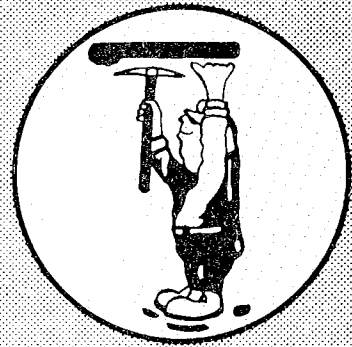


FEBRUARY 1983



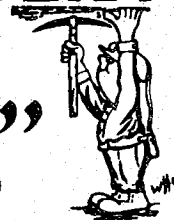
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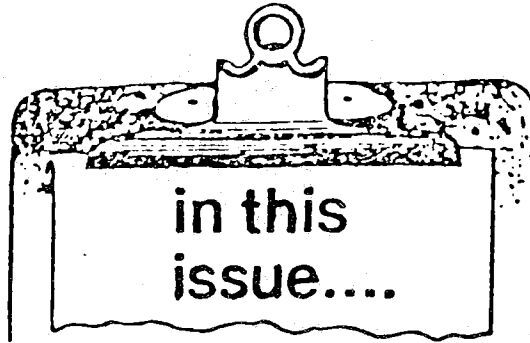
**BE ACCIDENT  
FREE IN**



**"83"**



# HOLMES SAFETY ASSOCIATION



FEBRUARY 1983

1. Safety Topic, "Welcome New Members"
2. Safety Topics, "The New Year"  
"Take Time"
3. Safety Topic, "On Getting Along, Getting Older, and Learning"
4. Safety Topic, "Key Points in Supervisor-Worker Communication"
5. Safety Topic, "Working Together Means Working Safely"
6. Safety Topic, "Women in Mining--Why Work in the Mines?"
7. Safety Topics, "Safety and Attitudes"  
"A Little Neglect"
8. Safety Topics, "A Way of Life"  
"Prepare Ourselves"
9. Abstract, "Fall-of-Material Accident"
10. Abstract, "Electrical Accident"
11. Poster, "Contact With Trolley Wires"
12. Safety Topic, "The Accident Habit"
13. Poster, "You're on the Right Track with Holmes Safety Association"
14. Safety Topic, "Time for Safety"
15. Safety Topic, "Guaranteed Unsafe Combination: Drinking and Driving"
16. The Last Word
17. Meeting Report Form (chapters only)



## HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

February 1983



Winchester Coal Company Winchester Coal Chapmanville, West Virginia	McNamee Resources Inc Resources No. 1 Plant Williamson, West Virginia	Adanac Coal Company Adanac Coal No. 3 Delbarton, West Virginia
Eastern Associated Coal Corp Kopperston No. 1 Mine Kopperston, West Virginia	Eastern Mingo Coal Company Eastern Mingo Coal Naugatuck, West Virginia	Parsley Branch Coal Co Parsley Coal No. 1 Naugatuck, West Virginia
Eastern Associated Coal Corp Kopperston No. 2 Mine Kopperston, West Virginia	Southern Mingo Coal Company Southern Mingo Naugatuck, West Virginia	MSHA/CMS&H Logan Field Office Logan, West Virginia
Maple Meadow Mining Company Maple Meadow-Underground Fairdale, West Virginia	Blackbird Mining Company Blackbird Mining Naugatuck, West Virginia	Freeman Branch Company Surface Mine Skygusty, West Virginia
Maple Meadow Mining Company Maple Meadow-Surface Fairdale, West Virginia	Western Mingo Coal Company Western Mingo Coal Naugatuck, West Virginia	UMWA District 17 Subdist 1 Cedar Grove, W Virginia
Kessler Coals Inc Kessler Coals Prep Plant Whitesville, West Virginia	P M Charles Coal Company P M Charles Coal Rawl, West Virginia	Cannelton Industries Inc Cannelton Industries Superior, West Virginia
Kessler Coals Inc Kessler No. 1 Surface Whitesville, West Virginia	Pond Creek Mining Company Pond Creek Tipple Rawl, West Virginia	Southern Safety Southern Safety Sophia, West Virginia
Kessler Coals Inc Kessler Coals No. 3 Whitesville, West Virginia	Rocky Hollow Coal Company Rocky Hollow Coal Lobata, West Virginia	Valley Camp Coal Company Donaldson Prep Plant Shrewsburg, W Virginia
Kessler Coals Inc Kessler No. 4 Whitesville, West Virginia	Rocky Hollow Coal Company Sprouse Creek Prep Plant Lobata, West Virginia	Valley Camp Coal Company VC No. 12-A Mine Shrewsburg, W Virginia
Jumacris Mining Inc Jumacris No. 10 Gilbert, West Virginia	Virginia Crews Coal Company Diane Mine Iaeger, West Virginia	Valley Camp Coal Company VC No. 15-A Mine Shrewsburg, W Virginia
Jumacris Mining Inc Jumacris No. 11 Gilbert, West Virginia	Virginia Crews Coal Company Blueco No. 2 Mine Iaeger, West Virginia	Dino Contractors Company Dino Contractors Marmet, West Virginia
Jumacris Mining Inc Jumacris No. 13 Gilbert, West Virginia	Kingwood Mining Company Kingwood Mining Kingwood, West Virginia	Elk Run Coal Company Bishop Mine Sylvester, West Virginia
Lynn Land Company Lynn Land No. 3 Strip Gilbert, West Virginia	Ryan Beth Coal Inc Ryan Beth Coal 8A Man, West Virginia	Elk Run Coal Company Queen Mine Sylvester, West Virginia
Gilbert Imported Hardwoods No. 2 Prep Plant Gilbert, West Virginia	Char Lynn Coal Company Char Lynn Coal 8C Man, West Virginia	Elk Run Coal Company Chess Coal Processing Sylvester, West Virginia
McNamee Resources Inc Freeport No. 4 Williamson, West Virginia	Dehue Coal Company Dehue Coal Mine Dehue, West Virginia	Elk Run Coal Company Central Services Sylvester, West Virginia
S and J Mining Company McNamee S & J Mining No. 1 Williamson, West Virginia	Dehue Coal Company Dehue Coal Prep Plant Dehue, West Virginia	Elk Run Coal Company Black Queen Mine Sylvester, West Virginia
Cheyenne Mining Company McNamee Cheyenne Mining Williamson, West Virginia	Adanac Coal Company Adanac Coal No. 1 Delbarton, West Virginia	Elk Run Coal Company Black Knight Mine Sylvester, West Virginia



