



Maintenance Fitter - Mechanical

(Participant's Guide)

CSC/Q 0901

Sector: Capital Goods





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Unit 1

Occupational Health & Safety in Engineering Workshops

Learning Objectives:

- Understand and learn about the role of a fitter
- Understand and learn about safety guidelines for fitting work
- Identify different types of hazards at workplace
- Understand and learn about precautionary measures to be taken to prevent from hazards

Introduction

The process of Fitting is widely applied to engineering technology which involves machining, maintenance & assembly operations. The process of fitting involves making /producing the components as per the client requirements or as per the manufacturing, engineering environment.

Fitting is the process of removing unwanted material with the help of hand tools, from a given stock for making a component or fitting one in the other to form a mating or fitting pair.

Presently in most of the industries, the work is done using automatic machines which produces the jobs with good accuracy. But, for certain jobs still there is a need to perform the work by using hand operations, which is known as fitting. The person who performs the fitting work is known as fitter.

Fitting & Bench working are just like two faces of the coin. The bench working involves the use of hand tools like hacksaw, chisel, file, scraper, taps, dies and a variety of making and measuring instruments for performing various bench working processes like cutting, chipping, scraping, threading, etc. on metal pieces.

A fitter is supposed to have a well versed knowledge pertaining to use of tools & instruments. The bench working processes are mostly carried out on a job held in a vice fitted on the fitter's working table. But sometimes the use of these processes and hand tools for site works proves quite effective and useful because of the flexibility and ease they provide in tackling difficult situations, particularly where power-operated machines may not be used.



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Job of a Fitter

The job of a fitter mainly involves preparing, fitting and assembling metal parts. A fitter needs to be well-versed and skilled in selection, use and operation of hand tools, measuring instruments and quality requirements of finished products.

Laying out the jobs as per product drawings provided, cutting, sawing, filing, scraping, drilling, reaming, threading welding, soldering, heat treating are examples of operations that a skilled fitter should be able to carry out with high degree of perfection.

Knowledge of various kinds of working materials (e.g. metals) their properties and behaviour is called for. Acquiring proper safety practices forms an essential part of the skill training programme.



Employment Opportunities

On successful completion of training, the candidates are likely to have employment opportunities in following industries:

- 1) Production & Manufacturing industries
- 2) Structural fabrication like bridges, roof structures, building & construction
- 3) Automobile and allied industries
- 4) Service industries like road transportation and railways
- 5) Ship building and repair
- 6) Infrastructure and defence organisations
- 7) In public sector industries like BHEL, BEML, NTPC, and private industries in India & abroad
- 8) Self employment

