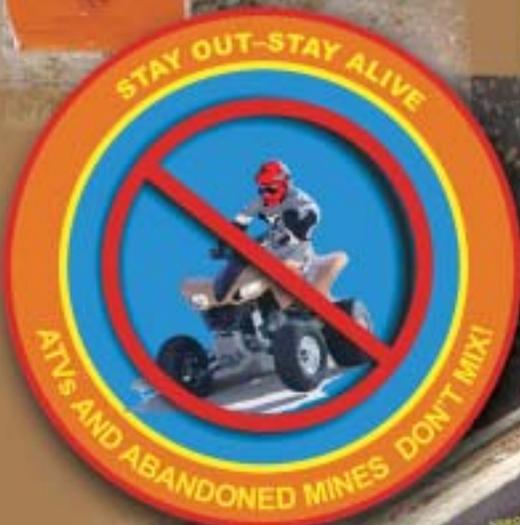


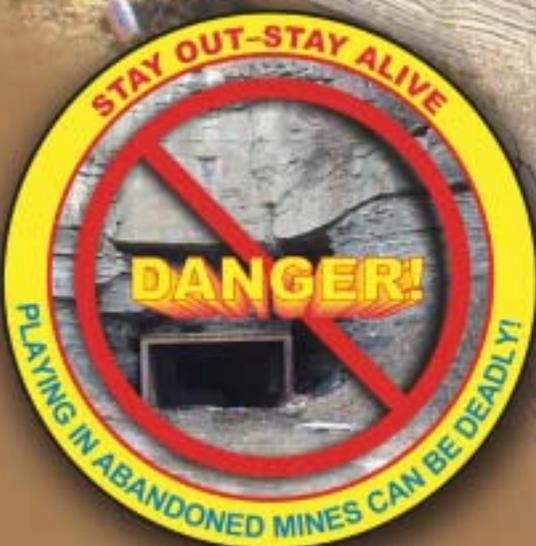
Joseph A. Holmes Safety Association

BULLETIN

May/June 2004



STAY OUT - STAY ALIVE



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The Joseph A. Holmes Safety Association Bulletin contains safety articles on a variety of subjects: fatal accident abstracts, studies, posters, and other health and safety-related topics. This information is provided free of charge and is designed to assist in presentations of groups of mine and plant workers during on-the-job safety meetings. For more information, visit the MSHA Home Page at www.msha.gov.

Please Note: The views and conclusions expressed in Bulletin articles are those of the authors and should not be interpreted as representing official policy or, in the case of a product, represent endorsement by the Mine Safety and Health Administration.

Cover page: Cover provided by AVMD/Graphics, National Mine Health and Safety Academy. If you have a potential cover photo, please send an 8"x10" print or digital image on disk at 300 dpi resolution to Donald Starr, Joseph A. Holmes Safety Association Bulletin, National Mine Health and Safety Academy, 1301 Airport Road, Beaver, West Virginia 25813-9426.

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You Can't Outsmart an Abandoned Mine

By Amy Louviere

An early July day four years ago in Delta, Pennsylvania began on a particularly high note—but ended on a devastatingly tragic one. Several teenagers from the surrounding communities had gathered for an afternoon of sunning and swimming at a remote, water-filled quarry. The abandoned gravel pit was a popular hangout for fun-seekers from as far away as New York State. Its isolated location added to its allure.

For several hours, the young people took turns diving off the rocky cliffs and splashing around in the invigorating water. The carefree atmosphere took a sudden turn when 19-year-old Jeremy Schell went below the pond's surface, and never re-emerged.

His mother recalls with heartbreaking clarity the moments that followed. "When we got to the quarry, there were ambulances all around, and the road was blocked," said Robin Schell. "They told me they were searching for Jeremy."

Rescue efforts turned into a recovery when, several hours later, divers located Jeremy's body from the depths of the murky waters.

Jeremy's death marked the fourth drowning at that quarry since 1993. According to the U.S. Department of Labor's Mine Safety and Health Administration (MSHA), there have been dozens of drownings since 1999 at abandoned quarries scattered around the country.

"Abandoned quarries make lousy swimming holes," cautions Dave Lauriski, Assistant Secretary of Labor for Mine Safety and Health. "They are rife with hazards."

These sites, once thriving mining operations that may have churned out sand, gravel or other aggregate products, become extremely dangerous spots once they shut down.

"A lot of times, when quarries go out of business, management and its workers simply walk away," says Lauriski. "They may leave behind old equipment, barbed wire fencing, and rusted-out machinery. When the pits fill with water, the place becomes transformed. Suddenly, all you see is a pristine setting and a seemingly ideal place to swim."

But it's anything but ideal. When Jeremy Schell drowned, he may have succumbed to any number of hazards – the quarry's deceptively cold waters can be startling to the system and lead to cramping, fatigue and disorientation, even among the most expert swimmers. He

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may have encountered jagged rocks concealed beneath the water's surface.

