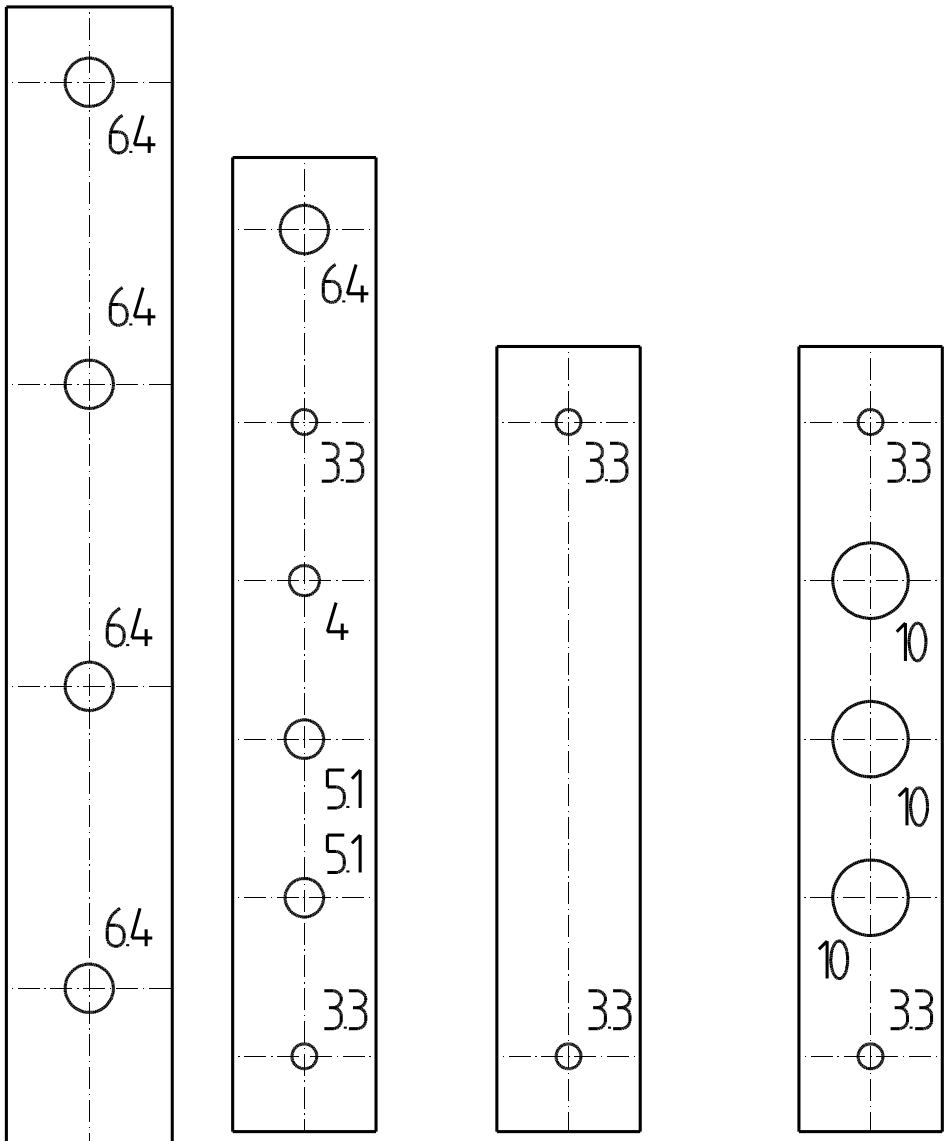

1-2mm aluminium
or steel