Layout of the Shop Floor

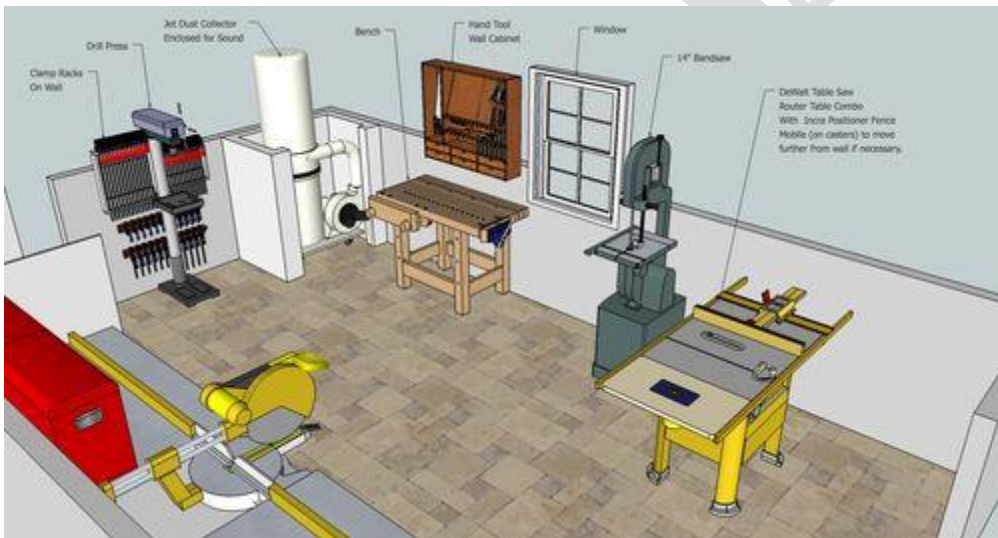
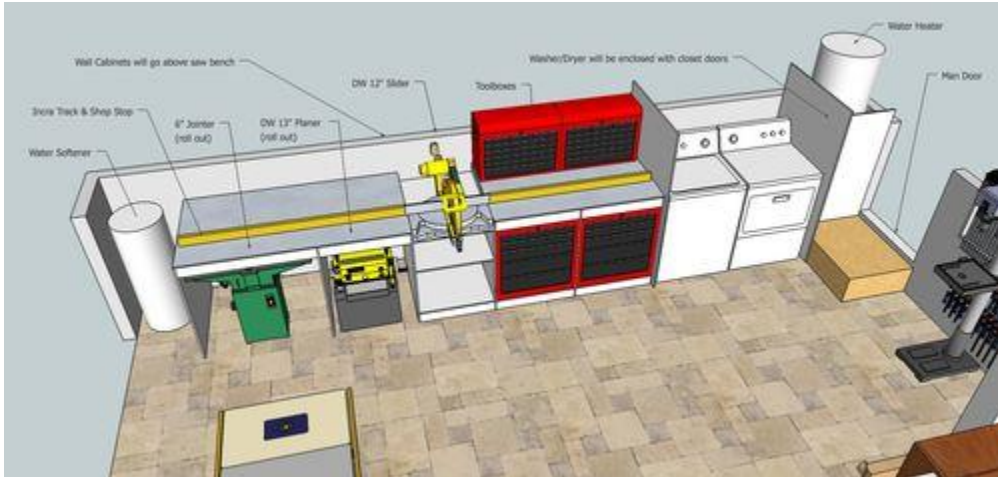
A few examples of shop floor layout are given here. It consists of the following set of tools and equipments:

- Tool Boxes
- Clamp racks
- Drill press
- Jet dust collector
- Bench
- Hand tool wall cabinet



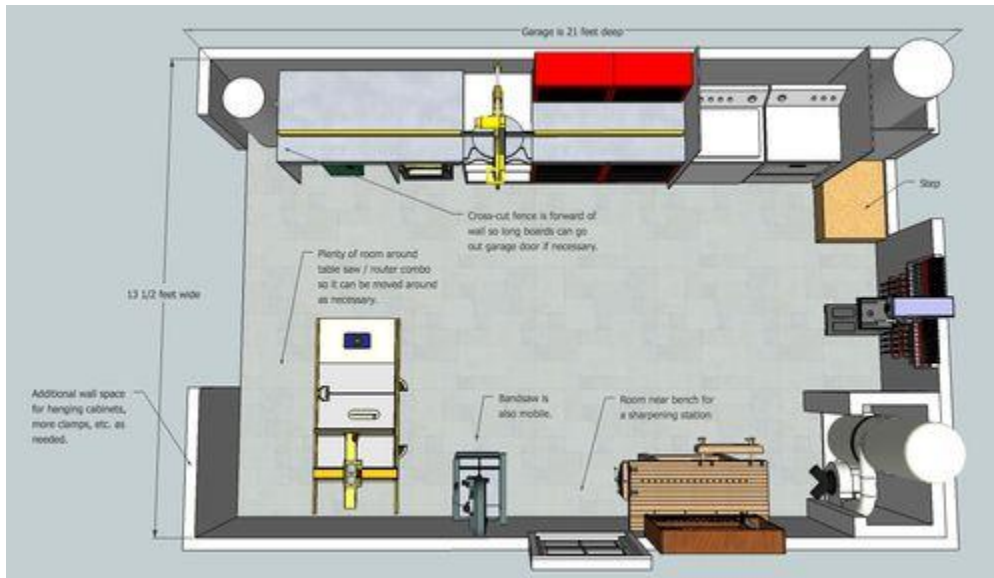
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- 14" band saw
- Table saw (Mobile on casters)
- Sharpening station





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Occupational Health & Safety

An accident is an unplanned and non-controlled event in which the action or reaction of an object, substance or person results in personal injury.