Jeremy's family will never be sure. All they know is that they feel his absence during every event in their lives. "When his brother graduated from high school, Jeremy wasn't there," says Robin Schell.

"These experiences hit you in the heart," says Paul Hummel, anthracite division chief for the Bureau of Deep Mine Safety in Pennsylvania. And he should know.

Hummel has been involved in more recoveries at abandoned mines over the past quarter-century than he cares to recall. "You can't imagine what it's like not to have your child come home for dinner," he says, adding, "This loss of life is so avoidable."

In 1989, similar heartbreak occurred thousands of miles away in Mesa County, Colorado. Three high school students decided to explore the Book Cliffs Mine, which years before had been sealed off from trespassers. Over time it was repeatedly vandalized, providing easy access for the youngsters. They wandered hundreds of feet into the mine when they encountered a lethal concentration of carbon dioxide.

"The lure of an abandoned underground mine is extremely hard to resist," says Lauriski, who grew up in Utah and understands all too well the existing dangers.

"They harbor toxic and explosive gases that build up over time – you can't see them or smell them," he says. "They provide shelter for animals and insects. Old explosives and dynamite can be set off with a mere tap of the foot. And rotting timbers can give way at any moment."

Lauriski, a former coal miner and veteran mine rescue team trainer, recalls two incidents that occurred in his home state when safety took a back seat to curiosity.

In 1989, 10-year-old Joshua Dennis was hiking through the Oquirrh Mountains with his Boy Scout troop. He got lost in one of the old silver, lead and zinc mines in the area that he and fellow scout members were exploring. For five days, Lauriski's team searched for Joshua. Amazingly, they located him about 2,000 feet underground. His injuries were limited to mild frostbite and dehydration.

Jeremiah Etherington was not so fortunate. The 18-year-old spelunker fell to his death in a Tooele County, Utah mine shaft in 1996. A family member insisted on taking part in the recovery effort, and was the one who actually located the youth's body.

These tragedies in Pennsylvania, Utah and Colorado weren't isolated cases. Since 1999, nearly 150 children and adults have died in recreational accidents at active and abandoned mine sites

around the country. Their deaths were primarily the result of quarry drownings, falls down abandoned mine shafts, and overturned ATV equipment.

“There are about 14,000 active and as many as 500,000 abandoned mines in the United States,” notes Lauriski. “As cities and towns spread into the surrounding countryside and more people visit remote locations, the chances of coming into contact with an old mine are very good.”

To staunch the growing number of recreational accidents on mine property, MSHA launched “Stay Out-Stay Alive,” a national public awareness campaign aimed at educating children about mine hazards. More than 80 Federal and state agencies, along with mining associations and mine companies, are partners in this safety effort. For their part, MSHA safety and health specialists take their safety message directly to thousands of school-age children around the country.

Even those touched personally by tragedy have taken up the cause. Robin Schell is an active spokeswoman in the campaign. She visits schools throughout her community in eastern Pennsylvania and has filmed two public service announcements in the hopes of warning children to stay away from mine property. The still-grieving mother acknowledges that, if her message can save one child’s life, Jeremy’s death will not have been in vain.■

To learn how you can become a partner in “Stay Out-Stay Alive,” please contact Amy Louviere at (202) 693-9423 or louviere.amy@dol.gov.



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Mining's Hidden Dangers

- Vertical shafts can be hundreds of feet deep. At the surface, they may be completely unprotected, hidden by vegetation or covered by rotting boards.
- Horizontal openings that appear sturdy may be supported by rotting timbers. Unstable rock formations make cave-ins a real danger.
- Lethal concentrations of deadly gases can accumulate in underground passages.
- Unused or misfired explosives can become unstable, and deadly vibrations from a touch or misstep can trigger an explosion.
- Hills of loose material in stockpiles or refuse heaps can easily collapse upon an unsuspecting biker or climber.
- Water-filled quarries and pits conceal rock ledges and old machinery. The water can be deceptively deep and dangerously cold. Steep, slippery walls make exiting these swimming holes extremely difficult.



Brake Failures Cause Death

STATIC + DYNAMIC = TRAGIC



TRAGIC Since October 2001, seven miners have been fatally injured in accidents involving mobile equipment.

STATIC Two accidents happened when mobile equipment moved while parked. The parking brake was not fully set.

DYNAMIC Five accidents occurred when equipment operators lost control of mobile equipment. Defective brakes were a factor in four of the five accidents.

Best Practices

Mobile equipment brake systems should be maintained to the original equipment manufacturer's specifications.

Original equipment manufacturer's load limits should not be exceeded.

Regularly scheduled brake system examinations should be conducted.

Mobile equipment brake systems should be tested before the equipment is placed into service to assure that they are operational and capable of stopping the equipment.

Mobile equipment should not be left unattended unless the controls are placed in the park position and the parking brake is set.

