

Bench Grinder Safety Training Document

Annual Refresher Training

Introduction

Bench grinder safety is crucial for preventing workplace accidents and ensuring compliance with safety regulations. This document provides a refresher on bench grinder safety principles and refers to a training video that you must have watched prior to completing this training.

Objectives

By the end of this training, you will:

1. Understand the components and operation of a bench grinder.
 2. Recognize common hazards associated with bench grinder use.
 3. Know the steps to properly inspect, set up, and use a bench grinder safely.
 4. Identify emergency procedures in the event of an incident involving a bench grinder.
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Pre-Training Requirement

Before proceeding with this document, you are required to watch the "Bench Grinder Safety Basics" training video. Ensure you have paid attention to:

- Key components of a bench grinder.
 - Proper inspection and maintenance techniques.
 - Safe operation practices.
 - Common mistakes to avoid when using a bench grinder.
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Key Topics Covered

1. Bench Grinder Components and Uses

- **Grinding Wheels:** Used for shaping or sharpening tools.
- **Tool Rests:** Must be adjusted to maintain a safe gap from the grinding wheel.
- **Safety Guards:** Should always be in place and properly adjusted.
- **Eye Shields:** Protect against sparks and debris.

Key Tip: Always select the correct grinding wheel for the task and material being worked on.

2. Bench Grinder Inspection

Inspect the bench grinder before each use:

- Check grinding wheels for cracks, wear, or damage.

- Ensure tool rests and safety guards are securely in place.
- Verify that the grinder is firmly mounted and stable.

3. Setting Up the Bench Grinder

- Adjust the tool rest to within 1/8 inch of the grinding wheel.
- Ensure the work area is clear of clutter and flammable materials.
- Wear appropriate personal protective equipment (PPE), including safety glasses, gloves, and hearing protection.

4. Safe Bench Grinder Usage

- Stand to the side of the grinder during startup to avoid potential wheel failure.
- Do not force materials into the grinding wheel; apply gentle pressure.
- Keep hands and fingers clear of the grinding wheel.
- Allow the wheel to come to a complete stop before making adjustments.

5. Emergency Procedures

- In the event of an incident:
 - Turn off the grinder immediately.
 - Call for medical assistance if injuries occur.
 - Report the incident to your supervisor.
 - Inspect and document the condition of the grinder before resuming use.
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Post-Training Quiz

To ensure comprehension, complete the following quiz:

1. What should you check during a bench grinder inspection?
 2. How close should the tool rest be to the grinding wheel?
 3. What PPE is required when using a bench grinder?
 4. Describe the steps to take in case of an incident involving a bench grinder.
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Acknowledgment

By signing below, you acknowledge that you have watched the "Bench Grinder Safety Basics" video and reviewed this training document.

Employee Name: _____ Date: _____

Supervisor Signature: _____