Elk Run Coal Company  
Knight Mine  
Sylvester Coal Company

Skyline Mining Corp  
Skyline Mining  
Clay, West Virginia

Terry Eagle Coal Company  
Cross Lanes Gilbert No. 1  
Summersville, West Virginia

Terry Eagle Coal Company  
Prep Plant No. 1  
Summersville, West Virginia

Terry Eagle Coal Company  
Shop No. 1  
Summersville, West Virginia

T and T Energy Inc  
No. 1 Mine  
Bruceton Mills, W Virginia

Raven Hocking Coal Corp  
Montaque Pit  
Mason, West Virginia

L & M Coal Company  
L & M  
Lashmeet, West Virginia

Rock Lick Siding Company  
Rock Lick Siding  
Barrett, West Virginia

Clines Coals Inc  
Clines Coals No. 4 Mine  
Gilbert, West Virginia

Ford Coal Company  
No. 2 Surface  
Hansford, West Virginia

Pratt Mining Company  
No. 7 Surface  
Hansford, West Virginia

Pratt Mining Company  
Ya Ya No. 2  
Hansford, West Virginia

King Powellton Mining Inc  
No. 1 Mine  
Hansford, West Virginia

King Powellton Mining Inc  
No. 2 Mine  
Hansford, West Virginia

King Powellton Mining Inc  
Kingston Tipple  
Hansford, West Virginia

Greater Kanawha Industries  
Loading Facilities  
Hansford, West Virginia

Virginia & West Va Coal Inc  
Va & West Va Coal  
Grundy, Virginia

S and T Coal Corp  
S and T Coal  
Gilbert, West Virginia

Barrett Fuel Corp  
Clinton No. 3A  
Beckley, West Virginia

Maben Energy Corp  
No. 4 Mine  
Beckley, West Virginia

Maben Energy Corp  
No. 5 Mine  
Beckley, West Virginia

Maben Energy Corp  
No. 6 Mine  
Beckley, West Virginia

Tams Coal Corp  
Tams Coal No. 5  
Beckley, West Virginia

East Gulf Fuel Company  
No. 4  
Beckley, West Virginia

Big Bear Mining Co Inc  
No. 5  
Pineville, West Virginia

Island Creek Coal Company  
Coal Mtn No. 9 Prep Plant  
Coal Mountain, W Virginia

