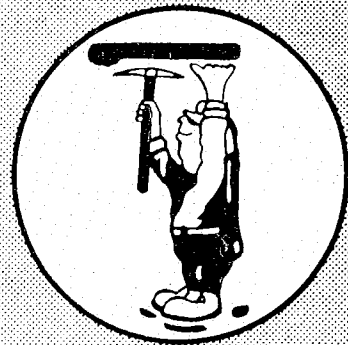
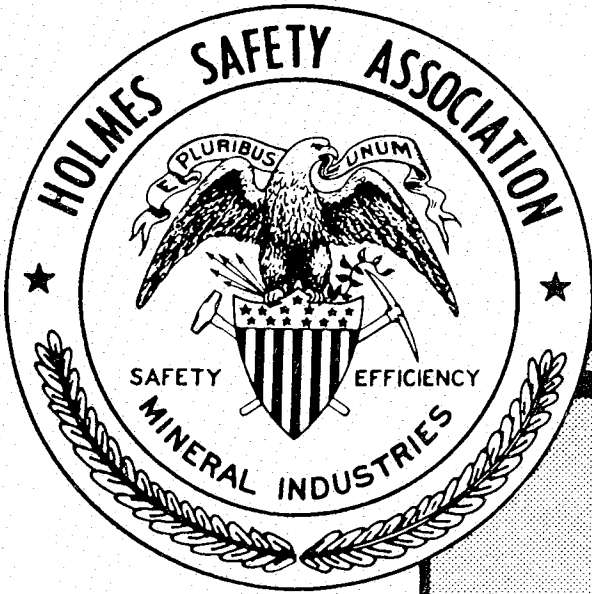


JANUARY 1983



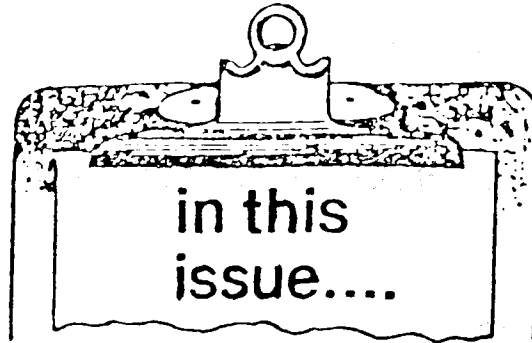
BULLETIN



**FOLLOW SAFETY
THRU in
-82-**



HOLMES SAFETY ASSOCIATION



JANUARY 1983

1. Safety Topic, "Welcome New Members"
2. Safety Topics, "The 1983 Slogan Decal is Now Available"
"The Mathematics of Carelessness"
3. Safety Topic, "Joseph A. Holmes Safety Association Awards
Criteria/Application"
4. Safety Topic, "Idle and Abandoned Areas"
5. Safety Topics, "The Problem Drinker: Everybody's Problem"
"Free and Responsible People"
6. Abstract, "Fall-of-Person Accident"
7. Abstract, "Compressed Air Line Accident"
8. Poster
9. Safety Topic, "Women in Mining"
10. Safety Topic, "Blood Pressure--One Key to Your Good Health"
11. The Last Word
12. Meeting Report Form (chapters only)

A MINE IS NO PLACE FOR HORSEPLAY,
IF YOU'VE GOT TO PLAY, PLAY IT SAFE.



