

# Kushed Bulletin

Issued by: Ku-ring-gai Community Workshop 'The Shed' Inc.

Date: 03 June 2020

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## Steps Towards Reopening The Shed

We currently don't have a date for when The Shed will be able to reopen.

In the meantime, various Shed committees have been working to have the policies, procedures and equipment in place to ensure your safety when we do.

Given that The Shed members are mostly in the high risk category for Covid19 effects, reopening will require a combined effort and commitment by all the members who will be attending The Shed

To this end, The Shed Committee will be sending out an email to all members, outlining the new policies and procedures to be followed.

Please read this email carefully when it arrives, **and reply back with your agreement to abide by the rules as outlined.**

Only members who have replied back will be able to attend The Shed when it reopens.

This plan will be reviewed and revised as new information is provided by Local, State and Federal authorities.

The new policies and procedures can be viewed on The Shed website [here](#)

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## Council Grants Awarded for The Shed Covid19 Preparations

The procurement of equipment and cleaning products to address the needs of members when operations recommence, will be supported by a grant from Ku-ring-gai Council

In addition, a grant has been awarded for the purchase of a laptop and accessories to optimise the creation of the Shed Bulletin and other Shed communications

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## Filo Pastry Zucchini Slice



## Ingredients

- 10 - 12 sheets fillo pastry (Pampas or Antoniou)
- Olive oil, (or melted butter) for bushing filo.
- 2 large zucchinis, grated
- 4 eggs, lightly beaten
- 3/4 cup (180ml) cream
- 1/2 cup (60g before grated) grated tasty cheese
- Sea salt and cracked pepper.

Above items available from Woollies.

Serves 4.

## Method

**To make the filling** – Pre-heat the oven to 180c. Place grated zucchini in a bowl, press and drain the excess water from the zucchini. Add grated cheese, eggs and cream to the bowl. Add salt and pepper to taste. Stir ingredients together. Set aside.

**To prepare the fillo pastry** – select a 2.8Ltr casserole dish and lightly oil the inside. Place fillo pastry on a clean bench surface

and lightly brush oil (or butter) over each sheet. Layer 6 sheets 1 at a time into the casserole to cover the base and sides.

**To prepare to bake** - Pour the zucchini mixture into the casserole. Brush the remaining 4 - 6 sheets with oil (or butter). Scrunch loosely the 4 - 6 sheets and pile to cover the zucchini mixture. Bake for 40 minutes or until filling is set and pastry is golden.

**To serve the fillo pastry zucchini slice** – Serve with salad or steamed vegetables. For the picture I served black rice salad.

*Enjoy!*

## **Summary**

If the article too long then these are the main points:

- Wood dust may affect your health.
- We cannot eliminate all the dust from the Shed.
- Steps will be taken in the Shed to further reduce the dust as far as practicable.
- You can help minimising the generation of dust.
- You can control what goes to your lungs with a face mask.
- Use only a certified P2 facemask with AS/NZS 1716 printed on them, or NIOSH P95.
- Make sure the mask fits correctly on your face.

## **The detail**

Working with wood will inevitably generate wood dust. dust is created during all stages of wood processing such as sawing, routing, sanding, planing and other operations. The dust is a potential health hazard.

The Shed recognises that dust is a significant problem. Steps are being planned to reduce the dust load.



Most of the coarse particles, that are readily visible, will get filtered by the airways. The greater concern is with the small particles that can penetrate deep into the lungs where it is difficult to expel them from. These dust particles will drift around the workplace for a long time before they settle. They get stirred up with every air draft and dusting.

Irritation, coughing or sneezing are caused by the dust itself. Exposure to excessive amounts of wood dust may irritate the eyes, nose, and throat. You

may also experience shortness of breath, dryness and sore throat, conjunctivitis (inflammation of the mucous membranes of the eye), and rhinitis (runny nose).

Fine dust that results from the processes such as shaping, routing, planing and sanding are associated with higher exposure levels. Hardwoods generally produce more dust than softwoods when worked in similar conditions. Dry wood also tends to produce more dust.

The effect will vary from person to person and the amount of exposure. In the Shed most people only work one or two days a week, which will limit their dust load.

Treated wood like pine should not be worked on within the workplace. Apart from the dust like other woods, the chemical used for the treatment is even more dangerous as it has been shown to be a much more potent carcinogenic. While you may accept the risk, others around you will also be adversely affected.