Land Use Corporation  
McClung Mines  
Summersville, West Virginia

Catherine Enterprises Inc  
Catherine Enterprises  
Bridgeport, West Virginia

Land Use Corporation  
Little Elizabeth  
Summersville, West Virginia

Land Use Corporation  
Little Sara  
Summersville, West Virginia

Maple Leaf Coal Company  
No. 54 Mine  
Rupert, West Virginia

Leckie Smokeless Coal Co  
No. 1 Prep Plant  
Rupert, West Virginia

Leckie Smokeless Coal Co  
No. 5 Strip  
Rupert, West Virginia

Leckie Smokeless Coal Co  
No. 59 Mine  
Rupert, West Virginia

Leckie Smokeless Coal Co  
Meadowdale Coal  
Rupert, West Virginia

Lafayette Springs  
Enterprises Mine No. 55  
Rupert, West Virginia

Leckie Smokeless Coal Co  
Rama Drilling No 3 Strip  
Rupert, West Virginia

Round Mountain Coal Co  
Round Mountain Coal  
Rupert, West Virginia

Clear Creek Land Company  
No. 4 Strip  
Rupert, West Virginia

Robert A Cherry Inc  
Robert A Cherry  
Cowen, West Virginia

Leah Coal Company Inc  
Leah Coal  
Pond Gap, West Virginia

Kara Coal Corp  
Kara Coal No. 1  
Gilbert, West Virginia

Cline Brothers Mining  
No. 2  
Baisden, West Virginia

Little Hope Mining Inc  
Little Hope Mining  
Baisden, West Virginia

Hobert Mining & Constr  
H12 Prep Plant  
S Charleston, W Virginia

Hobert Mining & Constr  
H07 Surface Mine  
S Charleston, W Virginia

Energy Coal Corp  
Mine No. 25  
Ragland, West Virginia

D and L Coal Inc  
No. 1  
Ragland, West Virginia

A.R.P.A. Inc  
A.R.P.A.  
Man, West Virginia

Bluebird Mining Company  
No. 1  
Naugatuck, West Virginia

Smith Eagle Energy Inc  
Pond Creek No. 2 Mine  
Matewan, West Virginia

Wheeling Mining Co Inc  
No. 1  
Lobata, West Virginia

Alley Branch Coal Co Inc  
Alley Branch Coal  
Chattaroy, West Virginia



Four H Coal Company  
No. 1  
Pilgrim, Kentucky

Runida Mining Inc  
Metco No. 2  
Logan, West Virginia

Metco Mining Corp  
No. 1  
Oak Hill, West Virginia

Perry Branch Coal Inc  
Perry Branch Coal  
Gilbert, West Virginia

Peerless Alma Coals Inc  
No. 7  
Gilbert, West Virginia

Logan Coals Inc  
Logan Coals No. 3  
Stolling, West Virginia

Ferrellsburg Sand and  
By Products  
Ferrellsburg, West Virginia

Mullins Sand & Coal Company  
Mullins Sand & Coal  
Ferrellsburg, West Virginia

Chafin Coal Company  
Prep Plant  
Logan, West Virginia

Chafin Coal Company  
Sultan Coal and Coke  
Logan, West Virginia

Chafin Coal Company  
No. 2A  
Logan, West Virginia

Chafin Coal Company  
Caryco Mine  
Logan, West Virginia

Chafin Coal Company  
No. 5  
Logan, West Virginia

Chafin Coal Company  
No. 6  
Logan, West Virginia

Chafin Coal Company  
No. 7  
Logan, West Virginia

Chafin Coal Company  
No. 12-C  
Logan, West Virginia

Phil Matt Mining Co  
No. 3  
Ocena, West Virginia

Kristi Ann Coal Corp  
No. 2  
Baisden, West Virginia

Elk Lick Mining Company  
No. 1  
Iaeger, West Virginia

Pine Tree Coal Company  
No. 5  
West Logan, West Virginia

Rush Run Coal Co Inc  
Badger Mine  
Beckley, West Virginia

Banner Coal & Land Company  
Rader Mine  
Beckley, West Virginia

Banner Coal & Land Company  
Magnum Mine  
Beckley, West Virginia

KCC Loading Facility  
River Tipple  
Summersville, West Virginia

Witcher Creek Coal Company  
Mine No. 3  
Belle, West Virginia

Witcher Creek Coal Company  
Prep Plant  
Belle, West Virginia

T and P Construction Co Inc  
Flanagan Surface  
Nettie, West Virginia

Red Ash Sales Prep Plant  
Underground  
Iaeger, West Virginia

Delaware Fuel Corp  
No. 2  
Iaeger, West Virginia

Hull Coal Corp  
No. 3  
Iaeger, West Virginia

Hull Coal Corp  
No. 5  
Iaeger, West Virginia

Delaware Fuel Corp  
No. 1  
Iaeger, West Virginia

Indian Ridge Coal Co  
No. 5  
Iaeger, West Virginia

Virginia Crews Coal Co  
Office  
Iaeger, West Virginia

Virginia Crews Coal Co  
No. 5  
Iaeger, West Virginia

Virginia Crews Coal Co  
Prep Plant  
Iaeger, West Virginia

ESD Corp-Mining Equip-  
ment Engineering Services  
San Jose, California

Marcus Coal Corp  
No. 4  
Gilbert, West Virginia

ACB Mining Inc  
No. 1 Mine  
Coal Mountain, W Virginia

ACB Mining Inc  
No. 2 Mine  
Coal Mountain, W Virginia

LAS & K Mining Co Inc  
LAS & K Mining  
Gilbert, West Virginia

Commanche Coal Co  
Commanche Coal  
Amherstdale, W Virginia

Turris Coal Company  
Elkhart Mine  
Elkhart, Illinois

Winchester Coals Inc  
Plant  
Chapmanville, W Virginia

Talbott-Marks Co Inc  
Talbott-Marks  
Webster Springs, W VA

Southland Enterprises  
Southland  
Clintwood, Virginia

Double M Coal Co Inc  
Double M Coal  
Appalachia, Virginia

Maple Mining Inc  
No. 1 Surface  
Beckley, West Virginia

Coal Resources Inc  
No. 1 Strip  
Morgantown, W Virginia

Miracle Coal Company  
No. 31 Jane Ann  
Pineville, W Virginia

Black Maverick Coal Co  
No. 1  
Man, West Virginia

Long Flame Coal Company  
No. 17  
Mallory, West Virginia

Long Flame Coal Company  
No. 25-13  
Mallory, West Virginia

Jim & Jack Mining Corp  
No. 15A  
Man, West Virginia



Coal X Incorporated  
No. 1 Mine  
Man, West Virginia

Coal X Incorporated  
No. 4  
Man, West Virginia

Gulf Coal Processing Corp  
Processing  
Man, West Virginia

Denart Coal Company  
Denart Coal  
Logan, West Virginia

Old Ben Coal Company  
Old Ben Coal  
Thacker, West Virginia

Northland Resources Co  
No. 1 Plant  
Delbarton, West Virginia

Crystal River Coal Co  
No. 1 Mine  
Delbarton, West Virginia

Taywood Mining Inc  
Taywood Mining  
Dingess, West Virginia

Powellton Company  
Jane Ann Plant  
Mallory, West Virginia

Powellton Company  
Central Shop  
Mallory, West Virginia

Amherst Coal Company  
No. 3B Mine  
Lundale, West Virginia

Amherst Coal Company  
Lundale No. 3A Mine  
Lundale, West Virginia

Amherst Coal Company  
Slagle Shop  
Lundale, West Virginia

Amherst Coal Company  
Paragon Mine  
Lundale, West Virginia

Amherst Coal Company  
No. 1 Cleaning Plant  
Lundale, West Virginia

Amherst Coal Company  
MacGregor No. 9 Mine  
Lundale, West Virginia

Amherst Coal Company  
MacGregor Cleaning Plant  
Lundale, West Virginia

Island Creek Coal  
M & L Maintenance  
Holden, West Virginia

Enoxy Coal Corp  
Enoxy Coal  
Holden, West Virginia

Enoxy Coal Corp  
25 Plant  
Holden, West Virginia

Island Creek Coal Company  
29A Mine  
Holden, West Virginia

Island Creek Coal Company  
27 Ramp  
Holden, West Virginia

H and J Coal Company  
H and J  
Chapmanville, West Virginia

Superior Pocahontas Coal Co  
No. 4  
