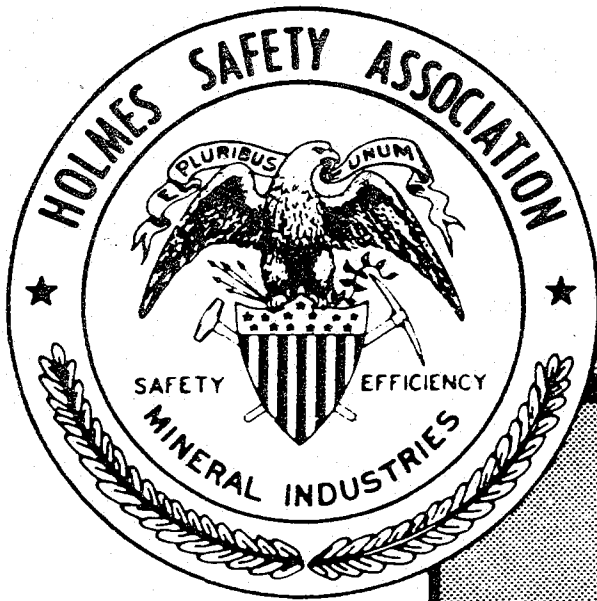


JUNE 1986



BULLETIN



GIVE ACCIDENTS THE
KICK IN

“86”

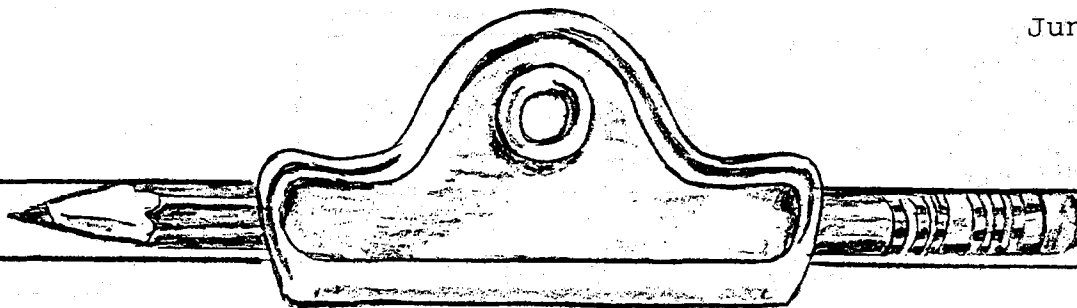


THIS SAFETY BULLETIN CONTAINS SAFETY ARTICLES ON A VARIETY OF SUBJECTS, FATAL ACCIDENT ABSTRACTS, STUDIES, POSTERS AND OTHER SAFETY INFORMATION FOR PRESENTATION TO GROUPS OF MINE AND PLANT WORKERS.

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.



IN THIS ISSUE...

	<u>PAGE</u>
Topic - "Welcome New Members"	2
Poster - "School's Out-Stay Out of Abandoned Mines"	4
Accident Summary - "Fatal Electrical Accident"	5
Accident Summary - "Fatal Powered Haulage Accident"	6
Safety Topic - "MSHA Director Calls for Action-Abuse in Mining"	7
Safety Topic - "With Alcohol/Drugs, Are You Having too Much Fun?"	8
Safety Topic - "Equipment Lockout Saves Fingers"	10
Safety Topic - "Finger Injuries"	11
Poster - "3 Main Causes of Hand Injuries, Protect'Em"	12
Safety Topic - "Have Fun in the Water - But Learn Drownproofing"	13
Safety Topic - "Everyone Learn to Swim"	14
Poster - "Did you Know - Acetylene Cylinder"	15
Safety Topic - "Have a Safe, Enjoyable Vacation"	16
Announcements - "Council News"	18
Safety Topic - "Sunlight Can Be Hazardous"	19
Topic - "96 Slides Available on Ventilation"	20
Poster - "REAP-ROOF CONTROL PLAN"	21
Topic - "The Last Word"	22
Meeting Report Form (Mine Chapter Only)	