Results of Accidents: Accidents result in the following -

- Complete loss of equipment and building
- Partial loss of equipment or building
- Loss of production
- Loss of lives of employees
- Permanent Disability of the persons due to loss of limbs, eye sight, hearing etc
- Temporary disablement due to injuries



Causes of Workshop Accidents

Human Causes: Carelessness and overconfidence

Hand Tools: Use of faulty or improper tools to perform the job

Working Conditions: Slippery floors, poor ventilation, poor lighting and inadequate space

Machines: Unguarded machinery, poor maintenance, improper adjustments, etc

Materials: Storage of inflammable materials in unsecured places, sharp and pointed tools and jobs

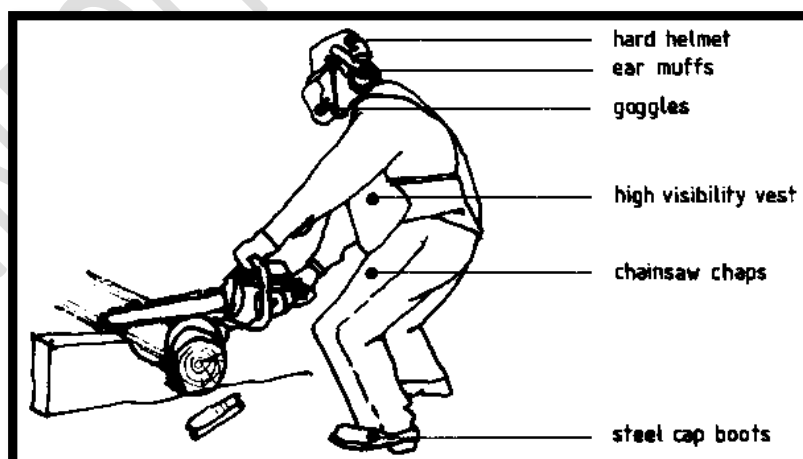
An Improper Position or Posture or an uncomfortable dress can also cause accidents at workplace

Safety Precautions at Shop Floor

The following safety precautions should be taken care of while using hand tools and equipments.

These safety precautions are most important for prevention of accidents:

1. Maintain a discipline at shop floor
2. Ensure the teeth of hacksaw are sharp and along the forward position
3. While handling a chisel, keep its directions away from other persons working on the shop floor
4. Check the measuring instruments such as Vernier calipers & micrometer for errors, before it is used for length measurements
5. When files are under forward cut, apply force along the forward stroke rather than backward & vice versa
6. Do not wear any neck tie, jewelry, rings, and watches while working in the shop floor
7. Clean the spills caused by oil & grease on the floor to prevent from slipping
8. Ensure that the hack saw blade is fitted to the pins properly
9. Always use appropriate Personal Protective Equipment (PPE)





Safety Guidelines for Fitting Work

Safety is very important while carrying out fitting work. It is imperative that safe working practices are observed at all times. Failure to observe safety rules will result in that individual losing the privilege to work in fitting shop.

All tools are dangerous if used improperly or carelessly. Working safely is the first thing the fitter should learn because the safe way is the only correct way. A person learning to operate machine tools must first learn the safety regulations and precautions for each tool or machine. Most accidents are caused by not following prescribed procedures.

1. Eye Protection

Using eye protection in the machine shop is the most important safety rule for all. Metal chips and shavings can fly at great speeds and distances and cause serious eye injury.

Safety glasses must be worn when working with hand cutting tools, since most hand cutting tools are made of hardened steel and can break or shatter when used improperly.



There are many different types of safety glasses available in the supply system; however, the ones that offer the best protection are the safety glasses with side shields. Safety goggles should be worn over prescription glasses as well.

