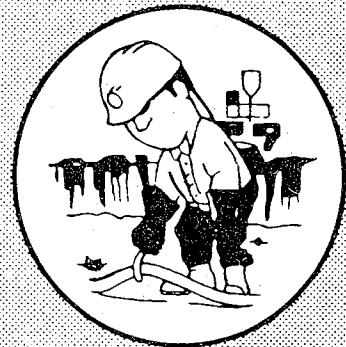


OCTOBER 1982



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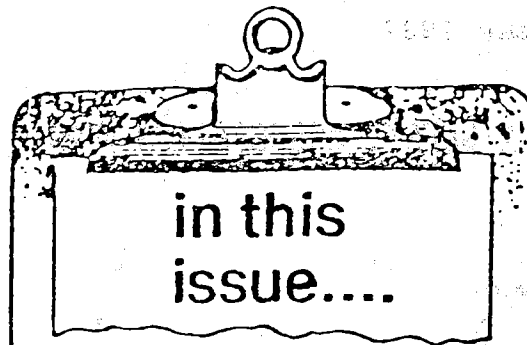
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“SAFETY”
It's Up to You,
In '82

INESS
MSHA, Holmes Safety Association
P.O. Box 25367
Denver, Colorado 80225

HOLMES SAFETY ASSOCIATION



October 1982

1. Safety Topics, "Welcome New Members"
"Look Sharp--Be Safe"
2. Safety Topics, "Drilling"
"Pay Check Versus Compensation Check"
3. Abstract, "Drilling Accident"
4. Poster, "Collaring in a Bootleg Drillhole"
5. Safety Topics, "The Jackleg-Drill Operator"
"Safety is Common Sense"
6. Safety Topic, "How to Get Along With People"
7. Safety Topic, "Think Right Toward People"
8. Safety Topic, "Seven Ways to Take a Load Off Your Back"
9. The Last Word
10. Meeting Report Form (chapters only)



October 1982

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

WELCOME



NEW MEMBERS

Manville Products Corporation
Lompoc Pit and Mill-Celite
Lompoc, California

Penn Allegheny Coal
Allegheny No. 3
Tarentum, Pennsylvania

Swistock Associates Coal Corp.
Swistock
Houtzdale, Pennsylvania

Sky Haven Coal Incorporated
Sky Haven
Penfield, Pennsylvania

Freeman United Coal Mining Co.
Industry Mine
Industry, Illinois

Nassau Coal Corporation
Nassau
Clearfield, Pennsylvania

Buckhannon Foreign Sales Inc.
Buckhannon Foreign Sales
Buckhannon, West Virginia

Cowin and Company Inc.
Harris Mine Twilight Shaft
Birmingham, Alabama

Cowin and Company Inc
Sewell 1-A Shaft
Birmingham, Alabama

Cowin and Company Inc.
Sewell 1-A
Birmingham, Alabama

Double B Mining Incorporated
Double B Mine
Harman, Virginia

Stear Mining Company
Black Hawk-Gold and Silver
Truth or Consequences, New Mexico

Amax Phosphate Incorporated
Big Four-Phosphate Rock
Bradley, Florida

Continental Enterprises
Continental Enterprises
Stacy, Virginia

H.W.C. Coal Company Inc.
No. 1 Mine
Fairmont, West Virginia

Lackey Coals Incorporated
30-B Mine
Summersville, West Virginia

Kitt Energy Corporation
Kitt Energy
Philippi, West Virginia

Columbus Mining and Construction
Columbus Mining
Buckhannon, West Virginia

Fairfax Trucking Company
Fairfax Trucking
Elkins, West Virginia

Lexie Coal Corporation
Lexie Coal
Summersville, West Virginia



T and R Coal Company
T and R Coal
Summersville, West Virginia

Safety Specialist Company
Safety Specialist-Training
Summersville, West Virginia

Empire Coal Company
Empire Coal
Richwood, West Virginia

Badger Coal Company
Tygart Valley
Philippi, West Virginia

Perry Coal Company
Perry Coal
Interprise, West Virginia

Glory Coal Company
Flag Run
Sardis, West Virginia

Glory Coal Company
Dola
Lumberport, West Virginia

Bull Run Mining Company
Meredith
Valley Point, West Virginia

Cama Coals Rockbull Division
Rockbull No. 1
Valley Point, West Virginia

Lobo Coal Company
Lobo
Kingwood, West Virginia

Preston County Coal and Coke
Corporation/Preston County
Morgantown, West Virginia

Look Sharp--Be Safe

Basically there are seven "garment safety sins" to avoid. Knowing what they are and correcting the situation as needed will prevent work clothing from becoming a shroud.

The Sins

1. Wearing dirty work clothing.
2. Ignoring missing buttons.
3. Neglecting tears or rips.
4. Wearing pants with too deep a cuff.
5. Wearing oil or chemical-soaked clothing (or clothing soaked with any flammable material).
6. Having floppy pockets, a dangling tie, or loose apron strings.
7. Wearing poorly-designed, ill-fitting clothing at work.

Proper work clothes will not only make the employees look sharp, but combined with other accident prevention practices, they will keep them safe.