It is not uncommon to find that the person that generates the dust is wearing a face mask, but others around them not wearing protection. The COVID-19 pandemic has made the problem even more critical. If your lungs are compromised by dust then, if you fall victim to the coronavirus then you are already at a handicap. Older people are at a disadvantage anyway as their immune system is weaker compared to a younger person.

### ***Steps you can take to reduce dust***

The total elimination of wood dust from a wood-working environment is not usually practicable, but the health risk associated with exposure to dust from wood products can be minimised for yourself and others in the same workplace.

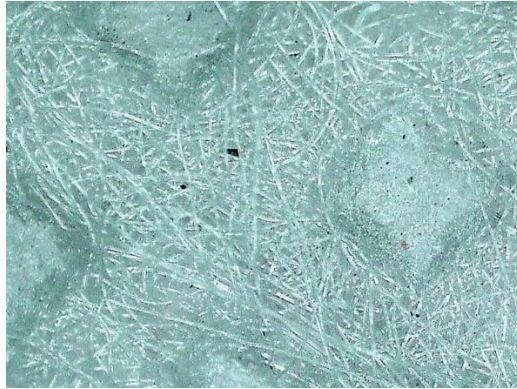
Actions you can take to minimise the hazard of dust generation:

- Use a plane or thicknesser rather than a sander.
- Turn dust extraction on before you start work. Note that the Shed will shortly be taking action to improve extraction of dust generating machinery.
- Where no extraction is available then go outside where the dust will not blow back into the Shed. If that is not possible then do the work on another day.
- Do all portable sanding, planing, routing and other dust generating operations, outside where possible.
- Advise others if there is no alternative to internal dust generating operations and recommend them to wear a face mask.
- Ensure that the saw blade and other cutting tools are sharp as this minimised dust.
- Be aware that significant exposure can happen when cleaning (e.g., emptying dust bags) or maintaining equipment.

- Practice good housekeeping. Keep surfaces and floors clean.
- Use cleaning methods that reduce re-introducing the dust into the air. Use wet clean-up methods (e.g., wipe surfaces with a wet rag or mop) or use a vacuum with a HEPA filter.
- Do not use compressed air for cleaning the work or your clothes.

### ***Face masks / Respirators***

Face masks provide a filter for the airways to certain limits. In the case of wood dust, it needs to filter the fine dust particles. The cloth masks and surgical masks are next to useless for this purpose. To enable a person to breathe, there have to be holes in the mask. The approved masks have an electrostatic charge that will trap the finer, and more dangerous particles while allowing sufficient air to pass through. They are made from non-woven fibres and provide a tortuous path for the air, trapping the particles with the charged fibres on their way through.



The cloth or surgical masks do not pass the small particle filtration test by either being made of the wrong material or, in the case of the surgical mask, they do not provide a seal around the facial skin.



If any respirator filter gets wet, like when washing them, the electrostatic charge dissipates and they are no more useful than a cloth mask. The cloth masks that have recently come on the market for the COVID-19 virus are intended to catch large droplets, not fine particles.





With the right mask it is essential that it creates a seal with the skin. Facial hair stops the mask from making that seal. In that case a re-usable silicon base unit with cartridges is the only option to attain a reasonable seal, though more expensive.



All disposable masks must have 2 elastic straps to get and maintain a seal with the skin of the face.

First **remove glasses and hearing aids** as they will get dislodged, trust me I have done that a few times.

Place the mask in place with an open hand on your face with the straps on the back of the hand.

Then bring the upper strap over the head to above your ears. Now take the lower strap and place it below your ears.

Press the nose clip snugly to fit around the top of the nose.

Press the nose clip from the top to the side of the nose.

Test the fit by pressing the mask against the face and breathe out.

Minimal air should escape around the mask seal.

For more information and instruction:

See this video on face masks:

<https://www.youtube.com/watch?v=XL-ioOtMK10>

How to fit a mask properly watch these videos:

<https://www.youtube.com/watch?v=bo-PEzHE7iw&feature=youtu.be>

<https://www.youtube.com/watch?v=sSuorKWhtBs>

For a flat fold respirator fitting instructions watch:

<https://www.youtube.com/watch?v=05wyH1-mLGk>

For written instruction see:

[https://www.3m.com.au/3M/en\\_AU/safety-centers-of-expertise-au/respiratory-protection/fit-testing/](https://www.3m.com.au/3M/en_AU/safety-centers-of-expertise-au/respiratory-protection/fit-testing/)

A multitude of web resources are available for you to explore.

