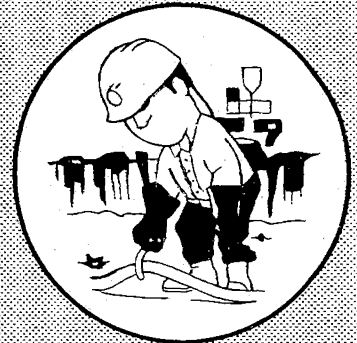


BULLETIN



United States Department of Labor

MSHA

Mine Safety and Health Administration

CONTENTS

1. Safety Topic, "Vacation With Safety"
2. Safety Topic, "Suited For Safety"
3. Safety Topic, "Eye Injuries"
4. Cartoon, "Cast Your Ballot"
5. Session XXXVI, "Ground Control, Subpart K, Sections
77.1004 - 77.1006"
6. Safety Topic, "The Jackleg Drill Operators, Part II"
7. Safety Topic, "Part I, Lifting and Handling Material"
8. Chart, "Metal and Nonmetal Mining Fatalities, January -
December, 1978"
9. Safety Topic, "The Last Word"
10. Meeting Report Form



July 1979

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

VACATION WITH SAFETY

Our safety message for today concerns an event that we have been looking forward to for several months. I am referring to our annual vacation period, which is just around the corner; in fact, just a few days from now.

I suppose most of you will take a vacation, and I hope that you do and have a good time. You need an opportunity to relax and enjoy the many diversions planned for your families and friends.

There are two important items I want to emphasize at this point. First, I want you back from your vacation in one piece, full of pep, and ready to begin your duties with renewed vigor, for we still must cope with the problem of earning a living for our families. Stated briefly, don't get hurt! Have a happy, healthy safe vacation.

Maybe some of you are wondering why I am warning you about the possibility of accidents while on vacation. Recall a year ago during the vacation season and you will remember that newspapers and radio and television stations were carrying numerous accounts of accidents happening to people while on trips, or staying at home. These accounts involved many forms of accidents, such as auto smashups, drownings, fires, falls, and so on down the line. The company wants you back safe and sound, for it needs every one of you. I do too, for I need you to help get our work done, and we need a full crew to show best results.

Records on vacation accidents are not complete, but we can correctly assume from what is available that the injury rate is much higher than for any good mine, such as ours. This does not have to be that way though, for in nearly every case of injury, the person took a chance, or did something that should not have been done.

There are numerous ways to get hurt while on vacation. The opportunity of being injured rides along with you and your family on every vacation trip. It is your silent, unwanted partner all the way, but it can be held in check by being safety-minded in all your activities, whether driving or at play. Use your head, and you will have a safe vacation and come back whole and hearty.

(For underground and surface mining operations)

Another point that we must not overlook is the interval between the present and the start of your vacation. Naturally, your minds may want to wander to the scheduled events you have planned, but in order to fulfill the happy events you have scheduled, you will need to give your work duties your undivided attention. I can think of nothing that will make someone's vacation a wash out or a complete flop than for this person to have an accident just before the scheduled event. Can you imagine the feeling of a person who is forced to spend a vacation with an arm or leg in a cast or maybe confined to a hospital with a more serious injury? Use safe work practices unflinchingly so that you and the rest of our crew will be able to enjoy a safe and happy vacation.

Thought for the week: Do Not Let An Accident Ruin Your
Vacation Plans!



July 1979

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

SUITED FOR SAFETY

Whether you are a postman, farmer, fireman, surface or underground miner, shop or preparation plant employee--operate a lathe, a bulldozer, a loading machine, or a drill--your safety may depend upon the cut of your clothes, from the top of your head to the soles of your feet.

You are aware that there is a right and a wrong way to dress for any occasion. At a formal affair, the penalty for improper attire could be embarrassment. In our mine, shop, or plant, the penalty for improper clothing could be the loss of life or limb.

Around machines, whether stationary or mobile, ill-fitting clothing is an invitation to a disaster. Work clothing should be reasonably snug, without flapping sides or baggy pockets. Rips should be mended and missing buttons replaced immediately--a stitch in time could save you from injury. A hanging cuff or sleeve can easily catch in equipment, and you may not have time to wiggle free.

You will agree that when we dress for church or a social function, the accessories--ties, shoes, shirt, and tie pin--are just as important as the suit to be worn. These things make our dress complete. On the job, there are certain necessary "accessories" as well.