October 1982

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

Drilling

Many accidents that occur during drilling operations are attributed statistically to a variety of hazards. During drilling operations, a high concentration of workers are exposed for extended periods in close working quarters to dangers of falls of ground, moving machinery, high pressure hoses, explosives, and gas or water outbursts. Noise and vibration restrict person-to-person communication and frequently fog, water, and an oil-laden atmosphere limit visibility, thereby increasing the hazards of falling and tripping. The overall hazardous exposure during the drilling cycles frequently does not receive the close appraisal it deserves.

The following suggestions are things to think about with regard to safe drilling operations.

1. Equipment must be inspected each shift and defects corrected before the equipment is used.
2. Miners operating or working near drilling machines must position themselves so that they will not be struck or lose their balance if the drill steel breaks or sticks.
3. Drilling should not be attempted from positions that hinder their access to the control level.
4. Drilling must not be attempted from insecure footing or staging or from atop equipment not designed for this purpose.
5. Bit wrenches or bit knockers must be used to remove detachable bits from drill steel.
6. Short starter steel not over 3 feet long should be used when collaring holes with hand-held feed-leg drills.
7. Miners must not hold the drill steel while collaring holes or rest their hands on the chuck or centralizer while drilling.
8. Air must be turned off and bled from the hose before moving portable drills from one face to another. A safety shutoff valve that automatically shuts off the airflow if the hose is cut or uncoupled before the air is shut off is available.
9. Suitable receptacles or racks must be provided for drill steel stored on jumbos.
10. Miners working below jumbo decks should be warned before drilling begins.
11. Drills must be firmly anchored before drilling is started and should be retightened frequently thereafter.

12. Safe means of access must be provided to jumbo platforms and jumbos must be blocked to prevent accidental movement.

13. Jumbo platforms more than 4 feet high must be equipped with handrails and toeboards. Chains or demountable rails should be used where fixed handrails interfere with drilling operations.

Think about your operation in drilling. How many items could you add to the list to insure safe drilling operations?

Pay Check Versus Compensation Check

There can be safety programs for years. The plant can be covered with safety posters. Machinery can be safely guarded. We can all be shown the safe way to do our jobs. But none of these things will make us accident free if we don't want to be. It is up to us. We must accept responsibility for our own safety and not depend too much on machine guards and our fellow workers.

Nearly everything we possess is some way connected with our ability to earn a living. The plant safety program helps us to keep on guard so we can protect that ability. By working safely we give ourselves security.

Accidents cost our company money. They cost the workers money also. No compensation check is as big as a pay check. Just imagine how tough, how impossible it would be to pay bills, to educate children, to buy a home with nothing to rely on but compensation checks.

Accidents cause inefficiency also. You cannot have a smooth operating plant when accidents keep interrupting the flow of work, taking skilled and well-trained people off the job.

The safety program helps us all stay on the job. And that means more production and more job security.

ABSTRACT FROM FATAL ACCIDENT

October 1982

HOLMES SAFETY ASSOCIATION
MONTHLY SAFETY TOPIC

Drilling Accident



General Information: A development driller learner was in the process of placing alignment poles in previously drilled holes at the working face when the left boom of a two-boom jumbo drill swung freely striking the victim in the upper right shoulder and head. A fitting on the hydraulic line which controlled the horizontal movement of the boom had been leaking which allowed the boom to swing when the hydraulic stabilizer jacks were lowered.

Access to the underground mine, a lead, zinc and copper operation, was through two circular 12½ foot diameter concrete-lined shafts. A room and pillar mining method was used. Ore was drilled with mobile rubber-tired, double-boom jumbo drills, loaded with a combination of AN-FO and dynamite, then detonated. Blasted material was loaded onto haultrucks and transported to the ore-storage pockets. The material was crushed and hoisted to the surface mill storage bin.

The drill involved in the accident was a rubber-tired drillmobile equipped with two 15-foot booms which had a high-frequency rotary percussion drill mounted on each boom. The booms were capable of a 50-degree swing left or right. The swing motion, like all drill functions, was hydraulically powered and controlled by hand valves located at the operator's console. The hydraulic cylinder which controlled the horizontal swing of the drill boom was 5 feet long with a diameter of approximately 4 inches.

Previously, the original left swing-cylinder hydraulic-line connector had been broken and the cylinder had been taped and a 90 degree, ¼ inch street ell-pipe fitting had been installed. It was relatively easy for the drill operator to accidentally break or crack this hydraulic cylinder fitting while positioning the drill slide. This had happened on the morning of the day of the accident.

It was usually left up to the discretion of the drill operator, depending on the extent of the damage done to the fitting, and extent of hydraulic leak, to decide whether or not to use the drill boom. It was also common practice to drill with one boom if the other was not functioning. At the time of the accident, the drill operator did not realize the hydraulic pressure had bled off.

Description of Accident: The drill operator was using the right drill to drill burn holes. The victim was operating the left drill and while doing so damaged (cracked) the street ell-type fitting with the drill support slide which controlled the swing motion of the boom. The drill operator instructed the victim to go to the shop area and inform maintenance that repair was needed on the street ell-type fitting since hydraulic fluid was leaking from the fitting. Even though it was leaking, the drill operator continued to use the drill without any problem while the trainee was gone.