Omar, West Virginia

Mystery Mountain Coal Co  
No. 1  
Meador, West Virginia

W P Coal Company  
Central Repair Shop  
Omar, West Virginia

W P Coal Company  
Central Coal Prep Plant  
Omar, West Virginia

W P Coal Company  
No. 21 Mine  
Omar, West Virginia

W P Coal Company  
18L Mine  
Omar, West Virginia

ABC Coal Company  
No. 2  
Delbarton, West Virginia

ABC Coal Company  
No. 3A  
Chauncey, West Virginia

G E M Mining Company  
No. 2  
Lyburn, West Virginia

G E M Mining Company  
Prep Plant  
Lyburn, West Virginia

TEDS Coal Company  
No. 2  
Gilbert, West Virginia

Gopher Mining Company  
Lorado Surface  
Man, West Virginia

Metco Mining Corp  
Metco Plant  
Stollings, West Virginia

Excalibur Coal Company  
No. 19C  
Madison, West Virginia

Pond Creek Mining  
Underground  
Rawl, West Virginia

Pocahontas Coal Sales Co  
Lockella No. 2 Prep Plant  
Beaver, West Virginia

Princess Cindy Mining Co  
No. 1 Surface  
Summerlee, West Virginia

B.A.G. Coal Company Inc  
B.A.G. Coal  
Crawley, West Virginia

Blair Coal Company  
No. 1  
Daniels, West Virginia

Amherst Coal Company  
MacGregor No. 8 Mine  
Lundale, West Virginia

Betty Coal Company  
No. 5  
Raysal, West Virginia

Little B Coal Company  
Little B  
Mohawk, West Virginia

Banner Coal & Land Co  
Raider Mine  
Beckley, West Virginia

Maryetta Coal Company  
Coal River  
Chapmanville, W Va

Kanawha Coal Company  
Madison-Rebuild Shop  
Ashford, West Virginia



February 1983

## HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

### The New Year

This is the beginning of the second month of a new work year, and the time to make a fresh start. Let's review our past safety efforts in a very critical manner. Past unsafe practices and habits should be discarded, and new ideas added to those that will prove effective.

At the beginning of a new year, many people, recognizing the need for personal improvement, will compile a list of their habits that they consider bad or disagreeable and, by considerable soul-searching attempt to improve as individuals by discarding one or more of these habits. Many of these people are successful in their efforts. Others, because they either set their goals too high or because of not really wanting to change, will soon be back to their old routines, bad habits and all. You are all familiar with people that have made good their New Year's resolutions and others who, because of not really being sincere, failed miserably in their efforts.

Like the people that made good in their resolutions, each of us should take a long, hard look at our work habits and resolve to improve. Can we set our goals too high? Most likely not, especially when our lives are at stake. Naturally, not all of your work habits are bad, so all that is necessary is a refinement of the safe practices that we know and discuss each shift. You know to thoroughly examine the roof, back, face, and ribs before beginning any work, but are you always sincere in your efforts? If not, then thorough examinations should be at the top of your list. In the handling of your equipment, are you always aware of the potential dangers that could produce an injury if you fail to always keep a clear mind? If not, then you should resolve to always keep your mind on your job.

One of the things that makes America great is our desire to keep improving and always do better in our efforts. We don't like to stand still. We want better cars, better living conditions, and more of everything that spells advancement and progress. That should hold true for our accident record. Why should we be content to stand still when it comes to injuries to ourselves when we advance in all the other fields?

We have improved our safety records in the mining industry over the past several years, but that isn't good enough. We must improve until an injury becomes a rarity. Accidents are as unnecessary now as they were years ago. We will be guilty of neglect if we don't improve our record, because we have shown in the past that it can be done, and we have the know-how to do it.

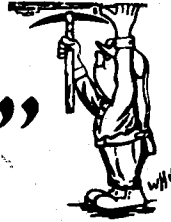
Improving our safety record isn't just to better our standing on a chart or on our company's book. You and I know that improving our record means fewer injuries, happier families, steadier work, and freedom from pain and suffering.

Let's all resolve to work safely during 1983. Improve when necessary, and help to lower the figures on the accident chart.

**BE ACCIDENT  
FREE IN**



**"83"**



## HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

### Take Time!

A worker in a midwestern plant wanted to make a simple adjustment on a machine.

He was several steps away from the switch, so he had a decision to make. Walk over, shut off the machine, make the adjustment, then go switch on the power again, or, make the adjustment while the machine was in motion.

He weighed the alternatives. He could save time and motion by not shutting off the power. And it would take only a few seconds. So he started to adjust...With disastrous results.

He had skilled doctors and the latest techniques on his side. They tried to save his hand by implantation, but it didn't work and amputation was necessary.

It could have been worse. Within a few months he was back on the job.

But he's not quite the same worker.

Now, he's without one hand and with one nagging thought--how it all could have been avoided if he'd only taken the few steps and seconds to shut off the power.





February 1983

## HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

### On Getting Along, Getting Older, and Learning

As another year ends and the celebration of the new year is over, it is a good time to stop for a moment and think about what we have learned through the years.

Sooner or later we, if we are wise, discover that life is a mixture of good days and bad, victory and defeat, give and take.

We learn that it doesn't pay to be an overly sensitive soul-- that we should let some things go over our heads like water off a duck's back.

We learn that those who lose their temper usually lose.

We learn that everyone has burnt toast for breakfast now and then, and that we shouldn't take the other person's grouch too seriously.

We learn that carrying a chip on our shoulders becomes an awfully heavy burden.

We learn that the quickest way to become unpopular is to carry tales and gossip about others.