When parked on a grade, the wheels of mobile equipment should either be chocked or turned into a bank.

Roadways should be maintained in a manner conducive to safe travel.

Mobile equipment should be operated at speeds compatible with road and weather conditions.

Signs warning equipment operators of road hazards and safe speeds should be posted at all approaches.

Equipment should be operated in lower gears conducive to safe travel on steep grades.

Seat belts should be provided and worn whenever mobile equipment is being operated.

Looking Back: Reflections on 2003 Coal Mine Fatalities

By Duane Wease

Coal mining is (and always has been) dangerous. Miners know this, but they accept the risks for the sake of making a living for their families. Twenty-nine coal miners lost their lives in 2003. This was two more than the previous year, but was second only to 2002 as the year with fewest fatalities since these records first began to be kept more than nine decades ago.

Here are some observations about accidents and accident trends in coal mining based on these fatalities.

Of the 29 fatalities in 2003, only three were caused by falling materials from the roof, ribs, or from a highwall.

This downward trend in the past few years is encouraging. The reductions may be attributed to any and all of the following:

- Miners seem to be taking fewer risks around unsupported top.
- Roof, rib, and highwall support is improving.

- Hazard recognition training is working.

Over half (17) of the accidents were caused by “faulty” work practices or acts.

For example:

- Two truck wreck fatalities occurred when the driver exited the cab and was run over by his own vehicle. Studies show that staying in the cab with the seat belt fastened is safer than trying to jump clear of a run-away vehicle.
- Two of four electrical accidents were caused by working near energized circuits. One accident occurred when the victim was using an energized 480-volt receptacle to detonate explosives.
- The three fatalities that occurred in a shaft sinking operation resulted, at least partly, from the methane tester not using a probe to reach the highest part of the water ring where the gas was trapped.
- Two continuous mining machine operators were killed when they were pinned between the rib and their remote controlled machine.
- Two miners were fatally injured when they parked their van in front of a 190-ton haul truck. The truck operator did not see them.

Here are some more examples:

- A miner fell 19 feet through a four-foot hole in the upper floor of a preparation plant; the hole was roped off and flagged.
- A miner was using a can of starter fluid to clean oil and coal dust off engine mounting bolts. The can contacted a battery post and exploded.
- A victim was filling a 55 gallon drum with acetylene when the drum exploded.
- A miner perished when thrown from an elevated bucket truck; no fall protection was being used.
- A miner reached under an elevated front-end loader bucket to attach a chain; the bucket drifted downward and crushed his head.
- A miner was killed when the working face of a crosscut was blasted into the next crosscut because entries were being driven off sight lines.

Five accidents could be considered isolated and unique:

- A scoop operator was killed when his bucket struck a four-inch plastic pipe. The pipe bent and slipped out of the bucket, striking the victim's head.
- A beam had just been cut with a torch. One end of the beam was lying on a cart while the fresh cut end was placed on the mine floor

where it contacted an energized cable. The victim picked up the three-foot piece of beam that was cut off to place it in the cart. He was electrocuted when the beam contacted the cart.

- A miner operating a continuous mining machine was fatally injured when struck in the head by a broken bit fragment.
- A nylon pull rope was attached to a hook that was welded to the hitch receiver of a pickup truck. The hook assembly failed when another truck began pulling the victim's truck. The backlash threw the hook through the windshield of the truck being towed, striking the victim.
- An excavator operator was killed when his machine overturned into a water filled hole. The victim was trapped inside.

What Does This Mean to You?

These unique, tragic incidents should make us look outside of the box from the minute we do our pre-shift and on-shift exams and throughout the entire shift.

We should, of course, look for hazards that are not obvious and maybe unlikely. However, we can't afford not to be vigilant and maintain a continued awareness of "obvious" hazards.

The mining community has come a long way toward making the mines a safer

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place to work. Miners, companies, and the various state and Federal agencies are working more closely together than ever before. Training, communication, hazard awareness, and vigilance are our best defenses against accidents.

individual task, and the job is only completed when every miner goes home at the end of their shift.■

Points for Reflection

Overall mining fatalities have been at record lows for the last three years in a row. The “normal” accidents associated with coal mining such as roof falls, methane explosions, etc., have decreased steadily in the last few years. Now, the odd, unanticipated accidents are beginning to outnumber the “normal” accidents. The closer we get to zero accidents, the harder it will be to improve the numbers.

This requires safety departments, inspectors, and especially miners to start looking for the odd, even unlikely hazards still lingering about waiting for the next victim.

Each of these “numbers” or victims had a name. They loved and were loved. They are sadly missed by their families and friends. They had all the strengths and weaknesses inherent in human nature. They cannot and should not be relegated to a mere number or statistic. As we are justifiably proud of the safety records of the past three years, let us not forget the persons who can no longer feel the pride of accomplishment. The job of working safely is a group effort as well as an



MINERS SAVE FELLOW MINER

This story shows that miners are a special breed. The training miners receive prepares them for any emergency. They do not hesitate to offer assistance to others. This makes a person proud to be called a MINER.