When he returned and the drill rig was in position to complete the round, the victim informed the drill operator that he would insert charging poles in drilled holes for alignment purposes. Although the drill operator instructed the victim to go get the powder ready for charging the victim insisted on inserting the charging poles in drilled holes stating that they had plenty of time before getting the powder.

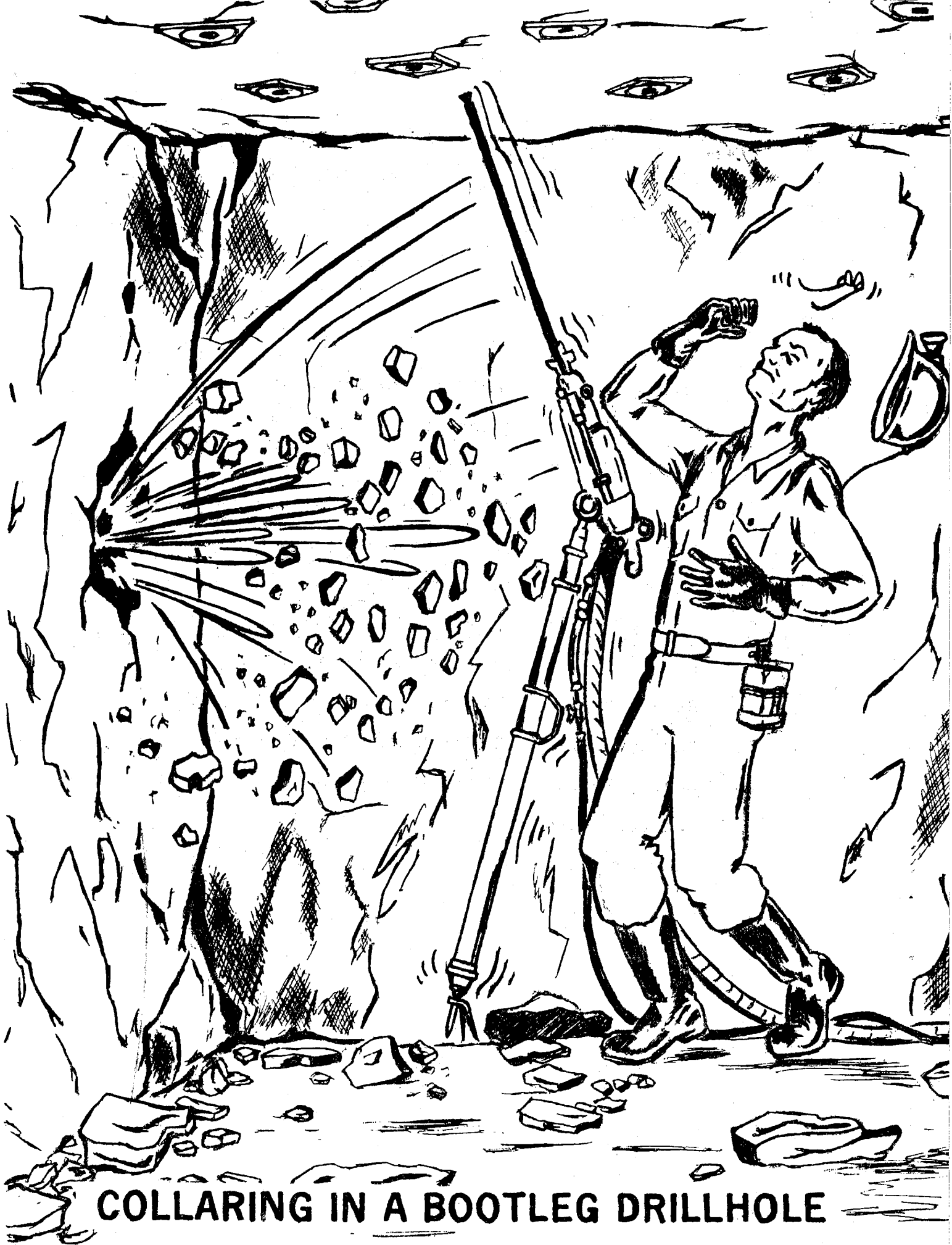
At this time, unknown to either man, the cracked fitting had allowed hydraulic fluid to leak from the left swing hydraulic cylinder relieving the pressure which controls the swing motion of the left boom. The left drill was about 2 feet off the floor of the drift at this time. The victim left the control console on the drill rig and started to the face of the drift while the drill operator proceeded to set the hydraulic stabilizer jacks on the drill rig.

He set the two rear hydraulic stabilizer jacks first, then the left front hydraulic stabilizer jack was set. While doing this, he noticed the left boom starting to swing to the left. He warned the victim who turned around just as the boom hit him.

Cause of Accident: The direct cause of the accident was the bleeding off of hydraulic pressure from the cracked street ell-type fitting on the hydraulic cylinder which controlled the horizontal (swing) motion on the left boom. A contributing factor was the drill boom was not blocked against motion until the damaged fitting could be repaired.

Recommendations: Whenever hydraulic leaks occur which are significant enough to affect the control of movement of any piece of equipment, the affected equipment should be removed from service and blocked against motion.