June 1986

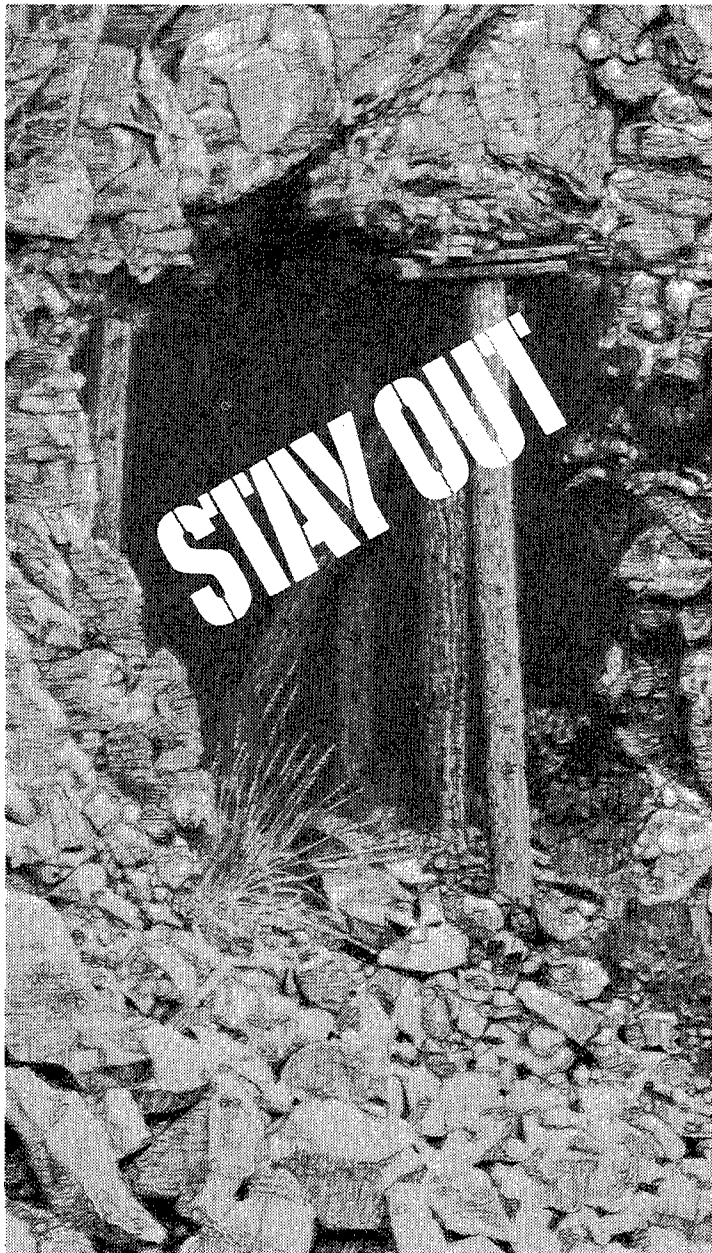


<u>COMPANY</u>	<u>CHAPTER NO.</u>	<u>LOCATION</u>
F. A. C. & Son	6621	Northampton, PA
Northern Coal Co., Inc.	6622	Van Sant, VA
J. S. & L. Mining Co.	6623	Mavisdale, VA
Jesco Corporation	6624	Letart, WV
Milestone Mining	6625	Madisonville, KY
Eureka Stone Quarry, Inc.	6626	Warrington, PA
Gramton Corporation	6627	Wilmer, TX
Northwestern Resources Co.	6628	Jewett, TX
K. & K. Coal, Inc.	6629	Conaway, VA
Brontar Mining Co., Inc.	6630	Grundy, VA
Liberty Bell Fuel, Inc.	6631	Glen Daniel, WV
T. & S. Coal Co.	6632	Elkridge, WV
Lowaine Construction Co.	6633	Elkridge, WV
Reglis, Inc.	6634	Jodie, WV
Quality Hydraulics, Inc.	6635	Bridgeport, WV
Alfred Whited Coal Co., Inc.	6636	Rowe, VA
Andalex Resources	6637	Madisonville, KY
Ga-Ran Corporation	6638	Vaughan, WV
Templeman Construction Co.	6639	Coalfork, WV
Granite Construction Co.	6640	Tucson, AZ
Beverly Coal Co.	6641	Nora, VA
Benchmark Mining Co., Inc.	6642	Grundy, VA
Emelio Mining Co., Inc.	6643	Bobtown, PA
Barley Hollow Mining	6644	Oneida, TN
Queen Anne Coal Co.	6645	Briceville, TN
S. & H. Mining, Inc.	6646	Briceville, TN
Jordan Brothers Coal	6647	Caryville, TN
Brush Ridge Mining	6648	Lafollette, TN
River Basin Coals, Inc.	6649	Devonia, TN
H. Cameron Coal Co.	6650	Devonia, TN
American Standard Coal	6651	Devonia, TN
American Standard Coal	6652	Devonia, TN
Javelin Prep Plant	6653	Devonia, TN
Wythe Coal Co., Inc.	6654	Cedar Bluff, VA