On the morning of November 19, 2003, Robert (Bob) Newhouse Jr. was returning home from work at the Bailey Mine, owned by the Consol Pennsylvania Coal Company. He was traveling East on Route 21 near Waynesburg. It had been raining for several days, and creeks were spilling over their banks and onto roadways.

Newhouse encountered a flooded area and proceeded through it safely. He stopped on the other side when he noticed a vehicle driven by an elderly couple stalled in the water. Dennis Pike had stopped to help. Bob also stopped and offered assistance.

While assisting the couple they noticed another car enter the flooded area and stall out in the flooded roadway. The driver, Pat O'Brien, got out of the car and was immediately swept away by the fast current of water. Bob went into the water after him first, followed by Dennis.

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They rescued Pat just before entering a very deep area, and the two men took Pat (who is also a Bailey miner) to a nearby house where they were offered assistance.

Bob didn't think anything more about it until he received a Christmas card in the mail from Pat and Brenda O'Brien, thanking him for saving Pat's life.

The following, by Brenda O'Brien, appeared in the Uniontown, PA, *Herald Standard* on December 23.

Rescuer Saves Husband

On Nov. 19, at 9:30 a.m., my world almost came crashing down on me and my family. My husband was driving home from work, and there was a heavy rainstorm in Waynesburg. He was following a minibus, and little did he know following the small bus that his car was going to start spinning around. He tried to stop the car, but it would not stop. He thought real quick to get out of the car. As he got out, the heavy current of water pulled him under. He believed he was drowning and all he could think was where his family was going to find his body.

On the other side of the rainstorm there was a special angel God sent. He had just helped an elderly couple and saw my husband drowning. He had to grab my husband out of the water. His

name is Robert Newhouse, May God Bless him. There would not have been a Thanksgiving or Christmas for me or my family if Robert wouldn't have been there.

*Thank you, Robert Newhouse.
Brenda O'Brien
Uniontown, PA*



“The Wife of a Careless Worker is Almost a Widow” Signs of Safety

by David C. White

There is not much left of the old Whitesville sales yard. A few dwindling piles of aggregate and the ghostly ruins of a once-thriving coal mine is about all that is there.

If you wander the dusty roads leading to the property, you will find an old tower used to load coal and water onto the steam locomotives that pulled the coal trains. There, stenciled on the side of the tower, is a sign.

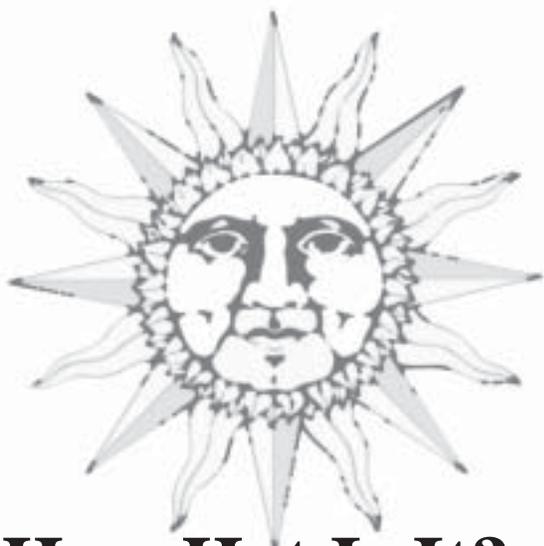
The sign was painted back in the 1930s, during the Great Depression in a time before workers' compensation or widespread health insurance. Back then, West Virginia coal miners worked long, hard shifts to scratch out a meager existence. It was a time when many mine operators would rather see a man get killed on the job than a mule. Losing a mule meant he had to buy a new one; another miner could be hired for free.

The fate of the dead miner's widow was bleak. Children would have to quit school to start bringing in what income they could, robbing them of an education and any hope of a bright future. The widow would try to take in laundry or scrub neighbor's floors for whatever they could pay her; a life of misery and hopelessness was all she could expect.

The sign posted at the old Whitesville yard is very special. It was put there so everyone who worked at the mine had to walk by it at least twice a day.

It is special because it represents the dawning of the modern safety era. It does not say “Work safe or you'll get killed,” or “Work safe or you'll be fired.” These were consequences any coal miner could understand. What the sign did was to paint a mental picture of a destitute family, starving, existing on the charity of others, which was something no miner could tolerate.

Although primitive when compared to modern safety programs, this sign is a true safety landmark. It makes a point that is valid today. There are many reasons we work safely – the most important being our families and loved ones. It can be easy to forget what we hear in safety meetings when we are busy. It can be easy to take shortcuts to “save time” and “get the job done.” It's at times like these, however, that we need to slow down and think of the sign. Make time for safety. Your family depends on it.■



How Hot Is It?