Naturally, our first thought should be proper headdress. Head protection is a "must," no one is permitted to work in and around our operations unless wearing a hard hat. Time will not permit us to go into detail concerning the necessary features of a proper safety hat, but for the present, it should be sufficient to say that your head protection should be adjusted to your head size, not damaged or cracked, and the harness not fitted to the shell with blasting wire.

The well-dressed worker always wears eye protection. You are well aware of the possible injuries from flying particles and the tremendous amount of pain and possible loss of vision that could result when eye protection is not worn.

In some jobs, gloves are necessary to safety. When handling sharp or abrasive material or when welding or burning, gloves are important. Hands and fingers were victims of roughly a fourth of all occupational injuries to the different parts of the body. Is there any wonder then why gloves or other hand protection is so important?

(For underground and surface mining operations)

Also important is that the well-dressed worker does not wear rings nor other jewelry when on the job. The reasons for this should be obvious to all of us.

Proper footwear on the job is the final accessory that makes a worker "suited" for safety. Steel toes in shoes and boots have saved numerous miners from injury.

The old adage, "clothes make the man," definitely holds true during the working hours as well as afterwards. It takes but a second or two to get ready, and the small amount of time required is well worth it--it also requires but a second to turn on the headlights of your automobile at night and certainly you would not drive without them! When you leave for work tomorrow, take a long, hard look at yourself and make certain that you are "SUITED FOR SAFETY."



July 1979

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

EYE INJURIES

The eye is a more delicate and more complicated mechanism than the finest watch in the world. The best watch can be bought for a few weeks' pay. A human eye that will see cannot be bought for all the money in the world, and yet thousands of men and women every day expose their eyes to hazards of flying particles to which they would not think of exposing the inner mechanism of a watch.

Few people would think of giving a small child a hammer and a watch to play with at the same time. Yet at this moment there are undoubtedly thousands of youngsters playing with sharp pointed scissors, just as destructive to the eye as a hammer would be to a watch. Few of us would think of taking a watch to a cabinetmaker or plumber for repairs, but every day thousands of mine and office employees try to perform minor surgical operations on their eyes or call on workers to remove particles from their eyes. Would you believe that, according to the National Committee for the Prevention of Blindness, pocket knives, screw drivers, and manicuring files are often used on that most delicate and priceless possession, our eyes?

There, in a nutshell, is a story of "eye injuries."

Despite all the publicity that has already been given to "eye protection," we still find many who are loaded with excuses of why they cannot wear eye protection.

What protection do we have against eye injuries? Of course, wearing goggles or spectacles with safety glass will prevent eye injuries or, at least, reduce the number and severity. If you think wearing eye protection is difficult, try to imagine the difficulties of moving through this world with no vision with only a white cane for assistance.

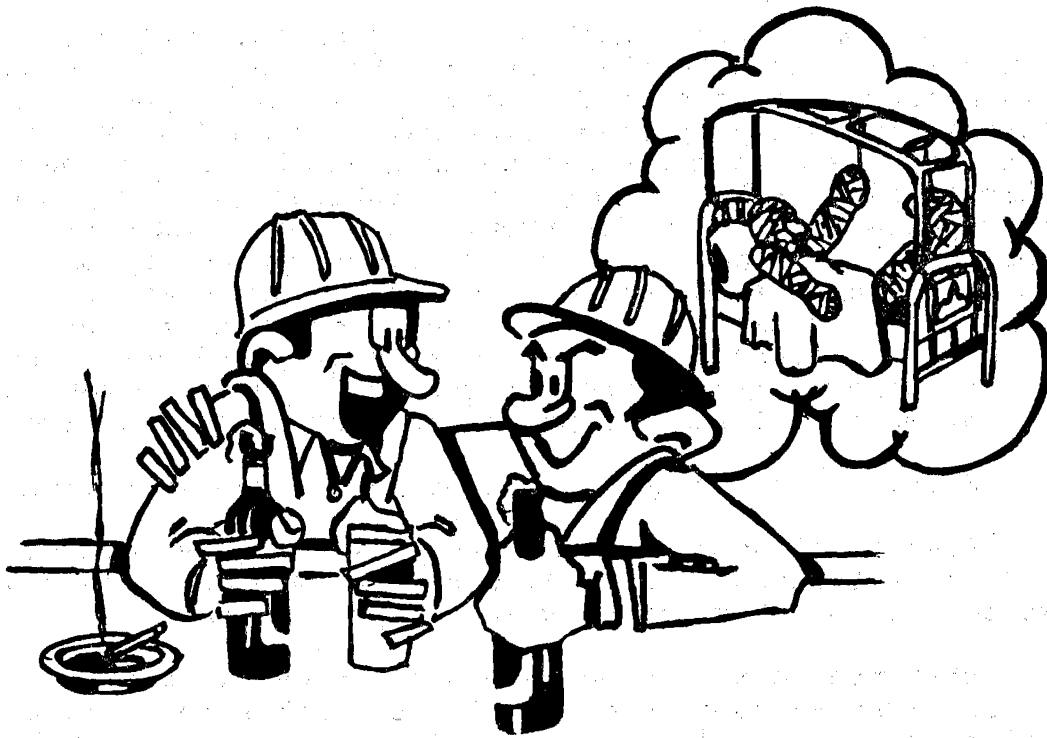
Now let us conduct a little experiment at the close of this safety meeting. Shut your eyes for just half a minute and with all the power of concentration at your command, try to imagine during that half a minute how it would feel for you to spend the rest of your life with your eyes shut. Do that conscientiously, then go to work and appoint yourself a committee of one to protect your eyes. (Conduct experiment.)