January 1983

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC



Maben Energy Corporation
Maben Energy
Beckley, West Virginia

Barrett Fuel Corporation
Barrett Fuel No. 2
Beckley, West Virginia

Cedar Coal Company
White Oak Prep Plant
Orgas, West Virginia

Cedar Coal Company
Big John No. 4
Orgas, West Virginia

Cedar Coal Company
Twin Poplar
Orgas, West Virginia

Cedar Coal Company
Robin No. 6
Cabin Creek, West Virginia

Cedar Coal Company
Chelyan Surface
Cabin Creek, West Virginia

Cedar Coal Company
Cut No. 24
Cabin Creek, West Virginia

Cedar Coal Company
Cut No. 25
Cabin Creek, West Virginia

Cedar Coal Company
Cut No. 26
Orgas, West Virginia

Cedar Coal Company
Cut No. 27
Cabin Creek, West Virginia

Coal Cave Corporation
Coal Cave
Glen Jean, West Virginia

Laurel Creek Mining Company Inc
Laurel Creek
Madison, West Virginia

Wynchester Mining Company Inc
Wynchester
Madison, West Virginia

Chapmansville Construction Com
Chapmansville
Chapmansville, West Virginia

Expansion Mining Company Inc
Expansion
Madison, West Virginia

Saratoga Construction Company
Saratoga Construction
Madison, West Virginia

M and B Coal Company
M and B
Roderfield, West Virginia

Jerome L Workman
Namkrow
Powellton, West Virginia

Clay Kittenning Coal Company
Gail
Bickmore, West Virginia

Coaltrain Corporation
Coaltrain
Reedsville, West Virginia

Ranger Fuel Corporation
Beckley No. 1
Crab Orchard, West Virginia



Bolt Preparation Plant
Bolt Prep Plant
Bolt, West Virginia

Hansford Coal Company
Hansford Coal No. 1 Surface
Hansford, West Virginia

Hansford Coal Company
Hansford Coal No. 2 Surface
Hansford, West Virginia

F and F Mining Corporation
F and F Mining
East Bank, West Virginia

Clines Coals Incorporated
Clines Coals No. 2 Mine
Gilbert, West Virginia

Wise Mining Corporation
Wise Mining
Beckley, West Virginia

Darn Coal Company Inc
Darn Coal
Mallory, West Virginia

Halfway Incorporated
Halfway
Beckley, West Virginia

Cloverleaf Coal Company
Cloverleaf
Beaver, West Virginia

Gaye Coal Company
Gaye No. 2
White Oak, West Virginia

Sterling Smokeless Coal Co
Sterling Smokeless No. 12
Whitby, West Virginia

Sterling Smokeless Coal Co
Sterling Smokeless Strip 17
Whitby, West Virginia

John B Harris Incorporated
Tiz Number 1
Quinwood, West Virginia

John B Harris Incorporated
John B Harris No. 1 Surface
Lewisburg, West Virginia

John B Harris Incorporated
Bari Lynn No. 1 Tipple
Lewisburg, West Virginia

Puma Mining Company Incorporated
Puma Mining
Vansant, Virginia

Armco Incorporated
Armco Stickney Preparation Plant
Montcoal, West Virginia

Armco Incorporated
Armco No. 7 Preparation Plant
Montcoal, West Virginia

Armco Incorporated
Armco No. 10 Preparation Plant
Montcoal, West Virginia

Armco Incorporated
Armco No. 7 Mine
Montcoal, West Virginia

Armco Incorporated
Armco No. 10-A Mine
Montcoal, West Virginia

Armco Incorporated
Armco No. 10-B Mine
Montcoal, West Virginia

Armco Incorporated
Armco No. 27 Mine
Montcoal, West Virginia

Coal Management Incorporated
No. 2 Mine
Montgomery, West Virginia

Black Forest Mine Services
Black Forest Mine Services
Victor, West Virginia

Wayne L Miller Coal Company
Wayne L Miller
Bruceton Mills, West Virginia



Enviro Energy Incorporated
Enviro No. 1
Durbin, West Virginia

Enviro Energy Incorporated
Enviro No. 2
Durbin, West Virginia

Enviro Energy Incorporated
Enviro No. 3
Durbin, West Virginia

Enviro Energy Incorporated
Linan No. 3
Durbin, West Virginia

Mangus Coal Incorporated
Mangus Coal
Newburg, West Virginia

Viking Coal Company
Angela Mine
Kingwood, West Virginia

Viking Coal Company
Coral Mine 83
Kingwood, West Virginia

Viking Coal Company
Viking Coal Kambric No. 36B
Kingwood, West Virginia

C R Howard Incorporated
C R Howard Mine No. 1
Elkins, West Virginia

C R Howard Incorporated
C R Howard Mine No. 5
Elkins, West Virginia

Hawthorne Ind Inc
Hawthorne Ind-Stone
Dailey, West Virginia

Harbova Mining Company
Harbova Mining
Kingwood, West Virginia

Fairfax Sand & Crushed Stone
Fairfax
Horse Shoe Run, West Virginia

Higgins Auger & Coal Company
Higgins Auger & Coal
Elkins, West Virginia

International Coal Company
Mountaineer/Long Run Division
Mabie, West Virginia

Brenkee Coal Company
Brenkee No. 2
Thorpe, West Virginia

Verigo Minerals Incorporated
Verigo Minerals
Logan, West Virginia

Columbus General Coal Company
Columbus General
Logan, West Virginia

Boggs & Murphy Mining Company
Boggs & Murphy
Summersville, West Virginia

Westmoreland Coal Company
Quinwood No. 1 Prep Plant
Quinwood, West Virginia

Westmoreland Coal Company
Eccles Prep Plant
Eccles, West Virginia

Westmoreland Coal Company
Eccles No. 6 Mine
Eccles, West Virginia

Westmoreland Coal Company
Quinwood No. 7 Mine
Quinwood, West Virginia

Westmoreland Coal Company
No. 8 Surface Mine
Quinwood, West Virginia

Fork Mountain Coal Company Inc
Fork Mountain Coal
Rainelle, West Virginia

Fayette Vo Tech Center
Fayette Plateau Vocational Center
Oak Hill, West Virginia



Frontier Kemper Constructors
Frontier Kemper
Fairmont, West Virginia

General Paving Company
ED-E Development
Morgantown, West Virginia

Maplewood Mining Company
Maplewood
Summersville, West Virginia

Red Ash Sales Company Inc
Red Ash Sales
Jaeger, West Virginia

Kris-Beth Incorporated
Kris-Beth
Glasgow, West Virginia

Barnes & Tucker Company
Tanama
Barnesboro, Pennsylvania

National Pocahontas Mines Corp
National Pocahontas Mine
Pineville, West Virginia

Pratt Mining Company
Pratt Mining
Hansford, West Virginia

Ford Coal Company
Ford Coal
Hansford, West Virginia

Omar Mining Company
Chesterfield Prep Plant
Madison, West Virginia

Omar Mining Company
Chesterfield No. 1 Surface Mine
Madison, West Virginia

Omar Mining Company
Chesterfield No. 4 Mine
Madison, West Virginia

Omar Mining Company
Chesterfield No. 5 Mine
Madison, West Virginia

Omar Mining Company
Chesterfield No. 6 Mine
Madison, West Virginia

Omar Mining Company
Chesterfield No. 11 Mine
Madison, West Virginia

Omar Mining Company
Chesterfield No. 12
Madison, West Virginia

P G and H Company
P G and H
Dry Branch, West Virginia

Big Spruce Coal Company
Big Spruce
Summersville, West Virginia

Malvern Minerals Company
Malvern Minerals-Silica
Hot Springs, Arkansas

Armco Incorporated
Harewood Prep Plant
Longacre, West Virginia

Armco Incorporated
Harewood Mine
Longacre, West Virginia

Armco Incorporated
Copeland Branch
Longacre, West Virginia

Armco Incorporated
Harewood Central Shop
Longacre, West Virginia

Hill Enterprises Incorporated
Hill Enterprises
Dixie, West Virginia

Vivian Mining Academy
Vivian Mining-Instruction
Vivian, West Virginia

Campbell Mining Company
Campbell Mining
Summersville, West Virginia



January 1983

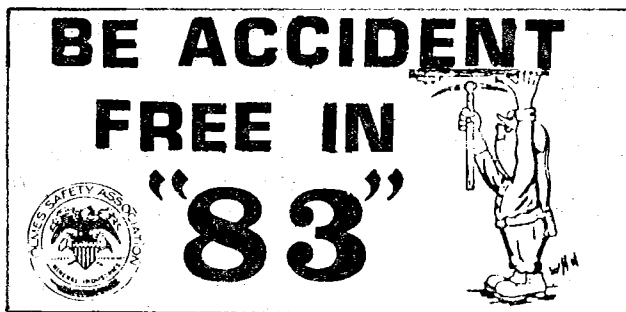
HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

TO ALL READERS

THE 1983 SLOGAN DECAL IS NOW AVAILABLE IN

LIMITED SUPPLY. SEND REQUESTS TO:

LINDA LOFSTEAD
MSHA, HOLMES SAFETY ASSOCIATION
4800 FORBES AVENUE, ROOM B-185
PITTSBURGH, PA 15213



* * * * *

The Mathematics of Carelessness

"I am not much of a MATHEMATICIAN," said CARELESSNESS, "but I can ADD to your troubles; SUBTRACT from your earnings; MULTIPLY your aches and pains; take INTEREST from your work; and DISCOUNT your chances of safety.