A shield should be fabricated to protect the swing cylinder hydraulic connector from being damaged.



COLLARING IN A BOOTLEG DRILLHOLE



October 1982

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

The Jackleg-Drill Operator

Part I

An important function performed in underground metal and nonmetal mines is that of the jackleg-drill operator. The job is not new, but when compared to other job classifications, it has its problems, some more pronounced than others.

Each year, there are serious lost-time drilling injuries reported in metal, nonmetal, and stone underground mines.

Discussion with Jackleg-Drill Operators

Discussions were held with groups of miners on procedures followed in jackleg drilling and hazards associated with operating jackleg drills. The groups consisted of two or more jackleg drill operators at three mines in three geologically and geographically different locations in the United States. Experience of the miners ranged from one with less than 1 year of operating experience to miners with approximately 30 years experience operating jackleg drills. Following is a summary of concepts discussed by the miners during these talks.

Most miners collar holes with the length of steel used to complete the hole. For Example, where the final depth of hole is 6 feet, they use 6-foot steel to collar the hole. Six feet was the usual depth of hole.

For collaring holes, contract miners working in hard rock generally steady the steel with their left hand while operating machine controls with their right hand. Other mines, where helpers are used on jackleg drills, have the helper steady the steel until it is collared. Some miners, working in softer ground, are able to collar holes while standing behind the drill with no support given directly to the steel. Where ground is not too hard, it was suggested that a pick be used to make notches in the face. The notches assist an inexperienced jackleg driller in collaring holes. A "trick of the trade" that sets a professional miner apart from a novice is the ability to get the correct angle on the leg and drill combined with the correct leg pressure. Where the angle and leg pressure are nearly optimum, the drill works for the miner without the need for useless energy expenditure on the miner's part. The drill is most efficient under those conditions and essentially works alone.

Some miners put a foot on the stinger to steady the drill while drilling downholes. All miners are warned against using a foot to steady the steel on downholes. A real hazard would exist of

getting the steel through the foot.

When changing to a longer steel, one approach was to put the longer steel in the machine and then maneuver the steel into the hole, using leg pressure. A second approach was to put the longer steel into the hole and then maneuver the machine into the steel. Those using the second approach believed that maneuvering steel and machine was excessive and unnecessary work. However, those who moved steel and machine at the same time believed their procedure gave them more control over the machine.

Miners were unanimous in stating that, where steel breaks while drilling, the operator should turn loose of the machine. Such a procedure requires that the drill operator not maintain a "white-knuckle" grip on the machine. If the operator does hold onto the machine after the steel breaks, the sudden machine movement gives no opportunity to turn off the air to the machine or leg, and the miner will be pulled forward. The forward pull may impale the miner on the broken steel in the hole, or the miner will at least be slammed into the face. Some miners with many years of experience on the same machines said that they could guide the drill down, after the steel broke, if the leg pressure was low enough. This procedure could not be recommended to anyone else.

When steel is stuck in the face, some miners attempt to pull it with air-leg pressure, pushing against the face area. Such attempts are often futile, and the procedure is not considered safe by many miners. Where stuck steel is blasted out, some means should be provided to insure that miners on the following shift are aware that steel is in the muck pile, so they do not injure themselves while loading out the muck. The miners on the following shift need a warning of the hazard, and some standard procedure should be available for such warning.

Part II

We will continue the discussion and see if all of us can better understand the problems.

Proper Alignment of holes

New miners often use tamping sticks or other means to line up holes while learning to drill a round, but with experience, an operator can visually line up the 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.

Part III

Proper Training for Apprentice Miners Necessary

Some mines have an apprentice training system. Trainees are sent to different locations in the mine to learn jackleg drilling and other work performed by underground miners. Some contract miners believe that this system is not equitable where they are concerned. For example, they must give the trainee a percentage of their contract pay, and training the new operator slows down their contract operation. They believe, in effect, that as contract miners, they are paying the company to provide training to new employees hired by the company. It would seem more equitable to them if the company would pay an additional sum to them for providing training. Other mines provide training classes in drilling and other work. Most workers, however, have learned their skills through observing experienced miners, and through actual operation of equipment.

One miner believed that text books of general scope should be available to miners. The books should provide basic information on a miner's skills and functions. Much of the material would have to be designed for individual locations. Information on reading ground is something that is more art than science and can be learned only from experience at particular locations. Some professional miners believe that their wide scope of skills are not properly recognized outside the mining community.

Most experienced miners believe the jackleg drill is a well-designed tool for the work it is required to do. However, it was suggested that leg design be changed so that the leg housing would push against the ground instead of the small stinger. Where the housing was against the ground, the leg would push the the drill up from the housing. The present housing is against the drill and the leg pushes down. With the relatively larger housing on the muck, it would not sink in and get stuck as the present leg sometimes does.

Maintenance on jackleg drills was considered generally good. The only problems cited were those where drills were not adequately repaired because (apparently) drill repairers were not told what repair was needed. A tag system could correct that problem. Also, control valves were sometimes put on in reverse. When that occurred, a machine would lower when the lever was pushed in the direction that should extend it.