By Steve Hoyle

Warm weather is here again, so we need to remind ourselves about the potential dangers we face while working in hot conditions.

Heat and humidity is the enemy. Our bodies become heated as we work, and heat stress and heat-related injuries occur when our bodies can't cope with high temperatures or humidity.

Are You Exposed to Possible Heat Stress?

Here are some things for you to think about.

Physical concerns

- * Are you in good physical shape?
- * How old are you – younger miners are less likely to have heat-related illnesses.

- * Your risk of heat-related illness increases if you have heart, lung, or kidney problems.
- * Your risk of having a heat-related illness increases if you are diabetic.
- * What kind of medications do you take? Some meds can have side effects if you are exposed to heat or the sun.
- * How much clothing are you wearing?

Your work environment

- * How warm is the weather?
- * How high is the humidity?
- * Is there a breeze where you are working or is the air still?
- * Do you work in the sun or in the shade?

What your job requires

- * How fast do you have to move while performing your job?
- * Do you have to lift heavy weights?
- * Does your job require you to wear extensive amounts of personal protective equipment?

What Can Happen to You?

In general, working in hot conditions will make you tired, and reduce your awareness and alertness. You won't be able to perform at peak efficiency. This can increase your risk of potential injury.

Other physical problems include:

- *Heat rash
- *Dehydration
- *Cramps
- *Heat exhaustion
- *Heat stroke

Heat rash is an aggravating, bumpy red rash. Good personal hygiene, clean clothes, and keeping your skin as dry as possible can help to prevent heat rash.

Dehydration occurs when you lose so much water your body can't cool itself quickly enough. You feel thirsty and weak when you are dehydrated.

Heat can lead to muscle cramps. These painful cramps occur when your body loses salt from excessive sweating. Miners who have heat cramps need to be watched to make sure they don't develop more dangerous problems. Get medical help immediately if symptoms worsen.

Heat exhaustion happens when your body does not get enough salt and water. Miners with heat exhaustion sweat heavily. They have a weak pulse and their skin is cool and moist. Their job performance is adversely affected. Immediate medical attention is required before heat stroke occurs.

Heat stroke can be fatal. In conditions of heat stroke, the body can't cool itself. Miners with heat stroke run a high temperature; their skin is hot, red and dry;

they may have a headache or be dizzy; and their job performance will be affected. Again, immediate medical attention is essential.

A study by Iowa State University suggests that many people don't pay attention to the signs of heat stress. Miners may, at first, become confused or unable to pay attention to what they are doing. The study suggests that if heat stress symptoms occur, take the victim to a cool, shady area, give them cool water and seek immediate medical help.

What Supervisors Can Do to Prevent Heat Stress Illnesses

- *Train miners how to recognize and deal with heat-related illnesses. Make sure everyone understands the safety procedures to follow at your mine.
- *Allow time for miners to become adjusted to hot jobs. Even if you live in a normally cool climate, miners need time to get used to working in warm weather again when seasons change.
- *Match work to weather; do heavier work on cooler days or during cooler times of the day.
- *Schedule work and rest periods during hot weather; have plenty of cool water readily available; make sure miners keep hydrated.
- *Work smarter not harder; fit the

(See next page)

miner to the job wherever possible
– remember miners have different
levels of tolerance of heat and
humidity.

What Miners Can Do to Prevent Heat Stress Illnesses

- * Learn how to recognize and deal with heat-related illnesses; keep track of your buddies.
- * Rest immediately if you don't feel well.
- * Use adequate fans for ventilation and cooling where possible; this is especially important if you wear heavy personal protective equipment.
- * Wear light colored clothing.
- * Keep shaded from direct heat where possible.
- * Don't be a hero; get help when you need it.
- * Drink plenty of water. Remember that work in a hot environment takes lots of water; more than it takes just to satisfy thirst.

For Additional Information

There are lots of websites about heat stress. Here are some to get you started.

“Common Signs of Heat Stress.”
[http://www.ehs.iastate.edu/oh/
heatstress.htm](http://www.ehs.iastate.edu/oh/heatstress.htm)
“Heat Stress.”

[http://www.pp.okstate.edu/ehs/
training.heat.htm](http://www.pp.okstate.edu/ehs/training.heat.htm)
“Heat Stress In Construction.”
[http://www.cpwr.com/haspdfs/
hazheat.pdf](http://www.cpwr.com/haspdfs/hazheat.pdf)
“Preventing Heat Stress.”
[http://www.webworldinc.com/wes-
con/heatstrs.htm](http://www.webworldinc.com/wes-con/heatstrs.htm)
“Safety and Health Topics – Heat
Stress.”
[http://www.osha.gov/SLTC/
heatstress](http://www.osha.gov/SLTC/heatstress)
“Workers’ Guide to Heat Stress.”
[http://www.orcbs.msu.edu/
chemical/heat_stress/
heatstressguide.pdf](http://www.orcbs.msu.edu/chemical/heat_stress/heatstressguide.pdf)

2004 TRAM/ National Mine Instructors Conference

October 12-14, 2004

National Mine Health and Safety
Academy
Beaver, West Virginia

Plan now to attend this annual event at the National Mine Health and Safety Academy, Beaver, West Virginia.