"Besides that, I can DIVIDE your thoughts between business and pleasure and be a potent FACTOR in your failures. Even if I am with you only a small FRACTION of the time, I can lessen your chances for success. I am a FIGURE to be reckoned with; CANCEL me from your habits and it will ADD to your TOTAL happiness!"



January 1983

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

TO ALL READERS

ANNUALLY, THE HOLMES SAFETY ASSOCIATION RELEASES A COPY OF THE JOSEPH A. HOLMES SAFETY ASSOCIATION AWARDS CRITERIA. SOME MAJOR CHANGES HAVE BEEN MADE.

1. DEADLINE FOR SUBMISSION OF APPLICATIONS.
2. TYPE C AWARDS CRITERIA.
3. SPECIAL AWARDS FOR SMALL OPERATORS.

THE AWARDS CRITERIA CAN ALSO BE OBTAINED FROM ALL COAL, METAL AND NONMETAL DISTRICT OFFICES AND THE PITTSBURGH OFFICE OF THE HOLMES SAFETY ASSOCIATION.

IF YOU HAVE ANY QUESTIONS, WE ARE ONLY A TELEPHONE CALL AWAY.

412-621-4500 Ext. 650

FTS 721-8650

THE JOSEPH A. HOLMES SAFETY ASSOCIATION AND ITS AWARDS

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 minerals industries.

Applications for all of the awards should be mailed to:

Mr. James M. Baugher
Joseph A. Holmes Safety Association
Mine Safety and Health Administration
Ballston Tower #3, Room 512
4015 Wilson Boulevard
Arlington, Virginia 22203

The following is the different award criteria:

TYPE "A" AWARDS--FOR ACTS OF HEROISM

The awards are medals, with Medal of Honor Certificates and Certificates of Honor. These awards for personal heroism for distinguished services in the saving of a life are given regardless of whether the act was performed in the line of duty, or elsewhere, by an active or inactive employee of any branch of mining, quarrying, and mineral industries.

The committee may also recommend awards for individuals who commit heroic acts while temporarily associated with the mineral extractive industries. Applications must be submitted within two years of the date the incident occurred.

Individuals involved in group action who displayed extraordinary courage may be singled out for a Medal of Honor Award with the others receiving Certificates of Honor.

Medal of Honor Awards are given for any one or combination of the following actions:

1. In the performance of an act to save life, the individual loses his own life.
2. In the performance of an act, the individual seriously risks his own life, but saves the lives of one or more persons.
3. Attempting at serious risk of his own life to save the life of one or more persons without success.

Certificates of Honor are given for any one or combination of the following actions:

1. Assisting in saving a life, at some personal risk, while working under the direction of another person.
2. Removing or assisting in removing the subject from an electrified circuit at some personal risk.
3. Exhibiting skill in modern life-saving methods and practices in an effort to save life, while also taking some personal risk.
4. Giving warning at personal risk of impending danger to other.
5. Directing individuals to a place of safety while exposed to some personal danger.
6. Staying at his post of duty in presence of impending danger to self and others.
7. Assisting with others collectively at personal risk to save the lives of one or more persons.

The work of trained mine rescue teams does not normally constitute eligibility for Type A Awards. Extraordinary cases will receive consideration.

The following information is required on applications and must be submitted in time to reach the Secretary of the Association by February 15:

1. Name and occupation of each person recommended for an award.
2. Name and address of employer.
3. MSHA mine identification number.
4. Place and date of the incident.
5. Name of other person or persons involved.
6. Complete details of occurrence and degree of risk involved.

TYPE B-1 AWARDS -- FOR INDIVIDUAL WORKERS

A minimum of 40 years of continuous work experience in the mineral extractive industries without incurring an injury that resulted in lost workdays is required for eligibility; this does not include clerical or office work. Applications for individuals who have been retired must be submitted within two years after their retirement date.

Awards are Certificates of Honor, gold pins and gold decals bearing the insignia of the Association.

Upon retirement, former recipients are eligible for an individual award, provided they have added five or more years to their previous work record without incurring an injury with lost workdays.

The following information is required on applications and must be submitted in time to reach the Secretary of the Association by February 15.

1. Name and occupation of person recommended.
2. Name and location of mine or plant where employed.
3. Name and address of employer or employers and MSHA identification number.
4. Type of industry in which the person has worked, such as copper smelter, quarry cement plant, petroleum refinery, coal mine or metal mine (underground or surface).
5. Principal product.
6. The record period (dates of beginning and end, month, day, and year).
7. If the record is continuing, the date of the beginning of the record and some recent date, such as the date of submitting record with notations "and continuing".
8. Any other information which might aid in considering the case. State whether work experience was underground, surface, or both.
9. The application must be signed by a responsible official.

Newspaper items are not acceptable proof of records being achieved without incurring an injury with lost workdays.

TYPE B-2 AWARDS--FOR INDIVIDUAL OFFICIALS
(for record of group working under their supervision)

Awards are Certificates of Honor.

Supervisors are eligible for this award if their crews have achieved a safety record of no lost time accidents in excess of 250,000 man-hours underground or 350,000 man-hours surface mineral extractive work: Lesser man-hour achievements are considered if the record spans more than five years. Safety records greater than 20 years are recommended without regard to man-hours totals.

Officials in policy making capacity, such as some superintendents, general superintendents, safety directors, managers, vice presidents, and presidents are not considered for awards. The intent of the Association in awarding a Certificate of Honor to officials is to recognize the safety achievement of those supervisors who are directly responsible for work performance.

Only one award is made for a single record. For example, both a shift boss and a mine supervisor will not receive an award for the same cited record.

Additional awards are considered for officials whose achievements have exceeded their previous records by 50,000 man-hours or more.

The following information is required on applications, which must be submitted in time to reach the Secretary of the Association by February 15:

1. Name and occupational title of officials recommended.
2. Name and address of the employer and MSHA identification number.
3. The type of industry, such as copper smelter, quarry, cement plant, petroleum refinery, coal mine, or metal mine (underground or surface), and the department in which the record was made. If the record was made at a mine or quarry, state whether the record was achieved underground or on the surface.
4. The date of the last injury with lost workdays.
5. The period covered by the record, with the date of the beginning and end of record (month, day, year). If the record is continuing, give the date of beginning and some recent date, such as the date of submittal of application with notation "and continuing".
6. Total man-hours of exposure in the period covered by the record. The application will not be considered without this figure.
7. The average number of employees supervised by the official during the period covered by the record.

