

AUGUST 1984



BULLETIN



**ACCIDENTS:
A GOOSE EGG**



SCORE^{IN}'84

THIS SAFETY BULLETIN CONTAINS SAFETY ARTICLES ON A VARIETY OF SUBJECTS, FATAL ACCIDENT ABSTRACTS, STUDIES, POSTERS AND OTHER SAFETY INFORMATION FOR PRESENTATION TO GROUPS OF MINE AND PLANT WORKERS.

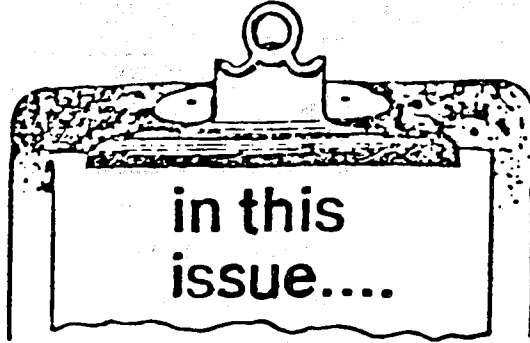
AS GROUP SPOKESPERSON, LEADER OR SUPERVISOR, YOU PLAY AN IMPORTANT ROLE IN THE ACCIDENT PREVENTION PROGRAM FOR YOUR COMPANY. THE WAY YOU TALK, THINK AND ACT ABOUT SAFETY DETERMINES, TO A GREAT EXTENT, THE ATTITUDE YOUR COWORKERS WILL HAVE ABOUT SAFETY.

THIS MATERIAL, FUNDED BY THE MINE SAFETY AND HEALTH ADMINISTRATION, U.S. DEPARTMENT OF LABOR, IS PROVIDED FREE AS A BASIS FOR DISCUSSION AT ON-THE-JOB SAFETY MEETINGS. IT MAY BE USED AS IS OR TAILORED TO FIT LOCAL CONDITIONS IN ANY MANNER THAT IS APPROPRIATE.

PLEASE USE THE ENCLOSED GREEN MEETING REPORT FORM TO RECORD YOUR SAFETY MEETINGS AND RETURN TO THE HOLMES SAFETY ASSOCIATION, POSTAGE-PAID.

"This publication has been reviewed and approved for distribution to the mining public by the office of the Assistant Secretary for Mine Safety and Health."

HOLMES SAFETY ASSOCIATION



AUGUST 1984

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August 1984

HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC



Pioneer Coal Corp. Pioneer Coal Horsepen, VA	Clear Lake S & G Clear Lake Springfield, IL	Peoria Concrete Const. Peoria Concrete Const. Spring Bay, IL
Rim Rock Quarries Inc. Rim Rock Quarries Norton, VA	R. A. Cullinan & Son Twomey Pit Atlanta, IL	Rock River Ready Mix Rock River Ready Mix Rock Falls, IL
Big Stone Quarry Corp. Big Stone Gap Big Stone Gap, VA	Allsopp S & G Inc. Allsopp S & G Mt. Pulaski, IL	L. Bob Gravel L. Bob Gravel Bristol, IN
Mercer Crushed Stone Mercer Crushed Stone Princeton, WV	Troy Terminal Corp. Troy Terminal Troy, IN	Skaggs Enterprises Inc. Skaggs Enterprises Montgomery, WV
Channahon Materials Co. Channahon Materials Channahon, IL	AMCA Processing Inc. AMCA Processing Greenville, KY	Servmax Systems Inc. Servmax Systems Montgomery, WV
Collinson Sand & Gravel Collinson Prophetstown, IL	Top Way Properties Inc. Top Way Newark, TX	Howard L. Myers Co. Howard L. Myers Spokane, WA
Lobdell Ready Mix Lobdell Leana, IL	Marock Inc. Marock Alvord, TX	Beech Bottom Coal Co. Beulah #1 Albany, KY
Springfield S & G Co. Inc. Springfield Springfield, IL	H & B Coal Co. Inc. H & B Coal Grundy, VA	Roblee Coal Co. Roblee Coal Stewarts Run, WV
TXI Cement Co. TXI Cement New Braunfels, TX	R & D Mining Inc. R & D Mining-No. 1 Mine Rowe, VA	Arkansas Cement Corp. Arkansas Cement Ashdoun, AR
Old Virginia Brick Co. Inc. Old Virginia Brick Salem, VA	Raven Smokeless Coal No. 1 Mine Vansant, VA	Midway Stone Co. Inc. Midway Hillsdale Qy. Moline, IL
Sisson & Ryan Inc. Sisson & Ryan Shawsville, VA	Johnson Limestone Co. Johnson Limestone Lewisburg, WV	Cleveland Quarry Inc. Cleveland Quarry Moline, IL
Blue Ridge Talc Co. Inc. Blue Ridge Talc Henry, VA	M. M. H. Coal Co. Inc. M. M. H. Coal-No. 1 Mine Council, VA	Western IL Stone Co. Meyer Plant #8 Moline, IL
Geomex Mine Services Inc. Geomex Mine Services Hot Springs Village, AR	E & A Coal E & A Coal #2 Whitby, WV	Missouri Gravel Co. Richfield Plant #12 Moline, IL
Magnet Coal Inc. Magnet Coal Blaine, KY	E & A Coals E & A Coals #3 Whitby, WV	LaSalle Co. Portable Ottawa Pit No. 8 Moline, IL
T & T Kentucky Coal Co. T & T Kentucky Coal Robinson Creek, KY	Moline Consumers Co. Moline Consumers Moline, IL	Colchester Stone Co. Colchester Plant #1 Moline, IL
Wyoming Fuel Co. Golden Eagle Mine Weston, CO	Colchester Stone Co. Carthage Plant No. 2 Moline, IL	Allied Stone Co. Allied Stone Moline, IL
Wyoming Fuel Co. New Elk Mine Weston, CO	Rock River Stone Quarry Rock River Stone Quarry Hillsdale, IL	Moline Consumers Co. Sheridan Plant No. 5 Moline, IL



