



## 2025 Sheet Metal Safety Scope

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### Safety Orientation

A safety program containing a general safety overview and safe work practices will be conducted during the scheduled competitor orientation. Attendance is mandatory for all competitors.

### Personal Protective Equipment

All personal protective equipment must be appropriate for task and meet current ANSI standards, which have been incorporated into the Occupational Safety and Health Administration PPE regulations as follows: Eye and Face Protection ANSI Z87.1; Head Protection ANSI Z89.1; and Foot Protection ANSI Z41.1. There are no ANSI standards for gloves; however, selection must be based on the performance characteristics of the glove in relation to the tasks to be performed.

During the practical performance test, **ABC National will provide and require** the proper use of the following personal protective equipment for all competitors:

- Ear protection
- Safety glasses
- Hard hat
- General work gloves
- Cut resistant gloves and forearm sleeves

In addition, fire extinguishers are available.

### Exceptions to the provided PPE, with prior approval from the project manager, are:

- Prescriptive safety glasses with side shields
- Prescriptive goggles
- Task-specific gloves per industry standards, designed to protect against sharp edges or high heat

### Competitors must provide and use the following:

- Standard work shoes or boots (tennis shoes or sandals are not permitted)
- Blue jean pants or work pants
- Shirts with sleeves of minimum 4 inches in length (baggy or excessively loose-fitting clothing is not permitted)

### Cell Phones

- No cell phones are permitted before, during or after the competition.

### Jewelry

**Exposed jewelry is not permitted. Examples include (but are not limited to):**

- Earrings (stud or dangling)
- Wrist watches
- Rings

- Studs exposed through the nose, jaw, lip, eyebrow or any part of the body that is visible
- Gauges

## Competition Specific Safety Items

**Cut-resistant gloves and sleeves** are provided. These sleeves must be worn during the competition to ensure each competitor manipulates their metal in a safe manner. Gloves also must be worn. Competitors may bring their own sheet metal cut-resistant gloves, but these gloves will be inspected by the project manager prior to the competition starting.

**A Pittsburgh Lockformer machine** will be used to add seams to duct and fittings. This machine has a series of rollers and can be a safety hazard. While using the Pittsburgh machine, no loose clothing may be worn. Shirts must be tucked in and gloves will be worn.

**Sheet metal brakes** are used to bend metal. These machines have several pinch points, and special care must be taken when using the brakes. Competitors must have all fingers clear of the apron before clamping the metal.

## Hand Tool and Power Tools

The project manager will also talk about the use of the proper hand tools, i.e., hand saw, coping saw, keyhole saw, hammer, chisels and pry bars and utility knife.

The project manager will go over the proper use of the power tools needed for your projects, i.e., miter box, circular saw, drill and impact driver. **Please visit the links below to review the operators' manuals.** Always use your tools in the manner that the manufacturer intended.

- [Milwaukee Cordless Impact Driver](#)

## Safety Judging

Prior to the practical performance test, the competition project manager or judges may inspect each competitor's personal hand tools, which must meet all OSHA regulations and standards. For example, "mushroomed" heads on chisels are not permitted.

Judges will be present during the practical performance test to score competitors in such safety areas as the use of personal protective equipment, hand and power tool safety, clean work area, etc. Depending on the severity and/or frequency of a violation or violations, the judges, in consultation with the project manager, have the authority to disqualify competitors.

*Note: Competitors continue to be judged during disassembly/cleanup activities and are subject to disqualification or deduction of points for safety violations.*

## First Aid

All injuries should be reported to the project manager immediately. The project manager will determine the appropriate action, including assistance from on-site EMT personnel.

## Fire Extinguisher

A fire extinguisher can be found in or around your competition area, typically in one of the columns. Your project manager will point out the location during your onsite orientation. Competitors should use the following technique to effectively and safely use a fire

extinguisher.

**Pull:** Pull the pin at the top of the extinguisher to break the seal

**Aim:** Stand at a safe distance from the fire and aim the nozzle low at the base of the fire

**Squeeze:** Squeeze the handles together to release the extinguishing agent

**Sweep:** Sweep the extinguisher from side to side to cover all areas the fire may have spread to

### **Smoking and Tobacco Procedures**

Smoking is only permitted during breaks, and you will be escorted to a pre-determined location. There will be no smokeless tobacco allowed during the competition. E-cigarettes and vapor cigarettes will follow the same procedures. The project manager will go over the location of the restrooms.

### **Emergency Evacuation and Exits**

At your site orientation, your project manager will go over the emergency evacuation, meeting location plan, exits and fire extinguishers.