

Joseph A. Holmes Safety Association

BULLETIN

September/October 2004



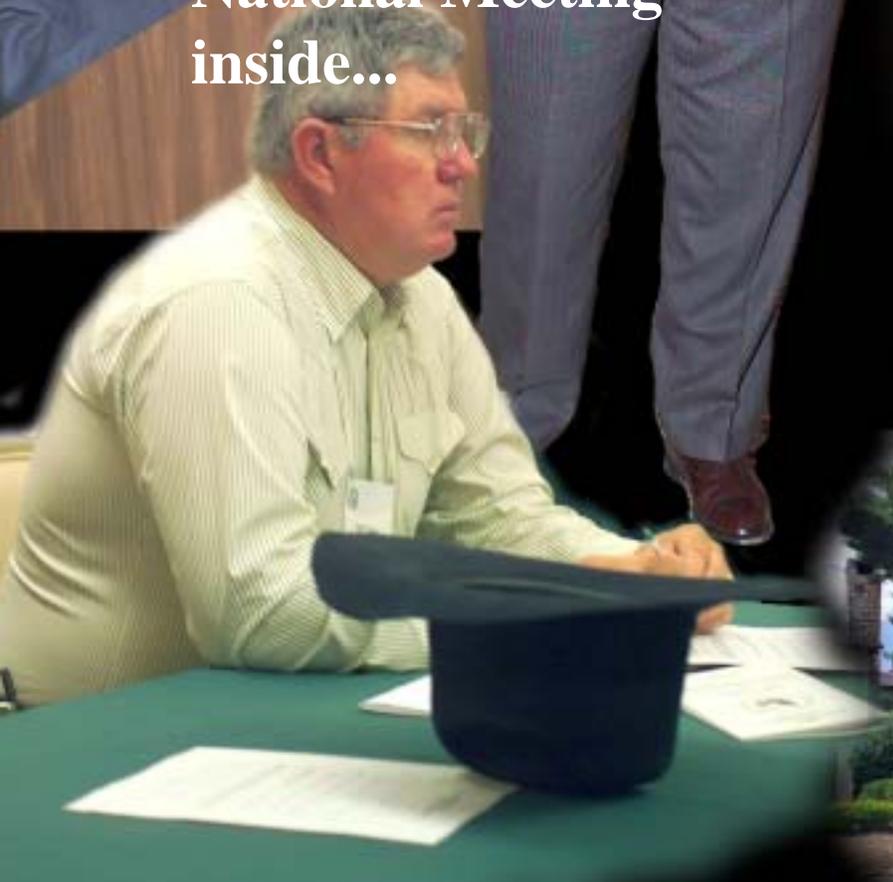
NATIONAL
JOSEPH A. HOLMES SAFETY ASSOCIATION
SAFETY MEETING



Professional Miner



Highlights of the
National Meeting
inside...



Joseph A. Holmes Safety Association Bulletin Contents:

Main Story

National Meeting in Wheeling, West Virginia, a Great Success	3
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Safety/Health

Part 46/Part 47 Independent Contractor Compliance Assistance	
Workshop Held in South Carolina	10
Be Careful and Don't Rush: Drilling and Blasting In a Karst Environment	12
Don't Let Safety "Fall" By the Wayside: Autumn Safety Tips	15
Damaged Chimney Stack is Almost a Silent Killer	17
New Training Videos and DVDs	18

Conferences/Workshops and Seminars

2004 TRAM National Mine Instructors Seminar	20
Call for Entries, 2004 TRAM/National Mine Instructors Conference, Mine Health and Safety Training Material Competition	23

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.

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National Meeting in Wheeling, West Virginia, a Great Success

From June 20 - 24, 2004, the Joseph A. Holmes Safety Association held their annual joint meeting with the Mine Safety Institute of America and the National Association of State Mine Inspection and Training Agencies.

This conference provided a variety of safety and health workshops presented by experts from around the United States. Participants from across the country learned about new developments in health and safety, and had an opportunity to share ideas in small group sessions. They also learned about what the Joseph A. Holmes Safety Association is doing to promote safety and health in mining at the national level.