This tuition-free conference provides opportunities for health and safety trainers from all parts of the mining community to improve their training programs with new ideas, new instructional methods, and new training materials.

The 2004 TRAM conference features 60 to 70 workshops covering a wide variety of topics including:

- Underground and surface mine safety
- General safety
- Health
- Ergonomics
- Innovative instructional techniques
- Instructional technology and computer applications

- Regulatory issues related to training
- Supervisory issues

You select the workshops you wish to attend. The small group format encourages interaction between you and the workshop leader.

TRAM 2004 also features exhibits and a training materials competition. The exhibits highlight training products and materials developed by MSHA, State grants recipients, and the mining industry. Although a few items may be for sale, most are free to seminar participants. The materials competition has fostered a new level of professionalism in the development of training materials. In addition to a grand prize, nine other awards are given in these categories:

- Academia – Coal, Metal/Non metal, General
- States – Coal, Metal/Nonmetal, General
- Industry – Coal, Metal/Nonmetal, General

The conference begins at 1:00 p.m. on Tuesday, October 12, 2004, and ends at 4:00 p.m. on October 14. All events will be at the National Mine Health and Safety Academy. For more information about TRAM 2004, please contact Sharon Casto, Seminar Coordinator, by e-mail at casto.sharon@dol.gov or by telephone at (304) 256-3320.

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You can use the form below to register for TRAM 2004.

**2004 TRAM/National Mine Instructors Conference
October 12-14, 2004 (Please return by September 30, 2004)**

Complete this form and mail to address below OR FAX to (304) 256-3251

Name: _____ Position: _____

Organization _____ Last 4 digits of SS# _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone (include area code) _____

FAX (include area code) _____

Do you desire housing at the Academy? Yes ___ No ___

Arrival date _____ Departure Date _____

Roommate preference: _____

Confirmation will be mailed or faxed to you.

Confirmed by: _____ Date: _____

MAIL FORM TO:

U.S. Department of Labor
MSHA
National Mine Health and Safety Academy
Att: Student Services
1301 Airport Rd.
Beaver, WV 25813-9426

Call for Entries
2004 TRAM/National Mine Instructors Conference
Mine Health and Safety Training Materials Competition

WHO CAN ENTER?

The contest is open to entrants from:

- Academia (Colleges, Universities, Vocational Programs, etc.)
- Public (State government)
- Industry (Mining companies, trade associations, labor organizations, and contract trainers)

WHAT KIND OF MATERIAL IS ELIGIBLE?

The contest is open for original health and safety training material you have developed since the 2003 TRAM/National Mine Instructors' Conference. Entries cannot include the use of copyrighted materials, and you must also be willing to share your entry with the mining community.

Entry categories include:

- Coal mining (surface and underground)
- Metal/nonmetal mining (surface and underground)
- General mining

HOW WILL ENTRIES BE JUDGED?

Contest judges will evaluate each entry by asking the following questions:

- Purpose/Objectives/Audience
 - Does the entry have a clearly stated purpose or objective?
 - Does the entry clearly state who it is intended for?
- Delivery System
 - Where appropriate, does the delivery system used reflect current educational technology?
 - Is the delivery system used to present the material suitable for the material's intended audience?

- Content
 - Is the content up-to-date and technically accurate?
 - If used, do visuals help the material meet its objective?
 - If used, are visuals appropriate for the intended audience?
 - Where appropriate, does the material examine or discuss safety hazards and suggest practical ways to recognize, reduce, or eliminate these hazards?

- Format/Instructional Assistance

Is the material

- Logically formatted?
- Legible?
- Grammatically correct, checked for spelling, etc.?

Are illustrations and graphics

- Well-organized, clear, and suitable for the intended audience?

If provided, are student materials (texts, charts, diagrams, exercises, etc.)

- Well-organized, legible, and suitable for the intended audience?

If the program includes tests, progress checks, and evaluation materials, are they

- Suited to the program's objectives?
- Understandable to the instructor and the student?
- Well-organized, clear and suitable for the intended audience?

Where appropriate, does the material include

- Instructions/suggestions to trainers to help them use it effectively; for example, directions on how to set up and test the program if it is computer-based?

WHAT HAPPENS IF I WIN?

Winning entries in coal mining, metal/nonmetal mining, and general (all types of mining) receive awards (plaques). A traveling trophy is presented to the participant judged to have submitted the best entry in the contest.

Every entrant who participates in the competition receives a Certificate of Appreciation.