We learn that people are human and that it doesn't do any harm to smile and say "good morning" even if it is raining.

We learn that most people are as ambitious as us, that they have brains that are as good or better, and that hard work, and not cleverness, is the secret of success.

We learn that it doesn't matter so much who gets the credit so long as the business shows a profit.

We come to realize and accept that the business could run along perfectly without us.

We learn to sympathize with the newer employees on the job, because we remember how bewildered we were when we first started out.

We learn not to worry about every little failure because experience has shown that by putting forth our best effort, we wind up with a good average.

We learn that no one ever got to first base alone and that it is only through co-operative effort that we move on to better things.

Finally, we learn that the people are not any harder to get along with in one place than another, and that "getting along" depends mostly on ourselves.



February 1983

## HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

### Key Points in Supervisor-Worker Communication

1. Although all supervisors are safety oriented, it doesn't mean a thing unless your employees know it.
2. As a supervisor, the things you say mean a great deal to the miners. In their eyes you represent the company.
3. Talking safety with your employees builds a better attitude toward safety and toward the company.
4. Talking it over also generates ideas that can make the whole department safer.
5. Let your employees know that it's smart to be safe, that it takes brains.
6. Talking with your people should be casual, just two miners talking things over.
7. You won't run out of things to say because when your employees find that you want to talk, they'll have plenty of suggestions.
8. When an employee doesn't respond, ask a question. Most employees have ideas and sometimes all it takes is a little encouragement to start them talking.
9. Once you get the habit of talking with your employees, they can get through to you and you can get through to them.
10. Don't become overbearing. Correct when necessary but don't insult.
11. Talk with all your employees, make it an ordinary everyday thing.
12. When talking becomes an everyday thing, and you have to remind employees to do something differently, they'll feel you are trying to help them.
13. You're not doing anyone a favor to look the other way when you see employees doing something wrong. If you don't correct them, they think it's O.K. and will keep on doing it.
14. Be accessible, give a couple of employees the brush-off and before long the word spreads until everybody in the department stops trying to talk to you.
15. You can get cooperation from your employees if you come right out and ask them to help you.
16. When you want your people to work with you, don't do everything yourself. Let everyone get into the act, and don't forget to give them credit.



February 1983

## HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

### Working Together Means Working Safely

When two people sit down for a game of checkers or a hand of pinochle, the first thing they do is to talk over the rules they're going to play by. And once they agree on the rules, they stick to them. If they didn't do this, they couldn't have a successful game.

A common set of rules is also important for a group of people to work together successfully and safely.

The Federal Mine Safety and Health Act presents the commonly agreed-on practice for working together safely in coal mines. These practices have been developed as a result of the experiences and suggestions of the various segments of the mining industry. Experience and practice have been mostly responsible for state mining laws, company rules, and insurance company requirements; these have also been incorporated into the Act.

Without a set of proven safety practices, like those in the Act, you would have no way of knowing what you have to do to prevent injury to yourself and to others. You wouldn't have any way, either, of knowing if the other person was doing something that could endanger you.

It is to your advantage to learn the safe practices pertaining to your job and to practice them at all times. Then you will be doing your part toward preventing injury to yourself and your co-workers.

We must all work together to work safely.



February 1983

## HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

### WOMEN IN MINING

#### Why Work in the Mines?

Mining has often been thought of as a difficult, dangerous and dirty occupation and it may be hard for people to realize why women would want to become involved with such a profession. One of the main reasons, logically enough, is money.

The choice on the part of women when applying for work in the mines is often based on economic survival; the need to work at a job that offers more than a minimum wage. "I had been married and divorced and was left with four children to support. My husband paid me no child support so I had to get a job. For awhile, I worked at a bank for minimum wage but soon I realized that I couldn't support my children on it. I pushed hard for this job and am finally able to support myself and my family," said one Kentucky woman.

"Earning my pay. . . I am a person looking at the future for when that day comes when there is but me to look after me. I want to be a miner," said another woman miner.

More and more women in general are finding themselves solely responsible for the support of their families. Estimates in the mining communities show that about 50 percent of women miners provide the total support to their families.

Mining is not new to most of these women; it is often part of their heritage. Members of their families and friends have been or are miners so what is involved in mining comes as no particular surprise to them. "As a child, I was raised in a coal camp. I've seen friends come and go, seen them coming from work walking down that dusty road with their buckets in their hands and their shirts across their backs, and their faces, oh, so black. But never did I dream that years later I would want to be a miner too. I want to be a miner and I deserve my chance to equal load and earn my equal pay to prove that being a woman is no handicap in any way," said one woman miner.

Yes, mining can be a dangerous job for women but it can also be a dangerous job for men. The objective is to make the industry safer for both men and women working together. Or as one fifteen year old student put it, "Men and women should work together and if the work is heavy, help each other and the work would get done faster."



February 1983

## HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

### Safety and Attitudes

It is said that children become adults when they walk around a puddle instead of through it.

By the same token, a person becomes a safe worker when the fundamental rules of safety are accepted. Employees must accept the fact that they have a duty to themselves to observe the hazards of the job and to avoid getting injured.

Naturally, everything possible should be done to correct mechanical faults and to correct unsafe procedures; but we should not overlook the development of safe attitudes on the part of the person on the job. All of the effort put into safety in the company will be a worthless gesture for the employee who will not work safely.

Safe attitudes can be developed and some of the methods to accomplish the result could include: Engineering of our procedures to include safety; Educating the employee in the safe way to perform; and Enforcing the safety rules.

For some, it is a long hard pull before some people are encouraged to adopt this type of attitude. For others it is relatively easy.

An important contribution that should be made is to set a good example yourself.

