

New Content Available on AAW Website: Should I Stand or Sit?

Chris Grace

The AAW website is an amazing resource, made even better by its recent update. New content is being added all the time. Recently, we added new pages offering help and advice to turners who, for whatever reason, have difficulty standing at their lathe for as long as they'd like.

Turning while seated need not be a significant limitation, and most types of turning can be accomplished with a few relatively simple adjustments. You might even find a good excuse to buy another tool to expand your capability. However, most of the tools, techniques, and equipment I use as a seated turner are the same as those used by any other turner.

Not one-size-fits-all

There isn't a one-size-fits-all solution to the stand or sit question, so we've broken the new information into manageable chunks. Tips and techniques abound on these new pages that may be helpful to all (seated or not), so reading each of the pages is worthwhile, even if you are initially drawn to one of the topics. The new pages include:

- **I can't stand turning!** takes an overview and looks at possibilities for turning when you can't stand all the time at your lathe, including adaptations to equipment, techniques, and tools.
- **Let's sit down and think about this** offers options for those who need a more stable lower seat. An office chair and a wheelchair are just two possibilities considered,



alongside techniques to get around any challenges they create.

- **I can't get to grips with these tools** offers solutions to problems with reach, dexterity, and tool grip, issues often faced by seated turners.

Join the conversation

We plan to include other resources on these web pages as they become available, including videos showing how different people approach their turning, so check back periodically to find new content.

We welcome your thoughts on these topics and would love for you to share

your solutions, so others have a good starting point and won't have to reinvent the wheel. Contribute to the discussion on the AAW Forum by using the link under "Join the Conversation" on the main **Turning with Physical Limitations** landing page.

Remember: An obstacle is merely a challenge waiting to be overcome.

Chris Grace is a woodturning demonstrator, tutor, and author, who just happens to use a wheelchair. He can be reached at Chris.Grace@NotJustRound.com.

Where to Look

The new information can be found in the **Turning with Physical Limitations** section of the AAW website (woodturner.org), under the tab, **Stand or Sit?** For quick access, type in the URL, tiny.cc/standorsit, or scan the QR code.



A perch bench gives you something to rest on, while enabling you to move sideways easily and stand when required.



A supportive hollowing rig does most of the tool holding for you and can be adapted to non-hollowing cuts.

Set Down Lathe Assembly Instructions

Cut the MDF parts per Drawing

Lathe Bed Ends	8 ½ X 12 ½
Stand Ends	19 X 16
Lathe Bed	8 ½ X 38

Rip the (2) 2 X 4's with a very thin blade in the center to be close to 1 ¾ X 1 ½

Cut (2) 2 x2's to 38" for lathe bed

Cut (4) 2 X 2's to 5 "

Assemble lathe bed with the 3 inch screws and yellow glue, with 2 5inch pieces for ends and 2 pieces install centered between the ends, put the 1 ¾ side vertical, Install lathe bed top on the frame with screws and glue keeping as square as possible.

Lay out the Lathe bed ends (note the 2 different radiuses) Secure the 2 pieces together with nails in the waste area.

Drill a 3/8 hole at the pivot hole and 90 Degree hole locations

Separated the 2 pieces and put a 3/8 pin in the pivot hole and use the 90 degree hole to locate and drill the other holes (this will ensure holes will be aligned)

Put 2nd pin in 90 degree hole and trim waste area and smooth edges.

Lay out Stand Ends, mark pivot hole 5 inches down from the top and centered, draw the 4 3/4 radius lines. Secure the 2 pieces together with nails in the waste area

Drill the 3/8 pivot hole, put the bed end piece on the stand end piece with the pin in the 3/8 pivot holes. Drill the 90 degree hole in the ends using the 90 degree hole in the bed end for alignment.

Lay out leg locations on the stand ends alignning the inside of the leg on the 4 3/4 radius line and the out side on the bottom outside corner on the end piece. Cut legs to 40 ¾ long with the 1 ¾ cut edge on the MDF. Mark leg end angle aproxmently 15 dgress Cut waste area off of stand end pieces and smooth. Install the legs on the stand ends with glue and 2 inch screws, 2 through the legs into the MDF and 4 on the other side through the MDF into the legs.

Sand end assemblies

Cut angles on the stretchers to fit and install the stretchers on the legs about 6 inches up from the bottom of the legs with (4) 2 inch screws and glue,

Assemble the lathe bed ends on the lathe bed with (8) 2 inch screws and glue, long radius to the front of the lathe bed, sand as required.