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 the shift, if the boss has several jackleg drills defective on one shift, it may be difficult 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 problems that were 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, and 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 supervisors 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 working places.

Part III-A

This is our final discussion on the hazards associated with and the health and safety precautions needed while working and running jackleg-drills.

Rock Drills be Muffled

MSHA noise standards have been interpreted as requiring that all hand-held pneumatic rock drills be muffled, and where required, that ear protection continue to be used, to prevent exposure in excess of that specified in the standard. Although some miners have complained that muffled drills cause icing and drill inefficiency, a properly designed muffler will not significantly affect efficiency or cause icing that cannot be prevented. In cases where mufflers have been applied and miners have become accustomed to their use, acceptance is generally good. In fact miners prefer muffled drills when they are properly designed,

because of the better visibility and cleaner atmosphere associated with their use.

Many of the machine accidents can be traced to poor visibility caused by dense fog. Foggy conditions should be eliminated as much as possible by installing water traps in the air line, proper adjustment of the machine oiler and keeping the steel and water needle free of obstruction. A properly designed muffler will eliminate most of the fog caused by oil and water in the air line. Where freezing is a problem, water traps or an air drying system may be necessary. Under extreme freezing conditions, an antifreeze system such as tanner gas or notox may be installed in the air line.

Mufflers are capable of reducing noise levels below 115dBA, and this will protect persons who come into the vicinity of such drills for short periods without hearing protection. The combination of a properly designed muffler and well fitted hearing protectors will reduce the noise level reaching the drillers ear to below 90dBA, and should enable the miner to drill for the entire 8-hour shift without adverse or irreversible hearing damage.

Hazards mentioned with regard to running jackleg drills included the following:

1. An operator should never stand in front of an operating drill to clean up or for any other reason.
2. Operators should not wear knit gloves that can be caught in the chuck. If an operators' hand is caught, the hand and arm will be wrapped around the chuck before the operator has time to turn off the drill. For the same reason, many miners do not steady the steel with a gloved hand because any jagged edges of drill steel could catch the glove and twist the hand around the steel. Also, for a similar reason, rings should not be worn, nor ragged clothing that can be caught by moving parts of the drill.
3. Miners must be alert to the possibility that drill steel can break. They must also stay in the clear of the suddenly extended leg when a steel breaks and the drill falls. Especially in ravelly ground, miners must insure that the steel is locked in a hole, the entire machine can start to spin, wrapping up anything in its way.
4. A jackleg operator should not stand on the handle on the leg for more pressure or put excessive body weight on the drill. Extra weight can break the steel, bind the steel in the hole, or bow the steel which may cause the machine to heave the operator against the back. It is essential that jackleg-drill operators know that proper leg angle and leg pressure are the secret to operating a jackleg drill.
5. Jackleg-drill operators should, through the application of low pressure in a safe location, determine whether the machine is operating properly. Reversed control valves are an invitation

to the operator to get confused and move the machine down when it was intended to go up, and vice versa. Reversed controls are especially hazardous in a raise.

6. Some machines have a twist handle for applying air to the drills and the handle is flat against the machine. This location of the handle can cause the operators' hand to be caught between the handle and the leg. Control handles should angle up from the machine for hand safety.

7. Most of the miners believed that hurrying to complete a shift and inexperience were the probable basic causes of most injuries.

Safety is Common Sense

Human emotions aren't solids that can be dropped on one's toes, or jabbed with a pin, but they are real. All humans possess them. A sigh, cry, smile, or sneer are emotional manifestations.

Safety consciousness is like that. We are born with a natural desire to survive. From the first lusty howls of infancy for breath, to a matured effort to escape a dangerous predicament-- we want to live. But, do we allow this instinct to influence our thought, acts, and decisions? For many, safety is a negative quantity.

For instance, a person lacking safety consciousness walks thoughtlessly under bad roof falling rock. To the observer, something happened. Another person cautiously approaches the same area, calculates the risk and hazards involved, acts accordingly and safely completes the shift. To the same observer, nothing happened. The significance of the caution (or common sense) that kept the person safe and averted an accident is completely disregarded.

While it may be normal to be impressed by dramatic effects, we must not overlook the fundamental benefits of common sense.



October 1982

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

How To Get Along With People

KEEP skid chains on your tongue; always say less than you think. Cultivate a low, persuasive level in your voice. How you say it often counts more than what you say.

MAKE promises sparingly and keep them faithfully, no matter what it costs you.

NEVER let an opportunity pass to say a kind and encouraging thing to or about somebody. Praise work well done, regardless of who did it. If criticism is needed, criticize helpfully, never spitefully.

BE interested in others, interested in their pursuits, their welfare, their homes and families. Make merry with those that rejoice; with those who weep, mourn. Let everyone you meet, however humble, feel that you regard him/her as one of importance.

BE cheerful. Keep the corners of your mouth turned up. Don't focus excessively on pains, worries or disappointments. Laugh at good stories and learn to tell them.

PRESERVE an open mind on all debatable questions. Discuss, but do not argue. It is a mark of superior minds to disagree and yet be friendly.

LET your virtues, if you have any, speak for themselves, and refuse to speak of another's vices. Discourage gossip. Make it a rule to say nothing of another unless it is something good.