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## **A Few More Virtual Tour Locations to Explore**

### **Art Gallery of NSW**

<https://www.artgallery.nsw.gov.au/artboards/together-in-art/>

### **The Australian Museum website to explore and enjoy.**

<https://australianmuseum.net.au/>

### **The Australian Museum – Project Discover**

<https://youtu.be/zjNNHntX1MU>

### **The Australian Museum – Blog**

<https://australianmuseum.net.au/blog/>

### **Centennial Parklands Slide Show**

<https://www.centennialparklands.com.au/TonySpira>

and

<https://www.centennialparklands.com.au/virtual-backgrounds-featuring-the-parklands>

### **The Royal Botanic Garden Sydney**

<https://bit.ly/FloweringNowRBG>

**Branch Out Podcast** range of podcasts and discover the surprising world of plants with science and stories from Australia's oldest living scientific institution.

<https://www.rbg Syd.nsw.gov.au/Science/Branch-Out>

### **Australian Botanic Garden Mount Annan New National Herbarium**

<https://www.australianbotanicgarden.com.au/About/Major-Projects/building-a-new-herbarium>

### **A Trip Down Memory Lane – The Blue Mountains Botanic Garden**



<https://www.bluemountainsbotanicgarden.com.au/>

**Museum of Applied Arts and Sciences Virtual Curator Tour**

<https://youtu.be/mSzGImnq5MI>

**MCA Artist Voice**

<https://www.mca.com.au/artist-voice/>

**MCA Museum Tour**

<https://www.mca.art/#/>

**NSW National Parks & Wildlife Service/Saving our Species**

<https://www.environment.nsw.gov.au/topics/animals-and-plants/threatened-species/saving-our-species-program>

**Close by walks:** <https://blog.nationalparks.nsw.gov.au/from-cbd-to-omg-in-under-90-minutes/>

**For half day and day walks:** <https://blog.nationalparks.nsw.gov.au/walks-to-brave-this-winter-in-sydneyand-surrounds/>

**NSW State Archives**

Railway Cards:

<https://www.records.nsw.gov.au/archives/collections-and-research/guides-and-indexes/stories/railway-history-cards>

Ticket of Leave Butts

[https://www.records.nsw.gov.au/archives/magazine/video/archives-behind-the-scenes-tickets-leave-butts?mc\\_cid=87e5dfeae0&mc\\_eid=3f6cfe8cfd](https://www.records.nsw.gov.au/archives/magazine/video/archives-behind-the-scenes-tickets-leave-butts?mc_cid=87e5dfeae0&mc_eid=3f6cfe8cfd)

Deceased Estate Files:

<https://www.records.nsw.gov.au/archives-behind-the-scenes-deceased-estate-files>

**Sydney Jewish Museum – Online stories**

<https://sydneyjewishmuseum.com.au/learn/survivors/>

**Sydney Living Museums + NSW State Archives**

<https://sydneylivingmuseums.com.au/history-collections-nsw-state-cultural-institutions>

**Taronga Zoo**

<https://youtu.be/KVFq7QYbUPA>

**Transport Heritage NSW**

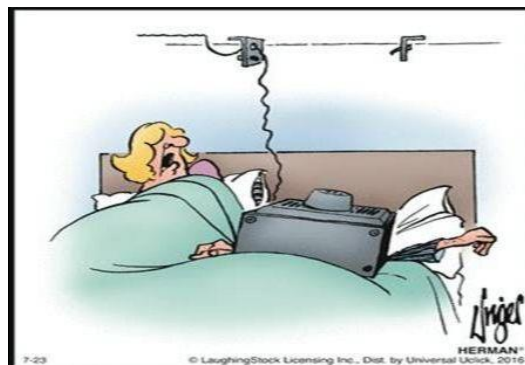
<https://www.youtube.com/transportheritagensw>

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**Been Working Around the House During the Lockdown?**



"That should clear the rug."



"I told you it wouldn't stay up there."



"It's hard to believe you've never put up wallpaper before."



"Is there a reverse switch on the drill?"

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## Previous Issues of This Bulletin

If you want to look at previous issues of this bulletin, they are all available at <http://www.kushed.org.au/Newsletters.html>

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## The Shedder Newsletter



The AMSA newsletter is now available on-line See the full text at:

<https://mensshed.org/wp-content/uploads/2014/10/The-Shedder-Autumn-2020-LOW-RES.pdf>

**AMSA also produces a range of Podcasts**

Listen and subscribe to *The Shed Wireless* here: <https://podcasts.apple.com/au/podcast/the-shed-wireless/id1510493380>

Or, if you're not great with tech, here: <http://mensshed.org/theshedwireless>

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