Moline Consumers Co.
Bureau (Rawson) Pl. #16
Moline, IL

Troy Grove Stone Qy.
Troy Grove Plant
Moline, IL

Moline Consumers Co.
Albany Plant #1
Moline, IL

General S & G Co.
Barstow Plant #1
Moline, IL

Western IL Stone Co.
Mt. Sterling Pl. #13
Moline, IL

Western IL Stone Co.
Weitholder Pl. #10
Moline, IL

Moline Consumers Co.
McMahon Quarry Pl. #8
Moline, IL

General S & G
Big Island Plant
Moline, IL

Kane Co. Concrete
Kane Sand
Sugar Grove, IL

Middlesboro Stone Co.
Middlesboro Stone
Richmond, IN

Hy-Rock Products Co.
Marengo Mine
Marengo, IN

May Stone & Sand Inc.
Ardmore Stone Plant
Fort Wayne, IN

Canyon S & G
Canyon S & G
Huntertown, IN

D R & M Mining Co.
D R & M Mining
Madisonville, KY

Powell Mining Co.
T & N Mine-Powell Mining
Madisonville, KY

Charolais Corp.
Charolais
Madisonville, KY

Romar Mining Inc.
Romar Mining
Martons Gap, KY

Del-Rib Mining
Del-Rib Mining
Slaughters, KY

Hardwick Mining Co.
Hardwick Mining Rebecca
White Plains, KY

Harrison Const. Co.
Harrison Const.
Madisonville, KY

Happy Hallow Coal Co.
Happy Hallow Coal
Dawson Springs, KY

Wolfe Creek Mining Co.
Wolfe Creek Mining
Sullivan, KY

Green Coal Co.
Southard Mine
Beaver Dam, KY

Green Coal Co.
Pleasant Ridge
Pleasant Ridge, KY

The Kentucky Stone Co.
Canton
Canton, KY

West-Ken Coal Corp.
Rhodes Mine
Greenville, KY

Bull Run Stone Co. Inc.
Bull Run Stone
Chantilly, VA

The Frazier Quarry Inc.
Frazier Qy-North Plant
Harrisonburg, VA

Cherry Coal Co.
Cherry Coal No. 2
Swords Creek, VA

Chick-A-Dee Coal Corp.
Chick-A-Dee Coal-#1 Mine
Honaker, VA

McDaniel Mining
McDaniel Mining #3
Mt. Hope, WV

G & W Leasing Inc.
G & W Equip. Leasing
Mullens, WV

Rush County Stone Co.
Rush County Stone
Milroy, IN

Slippery Rock Aggregates
S.R.A.
Volant, PA

J & K Coal Co. Inc.
J & K Coal
Mavisdale, VA

Arkansas Lime Co.
Arkansas Lime
Batesville, AR

Orton Quarry Inc.
Orton Quarry
Hillview, IL

Cedar Heights Clay Co.
Oak Hill
Oak Hill, OH

Oneida
Oneida
Oneida, OH

Chevron Resources Co.
San Antonio
Hobson, TX

Peabody Coal Co.
Robin Hood #8 Mine/Peabody
Twilight, WV

Rush Run Coal Co.
Rush Run #3 Mine
Bald Knob, WV

J & R Coal Co. Inc.
J & R Coal
Oakwood, VA

Radford Limestone Corp.
Radford Limestone #2 Plant
New Bern, VA

Hawks Nest Mining Co.
Eagle River Tipple
Montgomery, WV

Hawks Nest Mining Co.
Stockton No. 1 Mine
Montgomery, WV

Hawks Nest Mining Co.
Shop & Storage Area
Montgomery, WV

Hawks Nest Mining Co.
Winifrede No. 8 Mine
Montgomery, WV

A & D Excavating Co.
A & D Excavating
Richmond, IN

Liberty S & G
Liberty S & G
Liberty, IN

Vulcan Materials Co.
Vulcan Materials Wise Stone
Bridgeport, TX



August 1984



HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

Council News

Indiana District Council, Indiana, PA

The Indiana District Council holds monthly dinner meetings on the third Friday of the month. There are 16 active and three noncompetitive chapters affiliated with the Council.

All chapters are notified of the monthly meetings and are encouraged to send representatives. Many safety topics published in the H.S.A. Bulletin are used at these meetings. Last year the Council averaged 79 in attendance at the monthly meetings.

In 1983, the Indiana Council had 401 lost--time accidents and three fatal accidents. A lost-time injury frequency rate of 10.62 was realized with 7,608,816 hours of exposure while producing 11,152,125 tons of coal.

* * * * *

John E. Jones District Council, Marion, IL

The John E. Jones District Council held its spring meeting on April 26, 1984, in Marion, Illinois.

Council President Elmer Layne presented traveling plaques to the Inland Steel Mine #1 chapter for the lowest quarterly incident rate of .58 and Inland Steel Mine #2 for the greatest improved quarterly incident rate.

