

Safety Manual

The following precautions need to be taken when using any hand tools in the RPI Centrifuge Lab in order to promote a safe work environment and keep accidents as small and as infrequent as possible. In general, only use a tool for what it was originally designed to do. Also, be careful to inspect the tool before using it, as older and worn out tools become much more dangerous than a tool in good condition. It is also important to wear the proper safety protective equipment such as gloves or safety glasses whenever using any hand tools. Always remember to keep yourself and the other people working around you in mind when working with tools in the lab. It is important to be aware of your surroundings; not being aware of the position of coworkers is no excuse for an accident occurring in the lab.

Screwdriver:

- Never use a screwdriver as a chisel, as it might shatter and become a hazard.
- Always make sure the handle and shaft do not have any cracks and are in good condition before using a screwdriver.
- Never use a screwdriver as some sort of pry bar.
- Always take the time to find the right sized and right type screwdriver for the job, as this will make your work go by much quicker and also ensure the job gets done the safest way possible.

Hammer:

- Never use a hammer which has a loose or cracked handle, as the head may fly off and become a hazard.
- Ensure that the hammer is both the proper type and size for the job you are performing, as this will make your work go by much quicker and also ensure the job gets done the safest way possible.
- Never use a hammer with a chipped, cracked, or broken claw.
- When using a hammer, keep your motions short and compact, and try to avoid longer swings of the hammer. This will not only cause you to be more accurate with what you strike with the hammer, this will decrease the chance of you hitting something or somebody by accident at the top of the hammer stroke.

Saw:

- Ensure that the saw's teeth are sufficiently sharp, as a dull tool is much more dangerous than a sharp tool.
- Always be careful to cut in a direction that puts yourself and others out of harm whenever possible.
- Always use a vise or other means to secure your work, as this will make it both easier and safer to make a cut with a saw.

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web recipes rotations is ready to provide nursing home menu ideas for retirement communities assisted living centers senior living facilities and more when you are dealing with an elderly demographic and are tasked with providing them with three meals a day it can get pretty taxing on your kitchen operation

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web jun 13 2023 preheat the oven to 425 f and line a baking sheet with parchment paper or nonstick aluminum foil stretch out the puff pastry on the lined baking sheet with a fork poke small holes along the bottom add onions and olive oil to a skillet over medium heat sauté stirring frequently until soft about 5 minutes