BE careful of another's feeling. Wit and humor at another's expense are rarely worth the effort, and may hurt when least expected.

PAY no attention to ill-natured remarks about you. Disordered nerves and a bad digestion can be caused by backbiting.

DON'T be too anxious about what is due you. Do your work, be patient and keep your disposition sweet, forget self, and you will be rewarded.



October 1982

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

Think Right Toward People

Your mind is a mental broadcasting station. This broadcasting system transmits messages to you on two equally powerful channels: Channel P (positive) and Channel N (negative).

Let's see how your broadcasting system works. Suppose that today your business superior (say, Mr. Jacobs) called you into his office and reviewed your work with you. He complimented you on your work, but he also made some specific suggestions on how you can do it better. Tonight it's only natural for you to recall the incident and do some thinking about it.

If you tune in Channel N, the announcer will be saying something like this: "Watch out! Jacobs is out to get you. He's a crab. You don't need any of his advice. To heck with it. Remember what Joe told you about Jacobs? He was right. Jacobs wants to grind you down like he did Joe. Resist him. Next time he calls you in, fight back. Better still, don't wait. Tomorrow go in and ask him what he really meant by his criticism..."

But tune in Channel P, and the announcer will say something along these lines: "You know, Mr. Jacobs is a pretty good fellow. Those suggestions he made to me seem pretty sound. If I put them to use, I can probably do a better job and position myself for an increase. The old boy did me a favor. Tomorrow I'll go in and thank him for his constructive help. Bill was right: Jacobs is a good man to work with..."

In this specific case, if you listen to Channel N, you're almost certain to make some bad, perhaps fatal, mistake in your relations with your superior. But if you were tuned to Channel P, you are definitely certain to benefit from your superior's suggestions, and at the same time draw yourself closer to him. He will appreciate that visit. Try it and see.

Bear in mind the longer you stay tuned to either Channel P or Channel N, the more interested you become and the harder it is to switch channels. This is true because one thought, positive or negative, sets off a whole chain reaction of similar thought.

You may, for example, start off with such a simple minor negative thought as a person's accent and find yourself soon thinking negatively about such unrelated topics as his political and religious beliefs, the car he drives, his personal habits, his relationship with his wife, even the way he combs his hair. And thinking this way surely won't get you where you want to go.

You own it, so manage your thought broadcasting station. When your thoughts turn to people, make Channel P your listening habit.

If Channel N cuts in, say stop. Then switch channels. To make the switch, all you must do is think of one positive quality about the individual. In true chain reaction style, this one thought will lead to another and another. And you will be glad.

When you are alone, you and only you can decide whether you will listen to Channel P or Channel N. But when you are talking with someone else, that person has a measure of control over how you think.

We must remember that most people do not understand the concepts of thinking right toward people. So it's a very common experience for people to come rushing to you, just aching to say something negative about a person you both know: a co-worker wants to tell you about the objectionable qualities of another employee; a neighbor wants to let you know the domestic problems of another neighbor; or a customer wants to itemize the faults of a competitor, whom you will call on next.

Thoughts breed like thoughts. There is real danger that if you listen to negative comments about another person, you too will go negative toward that person. In fact, if you are not on guard, you may actually find yourself adding fuel to the fire with "Yes, and that's not all. Did you hear..." type of comment.

These things backfire, boomerang.

There are two ways to prevent others from switching us from Channel P to Channel N. One way is to switch topics as quickly and quietly as possible with some remark like, "Pardon me, John, but while I think of it, I've been meaning to ask you...." A second way is to excuse yourself with a "Sorry, John, I'm late now..." or "I've a deadline to meet. Will you excuse me?"

Make a forceful promise to yourself. Refuse to let others prejudice your thinking. Stay tuned to Channel P.

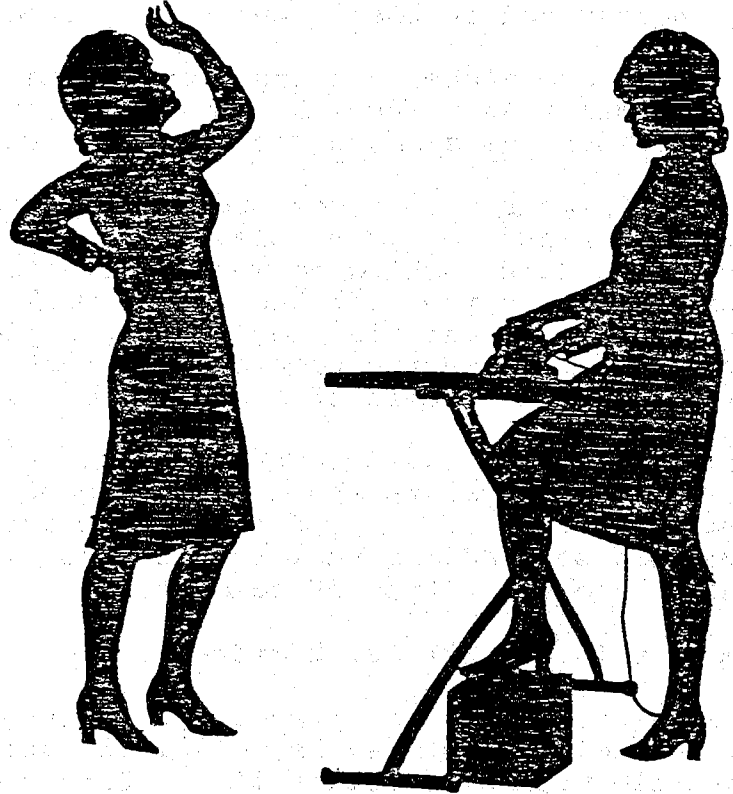
Once you've mastered the technique of thinking only good thoughts about people, greater success is guaranteed.



