



# LINCOLNSHIRE WOLDS WOODTURNING ASSOCIATION

## HEALTH & SAFETY POLICY

It is the policy of the Association to safeguard all those attending as far as reasonably possible.

Safety is the responsibility of all those taking part in any Association activities.

The Association will rely on the cooperation of all attendees and expect them to be aware of Health and Safety of both themselves and others.

The Association will endeavour to see that all equipment is kept maintained or quarantined against use if unserviceable.

The Health and Safety implications, use and maintenance of Association equipment on loan to any member shall be that of the member's responsibility.

All those operating equipment within the Association's activities will be expected to wear eye protection provided.

Appropriate foot wear is to be worn when working on any lathe.

Those requiring dust masks are expected to supply their own.

Sanding and finishing should be kept to a minimum and the use of dust extraction is to be encouraged.

It is the personal responsibility of those present at Association activities to ensure that they are appropriately dressed. Hair, jewellery and loose clothing etc. should be made safe before the commencement of work.

Whilst every effort will be made to reduce the possibility of there being trip hazards, care is to be taken whilst moving on and around the stage area and vicinity of the TVs to avoid any cables and equipment.

If any liquid spillages occur, they are to be cleared up immediately.

The movement of heavy equipment, i.e. stage, lathe, tools etc. is required as part of the setting up and clearing away on club and hands on nights. Where possible, always use two or more people to assist in any lifting operation. Care is to be taken when lifting any item, taking the following into consideration:

Use your legs, not your back – Bending at the knees as opposed to the waist is critical for preventing back injury.

Get up close and personal – The law of physics has it that the closer an item is to your body, the easier it is to lift.

Use a firm grip – Place your hands underneath the item and squeeze firmly to avoid accidentally dropping it.

Never lift over your head – To avoid having a heavy item falling on top of you.

Gauge the weight of the item before attempting to pick it up.

Keep the weight balanced and level – Establishing and maintaining a balance will reduce unnecessary strain on your body.

Care is to be taken when handling any sharp tools.

A First Aid and Eye Wash Kit and accident book will be on prominent display along with a copy of this document.

All electrical items will be Portable Appliance Tested every three years.