Assemble the lathe bed on the lathe ends with the 2 ½ pins and collars and put 2 ½ X 3/8 bolts with flat washers and wing nuts in the 90 degree holes. Sand bed assembly

Install the back panel with (8) 2 inch screws no glue (may need to disassemble for moving or storage. Align the bottom of the panel with the bottom of the stretcher. (Cut length to fit)

Install the tool shelf on the bottom of the end MDF pieces with (8) 2 inch screws no glue. (Cut length to fit)

Install the optional stability shelf on top of the stretches at the back side with 2 inch screws no glue. (Cut length to fit)

Lay out stop locations, at the back side of the lathe bed draw a line with the bed in the horization position and with the bed in the vertical position, where these lines intersect install the stop block, a 1 X 3 hard wood bock with (4) 1 ¼ screws

Install the lathe on the bed, center the lathe on the bed, drill 4 ¼ inch holes through the lathe leg holes, install with (4) ¼ bolts and loch nuts and washers

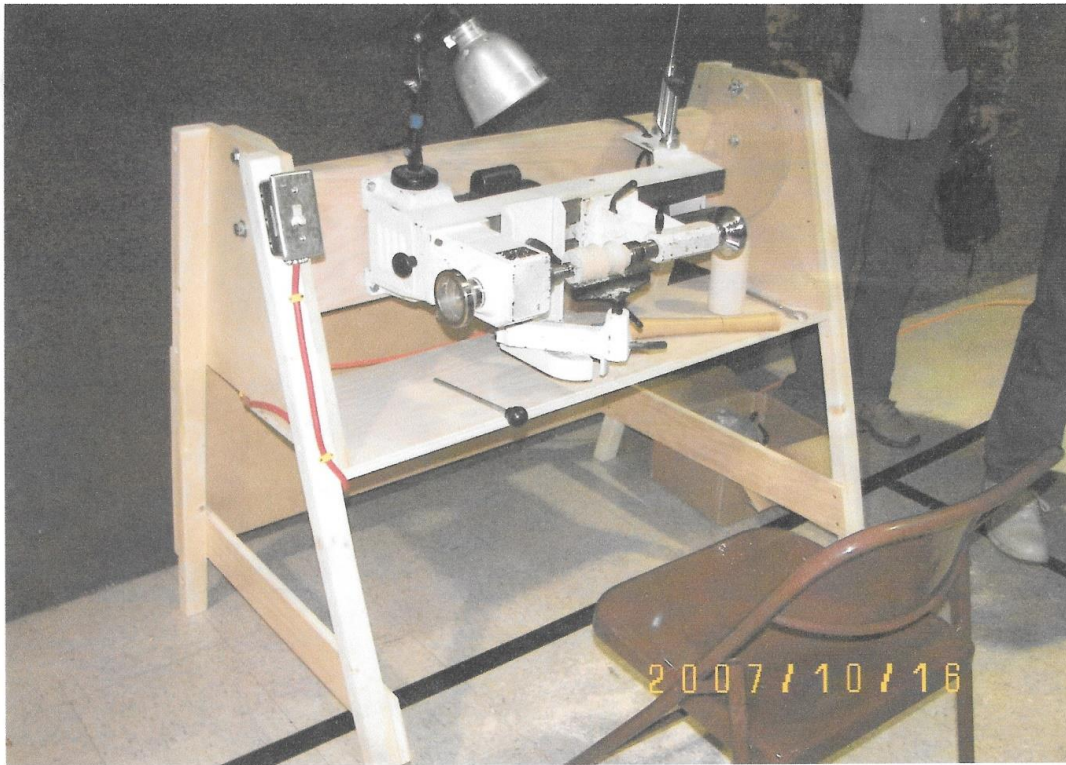
The stand is completed, finish as desired.