One of the highlights of the meeting was the announcement of the Professional Miner Recognition program by Jeff Duncan, MSHA's Director of Educational Policy and Development. This program is a joint venture between the Joseph A. Holmes Safety Association and MSHA to recognize individual miners for working accident free for given periods of time. The program is geared to motivate miners to continue working safely at all times during their careers.



See next page...

Participants enjoyed a special luncheon featuring Don Nehlen as guest speaker. Nehlen, presently spokesperson for Friends of Coal, is the former head football coach of the West Virginia University Mountaineers.

In addition to a wide variety of workshops and meetings, the conference included exhibits and static displays from safety organizations and equipment manufacturers. Other displays were provided by the National Mine Health and Safety Academy and MSHA's Technical Support Division.

The Joseph A. Holmes Safety Association also elected new board officers and a new Association president; Doug Conaway, from West Virginia.

The conference concluded with an honors banquet. Keynote speaker for the honors banquet was David Dye, Deputy Assistant Secretary for Mine Safety and Health. Awards were also presented to individuals in the industry who had saved lives, and also to groups and individuals who had helped promote the Association and its ideals over the past year.







David Dye, Deputy Assistant Secretary, Mine Safety and Health Administration, gives the banquet address.

Bill Vance, outgoing Joseph A. Holmes Safety Association President, speaks at the Award Banquet.



Attendees at the Awards Banquet



Donald Gibson receives a Joseph A. Holmes Safety Association Merit Award



Dan Taine receives a Joseph A. Holmes Safety Association Merit Award



Group III - Underground Coal and Surface Coal Council Competition Award given to the Anthracite Division Council



Group II - Surface Coal (Contractors) and Group III - Surface Coal (Contractors) Council Competition Award given to the Clearfield District Council



Group I - Surface MNM Council Competition Award given to the Hill Country District Council



Group II - Underground MNM and Group III - Surface MNM (Contractors) - Council Competition Award given to Southeast Missouri Mine Safety Association District

See next page...



Cindy Shumiloff receives the Woman of the Year Award



Sharon Cook receives the Joseph A. Holmes Safety Association Merit Award



The new Joseph A. Holmes Safety Association President, and Man of the Year Award recipient, Doug Conaway, addresses the conference.



Judy Tate announces the winner of the Ival Van Horne Award



Laman Lankford receives the Ival Van Horne Award



Group II - Underground Coal-Council Competition Award given to Kingfish Kessler District Council



Group III - Surface MNM -Council Competition Award given to Natural Building Stone District Council



Group I - Surface Coal-Council Competition Award given to Powder River Basin District Council



Group I - Underground Coal-Council Competition Award given to William "Scotty" Groves District Council

Hero Awards are given out ...



Robert W. Newhouse Jr. and Dennis Pike receive Joseph A.Holmes Hero Awards



Billy Owens receives the Joseph A.Holmes Lifesaver Award



Attendees of the Part 46/Part 47 Workshop

Part 46/Part 47 Independent Contractor Compliance Assistance Workshop Held in South Carolina

By Liz Pulver

The week of April 24 was a busy one for independent training contractors, mine operators, independent contractors, state grants personnel, and MSHA employees attending a special Part 46/Part 47 Independent Contractor Compliance Assistance Workshop. The workshop was sponsored by Aiken Technical College (MSHA's South Carolina State Grantee) and MSHA's Educational Field Services

group. This pilot program was held at the Giant Cement facility in Harleyville, South Carolina, and hosted by The Industrial Company (TIC), the expansion project lead contractor. Bobby Berry, Safety Director for TIC, volunteered his time, efforts, and facilities to ensure that the initial workshop was a success.

This pilot program is designed to help independent contractors and mine operators better understand the guidelines and requirements for both Part 46 and Part 47.

Wayne Maxwell of the MSHA Educational Field Services, assisted by Liz Pulver, Lead Instructor for the South Carolina State Grants Program, conducted the initial day of workshop training.