2. Foot Protection

The floor in a machine shop is often covered with razor-sharp metal chips, and heavy stock may be dropped on the feet. Therefore, safety shoes or a solid leather shoe must be worn at all times. Safety shoes have a steel plate located over the toe and are designed to resist impact. Some safety shoes also have an in-step guard.



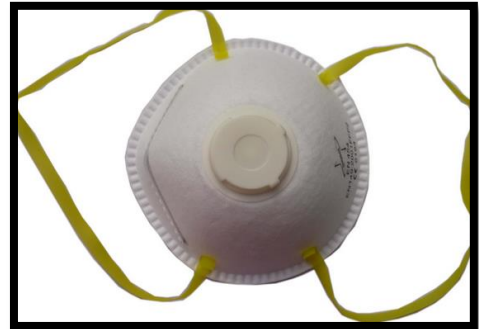


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3. Grinding Dust and Hazardous Fumes

Grinding dust from abrasive wheels is made up of extremely fine particles of the metal and the wheel. Some grinding machines are equipped with a vacuum dust collector.

When operating a grinder without a vacuum, wear an approved respirator to avoid inhaling the dust.



Whenever possible, use coolant when grinding. This will aid in dust control. Grinding dust can be very dangerous to your health, especially beryllium or parts used in nuclear systems. These materials require careful control of grinding dust.

4. Electrical safety

The machine operator is mostly concerned with the on/off switch on the machine. However, if adjustments or repairs have to be made, the power source should be disconnected. If the machine tool is wired permanently, the circuit breaker should be switched off and tagged with an appropriate warning statement.

Most often the power source will not be disconnected for routine adjustment such as changing machine speeds. However, if a speed change involves a belt change, make sure that no other person is likely to turn on the machine while the operator's hands are in contact with belts and pulleys



Hazards & Type of PPE


PPE	Protection	Hazard	Prevention	Area of Protection
	Eye Protection	Chemical or metal splash, dust, projectiles, gas and vapour, radiation	Wear safety glasses	Near welding machine
	Hearing Protection	Noise	Wear ear plugs	In noisy area
	Head Protection	Risk of Head bumping, Falling or flying objects	Wear industrial safety helmets	Material handling and storage area



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	Hand Protection	Abrasion, temperature extremes, cuts and punctures, impact, chemicals, electric shock, radiation, vibration, and prolonged immersion in water	Wear safety gloves	Near cleaning station and assembling area, as well as during welding operation
	Respiratory protection	Oxygen-deficient atmospheres, dusts, gases and vapours	Wear suitable respirators approved as per IS specifications; shall be worn wherever necessary	Near welding machine
	Whole body protection	Heat, chemical or metal splash, spray from pressure leaks or spray guns, contaminated dust, impact or penetration, excessive wear or entanglement of own clothing	Wear aprons	Welding area



	<p>Foot Protection</p>	<p>Chemical splash, work in wet areas</p>	<p>Wear safety shoes</p>	<p>Near cleaning and welding area</p>
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Workplace Hazards

Hazards are the conditions that cause threat to life of human beings and animals in the surroundings. Hazards may cause serious threats such as nuclear fallout, release of poisonous gases to atmosphere, spills of oils or grease that leads to slip & falls or fire accidents. Hazards may lead to serious health issues.

There are mainly three types of hazards:

- 1) Chemical hazard
- 2) Physical hazard
- 3) Ergonomic hazard

Chemical Hazards

The Entry of foreign bodies into a human body is termed as chemical hazards. The chemicals enter into human body in the following ways:

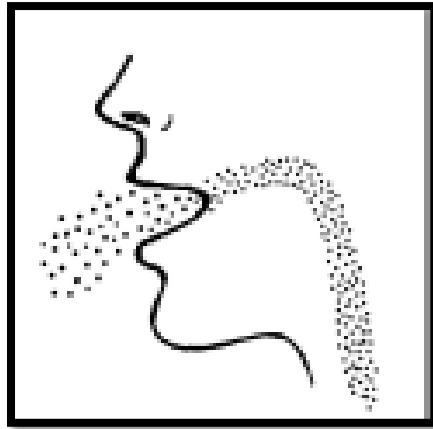
- **Inhalation** - This is the most common way through which chemicals enter into human body. When a person respire, the chemicals enter the worker's body through the process of respiration.