Program chairman Ivan Moreton introduced the guest speaker who gave a presentation on permissible explosives blasting and shooting on shift.

There were 77 people in attendance.

* * * * *

Kiski Tri-County District Council, Ford City, PA

The Kiski Tri-County District Council held its annual Ladies Night Dinner meeting on June 2, 1984, at the Latin American Club in Ford City, Pennsylvania.

Entertainment was provided by the Easy Street Band. Joseph Garcia, MSHA Subdistrict Manager, addressed the crowd. There were 140 people in attendance.

HOLMES SAFETY ASSOCIATION

A TAG AND LOCK MEANS NO SHOCK



**ACCIDENTS:
A GOOSE EGG**



SCORE IN '84

For copies of this poster contact:

Holmes Safety Association
4800 Forbes Ave.

Pittsburgh, PA 15213
412-621-4500 Ext. 650

United States Department of Labor

MSHA

Mine Safety and Health Administration



August 1984



HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

ELECTRICITY--THE MOST COMMON SOURCE OF POWER

More people are killed annually by 120-volt house circuits than any other voltage. It takes less electricity under certain conditions to kill a person than it does to light a 10-watt light bulb. We in the mines are working, for the most part, with 220 and 440 volt current, although 2300 volts is not unusual. Under the right circumstances, a person may be hit with more than 440 volts and still live; conversely, 120 volts may cause instant death.

Here are some safety rules we must follow to avoid injury:

1. All portable tools must be kept in good repair and the cords must be replaced if worn or frayed.
2. These tools must be grounded before using unless they are of double-insulated construction.
3. These tools must carry the approval of the Underwriters' Laboratories or other qualified authority.
4. Do not make repairs to portable tools or electrical equipment unless it is part of your job.
5. Do not change fuses or in any way attempt repair work in a switch box unless this is part of your job.
6. Never store anything in a fuse box.
7. Operate safety switches and manual starters with your left hand. This allows you to stand to the right of the switch box.
8. Turn your head away when operating a switch. Wear eye protection.
9. Insulation on wires may be defective, so don't depend on this insulation to protect you.
10. Do not use foam or water extinguishers to fight electrical fires. Use carbon dioxide or dry powder.
11. Use the proper lockout and/or tag procedure when your equipment is down for repairs.
12. Know proper techniques for artificial respiration.

August 1984



HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

METAL/NONMETAL ELECTRICAL INJURIES

INVOLVING VOLTAGES OVER 650 V

1978-1983

Between the years 1978 and 1983, there were 87 electrical injuries involving contact with voltages over 650 volts reported to the Health and Safety Analysis Center. Twenty-five of these were fatalities, of which 12 occurred while working on or close to live circuits, 12 from contact with overhead power lines and one from lightning.

ANALYSIS

There were 53 injuries associated with activities involving work on or close to energized circuits. Thirty-eight of these injuries, including seven fatalities, occurred during maintenance and repair activities. Working directly on energized circuits resulted in four fatalities and four nonfatal injuries. In one fatal accident a metal ladder was used while replacing fuses by hand. The remaining injuries incurred during maintenance and repair activities occurred while working close to energized circuits.

Often during maintenance and repair activities a part of the arm or hand made accidental contact with a live circuit. One fatal injury occurred when the victim contacted a 13,200-volt line while cleaning an insulator. A nonfatal accident occurred while the victim was working on a transformer bushing connected to a 14,000-volt line. Two nonfatal injuries resulted when power was inadvertently applied to circuits being tested. Of the 12 fatalities, nine involved persons in nonelectrical occupations.

There were 29 injuries, 12 fatalities involving contact with overhead power lines by equipment such as drill masts, truck beds, crane booms, etc. Trucks were the equipment most involved in fatalities and crane booms in nonfatal accidents. Raising truck beds into power lines at unloading points caused three fatalities and at servicing areas caused two fatalities.

Electrical injuries during crane operations usually occurred when the crane boom contacted a power line and the material being transported was being guided by the victim. Two fatalities and six nonfatal injuries occurred in this manner.

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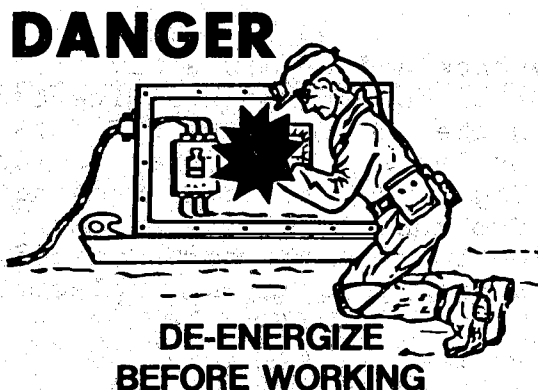
Raising drill masts into power lines caused one fatality and four nonfatal injuries. Other equipment involved in power line fatalities were cherry picker (1), dragline boom (1), survey rod (1) and rebar (1).

The lightning-caused fatality occurred when a lightning strike occurred while an electrician was troubleshooting an electrical panel. The frame of the panel became energized from the strike, resulting in an electrocution.

RECOMMENDATIONS

When work is to be done on or near electric circuits, the circuits should be de-energized and locked out. If it is necessary that the circuit be energized for troubleshooting or for adjustment of electric circuits, it should only be done by qualified individuals who possess the knowledge and skills to perform the work. Proper safety procedures and equipment and tools should be used. The installation of panels that provide a barrier between the worker and circuits under test can help reduce accidents.