At the beginning of the program, Maxwell said, "In this room today, we see many players in the mining industry. We have mine operators, independent contractors, contract trainers, State grantee representatives, and people from MSHA enforcement and MSHA training (EFS)." He continued, "We all have the same vested interest—the health and safety of our Nation's miners. All of us working together can make, and should make, a concerted effort to improve upon health and safety issues confronting the mining industry. As Dave D. Lauriski, Assistant Secretary of Labor for Mine Safety and Health, said, "We will not be satisfied until every miner goes home safely to his or her family every working day."

“Who are these miners that Mr. Lauriski mentions? Is it just the people who work underground? Is it the ones who use explosives to open up a seam? Is it the ones who operate the haul trucks and earth moving equipment?”

“30 CFR Part 46.2(g)(1) says that a miner ...means: any person, including any operator or supervisor, who works at a mine and who is engaged in mining operations. This definition includes independent contractors and employees of independent contractors who are engaged in mining operations and any construction worker who is exposed to the hazards of mining operations.”

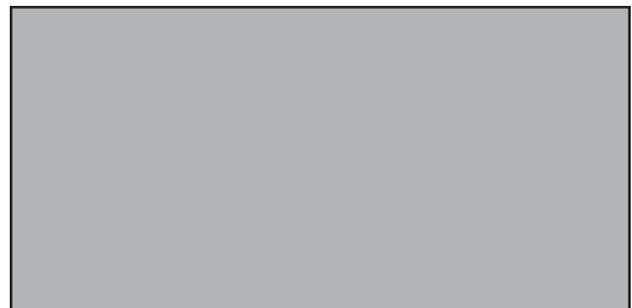
“The tragic fatalities in South Carolina within the past two years make it clear that we must all make a concerted effort to diligently ensure that these accidents do not repeat themselves.”

A contractor who recently experienced a fatality at a local mine spoke directly to the audience saying, “We thought we were in compliance. We had our training plans and kept training records.” He explained to the group how sobering it was to find that their training (which they thought to be in compliance) was, in fact, lacking. This contractor has since researched Part 46 regulations and asked for assistance. He has great respect for MSHA. As he said, “They are like the pit bull that can bite, but they can also be the force that can help.”

As part of the workshop, participants were afforded an opportunity to have qualified trainers examine, as a courtesy, their Part 46 training plan, Part 46 training certificates, and Part 47 HazCom program. Specific times were arranged with each contractor and mine represented at the meeting in order to review their Part 46 training plans, Part 46 training certificates, and Part 47 HazCom program. If any areas of concern were found in these documents, attendees were able to address them and return to have them re-examined to ensure compliance.

The success of this pilot program has prompted the South Carolina State Grant Program and the Mine Safety and Health Administration (Educational Field Services) to schedule similar independent contractor compliance assistance in mid-July. Others are planned for areas in the state that include Greenville, Columbia, Charleston, Myrtle Beach, and Aiken.

If you wish to participate, please contact the South Carolina State Grant Program Coordinator, Drew Shugart, at shugartc@atc.edu for more information.



Be Careful and Don't Rush: Drilling and Blasting In a Karst Environment

By James T. Ludwiczak, P.G.

Introduction

If you are in the business of breaking and moving rock in the Midwest, especially in Kentucky, Indiana, Tennessee or Ohio, you know about the “heartbreak” of Karst geology.

These are those annoying sinkholes, large sand or mud seams, and solution cavities (voids) associated with the rock strata that need to be blasted and removed. These conditions can have potentially dangerous and disastrous effects on a blasting program.

We have some general data about Karst areas because of the fine work of our state geologists. This data, while very useful, is still general. The precise location of these voids remains a mystery unless extensive on site test drilling and other research is performed.

How much of a geological investigation should be conducted really depends upon the importance of the project, the engineering/design limitations involved, and how much the operator wants to spend.

In short, how critical is control of the blasting

program to the surrounding geology? This means that in conjunction with the operator/owner, geologists must apply their training, education and experience to develop a drilling program that will produce sufficient data.

Blasting Basics

We can understand more about what's involved with drilling and blasting in a Karst environment if we know what happens when explosives are detonated in rock.