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A little neglect may breed mischief:  
For want of a nail, the shoe was lost;  
For want of a shoe, the horse was lost;  
For want of a horse, the rider was lost;  
For want of a rider, the battle was lost;  
For want of the battle the kingdom was lost.  
Benjamin Franklin



February 1983

## HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

### A Way of Life

Throughout the ages, we have struggled for survival. Primitive peoples lived in caves or tree tops to be safe from wild beasts. Gradually weapons and tools were invented and discoveries were made which brought greater comfort and safety. A civilization developed, more and more hazards were overcome.

Yet, as many of the natural dangers faced by people of earlier ages gradually disappeared, they were replaced by others which often proved to be even more dangerous. Machines created to serve sometimes became a destroyer. Our ability to invent and construct machines has developed faster than our ability to use them safely.

It is a fact that most accidents are caused by carelessness and could be prevented. Practicing safety does not compel a person to live a drab, uninteresting life. Courageous adventurers are great believers in safety. Those who wish to live a successful and colorful life must take adequate precautions so that their adventures will not be cut short by accidents.

One of the most inspiring gains in the whole safety movement has been the remarkable reduction in occupational accidents.

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### Prepare Ourselves

Prepare our minds to accept the rules of safety, to recognize the hazards of our employment, to heed the advice of older and more experienced prudent workers, to closely follow the instructions furnished by supervision and safety personnel, and to follow the teachings of safety rather than the dare of an adventurous thought.

Prepare our hearts to consider the safety of our coworkers in all our actions.

Prepare our egos to accept the restrictions of safety, and to wear the protective equipment selected for our welfare without the thought that to do so would make us conspicuous.

Prepare our eyes to see with wisdom and to recognize the hazards of our occupation.

Prepare our ears to hear the facts of safety, and to absorb these facts without the distortion so often presented by coworkers

Prepare our fingers and hands to have the necessary dexterity to carry on our employment and handle the tools of industry safely.

Prepare our five natural senses to accept the sixth and most important - COMMON SENSE. Safety in all its precepts depends upon its application.

# ABSTRACT FROM FATAL ACCIDENT

February 1983

HOLMES SAFETY ASSOCIATION  
MONTHLY SAFETY TOPIC

Fall-of-Material Accident



General Information: A fatal fall of material accident occurred in the weld shop yard area of a surface coal mine resulting in the death of a welder. The victim had two years of mining experience, all as a welder at this mine. The accident occurred when he positioned himself under the boom sections of a mobile crane and removed the bottom hinge pin; the boom sections parted and fell on him.

Description of Accident: The victim and another welder were assigned to install an additional boom section on the crane. They proceeded to the main shop area to get the crane and a fork-lift, to be used to assist in the boom change.

The victim drove the crane to the intended work site, while the other welder followed in the fork-lift. After the victim had positioned the crane at the work site, his co-worker mounted the crane operator's compartment, set the leveling rams and swung the crane around to remove the unnecessary boom section from the work area and position the one needed to complete the task. They pulled out slack cable for the boom section and the boom was lowered to the ground.

The boom was positioned so that the section hinge pins could be removed and another section installed. The victim positioned himself on the right side of the boom where he removed the right bottom hinge pin by hand. A third worker, on the left side of the boom, was trying to remove the left pin but finding it tight, crawled under the boom section and started to drive it out using a hammer and punch. The victim, attempting to help, crawled under the boom and began driving the pin out so the third worker crawled out and observed. The victim hit the pin several times and drove it all the way out. The boom section parted and fell instantly, crushing the victim.

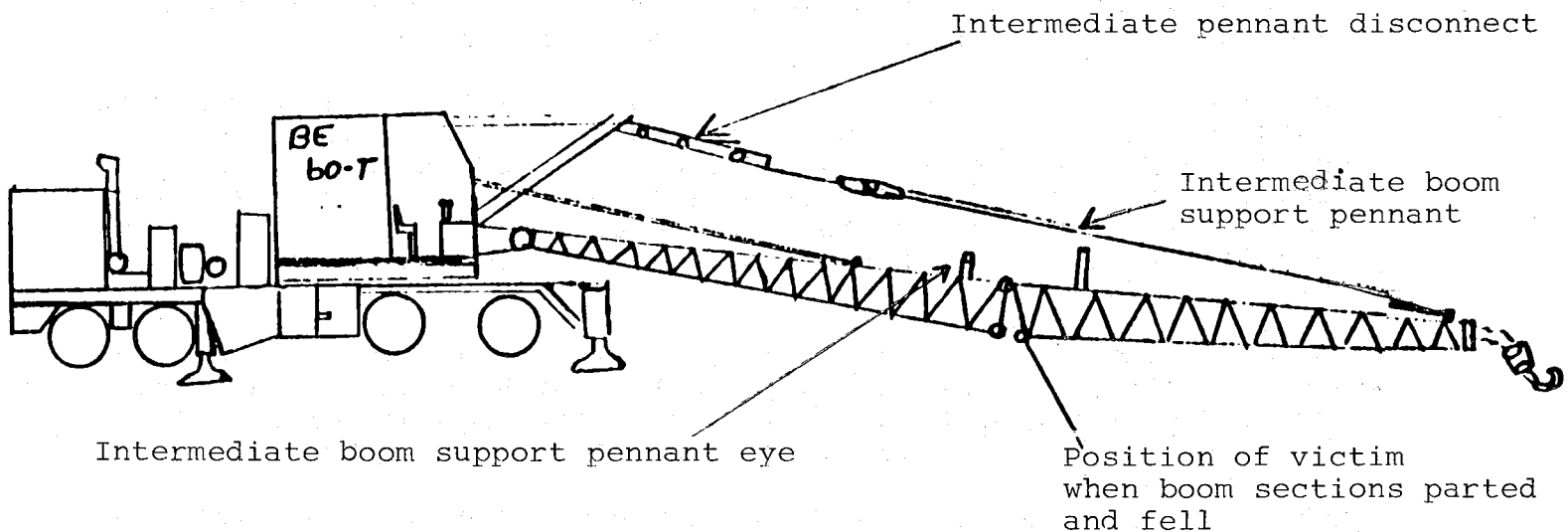
Causes and Evaluations: The investigation revealed the following to be relevant to the accident:

1. The boom intermediate support pennants were not attached to the first boom section to secure the sections in place and prevent them from parting and falling, nor was any other method of blocking provided or installed prior to work being performed under the raised boom section. This is a violation of Section 77.405(b).
2. The crane boom sections were removed or installed as operations required.