TYPE C AWARDS -- FOR SAFETY RECORDS

Awards are Certificates of Honor.

This group includes safety records of companies, safety organizations, mines, quarries, groups of mines, quarries or plants (when the grouping includes all the mine or plants in the area or district), and any operating department, except clerical (office), of a mine, quarry, or plant. To qualify for an award in this group, the record must be compiled in the mineral extractive industries and may not include any manufacturing operations. For example, mining and all operations contributing to the reduction of ores to metals are eligible to the point where metal is cast into molds. Blast furnace operations to the casting of pig iron are eligible. Further processing is classified as manufacturing. In oil and gas fields and at petroleum plants and refineries, all operations contributing to the petroleum of crude oil and natural gas and to the extraction of petroleum products are eligible. Petrochemical processing operations are not eligible. At mineral processing plants (such as phosphate plants, cement plants, or lime plants), all concentrating, crushing, washing, grinding, drying, and storage operations are eligible. In short, all explorations, mining, quarrying, concentrating and mineral extraction operations are eligible for Joseph A. Holmes Safety Association Awards.

The following criteria, adopted at the May 28, 1981, annual meeting of the Association, will be used for consideration for Type C Awards:

The following minimum man-hours worked without a fatality or permanent total disability, providing the record exceeds six calendar months of operation, were adopted:

4,000,000 man-hours for all underground mining operations, opencut mining, open quarrying, petroleum drilling operations and all other operations such as plant and surface operations, mills, concentrators, petroleum industry, smelters, and reduction works.

The following minimum man-hours worked without an injury with lost workdays, providing the record exceeds six calendar months of operations, were adopted:

600,000 for all underground mining operations, opencut mining, open quarrying, petroleum drilling operations and all other operations such as plant and surface operations, mills, concentrators, petroleum industry, smelters, and reduction works.

The Association will consider, for underground mines, proposals combining injury-free records with no fatality or permanent total disability records. However, when the no fatality or permanent total disability records exceeds 3,000,000 man-hours, separate awards will be made.

The Association also recognizes improvements by injury rates, either incidence or severity measures or both. Type C Award requirements for this category involve steady notable improvements of rates over an extended period of several years. Improvements for one year compared to the previous year or average of several previous years will not be considered.

The following information is required on all applications for Type C Awards and must be submitted in time to reach the Secretary by February 15. Applications received after February 15 will not be considered for that year.

1. Name and address of the mine, quarry, plant, or other mineral extractive operation.
2. Principal product.
3. Name and address of the company and MSHA identification number.
4. Type of operation (U.G., Surface, Preparation Plant, etc.).
5. Name of the supervisor under whose immediate direction the record was accomplished where mention of his name is desired in the award citation. A separate award will not be granted for the official for the same record given herein.
6. The date of the last fatality or permanent total disability if the record is on a no-fatality (including permanent total disability) basis.
7. The date of the last injury with lost workdays if the record is on the basis of injury with lost workdays.
8. The date of the beginning and end of the record (month, day, and year). If the record is a continuous one, close at some recent date such as December 31, or date of submitting record.
9. The average number of employees in the group who achieved the record during period covered.
10. Total man-hours of exposure in the period covered in foregoing Item 8. Applications without this figure will not be considered. Where record is submitted for steady and notable improvement of injury rate over an extended period of several years, the following data for each year should be submitted in the form shown below:

<u>Year</u>	<u>Man-hours worked</u>	<u>No. of injuries (lost-time injuries)</u>	<u>No. of lost workdays</u>	<u>Incidence</u>	<u>Severity measure</u>
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OTHER AWARDS

Workers who complete 10, 20, or 30, years without an injury with lost workdays are eligible to receive Association awards. The awards are as follows: 30 years--silver pin and decal bearing the insignia of the Association; 20 years--similar bronze pin and decal; 10 years--a decal bearing the insignia of the Association.

Worker performing clerical or office work are not eligible for 10-, 20-, or 30-year awards.

The Association will arrange for the purchase of the pins and decals (a replica of the pin of a luminous decal that can be worn on hardtop hats) at cost to employers submitting proper applications. Only one award of each class (10-year, 20-year and 30-year awards) will be approved for an individual. The awards are presented by the employer. The employer is responsible for the accuracy of the Safety records submitted; The employer may, however, consult records of other producers, mining institutes, State departments of mines, local or district unions, or any other reliable source. Newspaper accounts will not be considered.

Applications for 10-, 20-, and 30-year awards may be submitted at any time during the year to the Secretary of the Association. The Secretary is empowered to screen and process these applications. Forms to be used in applying for these awards may be obtained from the Secretary. The information desired on these applications is given below:

1. Type (10-, 20-, 30-year) award.
2. Name of individual.
3. Period of work without an injury with lost workdays.
Give dates of beginning and end of period covered (month day, and year).
4. Occupation of individual.
5. Name of mine, plant, or other mineral operation of present employment, and location, and MSHA mine identification number.
6. Type of operation (U.G., Surface, Preparation Plant, etc.).
7. Principal product.
8. Brief details of previous employment, if any.
9. Name and address of company presently employing individual and MSHA mine identification number.

10. Signature and title of responsible company official submitting the record.
11. Date of application.

Special Award

(For small operators)

One of the functions of the Joseph A. Holmes Safety Association is to give recognition to everyone with an excellent safety record. This special award is to acknowledge the small operators with 25 employees or less in recognition of their outstanding safety records.

Many safety departments have used the Joseph A. Holmes Safety Association Awards as a means of rewarding their employees for their group and personal contributions to safety. The awards inform the community that industry does care about the welfare of its employees.

The JHSA has revised the present system and developed a reduced number of man-hours so the smaller operations can be recognized for their safety efforts.

Awards are Certificates of Honor.

The following are the criteria and guidelines to follow when applying for this special award:

The minimum man-hours worked without a fatality or permanent total disability, providing the record exceeds six calendar months of operation, are as follows:

100,000 for all underground mining operations, opencut mining, open quarrying, petroleum drilling operations, and other such as plant and surface operations, mills, concentrators, petroleum industry, smelters and reduction works.

The minimum man-hours worked without an injury with lost workdays, providing the record exceeds six calendar months of operations, are as follows:

50,000 for all underground mining operations, open mining, open quarrying, petroleum drilling operations, and other operations such as plant and surface operations, mills, concentrators, petroleum industry, smelters, and reduction works.