Detonation causes a high velocity shockwave with a tremendous release of hot gas.

The shock wave cracks and crushes the rock near the explosive charge. It also creates a multitude of cracks around the blasthole.

The hot expanding gases fill these (and natural forming) cracks. The gases continue to fill and expand the cracks until the gas pressure is either too weak to further expand the cracks, or until the gas pressure is vented from the rock.

There are four major zones created within rock when the detonation occurs.

The first is the “explosive cavity” (the original charge cavity) where the pressure is hydrodynamic.

The second zone is the “crushed” zone, and the third is the “blast fractured” zone. Shock and gas pressure are rapidly reduced in these zones as a result of crushing and cracking.

The size/diameter of the crushed zone is normally about twice the charge/blasthole radius. The radius of the blast fractured zone is typically about three to four times the crushed zone adjacent to the main charge of explosives.

The fourth zone is the “seismic” zone. Here, the stress is below the rock's elastic limit; no fragmentation occurs except near the boundaries.

General Problems with Karst Geology

The shock wave, measured by blasting seismometers in “inches per second of peak particle velocity,” can travel for thousands of feet. It can cause property damage if excessive.

Now let’s look at blasthole and blast designs. Unlike the geology, we can alter the blasthole drill diameter and drilling patterns. The main concerns here are that if the blastholes are drilled close to (or actually into) the voids, then the blast results can be dangerous and can result in poor breakage.

Drilling the blastholes to the desired depth is the first thing we do when we blast. The blaster determines the diameter of the drill to use. This is an important decision since the larger the hole, the more explosives there will be per foot of blasthole. In most cases, we use smaller diameter holes for critical or “close in” blasting. These diameters/sizes range in size from 1.5 to 3 inches.

Blasthole depth is important, of course, and it is determined by the requirements of the job. Depending upon the job specifications, the holes are commonly drilled to a desired grade or subdrilled deeper than the desired depth. In all cases, it is essential, for safety concerns, for the driller to measure and log the conditions of all holes.

Where and how far apart the holes are drilled is equally important. The terms used when drilling the hole are “burden” and “spacing.” The burden is generally considered the distance from the explosive charge (blasthole) to the nearest free, or open face. The spacing is the distance between the blastholes or charges in a row. Generally, the burden should be less than the spacing. The smaller the drill diameter, the closer the burdens and spacings should be. Depending upon the desired size of rock, the size of the blast fractured zone decides the burdens and spacings.

With this basic knowledge of blasting, it is easier to understand the problems created by Karst geology.

The first problem we have with a Karst environment is designing a test drill program to locate voids or seams. In many cases, it is suggested that the test grid be reduced (more holes). This begs the question, however, of how much to reduce the grid. We can still miss the void even if we reduce the test drill grid.

When holes are drilled too close to a void, the rock between the hole and the void will crack and fracture, causing the explosive’s energy and expanding gases to “vent” into the void. Such venting leads to a loss of the explosive’s energy and effectiveness, resulting in boulders and large slabs of unbroken rock. This is a production problem that can usually be corrected by altering the drill pattern or the blast design, provided we know where the voids are located.

The problem is more serious if the blastholes are drilled directly into the void. A blaster or loader can unknowingly overload the holes when this occurs.

The explosives run into the void and begin to fill it. It will be obvious to the blaster or the loader that there is a problem because too much explosive is being loaded into the hole. Unfortunately, by then, many pounds of extra explosives may have been loaded into the hole. The blaster has few options should this situation occur.

It is virtually impossible to unload the hole. Should blasters be using ANFO (ammonium nitrate and fuel oil), they can pump water into the hole to reduce the ANFO’s ability to deto-

See next page...

nate, thereby reducing the blast energy. If this is not possible, the only other way is to stop all loading, try to isolate the overloaded area, clear a large area around the blast site, and detonate the blast. This obviously not a good situation, but who said that the study of geology and blasting is an exact science.

Overloaded holes are extremely dangerous when detonated. They will create excessive ground vibrations, airblast, flyrock, and can blow rock a considerable distance from the blast site.