October 1982

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

7 WAYS TO TAKE A LOAD OFF YOUR BACK !



1. STANDING

Many people confuse standing up straight with standing rigidly. Keeping all those muscles tense while you're standing on a hard surface is one of the worst things you can do for a bad back. Instead, keep your knees slightly flexed and your weight evenly balanced on each foot.

Shift your posture by resting one foot on a step or rail 2 or 3 inches higher than the ground for a few minutes. Then switch to the other foot.

Working at the kitchen counter can be particularly tiring, especially if the surface is too low to work at without bending slightly. If you must bend, bend from the hips, not the waist. The worst way to stand is leaning forward with your hips against the counter; it's liable to force you into a vulnerable, strained stance to maintain your balance.

Make a footrest out of a sturdy box that is about 8 inches high, and alternately rest one foot on it while doing counter work, ironing or a similar activity.

Whether standing still or walking, low heels are better for your back than high heels.



3. SITTING

Americans are notorious for the amount of sitting they do commuting to work, on the job and even around the house. And even though we do it so much, we tend to do it very badly. We slump when we should straighten, dangle our feet when we should have them firmly planted, and sink into cushions when our spine is really craving a firm seat and hard back.

Try to use chairs that have seats large enough for adequate support and that are close enough to the ground for your feet to easily rest flat. If the chair is too low, you may slump and bend your back. If it's too high, you may sway forward.

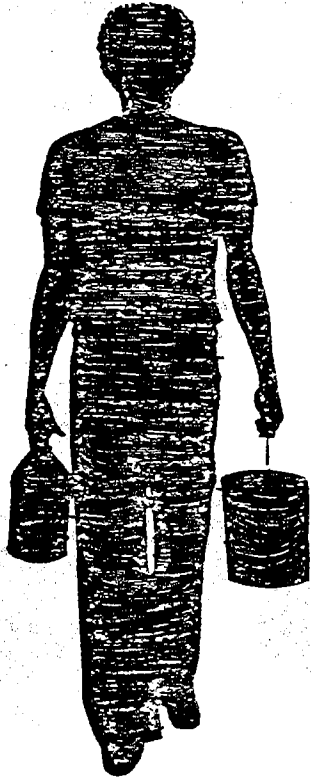
The best way to sit is with your buttocks well back in the seat and the small of your back supported. A firm pillow $1\frac{1}{2}$ inches thick can be tucked behind your lower back for extra support.

Keep your knees above your hips if possible to reduce the stress on your spine and the muscles and ligaments that support it.



2. BENDING DOWN

Whether retrieving a lost paperclip or wiping up a spill, curb your impulse to lock your knees and bend from the waist. Instead, bend at the hips or knees. If you squat, keep your back fairly straight but not rigid.



4. WALKING AND CARRYING

Don't hunch as you hurry down the street. The best posture is the one that comes closest to normal standing. Try to keep your shoulders level and your back straight.

Balance the load: Divide heavy loads into two bundles that can be carried at your sides, one in each hand. If a load can't be divided, hold it close to your body with elbows resting against your sides and the weight balanced evenly. If carrying a heavy load in one arm can't be helped, place it as close to the elbow joint as possible.



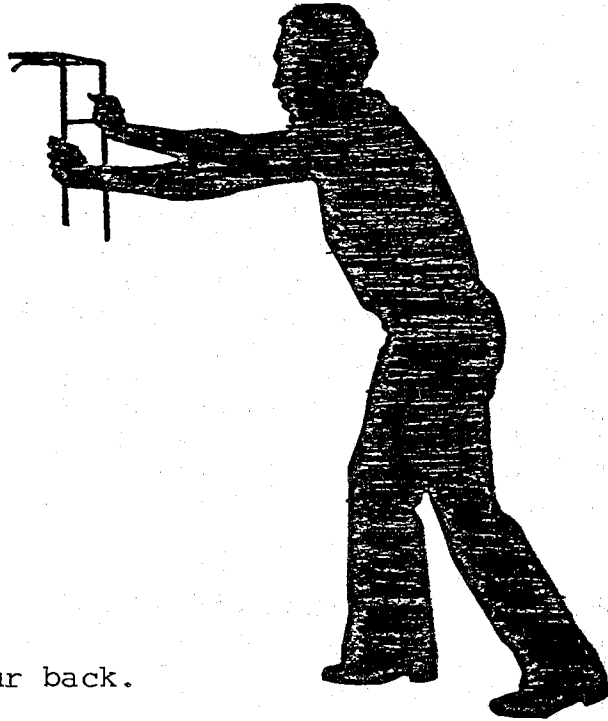
5. REACHING UP

The book you need is on the top shelf and the stepstool is across the room. The temptation is to stand on tiptoe and stretch--resist that thought! It's a quick way to wrench your muscles. If you can't take time to get the stepstool, hold your abdominal muscles tight and reach, don't stretch. The best rule is, keep things you use frequently at an easy-to-reach height.