Awards are presented at the TRAM/National Mine Instructors Conference, and contest results receive national recognition in the State Grants “Newsletter,” and the Holmes Safety Bulletin.

Wall plaques maintained at the National Mine Health and Safety Academy are updated with the names of each year’s contest winners.

ARE ALL ENTRIES EXHIBITED AT THE CONFERENCE?

All entries will be displayed at the National Mine Health and Safety Academy from October 12-14 at the 2004 TRAM/National Mine Instructors Conference.

HOW DO I ENTER?

You can enter more than once.

Please include with each entry a brief written abstract telling us about your entry, its intended audience, the category in which you wish it to be judged, and ways that other trainers may use the material in their safety and health programs. Don’t forget your name and address and a telephone number or e-mail address in case we need to contact you.

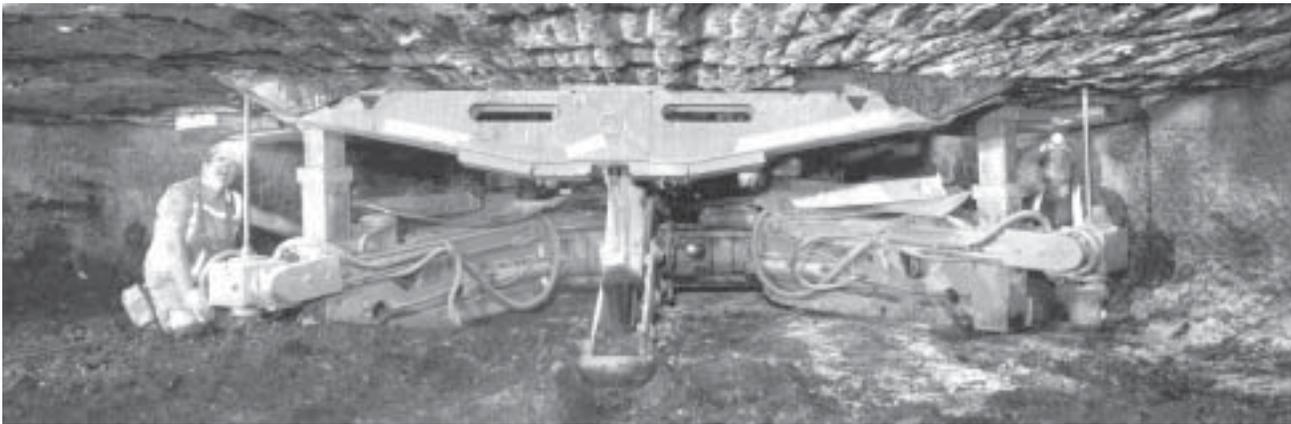
Contest entries will be accepted through September 30, 2004.

Send your entry – via Federal Express or UPS, please – to:

Melody E. Bragg
Technical Information Center and Library
National Mine Health and Safety Academy
1301 Airport Road
Beaver, WV 25813-9426

REMINDER

If you want, you can exhibit materials at the conference without entering the competition. Please tell us, by September 30, if you plan to do this.



Roof Control Seminar

National Mine Health and Safety Academy

Beaver, West Virginia

June 2-3, 2004

This free-of-charge seminar is designed for miners, company managers, engineers, trainers, roof bolter machine operators, and any individual involved in coal mine roof safety. Federal and state enforcement personnel who wish to increase their knowledge in the latest developments on roof and rib control will also find this seminar beneficial.

You will learn about new products and methods related to roof stability, and will hear about and discuss new roof control techniques, trends and developments. Presenters are drawn from the National Mine Health and Safety Academy, MSHA Headquarters, MSHA Technical Support, other government agencies, and industry. All subjects incorporate safe mining practices which will help to reduce roof fall injuries and fatalities.

Seminar topics include:

- New roof bolting products.
- Supplemental supports.
- Roof control fatality trends and prevention.
- Roof control machinery updates.

For additional information, contact: John Rosiek (304) 256-3211



2004 JOINT MINE SAFETY MEETING

JOSEPH A. HOLMES SAFETY ASSOCIATION MINE SAFETY INSTITUTE OF AMERICA NATIONAL ASSOCIATION OF STATE MINE INSPECTION AND TRAINING AGENCIES

**JUNE 20-24, 2004
OGLEBAY PARK
WHEELING, WV**

The 2004 National Meetings of the Joseph A. Holmes Safety Association, Mine Safety Institute of America, and National Association of State Mine Inspection Agencies will be held together in Wheeling, West Virginia, June 20-24, 2004. This meeting will provide a variety of Safety and Health workshops presented by experts from around the U.S., and representing all sectors of mining.

The meeting will be held at Oglebay Park. To make reservations, call 1-800-624-6998 or (304) 243-4000.

Reservations can also be emailed to: reservations@oglebay-resort.com.

Rooms are limited and registration should be made by April 21. Be sure to indicate you are attending the Joseph A. Holmes Safety Association meeting to get the reduced room rate of \$79.00.