Suggestions for Drilling and Blasting in Karst Geology

☉ **Over-drill the blastholes.** Voids near the bottom of the hole can be ruptured even though the movement of the explosive's energy is upward. When this occurs, the energy is vented downward and the effectiveness of the explosive is reduced dramatically. Blasters may also be accused of "overblasting" when it is not their fault. The driller should drill deeper than the desired depth if this condition is suspected. How much deeper depends upon the conditions, but it may be as much as several feet. If no voids are encountered, all the blaster needs to do is to backfill the holes until the desired depth is reached.

☉ **Use small diameter blastholes.** There are less explosives per foot in smaller holes. Putting less explosives in that section of rock allows for better control of the blast.

☉ **Use tighter burdens and spacing.** The smaller the diameter, the closer the burdens and spacings. The chance of locating a void is increased by drilling more blastholes. Also, use smaller burdens than normal. Doing this will provide maximum relief to reduce chances for backbreak (fracturing beyond the last row of holes). It will also direct the energy out from the blast.

☉ **Detonate smaller blasts.** Usually, the smaller

the blasts, the better the control. This can be accomplished by detonating small patterns, or blasting one row per blast.

☉ **Remove blasted rock before the next blast.** Where possible, remove the blasted rock so the rock faces of the next blast can be viewed and provide relief for the next blast. Doing this allows the blaster to examine the rock face and to determine the existing conditions of the rock in the next blast.

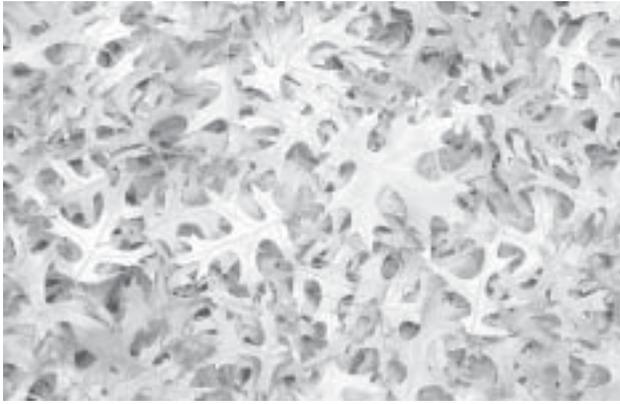
☉ **Keep good drill logs.** Drillers may hate doing this, but they need to keep good logs of the blastholes. The driller should make note the location, depth and thickness of the condition if water voids, sand or mud seams are encountered.

☉ **Select load blastholes according to conditions.** When anomalies are found, the blaster should load the blastholes so that the explosive's energy (detonation) is not in that particular area. This can be done by "deck loading" (separating charges within the blasthole).

☉ **Use lower powder factors.** A powder factor is the weight of explosives required to break a cubic foot of rock. Using the minimum powder factor will help to reduce backbreak. The rock may be a little larger, but it should not be that bad.

☉ **Increase the blast area.** The blast area is where flyrock is likely to occur. Karst conditions can cause an increase both in the production of flyrock and in how far it travels.

Each case is different, and these recommendations are not intended to be the only way to work with this geologic problem. Use good judgment, expect production to suffer a little, and expect higher costs. Above all, be careful and don't rush.



Don't Let Safety "Fall" By the Wayside: Autumn Safety Tips

By National Volunteer Fire Council

With autumn fast approaching, more and more people will be enjoying the change of the leaves and the cooler temperature. Unfortunately, some autumn-related weather activities such as hiking and camping, turning the furnace back on, cleaning the chimney, and trick-or-treating do present their share of hazards. To help ensure everyone enjoys a safe autumn, we offer the following safety tips.

Chimneys

Chimney maintenance is vital to your family's safety.

- ✓ Have your chimney professionally inspected and cleaned on a regular basis.