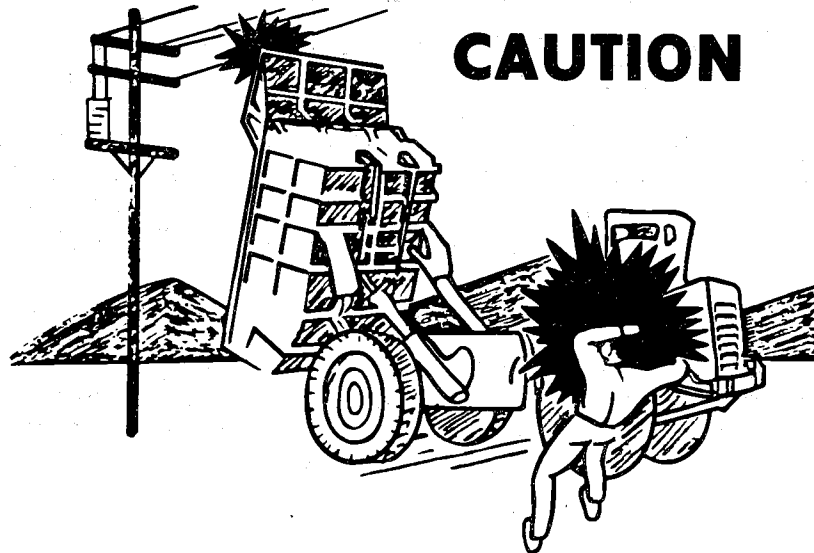
When removing or installing fuses, the circuits should be de-energized. If this is not practical, then proper tools designed for this function should be used. Replacing fuses by hand is a dangerous practice, particularly if a short circuit or overload has not been cleared from the circuit.



Maintenance work involving cleaning, painting, or other housekeeping tasks around high voltage circuits is often done by persons not trained in working around electricity. If these persons must work around transformer stations or substations or other areas of high voltage circuits these circuits should be de-energized or otherwise isolated to prevent shock. The de-energization of the circuits or isolation should be verified by an electrician or other qualified personnel. If the circuits cannot be de-energized, then insulating mats should be used to stand on or to cover exposed energized parts or wires while maintenance is being performed.

Raising truck beds, moving cranes, booms and other equipment into power lines is a continuing problem. It is difficult to propose a general rule for reducing this type of accident, other than to use caution. However, some recommendations are possible.

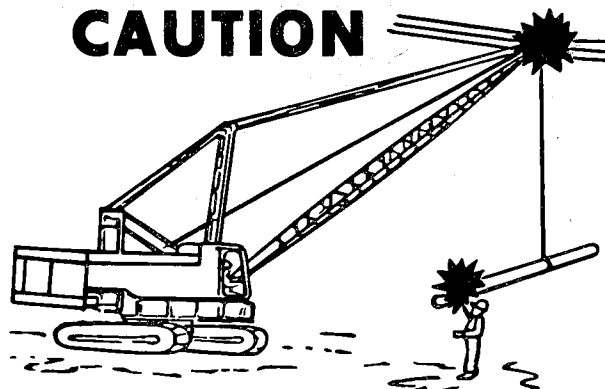
Overhead power lines should not pass across areas where truck dump beds are raised or front-end loaders are operated normally or equipment is serviced or washed down. In other mine areas, the power lines should be installed higher than the reach of any truck bed or front-end loader bucket used at the mine.



**CHECK FOR HIGH VOLTAGE
LINES BEFORE RAISING BED**

When cranes and drills are used in areas where power lines cross, a minimum distance should be maintained from the lines. When this equipment is being moved or operated in the vicinity of power lines, someone should be designated to watch the boom to warn of impending contact. Individuals guiding material being moved by a crane should use nonconducting tag lines.

Personnel should not be allowed to carry long items of conductive material such as drill steel, pipe, rebar and survey rods in the vicinity of energized conductors which could be contacted by the material.