The following information is required on all applications for Type C Awards and must be submitted in time to reach the Secretary by February 15. Applications received after February 15 will not be considered for that year.

1. Name and address of the mine, quarry, plant or other mineral extractive operations.
2. Principal product.
3. Name and address of the company and MSHA identification number.
4. Type of operation (U. G., Surface, Preparation Plant, etc.).
5. Name of the supervisor under whose immediate direction the record was accomplished where mention of his name is desired in the award citation. A separate award will not be granted for the official and the company for the same record.
6. The date of the last fatality or permanent total disability if the record is on a no-fatality (including permanent total disability) basis.
7. The date of the last injury with lost workdays if the record is on the basis of injury with lost workdays.
8. The beginning and ending date of the award period (month, day, and year). If the record is a continuous one, close at some recent date such as December 31, or date of submitting record.
9. The average number of employees in the group who achieved the record during period covered.

All Awards

On receipt, the Secretary will process each application, prepare the wording for the awards, and mail a copy of the application to each of the five members of the appropriate awards committee. The Hero or Safety Awards Committee will review each case and submit their recommendations to the Board of Directors and the Council for final action at the annual meeting held in April or May.

Award application forms can be reproduced locally.

Ford B. Ford
President

James M. Baugher
Secretary-Treasurer



ADDRESS
MINE SAFETY AND HEALTH ADMINISTRATION
BALLSTON TOWER # 3, RM. 512
4015 WILSON BLVD.
ARLINGTON, VA 22203

Phone: (703) 235-1400

Application
(please type or print)

_____ is recommended for
(last name, first, middle initial) (occupation)

_____ year award for injury-free non-office employment in the mineral
(10, 20, 30 or 40)

extractive or allied industries. For the period of time:

from _____ to _____
(month, day, year injury-free work) (month, day, year injury-free work)

Employed by _____ at _____,
(company name) (mine or plant name)

_____ (location of mine or plant)

Principal Product _____ Type of Operation _____
(UG, surface, prep plant, etc.)

Recommended by _____ Date _____

MSHA Mine I.D. No. _____

Brief details of previous employment, if any: _____

We certify that _____ is presently employed by
_____ ; and to the best of our ability we have
verified that the service shown above has been injury-free.

Company _____
Address _____
City or Town _____
State _____ Zip Code _____
Official Signature _____
Title _____

It is understood that upon approval of this application, the awards will be furnished to the employer or other sponsor at a cost as follows:

- 10-year decal \$0.90
- 20-year pin and decal (bronze) . . . \$4.00
- 30-year pin and decal (silver) \$7.50
- 40-year pin and decal (gold) \$10.00

All charges will be billed directly to your organization by the supplier. All prices are subject to change without notice.

January 1983



HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

Idle and Abandoned Areas

Nearly every coal mine has working places, entries, sections, or large parts of the mine that are idle and often abandoned for long periods of time. Many such areas are kept well ventilated, examined regularly, and maintained in safe condition. Others, often because they are far distances from active workings or for other reasons, are not visited and examined regularly. Hazardous conditions have developed and have been responsible for a number of serious accidents.

Most of us take for granted that track haulageways are ventilated with intake air and that it is safe to operate electrical equipment on these haulways to the end of the track. Because we take for granted that track entries having a perceptible movement of air near the mouth of the entry are ventilated properly, we often take electrical equipment to the end of the track without checking to learn when the area was last examined. Many times, because of large roof falls within the abandoned area, or because of pressure on stoppings which crush out or partly crush a stopping, and for a variety of other reasons, the intake air is short-circuited and does not travel to the end of the track. Consequently, gas liberated in the area will accumulate and occasionally will collect on track haulageways. Operation of the electrical equipment on the track in such an event ignites the gas and results in local, or occasionally, widespread explosions. Nearly always in such instances, the miner operating the equipment and others around may be burned and/or killed.

Furthermore, where idle and abandoned areas are travelable and miners enter therein for any reason, they do leave the track haulageway and have on occasion gotten into serious trouble. Many serious incidents have been recorded that point out that, in general, idle and abandoned areas are not examined as carefully or as thoroughly as active workings and that hazardous conditions developing therein are not always found. We all know that the same effort is not made to maintain idle and abandoned areas in safe condition as is done in active workings.

Because there are times when it is necessary that you travel into an idle, abandoned area for supplies or equipment, it is necessary that you take suitable safeguards before entering and traveling in the area. Some precautions are:

1. A thorough examination for gas and other dangerous conditions should be made before power wires are energized.
2. Travel in the area should always be on foot to make such examination, and where it might be necessary to leave track haulages or intake air, frequent gas tests should be made.

3. Never enter such areas alone. Be certain at least one other miner is with you and some person in authority knows of your plans and your approximate time of return.

4. If, for any reason, you are required to remove a check curtain or other ventilation control, be certain the curtain or control is replaced as soon as possible.

5. If a dangerous condition is found, you should retreat immediately to safety and notify the proper authorities of the condition. Do not expose yourself to unnecessary dangers.

There are far too many ways for us to be injured in our regular working places without taking chances of being injured in idle areas; therefore, if you must travel into idle and abandoned areas, be certain that you take the proper precautions.

OUTLINE

- A. Idle and abandoned areas common to all mines
 - 1. Safety precautions
 - a. Well ventilated
 - b. Examined regularly
- B. Wrong assumptions in these areas
 - 1. Track haulageways always ventilated with intake air
 - 2. Slight movement of air is sufficient for safe conditions
 - 3. Safe to operate electrical equipment in these areas
- C. Conditions causing air to short-circuit
 - 1. Roof falls
 - 2. Crushing of stoppings
 - a. Gas liberated accumulates in areas
 - b. Unsafe to operate electrical equipment
 - 1. Explosion created or severe burns could result to operators
- D. Safeguards
 - 1. Thorough examination for gas and other dangerous conditions before energizing power wires
 - 2. Travel on foot and make frequent gas tests
 - 3. Travel with a companion and advise supervisor of plans
 - 4. Replace all check curtains and other ventilation controls
 - 5. Retreat to safety if dangerous condition is found. Notify proper authorities



January 1983

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

THE PROBLEM DRINKER: EVERYBODY'S PROBLEM

The problem of alcoholism is one which every one of us has encountered at one time or another. It is an illness which involves millions of lives and hurts families, friends, businesses and government.