- ✓ When possible, burn seasoned woods (dryness of the wood is more important than hard wood vs. soft wood).
- ✓ Smaller, hotter fires will burn more completely and produce less smoke than larger fires.
- ✓ Do not burn cardboard boxes or trash, as they can spark a chimney fire.
- ✓ Install stovepipe thermometers, which help monitor flue temperatures where wood stoves are in use, then adjust burning practices as needed.

Yard Cleanup

Yard work does not end simply because summer is over. Here are some safety tips for tackling autumn tasks around your home.

- ✓ When lifting heavy bags of mulch, use a wheelbarrow when possible, and remember to lift with your legs, not with your back.
- ✓ Be careful when pruning. Pruning from a ladder is especially dangerous.
- ✓ To avoid blisters, wear gloves when doing yard work.
- ✓ If you are doing a lot of raking, try an ergonomic rake.

Hiking/Picnics/Tailgating/Camping

As you take in the fall's beautiful scenery, or go to the big game, think ahead, be prepared, and stay safe.

- ✓ Check the weather forecast before heading outdoors for a hike. It's not safe to hike when thunderstorms or heavy snowfall is expected.
- ✓ Carry drinking water. Don't drink from streams, springs, or lakes without first properly treating the water.
- ✓ Observe wildlife from a safe distance. Don't get too close to wild animals.

See next page...

- ✓ Stay on the trail – if you leave it, you may get lost.
- ✓ Keep hot foods hot and cold foods cold to help prevent food poisoning.
- ✓ Don't store perishable foods in a hot vehicle.
- ✓ Clean all surfaces that come in contact with raw meat or meat juices before re-using them.
- ✓ Wash hands often when preparing food, and before serving and eating.
- ✓ Keep kids and pets away from grills and lighter fluid, and keep grills away from anything that can burn them.
- ✓ Don't build fires near tree trunks, fallen trees, or overhanging branches.
- ✓ When extinguishing a campfire, let it die down, then break up the coals or logs, spread the pieces, soak them with water, and then cover the area with dirt or sand.
- ✓ Be aware of tiny ticks that carry Lyme disease and know which symptoms to watch out for. When in a potentially infested area, apply insect repellent, wear light-colored, long-sleeved shirts, pants and socks.

Back to School Safety

Parents must do some “homework” to keep their kids healthy and safe.

- ✓ Walk and ride to school safely. Obey traffic lights and signals, walk only in crosswalks, and listen to the crossing guard.
- ✓ If your kids bike to school, be sure they wear a helmet.
- ✓ If possible, always walk with your child to the bus stop and pick them up as well.
- ✓ Keep backpacks light – a child's backpack should only be 5-10 percent of their body weight.
- ✓ A backpack with wheels is easy to maneuver and reduces back stress.

- ✓ If your child wears a backpack, be sure they use both straps.

Trick-Or-Treat Safety

Make sure your children trick-or-treat safely.

- ✓ Rather than buying a mask, use makeup to decorate children. That way, they can see more easily.
- ✓ If your kids go trick-or-treating after dusk, make sure they have a flashlight and are wearing reflective material.
- ✓ Dress children in warm, light-colored clothing so they may be seen easily when crossing the street. Accompany your kids when they go out.
- ✓ Do not purchase Halloween costumes and other items which are not marked “Flameproof” or “Flame-Retardant.”
- ✓ Remind children to skip houses that are dark or not well-lit.
- ✓ Check candy before allowing kids to eat it.

Pet Safety

- ✓ Many brands of antifreeze are highly toxic. Store new and used antifreeze in sealed containers.
- ✓ Chocolate is a treat for many humans at Halloween and Thanksgiving, but it is toxic to dogs, cats, and birds.
- ✓ Holiday meals can be hazardous to pets. Chicken and turkey bones can get stuck and pierce their digestive tract.
- ✓ Pets not acclimated to cold temperatures should not be outside for long periods in cold weather. Outdoor pets can withstand fairly cold temperatures, but be sure they have proper shelter from wind and rain and provide them with ample good bedding.