**CHECK BOOM CLEARANCE
WITH HIGH-VOLTAGE LINES**

ABSTRACT FROM FATAL ACCIDENT

August 1984

HOLMES SAFETY ASSOCIATION
MONTHLY SAFETY TOPIC

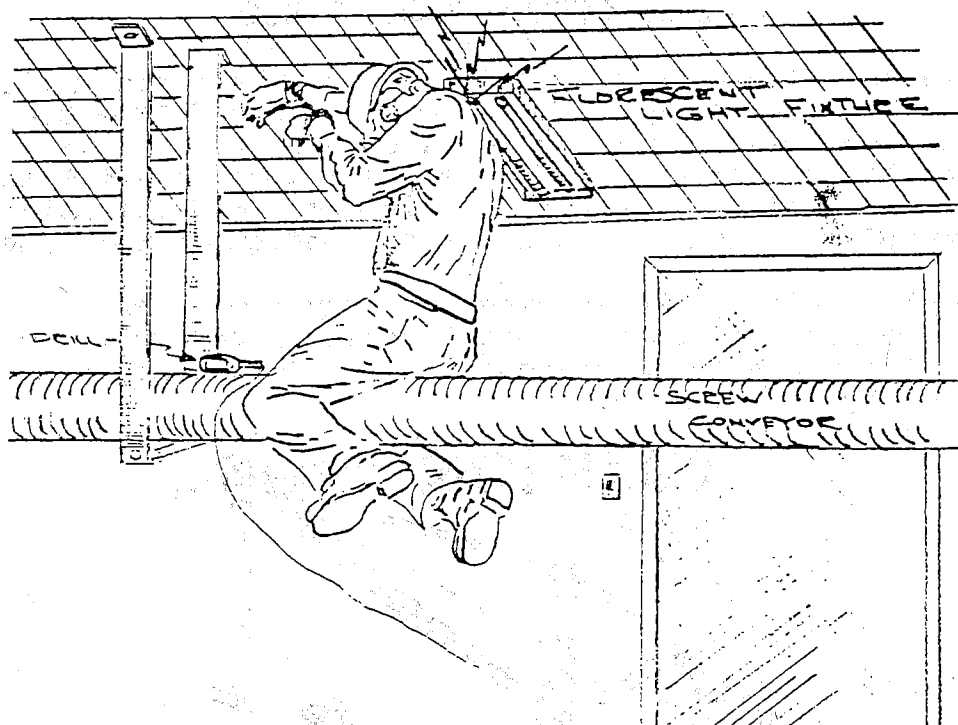


FATAL ELECTROCUTION ACCIDENT

GENERAL INFORMATION: A 26 year old laborer was electrocuted when his upper back contacted a 40-watt florescent tube end.

The victim was astride a screw conveyor he was helping to install which was suspended on metal brackets about 30 inches from the ceiling. He had been employed by the construction contractor for 4-1/2 months and had worked 2 days on the mining property.

RECOMMENDATION: Where new installations are installed in existing shops or plants, the location where the installation is planned to be should be examined by the designer, supervisor and the worker involved. Each of these individuals should be aware of any potential hazard they may encounter as their work progresses.



ABSTRACT FROM FATAL ACCIDENT

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MONTHLY SAFETY TOPIC



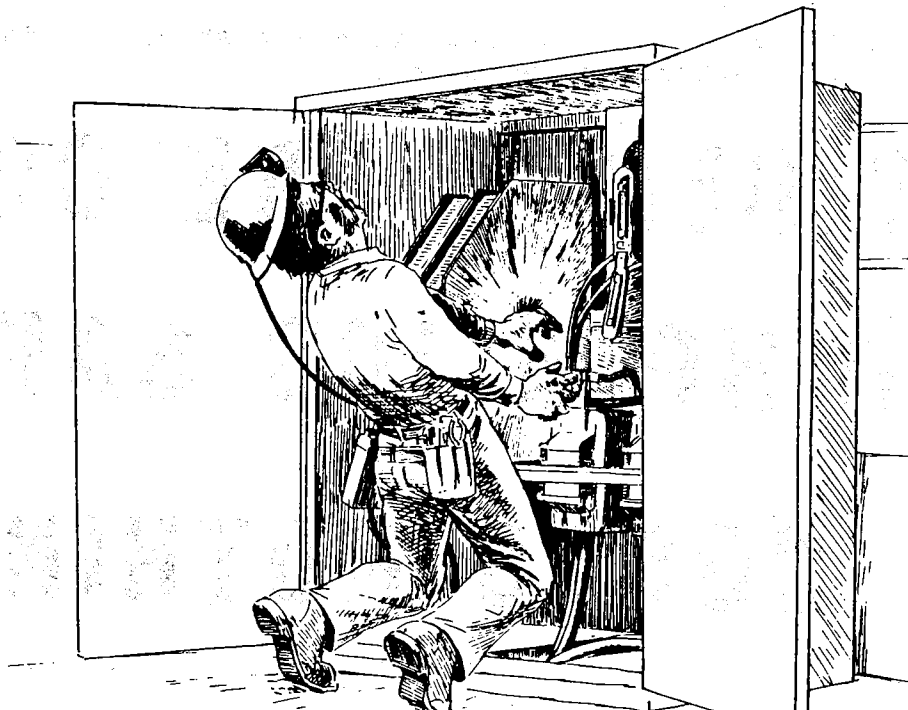
FATAL ELECTRICAL ACCIDENT

GENERAL INFORMATION: A 28 year old electrician, with approximately 3-1/2 years mining experience, was fatally injured when he contacted the reverse control unit which he was repairing.

Lightning had caused electrical damage in a cabinet which housed contactors and a control transformer. The damage resulted in a power outage to the hoist. The components in the cabinet were deenergized by opening the oil circuit breakers to the hoist prior to initiation of repair work. A subsequent investigation of the oil circuit breaker contents indicated that this step had been taken.

Another lightning strike during repairs traveled into the cabinet on the ground circuit system and energized the secondary of the transformer which had one leg tied to the grounded cabinet. The victim contacted the energized parts and was electrocuted.

RECOMMENDATION: Electrical repairs should be suspended during an electrical storm.





August 1984



HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

Specialties

Don't do the following kinds of work unless you have standing authorization, a special permit, or the approval of your supervisor:

1. Welding and other types of hot work.
2. Opening valves or controls on gas or chemical lines.
3. Repairing or cleaning drums and tanks which have held flammable or toxic substances.
4. Disposing of flammable or toxic materials by burning or by flushing down drains.
5. Changing the operation of safety devices.
6. Starting a newly repaired machine back into operation.
7. Mixing acids, caustics or other chemicals.
8. Electrical or machine repairs which should be done only by trained and authorized employees.