Set Down Lathe Materials list**Feb 14,08**

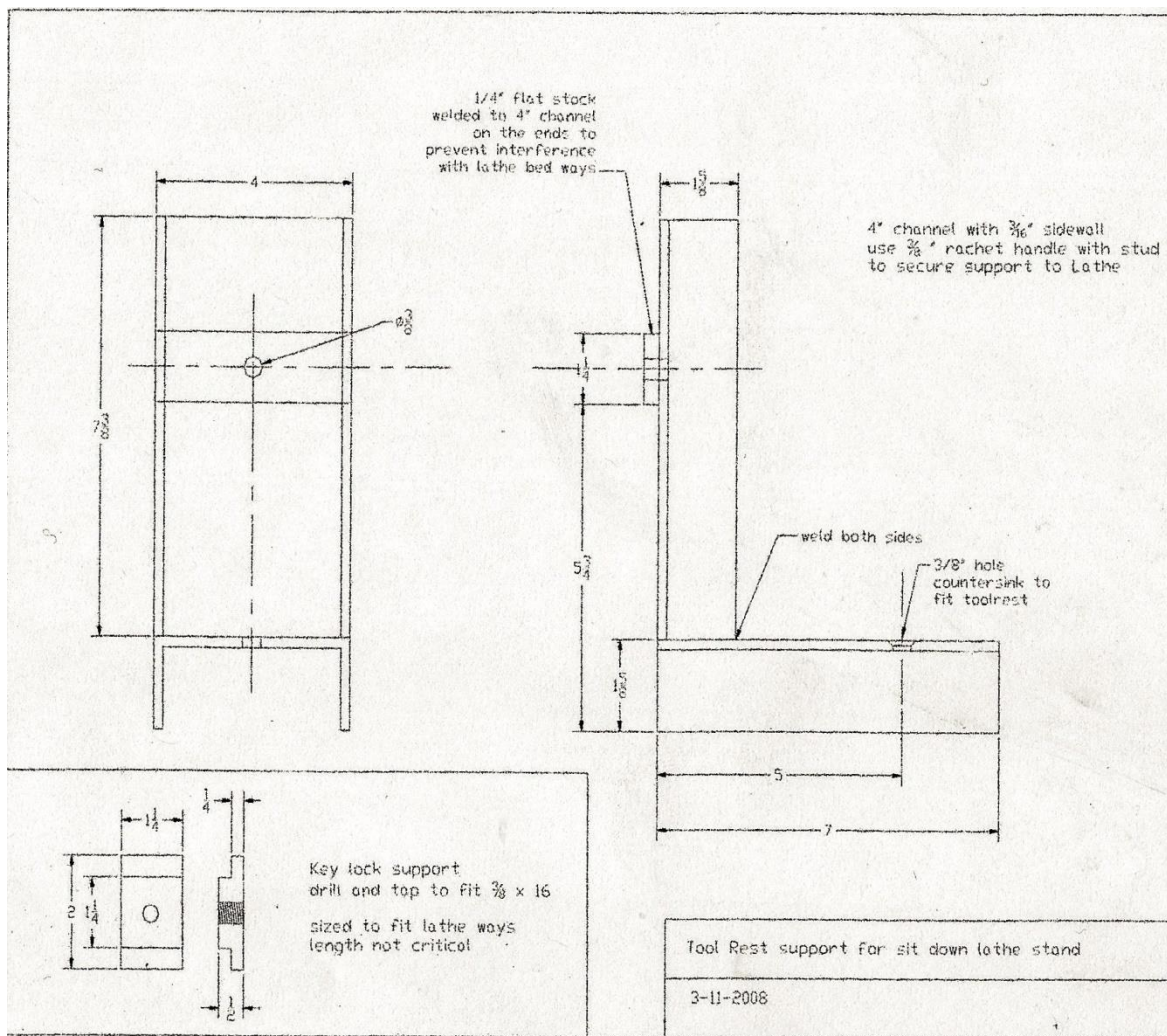
Quantity	Item
1	Sheet 3/4 MDF
2	2 X 4 X 8
2	3/8 X 2 1/2 bolts
2	3/8 wing nuts
4	3/8 collars
8	Flat Washers
8	1 5/8 Screws
40	2 inch screws
8	3 inch screws
4	1/4 X 3 1/2 bolts, lock nuts and flat washers