Double Eagle Coal Co., Inc.	6655	Grundy, VA
Erimar Mining Co., Inc.	6656	Grundy, VA
Poplar Creek Coal Co., Inc.	6657	Grundy, VA
Henry C. Coal Co., Inc.	6658	Grundy, VA
Tamron Coal Co., Inc.	6659	Grundy, VA
CSX Transportation	6660	Irvine, KY
Hawkeye Services Corp.	6661	Pikeville, KY
Laurel Fork Mining Co., Inc.	6662	Wartburg, TN
A.E.M.C.	6663	Oak Ridge, TN
A. & L. Coal Co., Inc.	6664	Devonia, TN
Tri-Dean Mining	6665	Devonia, TN
Tazewell Clay Products Co.	6666	Tazewell, VA
Raven Hocking Coal Corp.	6667	West Columbia, WV
Delta Coal Sales, Inc.	6668	Grantsville, MD
Appalachian Fuels, Inc.	6669	Grantsville, MD
Delta Mining, Inc.	6670	Grantsville, MD
Pittsburgh Sand & Gravel	6671	Coraopolis, PA
Eastern Edge Mining, Inc.	6672	Honaker, VA
Two Way	6673	Sagon, PA
Rainbow Stone Ltd.	6674	Carthage, IL
Uptown Mining Corp.	6675	Prestonburg, KY
Fallsburg Mining	6676	Louisa, KY
Industrial Processing, Inc.	6677	Devonia, TN
Meta Elkhorn Mining Co.	6678	Jamestown, TN
Targa Energy, Inc.	6679	Jamestown, TN
Southern Aggregates, Inc.	6680	Scottsville, KY
MT Top Coal Co.	6681	Masontown, WV
Grizzly Mining, Inc.	6682	Summersville, WV
Brian Coal Co., Inc.	6683	Hurley, VA
Andy Trent Branch Coal, Inc.	6684	Hurley, VA
Coal Corp. of America, Inc.	6685	Webster Springs, WV
Carbon Sales	6686	Wilkes-Barre, PA
McCabe Sand & Gravel Co.	6687	Taunton, MA
C. S. Garber & Sons, Inc.	6688	Boyertown, PA
Eric Excavating & Trucking	6689	Booth, WV

SCHOOL'S OUT



Abandoned Mines Can Be Dangerous Places to Explore.

Rotted timbers can cave in or fall from above, plunging or crushing victims to death.

Toxic air stagnating inside old mines kills silently but quickly when stirred up.

Abandoned mines are also hiding places for poisonous snakes and other unfriendly wildlife.

Don't let curiosity get the better of you.
Stay out of abandoned mines.

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



ABSTRACT FROM FATAL ACCIDENT

*This fatality could be discussed at your regular on-the-job safety meeting.



FATAL ELECTRICAL ACCIDENT

GENERAL INFORMATION: A 68 year old plant operator with 36 years of mining experience was electrocuted when he contacted a 30 amp fuse connection with his hand.