**ACCIDENTS ARE COSTLY
DOING A JOB SAFELY
COSTS NOTHING**



August 1984



HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

A MINER'S RESPONSIBILITY

Mining is a dangerous and complex undertaking. Many miners are killed and injured annually in mines from falls of roof. That is why another national campaign to prevent injuries from roof falls has been started. The objective of reducing accidents cannot be achieved by "going through motions" or by giving "lip service". Sincerity and effective action on the part of mine officials and miners are prime requirements.

While the mine operator bears the greatest responsibility and expense for the prevention of roof fall accidents, there are many things that the miner can do.

1. Be sure not to proceed or work in by the last permanent support, unless authorized to make the roof safe. Use temporary support.
2. Properly examine and evaluate roof conditions. "Drummy" or loose top that can't be properly supported should be taken down.
3. Follow the standard roof support plan. If an abnormal condition is encountered, use additional support.
4. Check especially for irregularities in the roof, such as rolls, slips or mud seams.
5. Watch for dangerous roof conditions and when found, ask mine officials to remedy them.

Mining laws and company rules prohibit a miner from working under unsupported roof. However, experience has shown that these regulations are too frequently violated. Compliance with the roof support program should be obtained through training, supervision, enforcement and discipline. The use of diagrams and blueprints showing proper methods of roof support are necessary to instruct a miner in what is expected.

Remember to put in constant reminders as the work goes along. Tell your miners to always be alert to the hazard of roof falls and not to jeopardize their lives or the lives of their coworkers. Remind them to always follow the timbering plan; there is no substitute for safe timbering practices. Remember the three "T's" for safety;

1. TEST
2. TAKEDOWN
3. TIMBER



KNOW BY TEST

**NOT
BY GUESS**

**that the roof
is safe!**





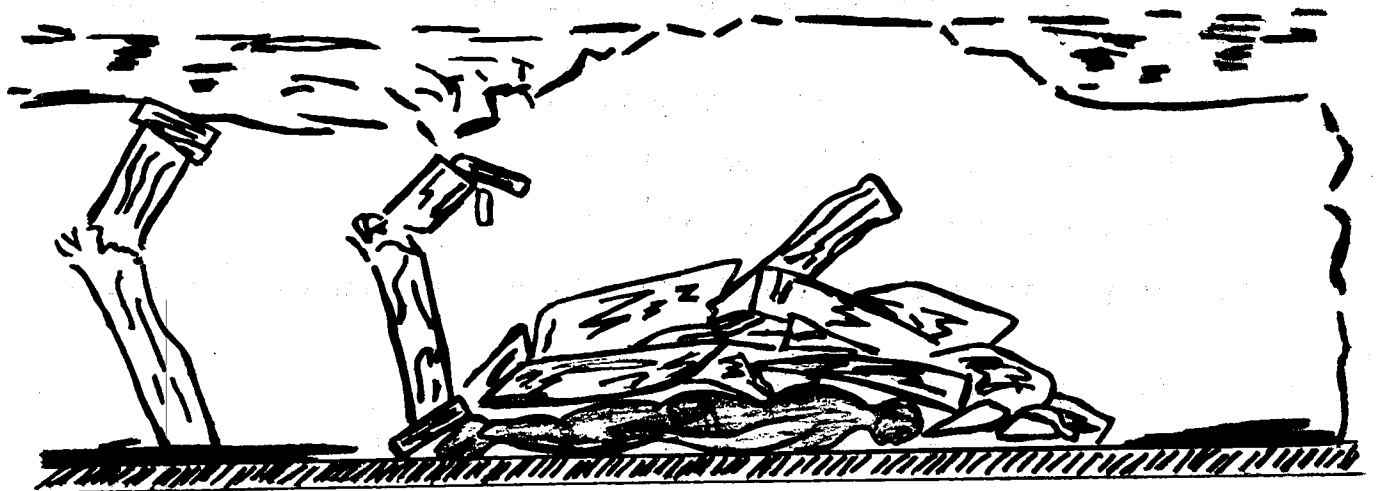
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HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

STEPS OF A ROOF-FALL TRAGEDY

- Step One Crack appears, and small flakes of stone fall from the roof.
- Step Two Timbers snap, cap pieces squeeze and break. The victim's legs attempt to move toward the outside, but the body is taking weight.
- Step Three The body is now fully bent, and knees and hands are pressed hard on the floor. The timbers are displaced and are falling.
- Step Four The head and chest are nearing the floor; pressure of the rock has caused bones to fracture.
- Step Five The hands, arms, and legs are crushed, and jagged pieces of rock puncture the body.
- Step Six The electric cap-lamp headpiece is ripped from its fastener, and the skull begins to distort. The body tension has now caused fleshy parts of the torso to become open wounds.
- Step Seven The falling rock has dislodged the nearby supports, and in one last crash, breaks into two or more pieces completely covering the victim.





August 1984



HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

Take Safety Home

National Safety Council statistics indicate that it's safer for the average person to work on the job than it is to drive a car, work around the house, or take a vacation.

Probably the main reason is that we talk about safety on-the-job and do a lot about it. You hear about safety on-the-job from management, from supervisors and from the safety department. Every day you see many safety reminders--warning signs, posters, safety bulletins, record boards, color codings, rule books and special safety instruction sheets. Your workplaces are regularly inspected, hazards are corrected and accidents are investigated. You participate in safety meetings and receive safety instructions just about every day.

But let's stop and think. How much of our safety thinking and activity are we taking home with us? National Safety Council figures tell us that most of us aren't doing a good safety job in our homes. Too many people leave safety behind when they go out of the mine or plant gate.