In addition to personal troubles, alcoholics are higher in rate of absenteeism, lower in productivity, and show poor judgment and general inefficiency.

When a person drinks too much, or is drinking on the job, others do not help that person by covering up or turning away. Even though the advice may at first be resented, you can serve another person best by urging and encouraging help or treatment of this serious illness.

Your concern can save a person's health, job, and the well-being of friends and family.

FREE AND RESPONSIBLE PEOPLE

Everyone has the right to think and act and believe as he or she will, but also has the responsibility to give an accounting sometime, somewhere, for what he or she chooses to think and believe and do.

The freedom one enjoys in a democratic country is not a matter of making absolutely free choice, but choice conditioned by a duty to act according to the trust reposed in one by the rest of society. The foundation of a good nation is the sense of mutuality its people have.

The idea of freedom is not an abstraction; we have the freedom from and the freedom to. The good society gives its people the opportunity to realize ever greater human and spiritual values. Like other moral virtues, freedom can only be maintained by carrying out its duties.

ABSTRACT FROM FATAL ACCIDENT

January 1983

HOLMES SAFETY ASSOCIATION
MONTHLY SAFETY TOPIC
Fall-Of-Person Accident



General Information: A drill operator was fatally injured when he lost his balance while using a hand-held drill to drill out broken bolts from a seven-foot high drill boom mast on a blasthole drill. The victim had two years of experience as a drill operator.

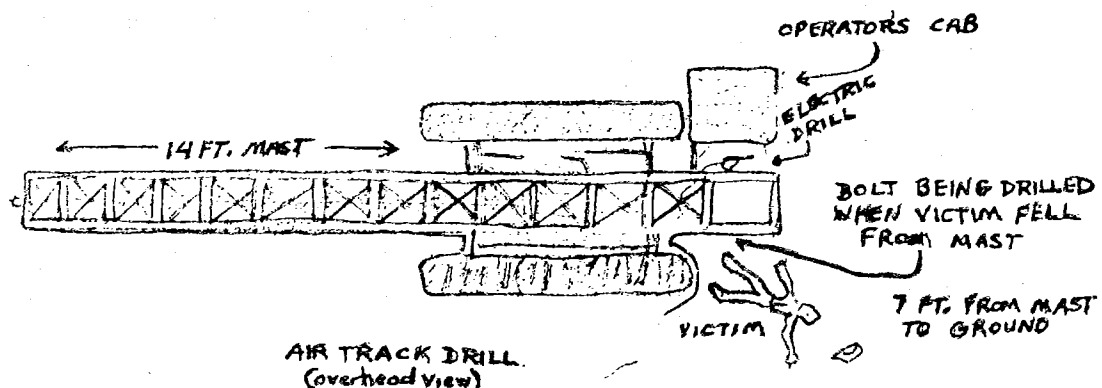
The quarry and plant utilized the single bench mining method using conventional methods and equipment. The bench was drilled, loaded with explosives, and blasted. A front-end loader then loaded the rock in haul trucks which hauled the material approximately $\frac{1}{4}$ mile to the plant site where a primary crusher was used to break up the rock into usable size. The rock was separated by the use of shaker screens and distributed to different surge piles.

Description of Accident: The victim was instructed to take the hand-held electric drill and drill the broken bolts out of the drill steel guide on the blasthole drill. The shop foreman instructed the victim to raise the drill boom to the upright position for this task. It was maintenance policy to do this type of work with the drill boom in the upright position. This allowed an employee to perform the job from ground level.

The victim was observed working from the drill boom. Five minutes later, the victim's hardhat was seen lying on the ground and he was not in sight. Finally, he was observed lying on the ground directly under the location where he had been drilling.

Cause of the Accident: The accident was caused by the employee using the drill mast as a work platform in lieu of elevating the mast and working from ground level. There was also a failure on management's part to provide a written safe work procedure.

Recommendations: A maintenance program should be drawn up for work to be done on the drill mast. The program should be posted in writing and made available to all employees. Two employees should be present when work is being done on stated machinery. Also, all work locations should be lowered to the lowest height available with the boom mast in the upright position.