Although there were no witnesses to the accident, the investigation revealed that the victim had been attempting repairs on an energized 20 kw, 60 cycle, diesel-powered generator. When the victim was discovered, the cover of the electrical control box on the generator had been removed. Electrical burns on his hands indicated that the current flowed from his left hand, through the upper part of the body and exited through his right hand into the steel control panel.

RECOMMENDATIONS: Power circuits shall be deenergized before work is performed on them unless hot-line tools are used.

All metal enclosing or encasing electrical circuits shall be grounded or provided with equivalent protection.

Miners assigned to perform tasks in which they have had no previous experience shall be trained in the safe operating procedures of the task.



ABSTRACT FROM FATAL ACCIDENT

*This fatality could be discussed at your regular on-the-job safety meeting.



FATAL POWERED HAULAGE ACCIDENT

GENERAL INFORMATION: The quarry and mill was a portland cement manufacturing facility.

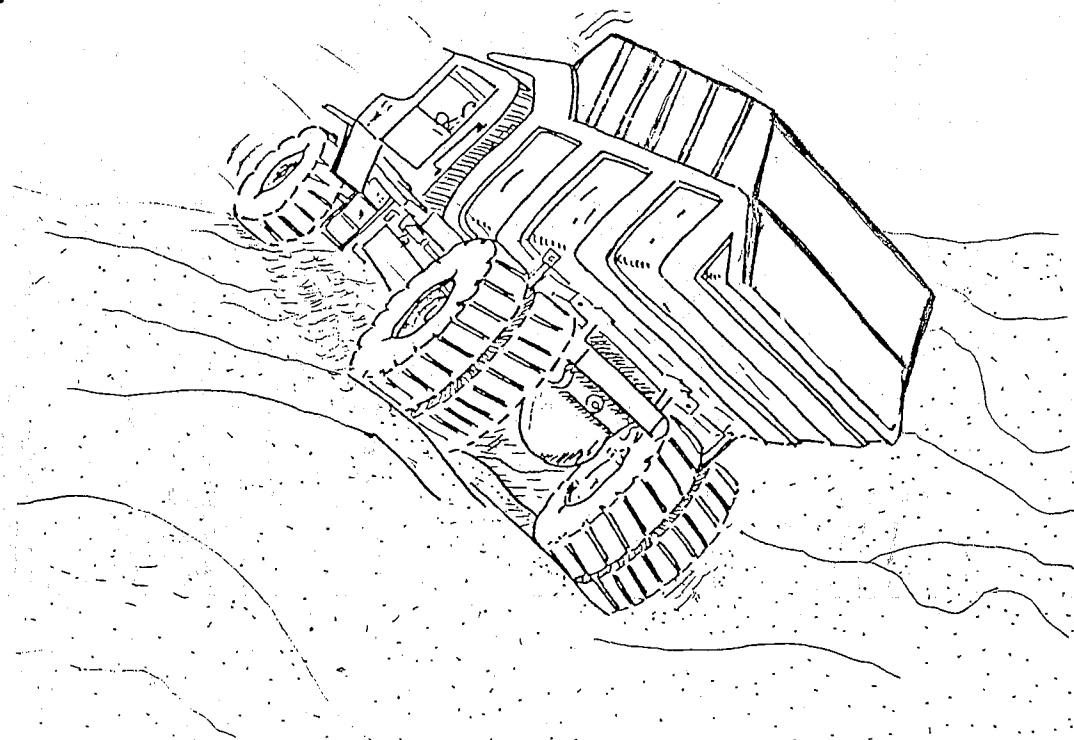
DESCRIPTION OF ACCIDENT: A plant dust truckdriver reported for work at 8 a.m. His previous shift had ended eight hours earlier at 12 p.m.

The shift foreman held a meeting covering aspects about dumping the waste dust from the plant in the low center of the dry pond dumping area. The victim was told by his foreman that he was to start dumping in the low center of the pond. The victim began hauling loads of dust from the plant and dumping it. The exact locations where he began dumping are not known for certain, but there was no evidence that the victim dumped any loads in the low center of the dry pond as his supervisor instructed.