THE RETINA OF THE EYE IS THE CAMERA OF THE BRAIN!

(For underground and surface mining operations)

July 1979

HOLMES SAFETY ASSOCIATION



Cast Your Ballot

MAKE SAFETY SHINE
IN '79





July 1979

Session XXXVI

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

Mandatory Safety Standards, Surface Coal Mines and Surface Work Areas of Underground Coal Mines

Ground Control

Subpart K

Sections 77.1004 - 77.1006

In today's session we will begin by discussing an inspection that is required to be made following inclement weather.

Section 77.1004 - Ground control; inspection and maintenance, general.

Highwalls, banks, benches, and terrain sloping into the working areas shall be examined after every rain, freeze, or thaw before men work in such areas, and such examination shall be made and recorded in accordance with Section 77.1713.

Overhanging highwalls and banks shall be taken down, and other unsafe ground conditions shall be corrected promptly, or the area shall be posted. Such posting shall be done in a manner to assure that any worker in the area would be immediately aware of the hazard.

During a study of hazards associated with surface coal mines, it was revealed that 35 percent of the accidents were preceded by inclement weather, heavy rains, or freezing followed by thawing. An additional 25 percent of the fatalities occurred during the seasons which typically have unfavorable weather and, although weather was not specifically cited as a contributing factor, it is possible that weather could have been an influence in 60 percent of the strip mine highwall fatalities. Other factors which were mentioned as contributing to the accident included the employee being in an unsafe position near the highwall, employee's inattention to the hazardous highwall condition, and improper construction and inspection.

Section 77.1005 - Scaling highwalls; general.

Hazardous areas shall be scaled before any other work is performed in the hazardous area. When scaling of highwalls is necessary to correct conditions that are hazardous to persons in the area, a safe means shall be provided for performing such work.

Whenever it becomes necessary for safety to remove hazardous material from highwalls by hand, the hazardous material shall be approached from a safe direction and the material removed from a safe location.

The phrase, "The material removed from a safe location," means that the person who is removing the material must be in a safe location.

Section 77.1006 - Highwalls; employees working.

Employees, other than those necessary to correct unsafe conditions, shall not work near or under dangerous highwalls or banks.

Except as provided in this section, employees shall not work between equipment and the highwall or spoil bank where the equipment may hinder escape from falls or slides.

Special safety precautions shall be taken when employees are required to perform repair work between immobilized equipment and the highwall or spoil bank, and such equipment may hinder escape from falls or slides.

"Special safety precautions," shall include a thorough examination of the highwall or spoil bank for dangerous conditions and, if dangerous conditions are found, they shall be corrected before employees are permitted to work in such areas.

July 1979



HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

THE JACKLEG DRILL OPERATORS PART II

In the first message concerning the job of jackleg drill operators, we were able to discuss just a few of the duties, responsibilities, and safety precautions connected with this classification. We will continue the discussion and see if all of us can better understand the problems of this occupation.

New employees often use tamping sticks or other means to line up holes while learning to drill a round, but with experience, an operator visually lines up his round. Good blasting results depend on location of the back of the hole. In V-cuts, a tamping stick may be used to determine the location of the back of the hole, but with experience even this procedure is not necessary. However, in foggy conditions, it may be necessary for any operator to use some means to mark holes for alignment.