To test this, let's answer these questions:

1. Do you find the driveway to the garage clear of children, dogs and other playthings?
2. Do the garage doors open and close easily?
3. Is the garage clean and neat, with everything in its proper place?
4. Is there any rubbish accumulating?
5. Do the lights work properly?
6. Is the floor in good condition?
7. Do you set the brake and lock the doors when you leave the car?
8. Is the yard clean and orderly?
9. Are the walks clear of toys and materials?
10. Is the door mat in good condition so someone won't trip on it?

-MORE-



Home Safety

11. Are there hand railings on all steps and stairways, inside and out?
12. Are guard rails placed around high, open porches?
13. Is the house clean, neat and orderly?
14. Are children's toys kept out of the way?
15. Are all electric cords in good condition?
16. Are all electrical plug-in sockets provided with plugs or covers to prevent shocks to small children?
17. Are floors slippery?
18. Are rugs firmly anchored?
19. Are the proper number of appliances plugged into an outlet?
20. Are medicines, caustics, cleaners, poisons and drugs clearly labeled and kept out of the reach of children?
21. Do you have a stepladder or a stepstool in good condition?
22. Is there a first-aid kit and manual in the medicine chest?
23. Are children taught to respect fire, guns and heating appliances?
24. Are all electrical appliances in good shape and properly grounded?
25. Do you have a particular place for everything and is everything put back after its use?
26. Do you keep your guns unloaded?
27. Do you keep ammunition locked up?
28. Do you refrain from smoking in bed?
29. Do you have good, safe ladders for outside work?
30. Are all your tools sharp and in good condition?

-MORE-

There are many more questions that could be asked but these should indicate to you just how much safety you have taken home with you. If you could truthfully answer "Yes" to all 30 questions, your home should be a relatively safe place to live. But if you answered "No" to quite a few, we suggest that you think about the hazards that exist and do something about them before you or some member of your family has an accident.

All we ask you to do is to take home some of the safety knowledge you have learned on the job and apply it to make your home the safe place it is supposed to be.

* * * * *

Three Important "What's"

Your safety depends on three things:

1. What you THINK about it.

Do you actually believe with honest enthusiasm in the safe way as being a good lifetime investment?

2. What do you KNOW about it?

Does the knowledge of the work you do include all of its hazards too?

3. What do you DO about it?

Do you apply your safety knowledge and thoughts with 100 percent consistency?

**WHY NOT MAKE THINK, KNOW, AND DO YOUR INSURANCE POLICY
OF SAFETY**



August 1984



HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

SOMETHING TO DWELL UPON

Speak to people--there is nothing as nice as a cheerful word of greeting.

Smile at people--it takes 72 muscles to frown and only 14 to smile.

Call people by name--the sweetest music to a person's ears is the sound of their own name.

Be friendly and helpful--if you want friends, be friendly.

Be cordial--speak and act as if everything you do were a real pleasure.

Be genuinely interested in people--you can like everyone if you try.

Be generous with praise--cautious with criticism.

Be considerate for the feeling of others--it will be appreciated.

Be thoughtful of the opinion of others--there are three sides to a controversy: yours, the other person's and the right one.

Be alert to give service--what counts most in life is what we do for others.

* * * * *

THE HOLMES SAFETY ASSOCIATION CREED

OUR WORK
OUR PURPOSE
OUR HOPE
OUR DREAM
SAFETY

SAFETY EDUCATION - Goes on
ACCIDENT PREVENTION - Endures,
TOTAL SAFETY AWARENESS - Still lives, and
AN ACCIDENT FREE ENVIRONMENT - Will never die,
Is and Always will be OUR FIRST CONSIDERATION!



August 1984



HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

Daydreaming

Think back to any injuries or near-misses you've experienced. Were you concentrating on what you were doing at the time? The majority of injuries happen, not because of lack of knowledge, but failure to use all the knowledge at your command. And it's when we concentrate that we're most likely to use all the knowledge we have.

It's easy to say, "Latch your mind onto whatever you're doing." But our thoughts naturally tend to slip the leash, jump the fence and go roaming. If there is anything to be thankful for, it's an active and free-roving mind--but there is a right time and place. If your mind is exploring the faraway places when you're planning for a difficult job, or when you're tooling down the expressway, you're risking the chance of getting your mental wings clipped for good!

It's easy for us to clamp our minds onto our work for short periods, but it's not so easy over the long haul. You probably concentrate when you're in the midst of something that you know is risky; but what about sawing a post or hammering a wedge into place? You probably concentrate on your driving in frantic, rush-hour traffic, but what about when you're speeding down a long, lonely highway?

It's great to let the mind wander through distant and unknown territory--but not when you're on the job, on the road, or in the middle of any activity. Save it for the evening chair...the hammock in the back yard...an autumn hilltop under the sky.





August 1984



HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

Bathtub Hazards

Splash-thud-ow! Someone else has just slipped and landed on the hard floor of a bathtub.

The saddest part of the injuries that occur in the bathroom every year is that so many of them can be prevented.

Here are several things to keep in mind:

A good soap container, preferably the built-in type, will keep even the tiniest piece of soap from slipping out and getting underfoot.

A rubber bath or shower mat will take the hazard out of slippery tub or stall floors—two important danger spots.

Loosely secured shower rods are among the best known bathroom hazards. When you start to slip you'll grab for the curtain and unless the rod has been securely fastened with long screws driven into the studs, it won't hold you.