Evidently, while dumping, the truck backed over the fill into the water, rotated about its back end on the quarry floor and fell over on its top. The cab was submerged in water to about the truck floorboards. The victim remained in the cab and drowned.

CAUSE OF ACCIDENT: The primary cause of this accident was impairment of the victim's judgement and driving abilities because of intoxication from consumption of alcohol.

A contributing cause of this accident was failure of the victim to dump at the location where he was specifically instructed to dump.





H.S.A. SAFETY TOPIC

**MSHA DIRECTOR CALLS FOR ACTION ON SUBSTANCE ABUSE IN MINING**

Management and labor in the Nation's mining industry should take action against alcohol and drug abuse on the job, Assistant Secretary of Labor David A. Zegeer told a conference of mining professionals today.

In remarks prepared for delivery at the Joint Mine Health and Safety Conference in Kansas City, Mo., Zegeer said substance abusers in the mining industry... "have the real potential to harm themselves and their coworkers."

Citing several cases in which excessive drinking or drug use contributed to recent mining accidents, he said that substance abuse was as much a problem among miners and mine management as in any other U.S. industrial occupation.

"The fact is that the substance-abuse problem exists. It affects a large number of people in mining, and their families. And it puts an even greater number of people--their coworkers--at grave risk," said Zegeer, who heads the Labor Department's Mine Safety and Health Administration (MSHA).

"We can no longer ignore it, so it's time we found a way to deal with it."

Zegeer explained that MSHA has given its full support to a recently established committee representing mine management, labor, government agencies and universities which is studying substance abuse in mining. The group is also preparing an informational campaign featuring a videotape, fact sheets and other materials, he said.

He encouraged his audience to be aware of the substance-abuse problem at their own companies, to determine its extent, and to seek the assistance of experts in identifying abusers and getting them help.

"The health of the miner, his or her coworkers, and the entire industry are at stake," he concluded.

June 1986

HOLMES SAFETY ASSOCIATION

WITH ALCOHOL OR DRUGS

ARE YOU HAVING TOO MUCH FUN?

Find out by answering the following questions. Developed by the National Council on Alcoholism, this survey will help you determine the extent to which alcohol or drugs may have become important to you. Substitute "drugs" for alcohol if this applies.

YES NO

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Have you ever lost time from work because of drinking? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Has your ambition decreased because of drinking? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Has your efficiency declined because of drinking? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Have you ever missed getting to work in the morning after a drinking session? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Does drinking lead to unhappy home life or conflicts? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Are family and friends concerned about your drinking? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Has drinking affected your reputation? |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Do you seek lower class companions when you drink? |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Does drinking lead you to care less about yourself or your family's welfare? |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Do you drink because you are shy? |
| <input type="checkbox"/> | <input type="checkbox"/> | 11. Does drinking make you less inhibited? |

-MORE-

- | YES | NO | |
|-----|-----|--|
| ___ | ___ | 12. Does your personality change while drinking? |
| ___ | ___ | 13. Do you drink to escape worries? |
| ___ | ___ | 14. Do you drink to bolster self-confidence? |
| ___ | ___ | 15. Have you ever experienced loss of memory for a period when you were drinking? |
| ___ | ___ | 16. Do you have financial difficulties related to drinking? |
| ___ | ___ | 17. Have you been in legal difficulties as a result of drinking? |
| ___ | ___ | 18. Do you seem to be able to drink much more than other people your size without showing adverse effects? |
| ___ | ___ | 19. Have you ever gone on the wagon? |
| ___ | ___ | 20. Do you crave a drink at a particular time of day? |
| ___ | ___ | 21. Do you drink in the morning? |
| ___ | ___ | 22. Do you ever sneak drinks? |
| ___ | ___ | 23. Do you drink alone? |
| ___ | ___ | 24. Do you ever gulp drinks? |
| ___ | ___ | 25. Have you ever been treated by a physician for drinking? |
| ___ | ___ | 26. Have you ever been hospitalized for drinking? |

Too much fun translates to no fun at all. If the answers to one or more of these questions is "yes," your alcohol or drug habits-or those of a co-worker or family member-may be robbing you of pleasure. You may be dependent. If so, you need to seek help.