SKETCH NOT DRAWN TO
SCALE

ABSTRACT FROM FATAL ACCIDENT

January 1983

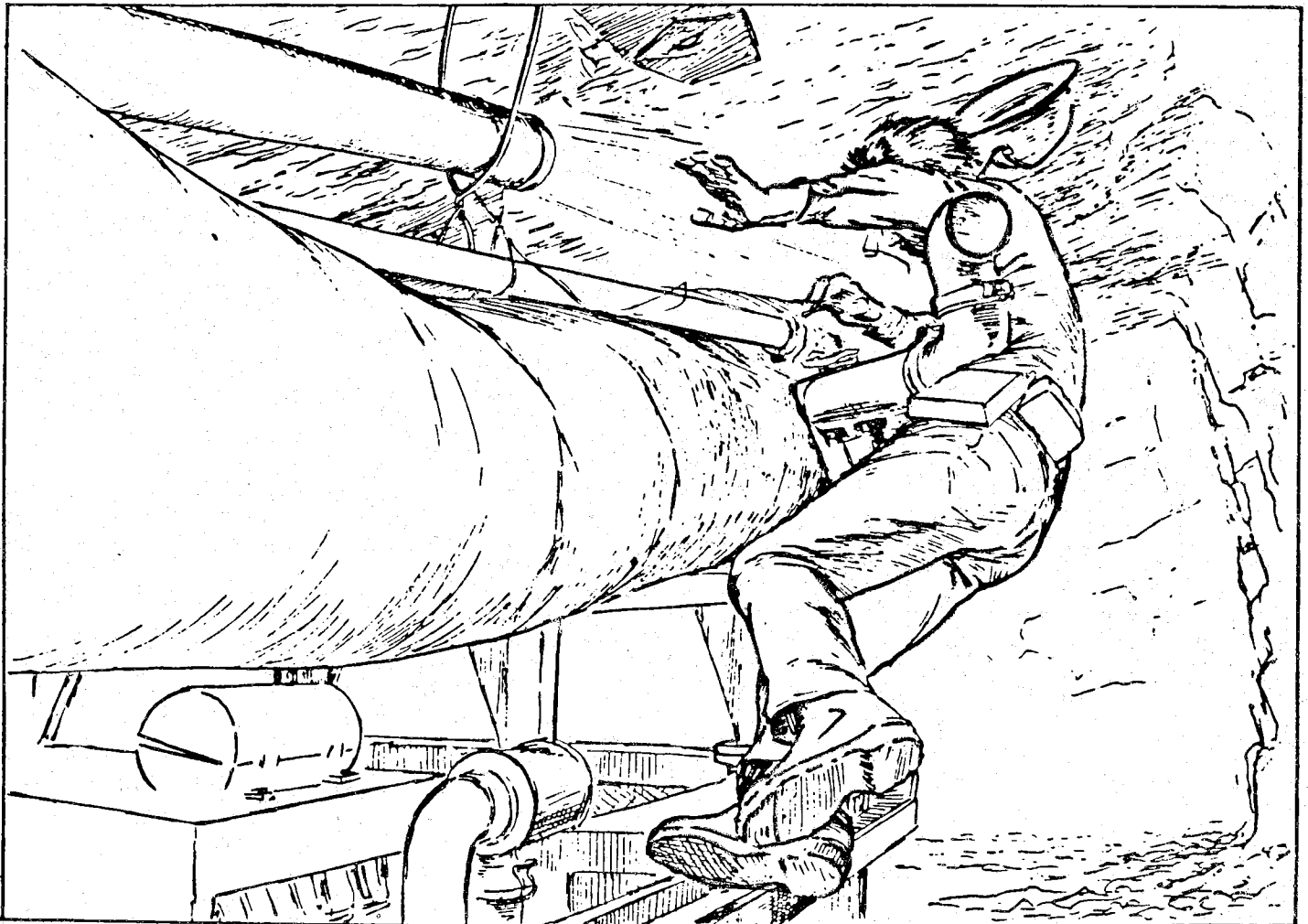
HOLMES SAFETY ASSOCIATION
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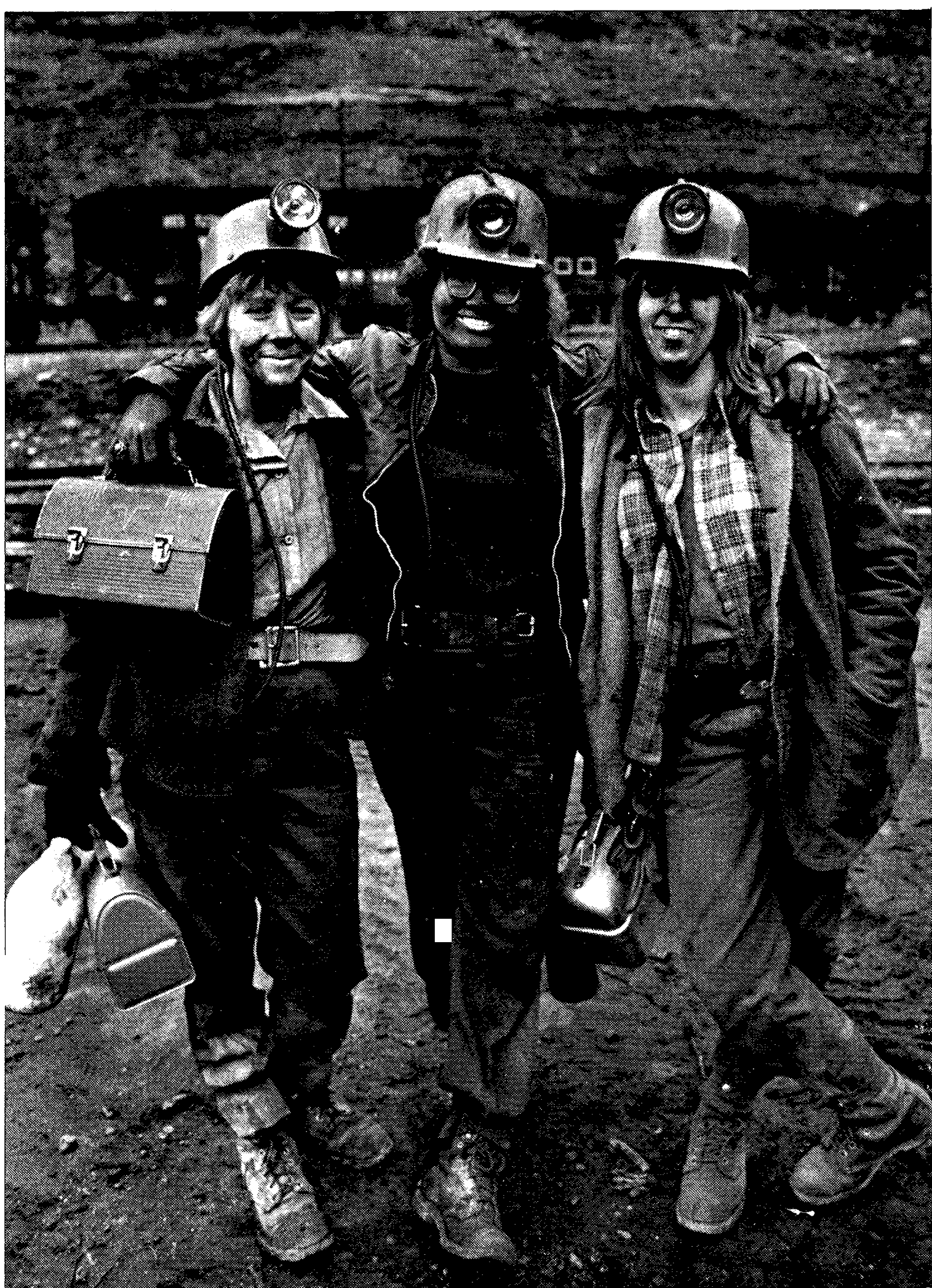


Compressed Air Line Accident

General Information: A 45-year old miner was fatally injured at an underground uranium mine while he was attempting to remove a header manifold from a 4-inch aluminum compressed air line but had neglected to bleed the pressure off the air system. The victim suffered extensive chest and head injuries when the manifold blew off. He was presumed to have been killed instantly. The victim had 25 years of mining experience.

Recommendations: Part 57.13-19--Repairs involving the pressure system of compressors, receivers, or compressed-air-powered equipment shall not be attempted until the pressure has been bled off.







January 1983

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

Women in Mining

The Holmes Safety Association is starting the new year of 1983 addressing a topic not previously dealt with--Women in Mining.

Ten years ago, in 1973, there were virtually no women miners. Today there are over 3,000 women employed just in underground coal mines.

