

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Subteam: \_\_\_\_\_

## CougarTech Training Module General Safety

### Learning Material

*Please read the following*

**Attire:** In order to make any other safety precautions effective, people need to be dressed properly. This means that closed-toed shoes and fitted clothing need to be worn and long hair must be tied up. Closed-toed shoes do not include ballet flats or slippers, but does mean that sneakers and boots are acceptable. Skirts, dresses, extra-long sleeves and ties on sweatshirts are not permitted in the shop since they could get stuck in a machine and cause injuries.

**Personal Protective Equipment:** For each tool used in the shop, there are specific requirements for what equipment should be worn. Whenever you are in the shop, you must be wearing safety glasses. Regular eye glasses do not count as safety glasses, but there are safety glasses available that fit over eye glasses. At FIRST events only non-reflective lenses of amber, yellow, rose and blue tints are permitted. Other equipment sometimes needed while in the shop includes: work gloves, face shields, ear muffs and rubber gloves.

**Appropriate Behavior:** Along with attire, proper behavior must be observed in order to make any other safety precautions effective. Some important rules to remember include:

1. Walk when in the shop
2. Do not bring food or drink into the shop
3. Tomfoolery or shenanigans are not permitted
4. Do not touch tools you don't know how to use
5. If you are asked to do something but feel unsure or uncomfortable doing it, ask for help
6. Be aware of your surroundings.

In addition to this, it is important to turn off the robot when you are working on it and never get close to moving parts. Remember that in order to be qualified to use a tool, you must have completed the corresponding training module.

**Lifting the Robot:** Many injuries have occurred when people have incorrectly lifted the robot. The robot should be lifted by two or more people together who are all wearing gloves. Before lifting, the robot should be turned off and the path to the end location should be cleared. Someone should be in charge of telling the rest of the lifters when and where to lift and everyone should lift using their knees, not their back.



## **Material Quiz**

*Answer the following questions*

1. What kinds of shoes are appropriate for the shop?
2. What tints are acceptable for lenses in safety glasses?
3. Are water bottles allowed in the shop?
4. What personal protective equipment is necessary to lift a robot?

## **Practice/Assessment**

*Find a qualified mentor or the Safety Captain and show them correct completion of the task.*

Task: Come to a meeting properly dressed with your safety glasses.

Mentor name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_