H.S.A. SAFETY TOPIC



EQUIPMENT LOCKOUT SAVES FINGERS*

If automation and lockout safety procedures were followed, there would be fewer serious hand or finger injuries. Just following a few safe practice procedures can save a lot of pain and potential disability.

Each year there are several serious injuries to hands and fingers. About 60 percent of these injuries are the result of reaching into energized equipment or failing to lock out a machine before working on it. Many of these accidents result in amputation.

Protect your hands and your ability to earn a living by following common-sense safe practices.

Never place your hands into the operating area of any machine while the power is on. These machines are automatic and cannot sense the presence of your hand. It's a risky game, and the odds are against you if you try to beat the machine at the job it was designed to do. The hand may be quicker than the eye, but an energized piece of equipment is quicker than the hand. Don't take a chance by reaching into energized equipment because it saves time or is more convenient.

If you have to work on a piece of equipment, lock out all the power sources. These lockout rules are important to consider:

1. There should be a safety lock for everyone working on a machine, and only one key per safety lock to be used on machines and equipment. Do not use safety locks on tool boxes, lockers, carts or desks.
2. Air and hydraulic valves can be locked out with lock adapters or chains.
3. Make sure switches and valves do not operate after lock is in place. Do not work on machines that cannot be locked out.
4. Pulling fuses or using a safety tag are not substitutes for using a safety lock.
5. If work is not completed by the end of the shift, inform your supervisor and place a danger tag on the machine stating what must be done before the machine will be ready for use.

-MORE-

*Part II, Part I in the May Bulletin on Hand and Finger Injuries.

6. Each employee is responsible for the removal of his lock when the work is completed or at the end of the shift.

More attention must be given to these safe practices to reduce the number of hand injuries. Each employee is obligated to protect himself and his co-workers. Supervisors must publicize and enforce hand safety.

Protect your hands and your ability to earn a living with proper lockout procedures.

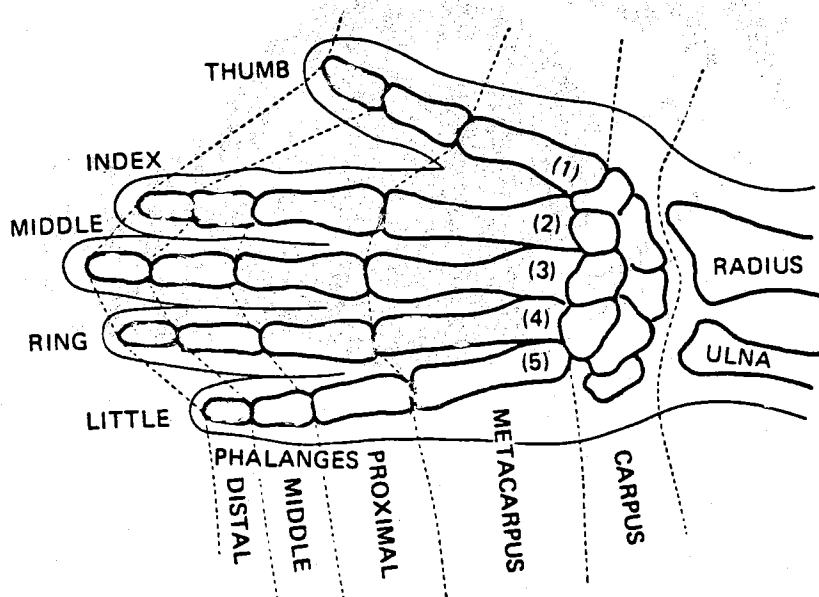
Courtesy of Western Pennsylvania Safety Council
Accident Prevention News

* * * * *

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.



