

Abrasive Wheels — Toolbox Talks and Attendance

Four short talks. Ten minutes each. Keep the signed sheets.

Talk 1 — The five second check that prevents a burst

- Every wheel is marked with a maximum operating speed. Every machine is marked with a spindle speed.
- If the wheel is rated slower than the machine, it can burst. Fragments leave at very high speed.
- Check both markings before every wheel change. It takes five seconds.
- If you cannot read the marking on the wheel, do not fit it.
- Ask the group: who can tell me the spindle speed of the grinder in our workshop?

Name	Signature	Date

Talk 2 — Guards, work rests and the 3mm gap

- The guard directs fragments away from you if the wheel fails. Never remove or wedge one.
- On bench grinders the gap between the work rest and the wheel must be 3mm or less.
- A wider gap can drag the workpiece, and your hand, between the rest and the wheel.
- The gap widens every time the wheel wears. It must be reset regularly, with the wheel stopped.
- Ask the group: when did we last check the work rest gap on our machine? Then go and measure it together.

Name	Signature	Date

Talk 3 — Dust you cannot see

- Cutting concrete, stone, brick, block or tile releases respirable crystalline silica.

- The dangerous particles are too small to see. A visible cloud means it is already very bad.
- Silicosis is permanent, disabling and often fatal, and it can appear years later.
- Use on-tool extraction or water suppression. Every time, not just indoors.
- Ask the group: what are we cutting this week, and what dust control are we using?

Name	Signature	Date

Talk 4 — Your hands, and what tingling means

- Grinders are high vibration tools. Exposure builds up over the day, not over the job.
- Hand arm vibration syndrome is permanent nerve and circulatory damage. It does not get better.
- Early signs are tingling and numbness in the fingers, often at night or in the cold.
- Report it the same day. Caught early we can change how you work. Caught late we cannot fix it.
- Ask the group: has anyone noticed tingling after a long day on the grinder?

Name	Signature	Date

Talk delivered by: _____ Position: _____

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