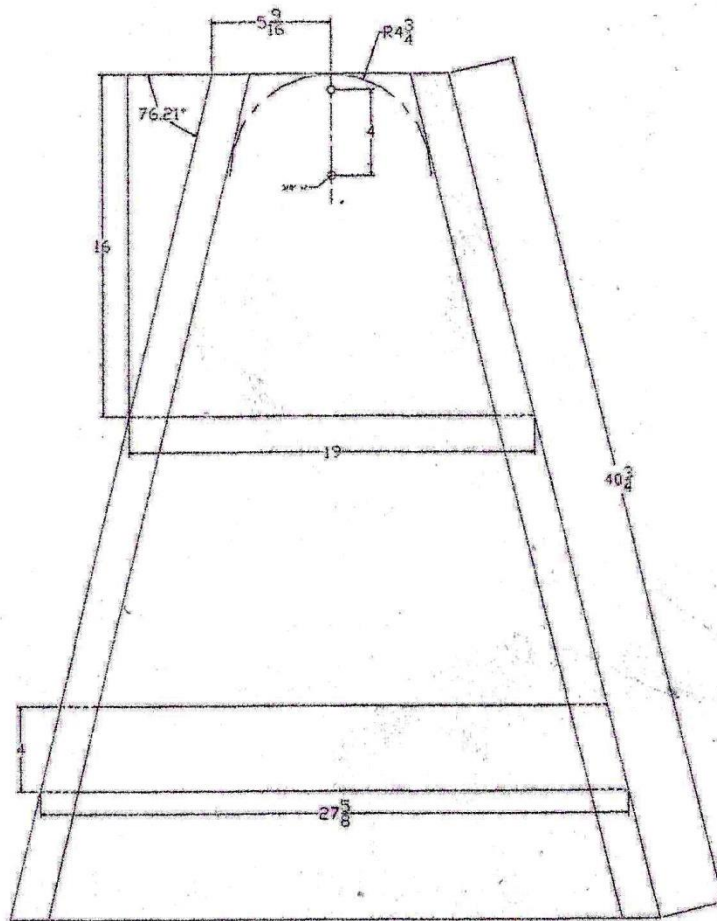
Parts Details

2	Lathe bed ends	3/4 MDF 8 1/2 X 12 1/2
2	Stand Ends	3/4 MDF 16 X 19
1	Lathe Bed	3/4 MDF 8 1/2 X 38
1	Back Panel	3/4 MDF 20 X 41 (cut to fit)
1	Tool Shelf	3/4 MDF 10 X 41 (cut to fit)
2	Leg Stretcher	3/4 MDF 4 X 29 (cut to fit)
4	Legs	1 1/2 X 1 3/4 X 40 3/4
Opt	Stability Shelf	3/4 MDF 12 X 41(cut to fit)

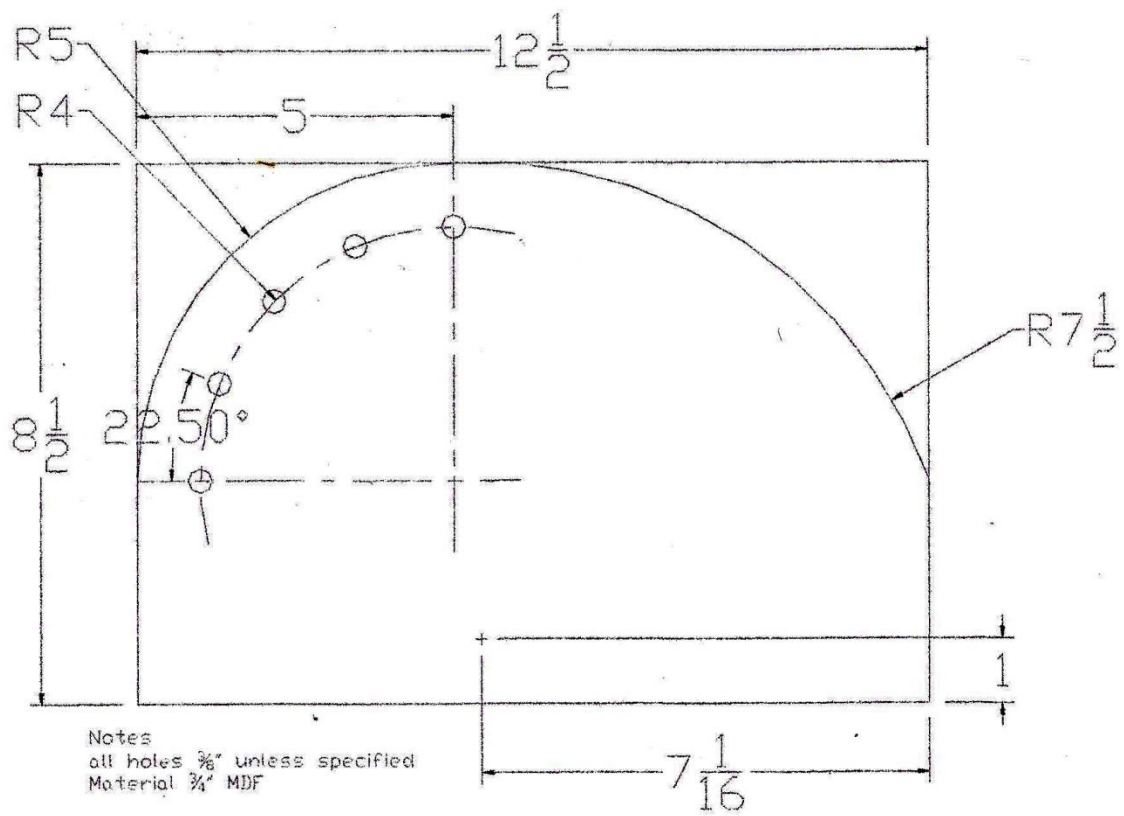


SWAT





Stand Ends



Lathe Bed Ends