

Portable Folding Workbench

Competencies Learned:

1.A.01.01	Identify, describe and apply health and safety regulations that apply to specific tasks and jobs. Students must complete a safety credential program, e.g., Occupational Safety and Health Administration 10, CareerSafe and ServSafe.
1.A.01.04	Explain procedures for documenting and reporting hazards to appropriate authorities.
1.A.02.03	Identify, describe and demonstrate personal, shop and job site safety practices and procedures
1.A.02.04	Demonstrate safe dress and use of relevant safety gear, personal protective equipment (PPE) and ergonomics, e.g., wrist rests, adjustable workspaces, equipment, gloves, proper footwear, earplugs, eye protection and breathing apparatus.
1.A.02.05	Demonstrate appropriate safe body mechanics, including appropriate lifting techniques and ergonomics.
1.A.02.06	Locate emergency equipment, first aid kit, SDS information directories and emergency action/response plan/escape routes in your lab, shop and classroom, including labels and signage that follow OSHA Hazard Communication Program (HAZCOM), eyewash stations, shower facilities, sinks, fire extinguishers, fire blankets, telephone, master power switches and emergency exits.
1.A.02.08	Describe safety practices and procedures to be followed when working with and around electricity, e.g., ground fault circuit interrupter (GFCI) and frayed wiring.
1.A.02.10	Demonstrate appropriate workspace cleaning, sanitation, disinfection and sterilization procedures required in specific occupational areas, e.g., Workplace Housekeeping OSHA Regulations.
1.A.03.01	Describe First Aid procedures for potential injuries and other health concerns in the specific occupational area.
1.A.03.02	Describe the importance of emergency preparedness and an emergency action/response plan.
1.A.03.03	Describe procedures used to handle emergency situations, defensive measures and accidents, including identification, reporting, response, evacuation plans and follow-up procedures
1.A.03.04	Identify, describe and demonstrate safety practices in specific occupational areas used to avoid accidents
1.A.03.05	Identify and describe fire protection, protection, precautions and response procedures.

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1.A.03.06	Discuss the role of the individual and the company/organization in ensuring workplace safety including transportation to and from school, school activities and the workplace.
1.A.03.07	Discuss ways to identify, prevent and report school and workplace violence, discrimination, harassment and bullying.
1.A.03.08	Demonstrate positive and appropriate behavior that contributes to a safe and healthy environment in school and the workplace.
2.A.01.01	Demonstrate use, storage, and maintenance of all related hand and power tools, according to current industry and OSHA standards.
2.A.01.05	Identify and apply OSHA and other health and safety regulations that apply to specific tasks and jobs in carpentry.
2.B.02.02	Identify and define object lines and dimension lines.
2.B.02.03	Identify and define hidden lines and centerlines.
2.B.02.04	Identify and define: break line, extension line and leader line.
2.B.05.01	Develop a stock list.
2.B.05.02	Develop a true cost for the items on the stock list.
2.B.05.03	Determine the delivery method and time frame for the stock list.
2.B.05.04	Identify the supplier and contact information.
2.D.01.01	Identify and describe the types of building materials.
2.D.01.02	Describe the use of different types of building materials.
2.D.04.01	Read a tape measure to 1/16th of an inch.
2.D.04.02	Add/subtract fractions.
2.D.04.03	Use a calculator to multiply, divide and perform basic trigonometric functions.
2.D.04.04	Define the importance of a 3-4-5 triangle to carpentry calculations.
2.D.04.06	Convert fractions to decimals.
2.D.06.01	Describe the best practices for storing materials.
2.E.01.01	Demonstrate use and maintenance of layout, marking, and measuring tools.
2.E.01.02	Demonstrate use and maintenance of fastening, clamping, and dismantling tools.

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2.E.01.03	Demonstrate use and maintenance of sawing tools.
2.E.01.04	Demonstrate use and maintenance of drilling and boring tools
2.E.01.05	Demonstrate use and maintenance of planing, smoothing, and shaping tools
2.F.01.01	Demonstrate the use and maintenance of a portable circular saw.
2.F.01.02	Demonstrate the use and maintenance of a portable power miter box.
2.F.01.03	Demonstrate the use and maintenance of a portable table saw.
2.F.02.01	Demonstrate the use and maintenance of portable drills.
2.F.04.01	Demonstrate the use and maintenance of a screw gun.