**3
MAIN
CAUSES
OF
HAND
INJURIES**



PINCH POINTS



**MATERIAL
HANDLING**

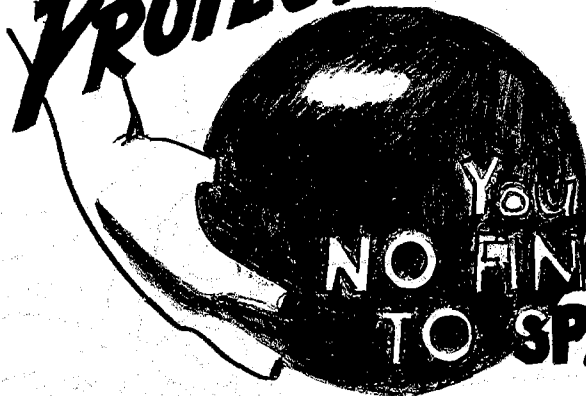


**IMPROPER USE
OF GUARDS**



**BE ALERT
4 ALL 3**

PROTECT 'EM



**You have
NO FINGERS
TO SPARE!**

HOLMES SAFETY ASSOCIATION

HAVE FUN IN THE WATER - BUT LEARN DROWNPROOFING FIRST

Did you know that there is a simple technique you can learn that will make it almost impossible for you to drown? Everyone in your family should learn it, too. This skill can save your life when you are in the water but out too far to swim to safety and must wait for rescue. Read through these simple instructions and then plan to practice the technique.

STEP 1. THE RESTING POSITION (See Figure 1). Remove your shoes and any extra clothing to lighten your weight. The swimmer starts with a lungful of air holding his or her breath and letting arms and legs hang in a relaxed position as shown. The head is allowed to hang down so that just the back of the head is at the surface. The swimmer rests in this vertical position for a few seconds until ready for another breath.

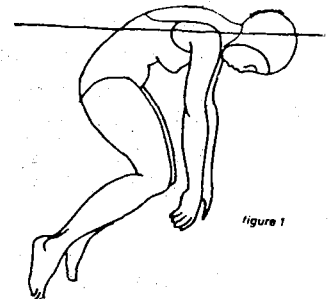


figure 1

STEP 2: EXHALING (See Figure 2). The swimmer slowly lifts arms to about shoulder height. If legs are also to be used, the legs are slowly separated into a modified scissors kick. Raise the head slowly, exhaling underwater through the mouth and nose (some may exhale through mouth only or nose only). The eyes should be open to help judge the body and head levels.

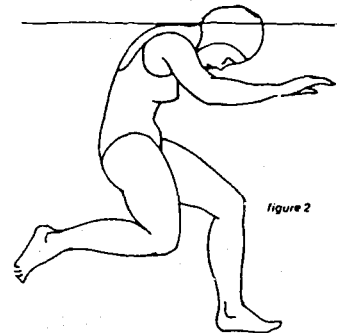


figure 2

STEP 3. INHALING (See Figure 3). As the head is brought to a vertical position, the swimmer presses his or her arms downward and brings the legs together gently. This easy downward pressure pushes the face out of the water and permits breathing through the mouth. The action of the arms and legs should not be vigorous enough to lift the chin or body out of the water.

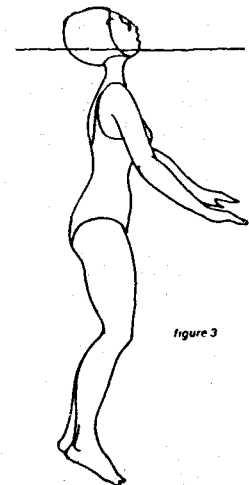
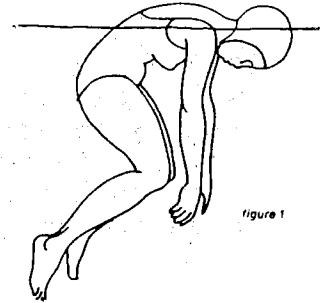


figure 3

-MORE-

STEP 4. Return to Resting (See Figure 1.)
The swimmer slowly allows arms and legs to move back to their free dangling position with face down in the water and relaxes. He rests in this position until ready to exhale and then repeats the cycle.



