

*Professional Miners Program*

# Newsletter

Issue 2/April 2005



## **Mentoring** ... *see inside*

- *Mentoring can be done in many ways*
- *Serving as a mentor*
- *Share ideas with your fellow miners*

# *Mentoring is Critical In Helping to Protect the Health and Safety of Miners*

Welcome back to our newsletter. This second issue will cover the importance of mentoring, and provide you, the Professional Miner, with some practical ways to serve as a mentor and share important health and safety information with your fellow miners.



*Experienced miners can pass on to others the things they have learned.*

When you submitted your application to become a Professional Miner you signed the "Professional Miner's Pledge." In doing so you pledged among other things "to serve as a mentor for other miners." A mentor is simply someone that serves as an advisor or teacher to others.

Mentoring has been used for many years in the mining industry. Before health and safety training programs were formalized, most of the training a new miner received was from someone that was serving as a mentor. While these activities were not formally recognized as mentoring, they meet the modern definition of mentoring that we use today. Fathers taught sons, those with the same ethnic backgrounds taught fellow countrymen, and friends taught friends how to work safely. Mentoring was critical in helping to protect the health and safety of individual miners as well as others.

*Mentoring is as critical today as it was in the early years of mining.*

With the aging of the workforce and the continued expansion of our industry, the need is even greater to hire new inexperienced miners. These new miners will receive critical health and safety training before they go to work. To further support this training you as a Professional Miner can serve as a roll model and mentor. You have the experience, knowledge and ability to pass on to others the things that you have learned so that some day they can join you in the ranks as a Professional Miner.

Here are some of the ways you can serve as a mentor and help your fellow miners work safely and healthy each day:

## ***1. Always perform your job in a safe manner.***

Don't take short cuts. Set the example for others. Lock-out and tag all electrical equipment before performing maintenance on it.

## ***2. If you see a fellow miner doing something that is unsafe call them aside and explain the safe way to perform that job.***

Be aware of what others are doing. Don't let fellow miners go beyond permanent roof support or stand near highwalls.



*Make other miners aware of accident prevention techniques.*



**3. Actively participate in health and safety meetings, training and tailgate sessions.**

Talk about your experiences. No one knows how to do a job better than those that have done it well in the past.

**4. Make other miners aware of accident prevention techniques you have learned over the years. A good example is the "SLAM RISKS" initiative that was highlighted in the first Professional Miner newsletter.**

Over the years you have discussed many accident prevention ideas. Share these ideas with your fellow miners.

**5. Point out to fellow miners the importance of using personal protective equipment.**

Always use respirators around dusty equipment and personal hearing protection around noisy equipment.

**6. Help someone do a job that takes an additional set of hands.**

We all have our limitations. Help others that are in need.

**7. Make recommendations on using the proper tools and equipment.**

Always use the proper tool for the job. Never use a damaged tool.

**8. Teach others to regularly look at their workplace for hazards or unsafe conditions before they start to work.**

Always eliminate workplace hazards and unsafe conditions. Be sure to have the proper equipment and tools and wear the appropriate personal protective equipment.



*Make recommendations on using the proper tools and equipment*

*Remember—a good example can be the best teacher.*

If you would like to receive this newsletter via e-mail, please use the information below. Remember to include your e-mail address. For verification purposes, please include your name and mailing address.

Send to:

ATTENTION: Bob Rhea  
Professional Miner Program  
Joseph A. Holmes Safety Association  
1100 Wilson Boulevard—Room 2147  
Arlington, VA 22203  
(202) 693-9574  
E-Mail: [Rhea.Robert@DOL.gov](mailto:Rhea.Robert@DOL.gov)

**DID YOU  
KNOW?**

**Every year 46,000 pounds of new minerals must be provided for every person in the United States to maintain our standard of life.**

**Professional Miner's Pledge**  
 As a Professional Miner I pledge to serve as a positive role model for other miners, and as a mentor for new miners. By recognizing "Safety and Health are Values," I will work to ensure a safe, healthy, and alcohol and drug free workplace for myself and coworkers, and promote and participate in health and safety initiatives.

For 67 years, Frank Bushika has worked at the Bushika Sand and Gravel Company established in Cheshire by his late father, Frank Bushika Sr. Despite the many hazards of the job, he has not lost a day as a result of a work-related injury.

Bushika's personal best safety record is believed to be unique. "I don't know of anyone who's achieved what Frank has," said Jeff Duncan, Director of Educational Policy and Development for the Mine Safety and Health Administration.

Bushika, who is 79, attributes his long-standing safety record to the constant application of common sense. Bushika has passed on his knowledge and desire to work safely to co-workers and to his family, including one of his sons, Brian, who also works in the industry. They will carry on the legacy of working safely.



*By D.R. Bahlman, Berkshire Eagle Staff  
 Article from The Berkshire Eagle, Pittsfield, MA; Tuesday, March 29, 2005*

**Unsurpassed on safety**  
 Bushika piles up a 67-year record

Professional Miner Program  
 Joseph A. Holmes Safety Association  
 1301 Airport Road  
 Beaver, West Virginia 25813-9426

**FIRST-CLASS MAIL  
 POSTAGE & FEES PAID  
 U.S. DEPARTMENT OF LABOR  
 Permit No. G-745**

---

Official Business  
 Penalty for Private Use \$300