

How to Build a Cutting Board



Finish a Cutting Board

Safety Tips

1. Safety glasses or goggles should be worn whenever power tools are in use and when chiseling, sanding, scraping or hammering overhead. This is very important for anyone wearing contact lenses.
2. Wear ear protectors when using noisy power tools. Some tools operate at noise levels that damage hearing.
3. Be careful of loose hair and clothing so that it does not get caught in tools; roll your sleeves up and remove jewelry.
4. The proper respirator or face mask should be worn when sanding, sawing or using substances with toxic fumes.
5. Keep blades sharp. A dull blade requires excessive force and can slip which causes accidents.
6. Always use the right tool for the job.
7. Repair or discard tools with cracks in the wooden handles or chips in the metal parts.
8. Don't drill, shape or saw anything that isn't firmly secured.
9. Oily rags are spontaneously combustible, so take care when you store and discard them.
10. Don't abuse your tools.
11. Keep a First Aid Kit on hand.
12. Do not work with tools when you are tired. That's when most accidents occur.
13. Read the owner's manual for all tools and understand their proper usage.
14. Keep tools out of the reach of small children.
15. Unplug all power tools when changing settings or parts.

KNOW WHERE YOUR HANDS ARE AT ALL TIMES!

Most Common Mistakes

The single most common mistake in any do it yourself project is the failure to read and follow the manufacturer's instructions for any tool or material being used. Other common mistakes include taking the safety measures that are laid out for a project for granted, and poor project planning. Here is a list of hints to successfully complete this project and to do it safely.

1. Follow the "Golden Rule" of measuring: "Measure twice, cut once."
2. Provide yourself plenty of time for each step.
3. Understand your plan. (if you have questions, review that part of the videotape).
4. When finishing the wood, keep dust and dirt away from the table.
5. Follow the application instructions for your choice of finish.
6. Allow an extra ¼" to " inch when cutting the stock.
7. Experiment with scrap wood before you work on the real piece. This will help with finishing touches.

Project Introduction

Terminology

Before you begin your project, you will want to become familiar with the woodworking terms shown below.

- **Miter Cut** - Angle cut across the width or thickness of the board
- **Rabbet** - L-shaped cut
- **Dado** - Channel cut across the board, into which a second piece of wood is fitted
- **Kerf** - Width of the blade
- **Countersink** - To set a screw head at or below the surface
- **Dowel** - Wooden pin used to provide strength and alignment
- **Chamfer** - Corner of a board beveled at a 45 degree angle
- **Laminate** - Composed of firmly united layers of wood

Materials

Wood Selection

The two basic categories of wood used most often in wood working projects are hardwood and softwood. Hardwood is more durable and less prone to dents and scratches. It is also more expensive but will finish to a better advantage. Soft woods, like pine, are more prone to dents and scratches and do not have the durability of hardwood. Softwoods are much less expensive and easier to find.

Ask your lumber supplier to show you "Class 1" or "Select Grade" lumber. Make sure it is properly dried, straight, and free of knots and defects. (It may be impossible to be completely free of defects but be sure you understand how to cut around these.)

Ask your lumber supplier for assistance when purchasing your wood. Similar to laying a pattern out on a piece of cloth, often you can cut several different pieces of the same thickness of wood out of a single piece. It is a good idea to add up the total number of board feet, being careful to make sure you group short pieces in a board with long pieces to minimize waste.

This project could be built out of scrap wood already in your workshop. If you choose to use new stock from the lumber yard, both hardwoods and softwood are good choices.

Note: Developing a good relationship with Your lumber suppliers is important. They can help guide you in making material selections as well as making special orders for a type of wood you may desire for a project.

Now that you have reviewed safety hints, learned the mistakes to avoid, reviewed the basic components and gathered your tools and materials for your projects - you are ready to BEGIN!

These are the steps to follow for the cutting board:

1. Cut the stock
2. Laminate the boards
3. Finish the board

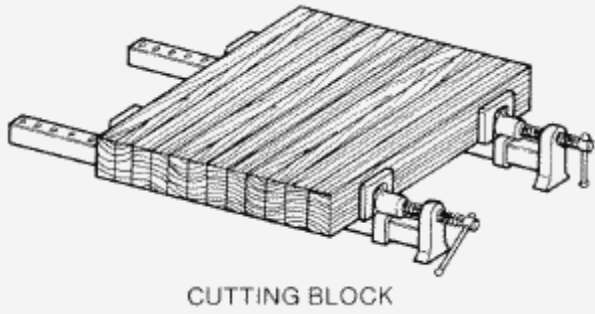
Cut the Stock

1. The block thickness is determined by the width you cut the individual pieces.
Example: For a block to be 1" thick you will cut the stock 1" wide because of the lamination process which will group the boards together.
2. Cut the stock a little longer than you wish the length of the cutting board to be.
You will cut the board to the finished size after it has been laminated and sanded.

Laminating the Stock

1. Use resorcinol glue on both sides of the stock to glue them together. Resorcinol glue is water proof and will provide stability if the board is soaked in water.
2. After gluing, clamp the boards together and let dry overnight.
3. Scrub off extra glue before it dries to prevent chipping the cuffing blades when finishing and shaping.

Finishing the Cutting Board



1. After the board dries, take out of the clamps and use a belt sander to smooth the top and bottom surfaces.
2. Using a table saw or circular saw, cut the board to length. If using a table saw be sure that the cutting blade does not exceed 1/4" above the cutting board to prevent drag.
3. Using a shaper or router put around over edge on the top surface of the cutting board. Be careful to follow the guidelines reviewed in the tape.
4. Use a non-toxic finish such as mineral oil or a salad bowl finish for this project.