Scalding water can cause painful burns. Turn the cold water tap first and then adjust the hot to the proper temperature.

Electricity is perhaps the most lethal of all bathroom dangers. Mix electricity and water and the result is likely to be a fatality. Never touch any electrical fixture or appliance with wet hands or even while standing in dampness. Even if your hands are dry, don't touch an appliance and a bathroom fixture at the same time. The appliance may have faulty wiring and short circuits can be deadly. The only safe appliances in the bathroom are electric toothbrushes and shavers designed and tested for bathroom use.

Broken glass is another hazard. Bathroom floors, walls and fixtures are apt to be tile and hard. Whenever possible, use plastic glasses and containers instead of glass that will shatter if it falls.

Clothes hooks can cause painful bumps and bruises. Place them well above eye level on the wall or door back. Keep the medicine cabinet door closed and avoid goose eggs or more serious head injuries.

Don't slip up on bathroom safety.



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HOLMES SAFETY ASSOCIATION MONTHLY SAFETY TOPIC

POISON PLANT LIST

With many plants now in bloom since Summer has arrived, young children, who are apt to eat almost anything, are very prone to accidental poisoning from common garden plants. The following is a list of the more commonly accessible plants. Remember, in case of accidental ingestion contact a physician or the Poison Control facility in your area immediately.

<u>PLANT</u>	<u>TOXIC PART</u>	<u>SYMPTOMS</u>
Azalea	All parts	Nausea, vomiting and difficult breathing. May be fatal.
Apple	Seeds	Cyanide poisoning in large quantities (about 50 or more). May be fatal.
Buttercup	All parts	Irritant plant juice may severely injure the digestive tract.
Delphinium	Seeds and young plants	Stomach upset, nervous excitement or depression if eaten in large amounts.
Cherry	Leaves, twigs and seeds	Contains a compound that releases cyanide when eaten. May be fatal.
Hyacinth	Bulb	Nausea, vomiting and diarrhea. May be fatal.
Iris	Underground stems	Severe digestive upset usually not serious.
Lily-of-the Valley	Leaves and flowers	Irregular heart beat and pulse usually accompanied by digestive upset and mental confusion.
Morning Glory	Seeds	Can cause death from severe mental disturbances.

-MORE-

<u>PLANT</u>	<u>TOXIC PART</u>	<u>SYMPTOMS</u>
Magnolia	Flower	Headache and depression.
Mushrooms-wild (Fly Agaric and Amanita)	All parts	Stomach cramps, thirst and difficult breathing. Is fatal. AVOID ALL WILD MUSHROOMS UNLESS POSITIVE OF THEIR IDENTITY.
Oak	Foliage and Acorns	Affects kidneys gradually. Symptoms appear after several days or weeks.
Peach	Leaves, twigs and seeds	Contains a compound that releases cyanide when eaten. May be fatal.
Poison Ivy, Oak and Sumac	All parts	Itching, burning and redness of the skin.
Peony	Roots	Juice can cause paralysis.
Pansy	Seeds	Carthartic effect. In quantity a child may be seriously affected.
Rhododendron	All parts	Nausea, vomiting, depression, difficult breathing, prostration and coma. May be fatal.
Rhubarb	Leaves	Cardiac depression. May be fatal.
Tomato	Green parts	Cardiac depression. May be fatal.

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THE LAST WORD

DON'T QUIT!

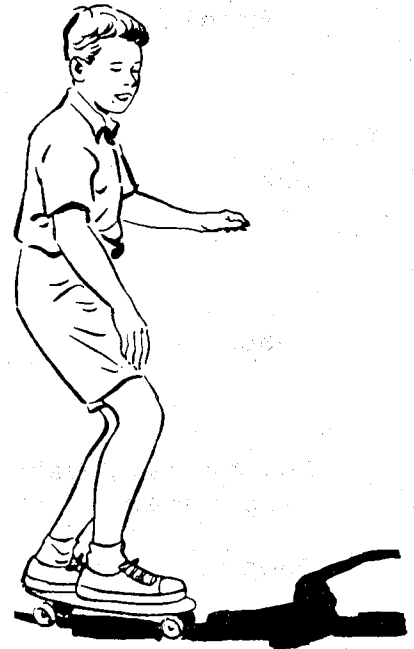
When things go wrong,
as they sometimes will,
When the road you're trudging,
seems all uphill,
When the funds are low,
and the debts are high,
And you want to smile,
but you have to sigh,
When care is pressing you
down a bit --
Rest if you must
but don't you quit!
Life is strange with
its twists and turns,
As every one of us will
eventually learn.
And many a person
turns about,
When they might have won,
had they stuck it out--
Don't give up though the
pace seems slow--
You may succeed
with another blow!
Often the struggler
has given up,
When he might have captured
the victor's cup,
And he learned too late
when the night came down,
How close he was
to the Golden Crown.

DON'T QUIT!

PET PEEVES

What irks you most about passenger car driver's behavior? One trucking company polled its drivers on the subject and found they considered failure to signal to be the worst fault of all. Other pet peeves were: failure to dim lights, tailgating, failure to pass a slow-moving vehicle ahead, excessive speed and ignoring stop signs and traffic lights.

Skateboards



Broken arms, cracked skulls, lost teeth--and other injuries are occurring because there are no means to guard against falls or safely steer skateboards. Also--where else can you ride them except on sidewalks among pedestrians or in the street with traffic?

Best solution: Don't buy skateboards for your children. Don't let them use skateboards.

