

Saftey Booklet

Timber Frame Course

www.timberschoolcanada.com



Safety Rules for Course

The first priority in every project is always safety. It is important to always keep this job at the top of your list. Working on a timber frame building requires lifting large timbers, working with power tools and working in a shared space. With every one of these tasks, your first question to yourself is: Is this safe?

*There are some basic rules listed below, but safety really is your mindset.
Take your time and be smart about every task you do.*

- **Safety Glasses** – No question they are a must!
- **Work Boots** – a green 8 x 8 weighs about 25 lbs. a foot
- **Ear Protection** – highly recommended. The shop can get pretty loud and you may not realize it until the end of the day.
- **Lift with your head.** Although you may be able to lift a timber alone, you will not be able to do it very many times. Lifting is an important skill. Please note:
 - ◆ Use the weight of the timber to your advantage
 - ◆ Ask for help
 - ◆ Take your time
 - ◆ Always plan your lift and make it clear to your helper
- **A Clear Head.** Come to the shop ready to focus on the task. Your head has to be focused on the job and always concentrate on the job you are doing. Do not let your mind wander; it is the simplest tasks that people injure themselves on.
- **Respect your chisels.** A chisel needs to be as sharp as a razor – one slip and you could lose a finger. Always follow safe working procedures (see page 10) and think about where you are aiming your tool.
- **Power Tools.** A power tool is like a chisel except a whole lot more dangerous. It is sharp and can kick back and attack. Concentrate, keep two hands on the tool and always be aware of safe working procedures (see page 5). If you are unsure of the best way to cut something – ASK.
- **Phones.** Please no phone calls while you are active on the site. Step away for calls. Photos, please do not mix working and picture taking – pictures are good – but one or the other.
- **Questions.** The only dumb question is the question unasked.

Safety Information

General Safety Rules

- ✓ Avoid dangerous conditions. Do not use power tools in wet or damp areas or expose them to rain.
- ✓ Always keep your work area clean, uncluttered and well-lit.
- ✓ Keep bystanders at a safe distance from the work area, especially when tools are operating.
- ✓ Dress for safety. Do not wear loose clothing, gloves, neckties, or jewelry (rings, watches) when operating a tool. They can get caught and draw you into moving parts. Always wear non-slip footwear and tie back long hair.
- ✓ Always remove the power cord plug from the electric outlet when making adjustments, changing parts, cleaning or working on the tool.
- ✓ Keep guards in place and in working order.
- ✓ Make sure that the power switch is in the OFF position before plugging in a power cord.
- ✓ Never leave a running tool unattended. Turn the power switch to off. Do not leave the tool until it has come to a complete stop.
- ✓ Don't overreach. Keep proper footing and balance at all times. Keep floor clear of scrap and other debris.

Circular Saw Safety

When beginning any cut, hold the blade slightly back from the material. Start the saw and let it reach full speed before advancing into the wood. The telescoping guard will be pushed back as the saw advances into the material. When material is being cut at an angle, the telescoping guard may stick. If so, pull the guard up with the guard lifting handle.

General Safety Rules for the Circular Saw

- ✓ Periodically inspect cords for cuts, kinks, worn insulation, and exposed wires.
- ✓ Place cords so they do not present a tripping hazard.
- ✓ Wear Safety Goggles.
- ✓ Do not carry tool by the cord.
- ✓ Do not carry a plugged in tool with finger on the trigger.
- ✓ Do not wear loose clothing, ties, rings, or other items that could be caught by moving parts.
- ✓ Always keep long hair tied back.
- ✓ Always disconnect tool before changing blades or making adjustments.
- ✓ Do not make through cuts between sawhorses or the saw will bind.
- ✓ Never wedge the guard.
- ✓ When completing the cut, wait until the blade stops rotating before moving the saw.
- ✓ Stand to one side of the saw in case of kickbacks.

