

# Basic Health & Safety Guidance

Wadebridge Woodturning Club

Revision 0

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## 1.0 General Health & Safety

The Club is committed to providing a safe and healthy environment as part of its wider responsibilities to its members and the general public.

### 1.1 General Safety

It is strongly advised that you have a phone in your workshop – especially if you work alone or isolated from the rest of the family, preferably in the pocket of your smock or positioned low enough that you could reach it from the floor.

### At Wadebridge Woodturning Club “Hands on” and Demonstrations

## 2.0 Manual Handling and Trip Hazards

### 2.1 Manual Handling

It is a responsibility of all members to ensure that those who move and manhandle lathes and heavy equipment are strong enough to do so. Do not let anyone strain themselves when handling heavy equipment.

### 2.2 Trip Hazards

Ensure the work area is free from trip hazards. Cables should be routed safely and out of the way wherever possible. A clear work area is a safer one.

## 3.0 Personal Safety Steps

- 3.1 A safety visor or protective safety glasses/safety goggles must be worn.
- 3.2 Solid shoes, trainers or boots must be worn. (No sandals or flip-flops).
- 3.3 Secure loose items e.g. long hair & sleeves. Remove ties & loose jewellery.
- 3.4 Stop the lathe if at any point you are unsure of what you are expected to do.
- 3.5 A First Aid Kit is available. **You must enter details of any injury in the Accident Report Book.**

## 4.0 Basic Lathe Safety

 Using the acronyms: S. A. F. E. R. and A. B. C.

- S** for Speed – The rotational speed should be slower for big & heavy items and faster for smaller lighter things. Check the speed is compatible with the size of blank to be turned?
- A** for Aside – Stand to the side of the blank’s “firing line” (not in front of the blank).
- F** for Fixings – Confirm that all materials and equipment, tool-rest, tailstock, etc are correctly attached & secure
- E** Eyes – wear a safety visor or protective goggles.
- R** Revolve – confirm the blank can freely rotate without encountering any obstructions such as the tool rest

**A = Anchor   B = Bevel   C = Cut**