

**Fort Salonga Studio “Walnut Acres”**  
**49 Fort Salonga Road**  
**Fort Salonga, New York 11768**  
**Phone 631-266-1400 – Fax 631-262-1786**

**Welded Steel Sculpture Workshop**

**Safety Guidelines**

All students are required to read the safety sheet, adhere to signs posted and watch “Safety Video”.

Make sure you can readily locate the following:

First aid kit [two first aid kits are posted with emergency phone numbers and our location]  Eye flush  
 A telephone  A fire extinguisher  The exits  All safety signs  All safety equipment

**First Aid:**

Do not wait to seek medical attention if pain persists or signs of infection appear.

- *Burns:* Cool the burned area with moist, clean, cool cloths. Do NOT use ice as this may worsen the injury to the skin. Rinse with tap water, and clean with soap and water. Flush chemical burns with water until all burning pain has stopped. Remove all contaminated clothes.
- *Wounds:* Apply pressure immediately. Clean with soap and water, then cover with a sterile bandage.

**Protective Equipment:**

- *Safety glasses* are for eye protection. Safety goggles are enclosed on the sides giving you better eye protection. Safety goggles can be worn over prescription glasses. A face shield provides full protection and should be worn at all times.
- *Ear Plugs/Muffs* are for hearing protection. Hearing can be damaged by long term exposure to loud noise. Wear ear plugs or ear muffs for loud noise levels.

**Protective Clothing and Attire:**

- *Wear* a dust mask when exposed to dusts, fumes, and vapors.
- *Wear* safety shoes or boots with non-slip soles. Wear the proper gloves when necessary.
- *Do not* wear loose fitting clothing. Roll long sleeves up. Keep long hair tied back and/or tied up under a hat. Remove all loose jewelry. Moving parts can pull in clothes, hair and loose objects, causing severe injuries to the operator.

**Etiquette:**

- Be aware of those around you.
- Exercise the buddy system and help your fellow sculptor.
- Use common sense with hot metal.
- Communicate with other students before starting loud power tools. Utilize these safety guidelines to ensure safe operations.

**Power Tools:**

- *Use* the right tool for the job. Do not force a tool to work beyond its ability to perform. Inspect the tool for cracks or damage.
- *All guards* must be in place and operational. Do not remove or alter the guard that is on the tool. Never remove any safety devices.
- *Remember*, no matter how long you have been using a power tool, overconfidence can lead to injuries. Do not rush or take short cuts.
- *Make sure* all bits, blades, and cutters are properly tightened before operations begin. All fittings and adjustments must be locked in place. Work only with double-insulated or properly grounded tools.

- *Before* plugging in a tool, make sure the power switch is in the “off” position. Remove adjusting keys and wrenches.
- *Keep extension cords* away from cutting edges. Never use the cord to carry tools. Always pull the cord out of the plug by the plug, not the cord. Report any frayed or damaged cord.
- *Never* leave a power tool running while unattended. Keep tools unplugged when not in use.
- *Remember*, know where your hands are at all times. Keep them away from moving parts, blades, and cutters.
- *Always* use clamps when possible. This will allow your hands to control the tool.
- *Do not* over reach. You may lose your balance and control of the tool. Never draw a sharp edged tool toward you unless it is absolutely necessary. Do not reach over a blade. Keep the work area free of trip hazards. Remove obstacles in the immediate area.
- *Always* unplug the tool before making adjustments or changing parts or blades.
- *Turn off* the tool immediately when there are any unusual noises or vibrations.
- *Never* stand on a wet surface while operating a power tool. Do not allow an extension cord to sit in water.

### **Back Injury Prevention:**

#### **Some Steps to Prevent Back Problems:**

- *If you are sitting* for extended periods, get up and stretch periodically.
- *Practice proper posture*; poor posture weakens the back.
- *Exercise* your abdominal muscles; a strong stomach reduces the chance of back injury.
- *Walking for extended* periods can help to keep back muscles loose and posture straight.
- *A regular exercise routine* will help your back stay strong and injury free.

#### **Proper Lifting Techniques:**

- *Size up the load* before you lift. Test by lifting one of the corners or pushing. If it is heavy or feels too clumsy, get help from another student. When in doubt, do not lift alone!
- *Make sure your grip* is secure and your lifting motion is unobstructed.
- *Bend your knees*, keeping your back as straight as possible when raising or lowering the object.
- *Lift smoothly and straight up*. Let your legs do the work, not your back! Keep your feet at shoulder width close to the object and center your body over the object when lifting.
- *Do not twist your body* when lifting an object. Turn your whole body by changing foot position.
- *Do not lift* heavy objects above or away from your body.
- *Stop lifting immediately* if sharp pains develop during, before, or after the lift.
- *Use back supports* or braces whenever doing repetitive heavy lifts. Always inspect your belts for defects and proper fit. Remember that a back brace does not make you stronger.
- *Do not exceed* your lifting capabilities. If you can tell you are having problems lifting an object, ask for assistance or use a lifting device.
- *Always push* a load on a cart or dolly, do not pull it.
- *Split the load* into several smaller ones when you can. If it is a long or awkward load, get some help.
- *Use* mechanical lifting devices whenever possible.

Although back problems are one of the most common types of pain and disability, most back injuries are completely preventable by using proper lifting techniques and maintaining good physical condition. A well-toned body can take unexpected stress or strain better than one suffering from lack of exercise. Proper lifting techniques are crucial to preventing back injuries. Proper lifting techniques such as lifting with the legs and not the back will ensure the injuries never occur.