Although the concept of women in mining is a relatively new development in this country, women have been employed for years in British coal mines. One of their main jobs, until about 1840, was working as drawers. This involved crawling along the floor harnessed to tubs or sledges by a leather belt or rope, pulling the tub or sledge from the coal face to the bottom of the shaft.

Women encounter their own particular problems both while working in the mines and while attempting to be hired to work as a miner. These problems include sexual harassment which can involve types of verbal abuse to threats or actual physical harm and discrimination which can take many forms from physical requirements in hiring to job bidding and job assignments.

Discrimination is prohibited by the Title VII Amendment to the U.S. Fair Labor Standards Act which prohibits discrimination in employment based on sex, color, religion, or national origin by employers of 15 or more persons.

In 1977 an investigation into discrimination in the mines led to the formation of the Coal Employment Project which is active today for the protection of women miners.

At a recent conference with women miners, women expressed areas of concern which included both harassment and discrimination as well as lack of training opportunities, inadequate hygiene facilities, inappropriate protective equipment, pregnancy and maternity benefits and childcare.

The HSA Bulletin will attempt to deal with these and other subjects in the months to come. Input from individuals and organizations is, as always, welcome.



January 1983

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

Blood Pressure--

One key to your good health

Everyone--young or old, male or female, fat or thin, calm or easily upset--is vulnerable to high blood pressure, or hypertension. It is unusual that such a potentially harmful disease can often be treated so easily if detected promptly. Left untreated, high blood pressure can eventually lead to heart attack, kidney disease or stroke.

Many people with hypertension feel fine and have no symptoms, at least in its early stages. That's why high blood pressure is often called the silent killer, and why it is important for everyone to have a periodic blood pressure check. The first symptom may be dizziness or headaches, although not everyone with these complaints necessarily has high blood pressure.

What is meant by blood pressure?

The main artery leaving the heart is the aorta. Large arteries diverge from it and branch into small vessels called arterioles, which stem into even smaller capillaries. As the heart pumps blood, it alternately expands and contracts. As blood is forced through the arteries, the vessel walls, which are elastic, stretch and contract in response to the pressure.

The pressure registered against arterial walls each time the heart beats--usually between 70 and 90 times a minute--is termed systolic and is the higher of the two numbers used to indicate blood pressure. The second (lower) number, the diastolic pressure, measures the decreased force of blood against vessel walls which occurs when the heart relaxes between beats.

A normal blood pressure reading for adults aged 18 to 45 is considered by most doctors to be between 100/60 and 140/90. Mild hypertension, most doctors believe, ranges from 140/90 to 159/94. Many physicians believe that a diastolic reading higher than 80 can be significant in some people and may suggest reduced salt intake, weight reduction, or other appropriate measures.

As people grow older, the acceptable numbers rise slightly.

Temporary hypertension may have a variety of causes. For instance, blood pressure may rise during pregnancy or right after giving birth. Or it may increase during post-surgical recovery. In these instances, the blood pressure drops as the healing or recovery process progresses.

Who are the likely candidates for high blood pressure?

Because high blood pressure tends to run in families, the child or sibling of someone who has it runs a higher risk of getting it. While it cuts across all racial lines, high blood pressure strikes a higher percentage of blacks than whites. Overweight persons tend to develop hypertension more often than lean people, but the latter increase the risk to themselves if they smoke and eat large quantities of salty foods.

Contrary to the popular belief that high blood pressure develops only in later years, people of any age can be affected. Even babies and young children can have elevated pressure. Since they are often the children or grandchildren of persons with hypertension, these youngsters should have their pressure checked periodically as part of a routine examination.

How is high blood pressure treated?

Most cases of hypertension can be adequately controlled with medication and diet. After diagnosing high blood pressure, your doctor will discuss treatment and lifestyle changes needed to help bring the pressure down. Changes could include reducing or eliminating alcohol, salt and caffeine, losing weight and exercising regularly. Occasionally, with such behavior changes, mild hypertension can be controlled without drugs.

Your doctor can provide a list of foods to avoid. At the top would be foods high in salt, such as hot dogs or sandwich meats, canned vegetables, bacon, ham, tuna and pizza. Would you believe that some cereals have twice as much salt as a serving of cocktail peanuts? Or that one brand of chocolate pudding contains more than double the salt found in a serving of potato chips? Due to high animal fat content in butter and meat, people with hypertension often are advised to substitute margarine for butter and eat more fish or fowl than meat.

Remember: have your pressure checked regularly, no matter how you feel or what's in your family's medical history, especially if over age 40. AND--FOLLOW YOUR DOCTOR'S ADVICE IF YOU DO HAVE HIGH BLOOD PRESSURE!



THE LAST WORD

BE A PESSIMIST

The true pessimist feels oppressed by the world. Although this philosophy is not recommended, it might help for you to be a wee bit pessimistic behind the wheel.

The pessimistic driver is a defensive driver who assumes the worst could happen...and tries to anticipate emergency situations. Knowing some people are reckless and careless the defensive driver keeps on the alert and thinks far enough ahead to be able to take necessary preventive action before dangerous situations produce accidents. Driving habits are adjusted to meet all hazards of weather, roads, and traffic.

Most important--the defensive driver doesn't assume the other driver is following safe driving rules. The other driver may be an optimist, merrily tooling down the road.

Watch out for the other driver.

DRIVE DEFENSIVELY

ABOUT THAT
EXCUSE FOR NOT
WEARING YOUR
SAFETY BELTS:

IT ISN'T
GOOD ENOUGH!

What is your excuse?

The Last Word

What most people have ready for a rainy day is a freshly washed car.

Early to bed and early to rise, and your neighbors will wonder why you can't get a job with better hours.

The only sure way to leave the stock market with a small fortune is to enter it with a large one.

"If you die on our elevators," the sign said, "be sure to push the UP button!"

Three kinds of gossips: The collar button type - always popping off; the vacuum cleaner type - always picking up dirt; the liniment type - always rubbing it in.

"A recession is a period in which you tighten your belt. A depression is a time in which you have no belt to tighten. When you have no trousers to hold up, it's a panic."

An old gentleman was passing a busy intersection when a large St. Bernard ran by and knocked him down. An instant later a foreign car skidded around the corner and inflicted further damage. A bystander helped him up and asked if the dog had hurt him.

"Well," he answered, "the dog didn't hurt so much but that darned tin can tied to his tail nearly killed me."

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MSHA, Office of Holmes
Safety Association
Educational Policy & Development
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.)

(Signature)

(Telephone No.)

(Title)

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