



WEST SUSSEX WOODTURNERS

JANUARY 2020 NEWSLETTER

An Associated Club of the AWGB

The chairman opened the meeting with a few announcements. He had to shout as the sound system was not working.

He reminded us about the Awards evening on 24th April. It will cost £10 per head. If you wish to come please let John Stepney know as soon as possible so we can inform the caterers and also if you have any dietary requirements.

If you have a cup or shield from the club competitions or the Awards evening could you please return them to Colin Smith as soon as possible.

Next month is listed as a member's led morning and Ian appealed to the gathered throng to come up with some things they would like to see or things they would be prepared to demonstrate. (I would offer but I have to wear a respirator when turning which makes talking a bit tricky, well that's my excuse and I'm sticking to it).

Andy Heath offered to demonstrate some small items and Terry Hill asked if someone could demonstrate hollowing small forms.

Ian then handed over to Colin Smith, who announced the winners of the cups and shields for 2019.

The competition results were:

For the Beginners section the results were:

- 1st Ray Thompson**
- 2nd Martin Lott**
- 3rd Sam Crick**

PROMOTED to Intermediate are: Ray Thompson, Penny Chatham and Will Geyling

In the Intermediate section the results were:

- 1st Stan Wright**
- 2nd Alan Wallington**
- 3rd Ray Burton**

PROMOTED to Advanced are: Rob Hudson and Andy Heath

For the Advanced section the results were:

- 1st Ian Rudge**
- 2nd Colin Willetts**
- 3rd Stewart Furini**

Next up was the reason we all had escaped from the bosom of our families, this was to be a talk by Stan Wright on safety and First Aid.



Stan's background is that he has worked in the Ambulance service for more years than he cares to mention.

First up was safety. One of the most dangerous things in woodturning is dust, so the recommendation is that you should wear a dust mask of some description. There are many on the market and everyone will have their own favourites. Stan used to use a Trend respirator but they apparently stopped making the battery charger for the model he had. (I have a Trend Airshield Pro and have a spare battery and charger). Again there are several on the market and I would suggest you ask around to see what others have. If anyone wishes to see the one I have let me know and I will happily bring it to club.

The other item Stan felt was important was a face shield of some kind or at least a minimum of safety glasses.

And so we moved to First Aid including the use of CPR and Defibrillators. At this point I am a little wary of putting too much in the Newsletter as I was so busy concentrating on what was being said so my notes are a little sketchy.

The first thing Stan said was if you have a fairly major cut elevate the limb and call for help.

The first priority is to get help and secondly to give good quality CPR. The essence of CPR is to get the blood flowing from the heart to the brain.

If doing compressions they should be at the rate of 120 per minute. This is much the same as singing the Bee Gees hit "Staying alive" or the Queen hit of "Another one bites the dust" (it might be politic not to sing this one out loud).

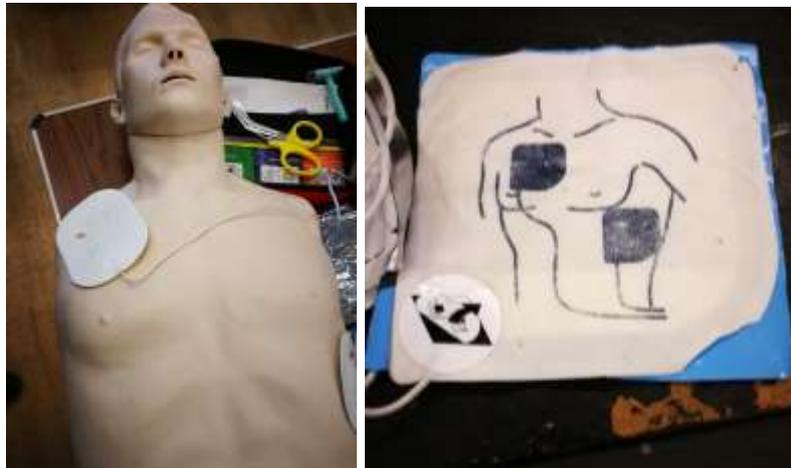
Establish if the person is unconscious. Check to see if they are breathing and check their airway. If they are breathing you can assume they have circulation. The tongue can block the airway so lift the chin. If you've asked someone to get help ask them to come back and confirm help is on the way as apparently the great British public have a habit of wandering off.

If you can get a defibrillator to the person within 5 minutes their survival rate goes from about 5% to about 70%. You should check breathing for a maximum of 10 seconds.

The Ambulance service recommends you dial 999 and put your phone on speaker and they will talk you through the whole process.

If you have a defibrillator it will also talk you through the entire process.

These 2 pictures show where the pads should be placed. The pads also have diagrams on.



The first picture shows Stan doing good quality CPR the other 2 are types of defibrillator.

NEXT MONTH:

A member led morning Andy Heath will be demonstrating small items and hopefully someone will show hollowing a small vessel.

The grinding stations will be open so bring your gouges along if you need help sharpening

FOR SALE:

Mike Swindells has a Record DML 305 for sale. It comes with a chuck and some accessories.