The registration fee is \$150.00 for early registration on or before May 21, 2004. Late registration is \$175.00 after May 21, 2004. Registration for spouses and guests is \$100.00 and covers all special events except the golf outing.

Oglebay is a unique, 1650-acre, year round resort with exceptional beauty and abundant recreational activities. Wilson Lodge offers fine dining, indoor pool, jacuzzi, massage therapy, and more. For families and larger groups, Oglebay has 49 deluxe cottages. Cottages are available, but not at a reduced rate. The Speidel Golf Club at Oglebay features two championship golf courses. There are also specialty shops, a zoo, gardens, Mansion Museum, fishing, tennis, swimming, stables, pedal boating, and miles of walking and jogging trails.

BUSINESS MEETINGS

NASMIA

MSIA BOARD OF DIR. ANNUAL MEETING
JAHSA EXEC. COMMITTEE ANNUAL MEETING

Business meetings and times will be posted in the Upcoming Events
Section of the MSHA website: <http://www.msha.gov/>

WORKSHOPS

Fall Protection
Conveyor Safety
Using MSHA Inspection Data to Develop
Your Site Specific Annual Refresher
More Bells & Whistles for Safety Trainers
Electrical-High Voltage Demo
Fatigue
Part 48 Training
Pre-Operational Checks (Part 46)
Geophysics Relating to Mine Safety
Working Safely Around Water
Job Training Analysis
Additional Topics To Be Announced

SPECIAL EVENTS

Golf Outing
Vendors Reception
HSA Awards Banquet

TRAVEL TO OGLEBAY

Oglebay is only 60 miles from Pittsburgh via I-79 and I-70, 120 miles east of Columbus via I-70,
and 150 miles south of Cleveland via I-77 and I-70.

QUESTIONS?

For more information contact:
Cindy Shumiloff (304) 225-6853
Sharon Cook (304) 369-5252

2004 JOINT MINE SAFETY MEETING REGISTRATION FORM

NAME

NAME FOR THE BADGE

COMPANY/AFFILIATION

ADDRESS

TELEPHONE

EMAIL ADDRESS

GUEST NAME

- Advance Conference Registration - \$150 (must be made by May 21, 2004)**
- On-Site Conference Registration - \$175**
- Spouse and Guest Registration - \$100**

Registration fee includes all social functions except for the golf outing.

Enclose check or money order payable to:
“Joseph A. Holmes Safety Association”

MAIL TO:
CINDY SHUMILOFF
JOSEPH A. HOLMES SAFETY ASSOCIATION
604 CHEAT ROAD
MORGANTOWN, WV 26508

FOR ADDITIONAL INFORMATION CALL:
CINDY SHUMILOFF (304) 225-6853
EMAIL: shumiloff.cynthia@dol.gov
SHARON COOK (304) 369-5252
EMAIL: cook.sharon@dol.gov

Please duplicate form for additional registrations

Come Join Us

Apply for Membership...

Membership is free. Your organization can become a Joseph A. Holmes Safety Association Chapter by completing a membership application and submitting it to the Holmes Safety Association.

Contact Person: _____ Phone No: _____

Company Name: _____

Street/P.O. Box: _____ City: _____

State: _____ Zip: _____ E-Mail Address: _____

MSHA ID Number: _____

Type of Product: _____

Type of Operation: Coal _____ Underground _____ Surface _____ Mill _____ Other _____

Name you would like to call the chapter being established: _____

Name and organization of person assisting in recruiting this application: _____

Signature of Applicant: _____ Date: _____

Send to:

Joseph A. Holmes Safety Association

P.O. Box 9375

Arlington, VA 22219

or

Telephone: (202) 693-9574

Fax: (202) 693-9571

**For address changes, comments, suggestions
and new subscription requests:**

Contact:

Bob Rhea

Joseph A. Holmes Safety Association Bulletin
Mailing List
MSHA-US DOL
1100 Wilson Blvd. Rm. 2147
Arlington, VA 22209-3939
202/693-9574 Fax: 202/693-9571
E-mail: rhea.robert@dol.gov

Please address any comments to:

Steve Hoyle

Joseph A. Holmes Safety Association Bulletin
DOL-MSHA
National Mine Health and Safety Academy
1301 Airport Road
Beaver, WV 25813-9426
Please call us at 304/256-3264
or Fax us at 304/256-3461
E-mail: hoyle.stephen@dol.gov



Reminder: The District Council Safety Competition for 2004 is underway - please remember that if you are participating this year, you need to mail your quarterly report to:

**Mine Safety & Health Administration
Educational Policy and Development
Joseph A. Holmes Safety Association Bulletin
P.O. Box 9375
Arlington, Virginia 22219**

Joseph A. Holmes website: <http://holmessafety.org>

U.S. Department of Labor (MSHA)
Joseph A. Holmes Safety Association
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Joseph A. Holmes Safety Association