Mortiser Safety

- ✓ Read the instruction manual in its entirety to familiarize yourself with proper operation of the chain mortiser.
- ✓ Always wear eye and ear protection when operating chair mortiser. A dust mask is strongly recommended.
- ✓ Always unplug machine when making adjustments to the bar and chain.
- ✓ When through mortising: Always set the depth stop to no more than 1" below the minimum depth required to completely penetrate the wood. Failure to do this causes the machine to slam down to maximum depth and will result in damage to the cast flange (front housing) that contacts the depth stop.
- ✓ Procedure for successful mortising:
 - ◆ Layout Mortise.
 - ◆ Score the ends of the mortise with chisel.
 - ◆ Align mortiser to about 1/8" off the chisel score (on the right side of the mortise). This is done by looking down from directly above mortiser.
 - ◆ **Mortise with bar in vertical position first, then second and third positions.**
 - ◆ Unclamp and move machine to the left.
 - ◆ Align to about 1/4" off the left chisel score by visual alignment with mortiser in far left (3rd) position.
 - ◆ Clean remaining end grain with chisel.
- ✓ Periodically lubricate guide bars, clamp, and threaded screw with silicone spray, oil or WD-40.
- ✓ Sharpen chain when resistance significantly increases. A sharp chain will remove shreds of wood fiber. A dull chain makes sawdust.

Planer Safety

- ✓ If you are not thoroughly familiar with the operation of planers, obtain advice from your supervisor, instructor, or qualified person.
- ✓ Make sure wiring codes and recommended electrical connections are followed. When servicing, use only identical replacement parts.
- ✓ Never turn the planer on until all tools, scraps of wood, and other debris are removed from the work surface.
- ✓ Avoid awkward hand positions. A sudden slip could allow your hand to contact the blade.
- ✓ Keep hands away from the planing area and blades. Do not reach underneath the work piece while the blades are rotating. Do not attempt to remove material while the blades are rotating. **BLADES CONTINUE TO ROTATE AFTER THE TRIGGER SWITCH IS RELEASED.**
- ✓ Do not plane material that is embedded with foreign objects, such as nails or staples. Inspect for and remove all nails and staples for planing.
- ✓ Make certain the blades are properly installed and secured before starting the machine.
- ✓ Never start the planer with the blade in contact with the workpiece. Switch on or off only when the blade is not contacting the workpiece. Engage the blade slowly.
- ✓ Allow the planer to run a few seconds before planing to check for abnormal shakes or vibrations.
- ✓ If the planer shakes or vibrates abnormally, turn the planer off, unplug from the power supply, and reinstall the blade.
- ✓ Keep the blades clean, sharp, and free from rust and pitch. Periodically check the blades and chip exhaust for chip build-up. Clean blades minimize stalling and kickback. Never clean debris or wood chips from the blade with your fingers; use a brush.
- ✓ Make all adjustments with the power off and the tool unplugged from the power supply.

WARNING: DO NOT ALLOW FAMILIARITY WITH YOUR PLANER TO MAKE YOU CARELESS. REMEMBER, A FRACTION OF A SECOND OF CARELESSNESS IS ENOUGH TO CAUSE INJURY.

Chisel Safety

Do's

- Treat it like your own.
- Keep your chisel sharp.
- Keep your chisel in a protected sheath when in storage.
- Keep your chisel away from metal surfaces that can dull the edge.
- Be aware of the chisel edge near your leg.
- Occasionally apply paste wax to chisel to prevent rust.
- Keep at least one hand on the chisel.

Don't s

- Do not chisel towards your body.
- Do not chisel towards your free hand.
- Do not put your chisel on the ground.
- Do not leave your chisel unattended on a working sawhorse- it will fall to the ground.
- Do not use as a pry bar.
- Do not put your hand in front.
- Do not leave on a green timber- it will rust.

Safety while Lifting

- ✓ Plan your move.
 - ◆ Size up the load and make sure pathway is clear.
 - ◆ Get help as needed.
 - ◆ Use a dolly or other device if necessary.
- ✓ Use a wide-balanced stance with one foot slightly ahead of the other.
- ✓ Get as close to the load as possible.
- ✓ Tighten your stomach muscles as the lift begins.
- ✓ When lifting, keep your lower back in its normal arched position and use your legs to lift.
- ✓ Pick up your feet and pivot to turn – don't twist your back.
- ✓ Lower the load slowly, maintaining the curve in your lower back
- ✓ Avoid lifting above shoulder height. This causes the back to arch, placing heavy stress on the small joints of the spine.
- ✓ Do not catch falling objects.
- ✓ Keep site clear and clean.
- ✓ Communicate clearly with your lifting partners.