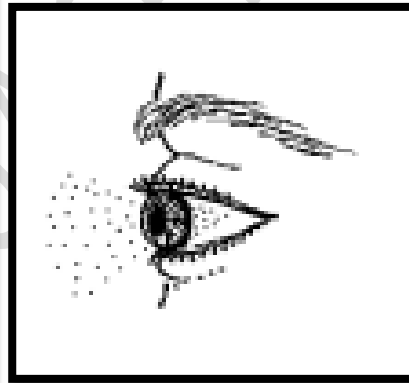
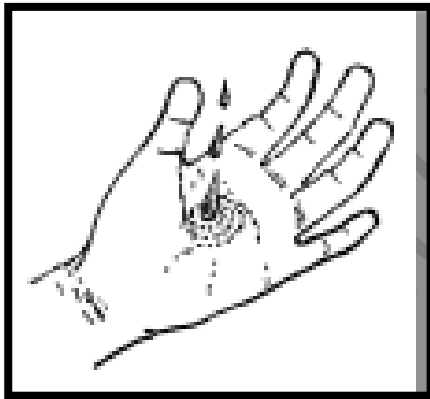


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- **Ingestion** - It is a process in which chemicals are swallowed through eating, drinking etc.



- **Absorption** - It is a process in which chemicals enters into the body through skin & eyes.



Physical Hazards

There are of different types of physical hazards that are hazardous to workers:

- Noise
- Vibration
- Temperature Extremes

Noise: When working on machine, if workers are exposed to dangerous noise levels, it can cause a temporary loss of hearing. The some of the factors which majorly affect the workers are listed out here:

- When two or more machines producing high sound are operated simultaneously
- Enclosed or partially enclosed spaces
- If a machine is not properly maintained or malfunctioned and produces high noise levels, when operated



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Vibration: While working with large equipments such as drillers, air mallets, pile drivers, tractors, bulldozers, earth-moving equipment etc., hand-arm vibration usually occurs such as while using power tools, like pneumatic drills, grinders, etc.

Temperature Extremes - A transformation in body temperature due to risky work environmental conditions could incorporate stress or illness from heat or cold. If not treated in time, both heat and cold stress/illness can develop into life-threatening situations.

Heat illnesses causes and injuries: Substantial amount of work in very high temperatures could lead to muscle cramps, dehydration and unconsciousness. A few symptoms of heat illnesses are as follows:

- Heat rash
- Fainting
- Heat cramps
- Heat exhaustion
- Heat stroke
- Wearing resistant protective clothing when doing heavy work.

Cold illnesses causes and injuries: A cold temperature majorly causes tiredness, breathing difficulties and lack of consciousness (hypothermia). A few symptoms of heat illnesses are as follows:

- Frost nip
- Immersion injury (trench foot)
- Frost bite
- Hypothermia

Ergonomic Hazards

These hazards lead to aching & disabling injuries mainly in muscles and joints. These injuries are due to following factors:

- Repeating chores more than twice
- Wrong way of holding a tool, wrong body language (gestures or movements) while working
- Lifting heavy weight tools, regular lifting, or wrong method of lifting
- Using unnecessary force
- Using improperly maintained tools
- Using wrong tools for the job
- Hand-intensive work

The Ergonomic hazards also lead to musculoskeletal disorders (MSDs) and injuries.



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Following are the correct lifting procedures that must be followed at work to avoid Ergonomic hazards:

- Chin tucked in
- Comfortably straight back
- Leaning slightly forward
- Arms close to body
- Secure grip
- Bent knees
- Proper foot position



Common hazards that can lead to an accident:

- Slip & fall at the work place due to spill of liquids, oils, water at the floors. To prevent this, non-slip floor surfaces & fatigue mats must be provided at the shop floor.