Damaged Chimney Stack Is Almost a Silent Killer

By Paul Chapman

Steel roofs are gaining in popularity these days, especially in areas like Western New York, where heavy snowfalls can do substantial damage to regular shingled roofs each winter from accumulated snow, ice and water. But one local resident has a cautionary tale to tell – not so much about the steel roof itself, but what can possibly happen when a heavy build-up of snow lets loose on the slippery metal surface and slides forcefully to the ground.

Pam Zabawa said she and her husband John had a steel roof installed on their home, and they enjoy the protection the roof provides from heavy snows. But last weekend, accumulated snow about three feet deep slid, en masse, off one side of their roof, crashing to the ground.

She said it was quite an event, enough so that her husband decided to go out side and take a look at the roof. What he saw was basically a roof cleared of snow, as he expected, but also that the snow slide had damaged the home's gas furnace chimney stack. "The snow had pulled at the stack and tilted it," Pam said.

Not thinking about the problem, Pam went to work attempting to put both sections back together again. What she didn't realize was the entire time she was in the attic, the broken stack was filling the attic with deadly carbon monoxide fumes being discharged by the furnace.

She said that in about 20 minutes she was

feeling very sick and woozy, but managed to get out of the attic and recover. "They're right, you really can't smell that stuff," Pam admitted.

The stack was eventually fixed, and everyone slept safe and sound that night, but, "If John had not gone out and checked the roof and saw the problem with the stack, we could all be dead right now," Pam said anxiously.

Pam said she does have a carbon monoxide detector in her home, but it is centrally located on the first floor. "I always thought of any fumes as coming up from the basement, not down from the attic," she admitted. If the family had not noticed the damaged chimney stack they could have gone to bed that night and never seen the light of day.

"By the time the fumes (from the attic) would have reached the detector, it could have been too late for all of us," Pam said of herself, husband John and their children.

She said the chimney stack problem was not a consequence of having a steel roof put on the house, since the installers properly cut the section of roof to fit around the stack. It was just a matter of the massive snow slide on the new roof hitting the stack on the way down.

The Zabawas are now planning to add some reinforcement rods to the chimney stack to keep this from happening again. "My neighbor has a steel roof and I am definitely telling her what happened to us. I feel it is important to get the word out about this. If I didn't, and this happened to someone else, I would feel terrible."

And Pam added one more noteworthy comment: "I'm putting a carbon monoxide detector in every room of our house."

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New Training Videos and DVDs

Here is a descriptive list of new multimedia training materials developed by MSHA since the last issue of our training products catalog. They offer trainers unique opportunities to reinforce key training objectives, expand and enhance training sessions, and add variety to training programs.

DVD technology means more interactivity is available to both student and instructor. DVDs may be used for self-paced study or by an instructor in classroom presentations. Remember – in order to use the DVD program, you must have a DVD set-top player or a DVD equipped computer.

Materials are listed alphabetically by title.

In this list, DVD is a DVD program, and VC is a videotape. Where appropriate, coal-related items are designated (C), and metal/nonmetal items are designated (MNM).

“Highwall Hazards” – This interactive DVD gives viewers the chance to learn about the dangers of working near highwalls. It explains how to properly examine highwalls and how to

recognize the hazards that are associated with them. It also looks at the importance of wearing fall protection while working on top of highwalls. Best practice tips, an interactive quiz, and other educational links are also included to enhance your learning experience. (Cat No. DVD 008; Price \$8.00)

“Inspecting Highwalls” – A mine foreman takes a management trainee through the various steps of inspecting highwalls. (Cat No. VC 934; DVD 500 – NOTE: DVD 500 also includes VC 946, “What Could Happen – Effective Risk Assessment.” Price \$8.00)

“Inspection, Care, and Use of OCENCO, Incorporated EBA 6.5 Self-Contained Self-Rescuer” (C) – It is vitally important that your SCSR will work properly when needed. This video demonstrates proper inspection, maintenance, and donning procedures of the OCENCO EBA 6.5 Self-Contained Self-Rescuer. The program emphasizes some of the EBA 6.5 features, describes how to thoroughly inspect the unit, covers proper donning techniques, and shows what it is like to wear the SCSR in an evacuation exercise. (Cat. No. VC 935; Price \$8.00)