6. PUSHING AND PULLING

Always try to push rather than pull a load. One foot should be behind the other and your weight balanced between them. Again, keep your spine straight and use the force of your legs and arms to move the object.

If you must pull, assume a similar position and face the load. Trying to drag something behind you can strain your shoulder and neck as well as your back.



7. LIFTING

First, find out how heavy your load is by trying to lift a corner. If you can tell it's too much for you, get a helper, or two.

When you do it yourself, part your feet with one alongside the load and one behind. This gives you greater stability, and the rear foot is in position for the upward thrust of the lift.

Squat with your spine straight but not locked. Tuck in your chin and neck so they maintain the line of your spine.

Grip with your full palm, not just your fingers, around the corners of the load. Pull your elbows in to your body to give them as much strength as possible. That way they bear the strain, not your back.

Center your body weight over your feet and start the lift with a thrust of the rear foot.



THE LAST WORD

OCTOBER

The name of this month is from the Latin Octo, meaning eight; it was the eighth month of the year at Rome, but became the tenth when the beginning of the year was changed from March 1 to January 1. At the same time it was increased from 30 to 31 days. Several attempts were made to rename the month in honor of one or another of the emperors, and also in honor of Faustina, wife of Antoninus Pius; but those changes did not last.

"Halloween", an ancient celebration occurs during this month. Ancient Druids believed spirits of the dead roamed about the earth during this season. Bonfires were lighted to drive them away. Spirits of the dead are roaming about us daily; we are better acquainted with them as accidents. Let us celebrate Halloween each day as an effort to drive out the accidents within the mining industry.

Reporting her husband, missing, the wife told the police, "He's bald and skinny, has no teeth and very little personality. In fact, most of him was missing before he was."

A man is as young as he feels after trying to prove it.

The worst thing about retirement is having to drink coffee on your own time.

Teenage girl to date: "Let me put it this way, if our romance were on Television, I'd switch channels."

"Advice" from a disgruntled friend: "Invest your money in taxes--they're sure to go up."

It Makes Sense

While most accidents are caused by the mistakes of people, a few involve failures of equipment. But even these mechanical failures can be traced back to someone's mistake, such as his not being alert to defects in equipment and not reporting them.

Your senses can help you spot something wrong.

Sight: Be on the lookout for accidents in the making.

Hearing: Listen for the offbeat sounds of defective or improperly adjusted equipment.

Smell: Your nose can help you detect most gas or chemical leaks, overheated bearings, burning brakes, arcing electricity.

Touch: Your hands can warn you of such things as excessive vibration or overheating.

And for good measure, there's your common sense.

DRIVING WITHOUT
SAFETY BELTS IS GOOD FOR:

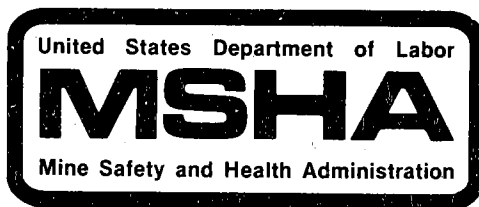
Cuts
Bruises
Broken legs
All of the above

What's your excuse?

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U.S. Department of Labor

LAB 441

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



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)

FILL OUT - FOLD AND STAPLE - FREE MAIL-IN

NOTE: BE SURE OUR ADDRESS SHOWS

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

The Joseph A. Holmes Safety Association was founded in 1916 by 24 leading National organizations of the mining industries.

The Joseph A. Holmes Safety Association is named to commemorate the first director of the Bureau of Mines for his efforts in reducing accidents and illness throughout the mineral industries.

The following is the different award criteria:

Type "A" Awards - For Acts of Heroism

The awards are medals with Medal of Honor Certificate.

Type "A" - For Acts of Heroic Assistance

The awards are Certificates of Honor.

Type B-1 Awards - For Individual Workers

(40 years continuous work experience without injury that resulted in lost workdays)

The awards are Certificate of Honor, Gold Pins and Gold Decal.

Type B-2 Awards - For Individual Officials

(For record of group working under their supervision)

The awards are Certificate of Honor.

Type C Awards - For Safety Records

(For all segments of the mineral extractive industries, meeting adopted criteria)

The awards are Certificate of Honor.

Other Awards - For Individual Workers

(For 10, 20, or 30 years without injury resulting in lost workdays)

The awards are 30 years-Silver Pin and Decal, 20 years-Bronze Pin and Decal, 10 years-Decal bearing insignia.

Special Awards - For Small Operators

(Mine operators with 25 employees or less with outstanding safety records)

The awards are Certificate of Honor!

Contact: HSA Office

Department of Labor
MSHA, Holmes Safety Association
4800 Forbes Avenue, Room A268
Pittsburgh, PA 15213

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