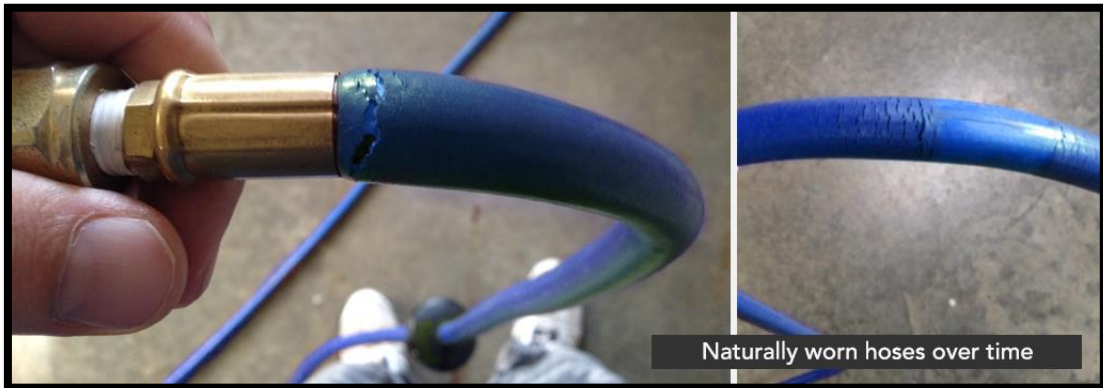


Spills of Chemicals

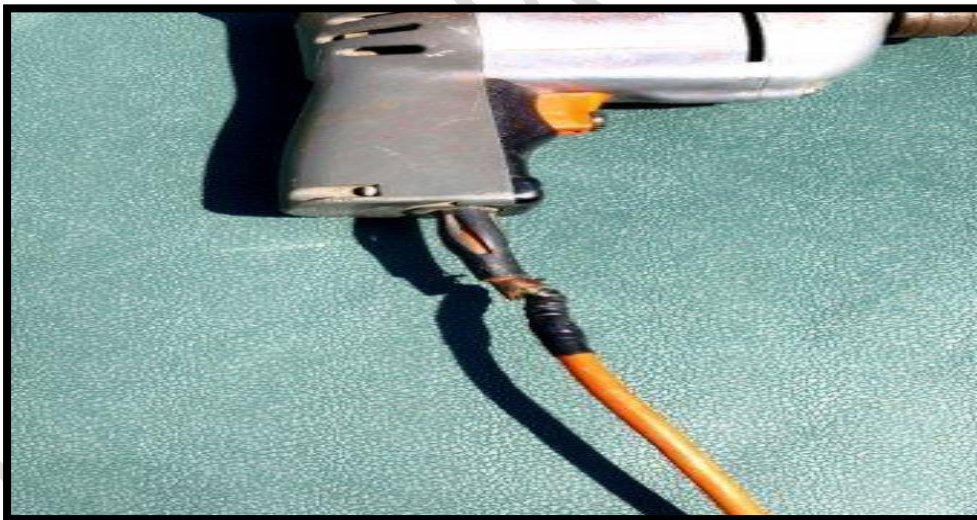


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- Use of faulty, defective & improperly maintained equipment to perform some operations leads to accidents. A proper maintenance of equipments is recommended.
- Lifting heavy objects manually leads to muscle tension & spinal injuries.
- Improper store of chemicals & some dangerous substances leads to fire hazards & in few cases it leads to explosions also. This can be prevented by make use of fire extinguisher.
- Worn out hoses:



- Damaged power tools:





Precautionary Measures to Prevent from Workplace Hazards

- Wear an appropriate PPE.
- Ensure that all tools, equipment's, extension leads are in safe and usable conditions.
- Ensure the machine and its tools are secured at all times. Also, check the work area is kept free from any hazards.
- Carry out regular maintenance of tools & equipments.



Exercise

Answer the Following Questions

1. Describe role and responsibilities of a fitter.

2. What are the causes of workshop accidents?



3. What are the safety precautions to ensure health & safety for workers in fitting work?

4. What are the types of workplace hazards?

5. Describe the precautionary measures to be taken to prevent from various workplace hazards.



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