“Precious Metals Refining” – This three-part program addresses some safety issues in precious metals refining. Mercury is in our ore, and when we recover gold and silver, we also recover mercury. Mercury is toxic, and elevated levels of it are harmful to us and the environment. Program segments cover: “Health and Safety Procedures During Maintenance Operations in Precious Metals Refining,” “Health Hazards and Controls in Precious Metals Refining,” and “Personal Protective Equipment in Precious Metals Refining.” (Cat. No. DVD 006; VC 114; Price; \$8.00)

“Roof Control” is a compilation of three previously-produced videos. In this interactive DVD you will see many important aspects of roof and rib control. Some of the topics reviewed in-

clude: roof and rib evaluations, sources of roof / rib hazards, the roof control plan, myths that are used by miners for going inby supported roof, and identifying hazardous roof conditions. Other features on the DVD include a downloadable slide show, best practice tips, an interactive quiz, and roof control awareness bulletins. (Cat No. DVD 005; Price \$8.00)

“Silicosis” compiles five previously-produced videotapes. Viewers learn about the dangers and health concerns of silica. Topics reviewed include: health effects of silica dust exposure, silicosis in the workplace, protection from silica dust, sources of respirable dust generation, and much more. The DVD has tips for dusty jobs, an interactive quiz, a health awareness section, and informative internet links. (Cat No. DVD 007; Price \$8.00)

“Truck Haulage Safety Series”(C/MNM) – This series of seven videotapes is now available as an interactive DVD. See the 2004 Catalog for a complete description of each part of the program. Segments include: “Brakes, Grades, and Runaways – Highway Trucks,” “Brakes, Grades, and Runaways – Off-Road Trucks,” “Highway Haulage Truck Inspection Conducted by MSHA Inspectors,” and “Inspection of Off-Road Haulage Trucks by an MSHA Inspector.” Other parts are: “Pre-Operation Inspection of Highway Haulage Trucks by the Driver,” “Pre-Operation Inspection of Off-Road Haulage Trucks by the Driver,” and “Visibility and Communications: Off-Road and Highway Trucks.” NOTE: This program is scheduled to be revised in the near future. (Cat No. DVD 004; Price \$8.00)

“What Could Happen – Effective Risk Assessment” – A shift supervisor thinks about “what could happen” involving real-life, mine work situations. As he assigns work duties, he mentally reviews recent fatalities that have occurred in the mining industry. He returns to each work site to review safety procedures with employees. (Cat No. VC 946; DVD 500 NOTE: DVD 500

also includes VC 934 “Inspecting Highwalls.” Price \$8.00)

“Workplace Examinations” (Surface M/NM) – Surface metal and nonmetal mines present a variety of potential safety and health hazards. Effective, thorough, workplace examinations are one way to help you to recognize and address some of these hazards before they become even more dangerous. This video describes some of these hazards and gives you some ideas and tips on how to look for them. (Cat. No. VC 947; Price \$8.00)

These items may be ordered from:

National Mine Health and Safety Academy
Dept. of Instructional Materials
Printing and Property Management Branch
1301 Airport Rd.
Beaver, WV 25813-9426

Phone: 304-256-3257
Fax: 304-256-3368
E-mail: MSHADistributionCenter@dol.gov

Please allow 4-6 weeks for delivery.

Advance payment in U.S. currency is required for all orders from foreign countries. All other orders may be paid by check or purchase order. We are unable to accept credit cards.

We will gladly provide further information on training materials, address any comments you may have, or send you a training materials catalog.

2004 TRAM/National Mine Instructors Seminar

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 seminar 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 Seminar 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 items 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/Nonmetal, General
- States – Coal, Metal/Nonmetal, General
- Industry – Coal, Metal/Nonmetal, General

The seminar 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.

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

2004 TRAM/National Mine Instructors Seminar
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**

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 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.

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**

U.S. Department of Labor (MSHA)
Joseph A. Holmes Safety Association
1301 Airport Road
Beaver, West Virginia 25813-9426

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Joseph A. Holmes Safety Association