3. Management failed to instruct employees in work procedures and hazards involved for a specific task performed.

4. Attachment of intermediate support pennants or other blocking of the boom sections was not discussed by management and employees, nor between the employees, prior to or during the performance of the task.

Conclusion: The accident and resultant fatality occurred because the boom intermediate support pennants were not attached to the first boom section, nor were any other means of blocking provided or installed prior to work being performed under the raised boom sections. Failure of mine management to instruct employees and require that no work be performed under raised machinery until such machinery has been securely blocked in position was a contributing factor to the accident.





# ABSTRACT FROM FATAL ACCIDENT

February 1983

HOLMES SAFETY ASSOCIATION  
MONTHLY SAFETY TOPIC

## Electrical Accident



General Information: An electrical accident occurred resulting in the death of a superintendent. The victim, not a qualified electrician, was electrocuted while attempting to splice an energized 600-volt a.c. trailing cable supplying power to the continuous mining machine.

Description of Accident: The continuous miner was being moved because the mine had been shut down and water was rising in this area. The moving of the machine proceeded throughout the shift without incident until an electrical fault occurred in a permanent-type splice in the trailing cable. It tripped the high-voltage load break switch out by the section thereby deenergizing the section power distribution center. After the high-voltage load-break switch tripped, the belt examiner removed the outer jacket from the splice to determine what was needed for repairs. He informed the victim that a complete splice kit would be needed so the victim traveled to the surface to obtain the kit. On his way outside, he energized the high-voltage load-break switch and upon returning to the section decided to wait until the next day to repair the splice.

Upon arrival on the section the next day, the belt examiner saw that a dewatering pump located near the end of the track was not operating properly so he and the victim primed the pump to get it back into operation. A few seconds later, the belt examiner saw the victim moving towards the continuous-mining machine. He began to follow to help the victim repair the splice when he saw the victim fall forward.

The belt examiner reached for the victim and received an electrical shock. Realizing that he was in contact with an energized circuit, the belt examiner grabbed the victim's clothing and pulled him from the area. He immediately administered first aid to the victim.

Evaluation and Causes: It was determined during the investigation that when the victim energized the high-voltage load-break switch, the power was automatically restored to the trailing cable of a continuous-mining machine because the undervoltage tripping mechanism in the circuit breaker protecting the cable was blocked.

The accident occurred because unqualified persons were repairing a splice in a trailing cable that had not been deenergized, locked and tagged out. A major contributing factor was the failure to properly maintain the circuit breaker protecting the continuous mining machine trailing cable.

# Contact With Trolley Wires Can Be An Electrifying Experience



**Keep Safety Free  
In 83**

ATTENTION: THIS POSTER IS  
AVAILABLE (BLACK PRINTING ON  
RED BACKGROUND) UPON REQUEST  
TO:

MSHA, HOLMES SAFETY ASSOCIATION  
4800 FORBES AVE., B 185  
PITTSBURGH, PA 15213



February 1983

## HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

### The Accident Habit

Psychologists have developed a word picture of the person likely to have accidents. They wander haphazardly through our swiftly moving civilization waiting for the moment when something will hit them or vice versa.

Eighty per cent of people with broken bones have the accident habit. People who have had one major accident are those who are most likely to have other major accidents. A person who has had a good many minor accidents is the person who is sooner or later going to have a major accident.

The person, psychologists tell us, who is likely to have accidents is usually a firm believer in fate.

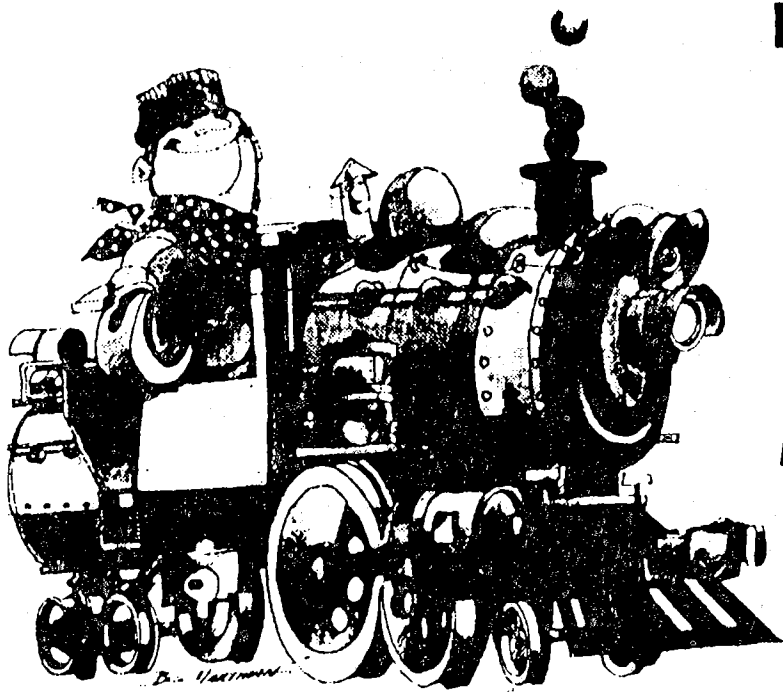
This person attaches emotion to immediate concrete experiences rather than to ideas, and will make decisions quickly.