Machines furnished by some companies are not standard regarding make and model. Controls are different and the sound of operation of different drills is different. Some controls have a twist handle similar to a motorcycle handle for controlling air to the drill. Other machines have valve handles that move up and down. Many miners believe it is desirable to have the same make and model of jackleg drills. Since all machines run differently and have different operating sounds, where different machines are used it is difficult to know when a machine is bogging down with the possibility of creating a safety hazard or, at least, not working as efficiently as it should.

Noise standards require the use of ear protection in lieu of sound muffling apparatus. Miners talked with believed adequate technology is not available to quiet noise associated with jackleg drilling. Present mufflers in use cause icing and efficiency is decreased to a very low point. Even with a muffler installed on a machine, the sound of steel rattling in the hole and pounding of the bit is probably harmful to unprotected hearing. Many experienced miners prefer to use some means of ear protection. Mine operators often provide a wide selection of ear protective devices.

(For underground mining operations--metal, nonmetal, and stone)

If a jackleg is defective, miners will try to get it lubricated by filling the machine or the hose or both with oil, so that the machine can be worked for the balance of the shift. A spare machine is brought into use depending on the amount of time left on the shift and on how bad the machine is operating. In raise mining where much travel time is involved in getting another jackleg, almost an entire shift can be spent in carrying a defective machine down the raise and bringing a spare machine back to the working place.

Where a machine is defective, the shift boss is told what is wrong with it. Since the shift boss has many duties to perform, and since unforeseen and serious problems may occur on his shift, if he has several jackleg drills defective on one shift, he may be unable to follow up on defective drills to insure that necessary work is performed. A tag used to describe defects would perhaps be a more efficient means to use. The tag could have a list of most common drill ailments. An operator could check off the problem he had experienced, and the drill repairman could initial that necessary work had been done. The shift boss would no longer have to remember problems afflicting several drills; he would not have to accompany drills to the repair shop, and report problems on each drill to a mechanic. The mechanic, in turn, would not have to remember defects in drills brought in by different foremen on different shifts. When machines are repaired, they should be tried at the shop to insure that they are working properly. Mechanics should keep in mind that air in the shop is higher pressure than air available in underground working places.

Part III will follow next month with the final discussions on the hazards associated with operating jackleg drills.



HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

Part 1 - Lifting and Handling Material

You are well aware that lifting and handling material and supplies are definite parts of your duties, but it is not necessary to be injured when performing these duties. There is a correct way to perform every job, and lifting is no exception. This is an important function of your job, so I believe we need to review some of the important points. (Note to safety meeting leader: Discuss the following mistakes and their corrections):

<u>Mistakes</u>	<u>Correct Actions</u>
1. Failure to use available mechanical equipment for lifting.	Use any suitable available mechanical equipment instead of muscle power where possible.
2. Failure to wear proper gloves where required.	Wear gloves that are dry and free of grease and oil.
3. Failure to make preliminary "heft" or know the weight of the load.	Make preliminary "heft" to be sure the load is easily within your lifting capacity.
4. Poor housekeeping.	Make an inspection of the area around the object and the route over which it is to be carried, and remove anything that might cause tripping or slipping.
5. Overtaxing individual capacity to lift.	Get help in lifting a load that you feel is beyond your capacity.
6. Taking improper footing positions.	Set feet solidly. Usually, it is better if one foot is slightly ahead of the other.
7. Legs too straight and positioned too far from load.	Crouch as close to the load as possible, with the legs bent at a 90-degree angle at the knee.
8. Failure to keep back straight as possible.	Keep the back straight as possible. It should not be arched.
9. Squatting too low.	Lift from a crouched position.

(For underground and surface mining operations)

Metal and Nonmetal Mining Fatalities January-December 1978*



U.S. Department of Labor
Mine Safety and Health Administration

Ray Marshall, Secretary

Robert B. Lagather,
Assistant Secretary
for Mine Safety and Health

Metal and Nonmetal
Mining Fatalities in 1978:

136

The 136 fatalities occurred in the following states
and territories:

New Mexico13	South Dakota4	Puerto Rico2
Texas10	Wyoming4	Utah2
Colorado10	New York4	Virgin Islands2
Georgia7	California3	Kentucky1
Arizona6	Illinois3	Maryland1
Missouri6	Michigan3	Mississippi1
Tennessee6	North Carolina3	Nevada1
Pennsylvania5	Virginia3	New Jersey1
Alabama4	Wisconsin3	Ohio1
Iowa4	Arkansas2	Oklahoma1
Indiana4	Idaho2	Washington1
Louisiana4	Minnesota2	West Virginia1
Montana4	Oregon2	
		136

Fatalities for Jan-Dec 1978 by Occupation, Location, and Cause:

OCCUPATION:

Laborers	40
Miners	27
Supervisors	22
Machine Operators	14
Truckdrivers	12
Mobile Equipment Operators	12
Others	9
	136

SURFACE:

Haulage	23
Fall of Ground	10
Fall of Person	6
Machinery	6
Electricity	4
Others	10
	59

MILLS:

Fall of Person	8
Machinery	7
Haulage	6
Handling Materials	5
Falling Materials	5
Others	6
	37

UNDERGROUND:

Fall of Ground	13
Haulage	10
Fall of Person	6
Explosives	5
Hoisting	4
Others	2
	40

Explosives produce few fatalities because the hazards are obvious. Haulage vehicles, machines, and loose ground should be treated as carefully as dynamite.

*Preliminary data

The Last Word

July 1979

A wise man isn't as certain of anything as a fool is of everything.

Learn from the mistakes of others; because you can not live long enough to make them all yourself.

Success is getting what you want; happiness is wanting what you get.

Some men boast about being able to talk "straight from the shoulder," but I'm more inclined to listen to those who talk from a little bit higher.

"Me Too"

Me? I'm just a guy that is doing some listening these days. I run a shuttle car in 9 west, but I think the foreman really has something this time. I remember the two accidents we had last month occurred just like those he said happened to him some time ago.

Joe Doakes was standing at a switch when he was hurt by a derailed car and Mike, the wireman, was injured when he hitched a ride on a loaded trip that piled up.

Mechanization is not "push button" mining, by any means, and that is for sure, but I am inclined to agree with our foreman, he tells us we must continue to look out for ourselves, that we do not look out for our own safety enough.

These inspections and recommendations by the State and Federal agencies, as well as all those modern improvements are wonderful, but me? I have that feeling that I must be careful too.

HEADS UP

It's not the wrench that slips and strikes,
Or the circuit you thought was dead;
It's not the machine that grabs your hand,
Or the stairs with the slippery tread;
It's not the hole that you fell in,
So please don't be misled;
The thing that causes the accident,
Is YOU not using your head.

Most problems of humans are due to lack of business knowledge--of what is; and, of what is none of their business.

Before you complain about growing old, think of the many who have been denied that privilege.

It is easy to meet expenses these days. Just turn in any direction.

If medical science continues to find ways to prolong life, some of us may pay off the mortgages on our houses!

Managements' Safety Policies

"It shall be the policy of the company to conduct all operations safely; to prevent injury to persons and damage to property. Safety begins with planning and continues through design, purchasing, fabrication, construction, operation and maintenance. All practical steps shall be taken to maintain safe, healthful places of work by building safe and healthful conditions. Adequate protective and corrective equipment shall be used to minimize the existing hazards."

LOSING SIGHT- - - MEANS LOSING!

Ever hear the story about the man who never looked back...until it was too late? For years this fellow led the parade. His company was tops in its field, and he was respected and admired nearly everywhere he went. Unfortunately, he was so wrapped up in his progress and problems that he failed to pay attention to what was going on around him.

Then one day he did look back...only to find that the parade had turned down another street.

Losing sight of what others are doing often can be disastrous. So, whether you are a leader or a follower, it's good insurance to keep an eye on the parade.

**MAKE SAFETY SHINE
IN '79**

GPO 851-511



5000-22
(Rev. 12-78)



HOLMES SAFETY ASSOCIATION
MEETING REPORT FORM

For the month of _____

TOTAL meetings held this month _____

TOTAL attendance this month _____

Chapter Number _____ (See address label, if incorrect, please indicate change.)

(Telephone No.)

(Signature)

(Title)

DETACH - FILL OUT - FOLD AND STAPLE - FREE MAIL-IN

NOTE: BE SURE OUR ADDRESS SHOWS

For uninterrupted delivery, please include any change of address below:

POSTAGE AND FEES PAID
U.S. Department of Labor

LAB 441

MSHA, Office of Holmes
Safety Association
Education and Training
P.O. Box 25367
Denver, Colorado 80225