

Re-use cascade training session plan



Theme
Upcycling

Objectives

To show participants that you can make something useful out of rubbish to give things another life.

Outcomes

To build something that will be useful to the participant, learn new skills and reduce waste. Suggested items include planters, bird boxes, compost bins, clocks or tables.

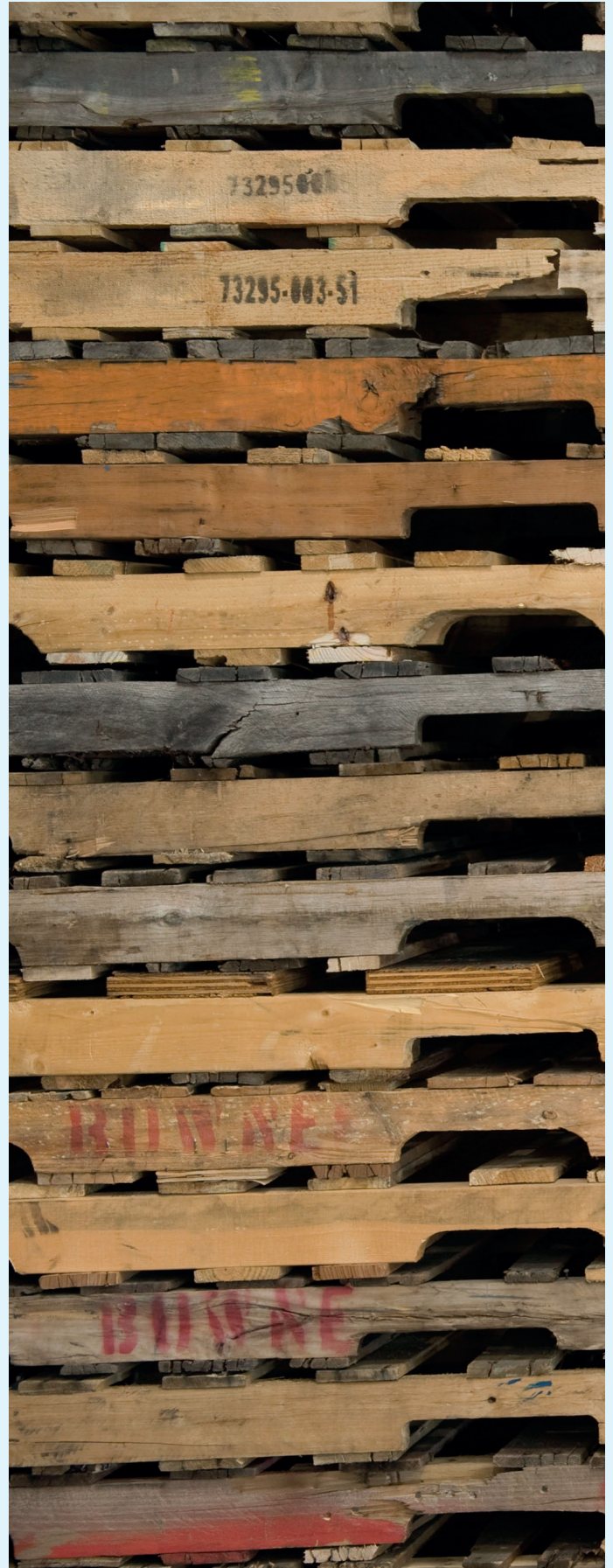
You will need

- Pallets
- Saws
- Claw Hammers
- Screws (50-60mm)
- Bolster chisels and crowbars
- Power drills
- Extension cable (especially if outside) to charge drills.
- PPE including work gloves and safety glasses (if sanding using an angle grinder)

Instructions for the group

This is a more complicated hands on challenge, so you really need an instructor who has experience in running sessions like this and/or making things themselves. But there are some guidelines here.

- Risk assessments are required and should be updated.
- First aider must be present with first aid kit.
- Pallets maybe available from local organisations. Always go for plain wood pallets, not the painted versions, as you don't know what chemicals have been used on them and they are very difficult to strip. Try to stay away from pallets made from hard wood, as they can also be difficult to work with. Try to get pallets that have been covered away from the elements and kept dry, as wet pallets are also difficult to work with. Unfortunately even if a pallet looks in good condition and dry – it may not be.
- Pallet numbers required will vary. On average if you want to make a bench, you would need around 5, for a small planter you would need 1 etc. However, always get more than you think you will need, as they may be damaged during stripping, or may not be in good condition.
- Numbers should be kept to a minimum. If one person is running the workshop, then 6 people max should attend. If 2 people, then this could go up to 10 max. This is due to Health & Safety.
- Each session always starts will full tool and pallet training including manual handling etc.
- For a full day session, start the workshop with stripping the pallets (separating all wood and removing nails). This is done by using the hammers, chisels and crowbars. This is very time consuming, so make sure there is plenty of time. It may be a good idea to have some stripped wood already prepped. Then start to measure the wood for cutting. If making something like a bench, you may want to keep sections of a pallet intact and not stripped.





- Wood is then sawed to length, and then the structure is put together using the drills and screws. Don't use nails, as these will be difficult to remove if a mistake is made.
- For a shorter session, the wood is already stripped and ready, so just measure, saw and put together.
- For herb planters and bird box sessions, you can make templates of the actual sizes of both items, so people can just copy.
- For clocks, you will need to purchase hands and the movement mechanisms. Make sure you get as long a spindle as you can (26mm is usually a good size) due to the thickness of the wood.
- For outside furniture, make sure they are protected from the elements once complete using varnish, outdoor paint etc.

Source: Thanks to Forth Upcycling Network forthenvironmentlink.org/projects/forth-upcycling

Hints/useful links

The following might help give you inspiration or instructions:

- upcyclethat.com/vertical-pallet-planter/
- 1001pallets.com/2013/11/ultimate-guide-to-upcycling-with-pallets/
- uk.pinterest.com/jadehollow/upcycle-pallets-diy-ideas/
- themicrogardener.com/20-creative-ways-to-upcycle-pallets-in-your-garden/
- instructables.com/tag/type-id/category-workshop/channel-pallets/