The person who has the accident habit usually has had many conflicts with authority in the workplace or in the streets or other public places. Such people attempt to deal with conflicts by ignoring the existence of authority as long as possible.

Instead of confronting problems head on, this type of person prefers to escape from the situation. They are really not fighters and have adopted a complacent attitude. It is easier for these people to blame "fate" for mishaps than to take the initiative to improve their situation.

Don't allow yourself to become afflicted with the accident habit. You have the ability to control your working environment.

You're on the  
Right Track with  
**Holmes  
Safety  
Association**



**Improve Safety and Efficiency  
ENROLL NOW!**

The Holmes Safety Association engages in a humanitarian effort and is noncommercial in character. Its sole objectives are to prevent fatalities and injuries and to improve health and safety among officials and employees in all phases of the mineral industries.

**FOR FURTHER INFORMATION, CALL OR WRITE TO:**

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FTS/721-8649 or 8650



February 1983

## HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

### Time For Safety

One of the most valuable things allotted to us is time.

An entire lifetime is a measure of time. The knowledge and economic success or security we possess can be measured in the amount of time required to obtain these things.

Time has become so important in our business and leisure lives that automobile manufacturers and transportation companies are enabling us to travel faster and faster. Speed, which allows us to save time, has thus become a synonym for time.

Time spent in learning the safe way to live is certainly time well spent.

Every moment behind the wheel of today's automobiles requires the full attention of the driver because in a fleeting moment of inattention or preoccupation, an accident can occur. Such an accident could ring down the curtain of time on a human life. It could impose a fruitless and painful waste of time on an injured person. Productive time for you and your employer can be lost. The opinion of the public towards you and your employer which took years of time to develop, may disappear in that fleeting moment. The safety achievement of a company, a division, a department or an individual which took a lifetime to build may be lost.

For automobile drivers, it takes only a second of precious time to destroy so much with an accident.

February 1983



## HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

### Guaranteed Unsafe Combination: Drinking and Driving

Every year at holiday time, many safety organizations focus their safety messages on the lethal combination of drinking and driving. This is a serious consideration during the exciting holiday festivities.

Now that 1983 is well on its way and some of the excitement has died down, the Holmes Safety Association wishes to remind all its members that the drinking and driving combination should be avoided at all times throughout the year.

We all participate in many celebrations throughout the year; Saint Patrick's Day, Memorial Day, the Fourth of July and Labor Day are a few. Most of us also will celebrate a birthday or anniversary or maybe a reunion of family or friends.

Using a little restraint and common sense will insure that you and your family participate fully in these celebrations for years to come.

### Alcohol a Depressant

Safe driving in today's traffic demands mental alertness and physical fitness. Alcohol affects the body in much the same manner as chloroform, ether, or other anesthetics. It is not a stimulant, but a narcotic that is medically classified as a depressant. Use of alcohol affects coordination, slows reflexes and impairs a driver's judgement. Those who feel they are better drivers after "a couple of drinks" are merely victims of the influence of intoxicants.

At the same time it is slowing coordination and physical reactions, alcohol is taking the wraps off inhibitions and making the driver feel able to accomplish things that would never be attempted in a sober moment. A driver who has only one or two drinks may not be able to take the necessary evasive action quickly enough to prevent an accident that could ordinarily be easily avoided. It is not necessary for a driver to be "under the influence" in the legal sense, to be a dangerous driver. Drinking reduces the ability of any driver. Even two cocktails may reduce visual acuity (sharpness) as much as wearing dark glasses at night.

Finger Injuries

Do you fully appreciate your fingers?  
Do you fully realize just how many  
functions fingers perform for you?  
And did you ever stop to consider  
just how difficult it would be to  
tie your shoes or your tie, eat,  
write, or to perform thousands of  
other simple operations if you were  
suddenly to lose two or three fingers?

Don't let an accident put the finger  
on your fingers. Know the proper way  
to hold tools...wear gloves when the  
job requires them...be cautious and  
surehanded with machinery...and watch  
out for pinch points while handling  
material.

There's only a slight difference  
between keeping your chin up and  
sticking your neck out--but the  
difference is well worth knowing.

Oldtimer: I lived to be a hundred  
because I didn't drink, or smoke,  
and I was up at six every morning.

Reporter: I had an uncle who lived  
the same way but died at 60. How  
do you account for that?

Oldtimer: He didn't keep it up long  
enough.

"Is there anybody in the congregation  
who wants a prayer said for their  
failings?" asked the minister.

"Yes," came an answer from a man in  
the front row. "I'm a spendthrift.  
I throw my money around, reckless  
like."

"Very well," said the minister. "We  
will join in prayer for the brother  
here--just after the collection plate  
has been passed around."

The only trouble with being  
a good sport is that you  
have to lose to prove it.

The reason they call our  
pay, after deductions, the  
take-home-pay is because  
there isn't enough to go  
anywhere else.

Doctor: Follow this diet,  
and in two months I want to  
see three-fourths of you  
back in here for a checkup.

If we keep going deeper in  
the hole, our national  
emblem may be the mole.

A Toast: Here's to the  
joyrider and the jaywalker  
--may they never meet.

I like work; it fascinates  
me. I can sit and look at  
it for hours. I love to  
keep it by me; the idea of  
getting rid of it nearly  
breaks my heart.

POSTAGE AND FEES PAID  
U.S. Department of Labor

LAB 441

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.)

\_\_\_\_\_  
(Telephone No.)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Title)

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NOTE: BE SURE OUR ADDRESS SHOWS

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