If the individual rises too high during inhaling, he wastes energy and tends to sink far below the surface when going back to the resting position. A slight downward push with the arms with a gentle scissor kick will stop the sinking of the body and help float it back to the surface. The occasional individual who is negatively buoyant will find it necessary to maintain the resting position at the surface with gentle motions of the arms or legs or both. If you are immersed in extremely cold water and feel chilled, alternate drownproofing with swimming toward safety to warm yourself.

EVERYONE LEARN TO SWIM

Have you thought of drowning as a minor problem concerning only little boys and girls who are in swimming? Well, here are the facts:

MAJOR PROBLEM: Drowning is the fourth leading type of fatal accident. One in fifteen fatal accidents is a drowning. No less than 43 per cent of all public accident deaths to persons under 65 years of age are due to drownings.

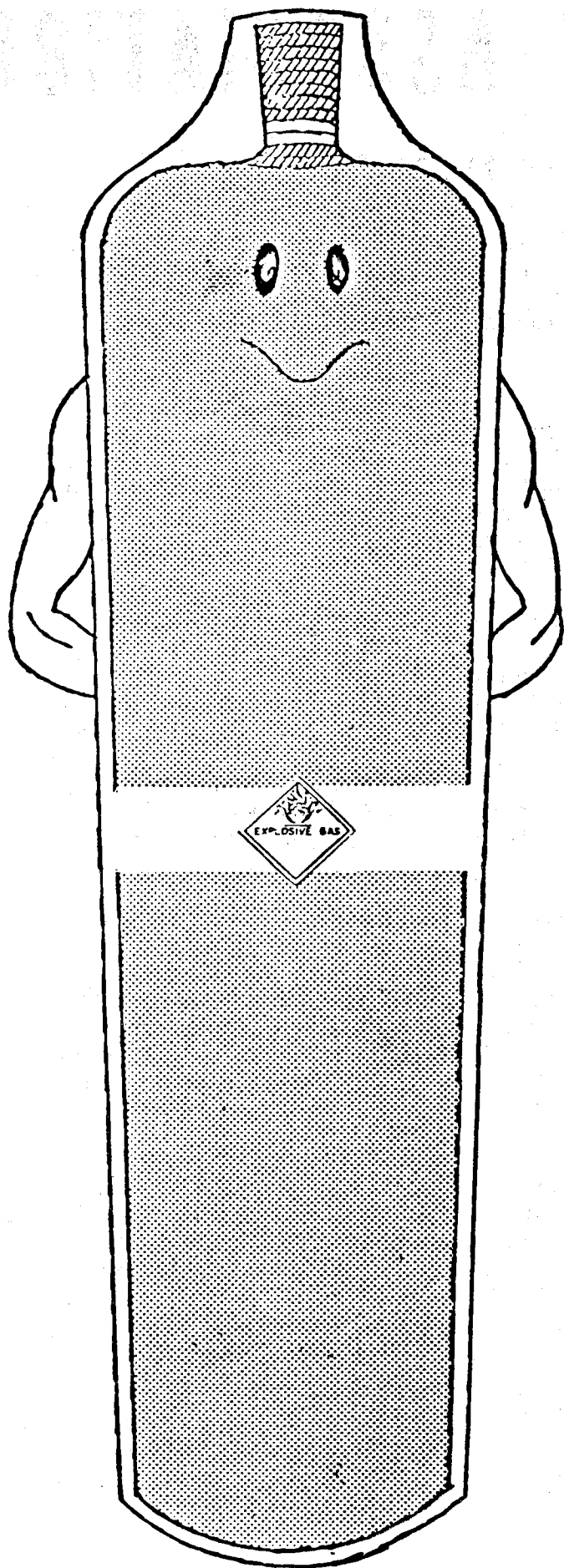
GROWN UPS: Two-thirds of the people who drown are more than 14 years old; half are over 21!

ESPECIALLY MEN: 86 per cent of those who drown are males.

FALL IN: Almost two-thirds of those who drown are not swimming at the time. They fall in the water (most with their clothes on!).

Fortunately, drownings can be prevented. The Executive Committee of the board of Directors of the National Safety Council has created a Subcommittee on Non-Occupational Safety Programs. The Board decided that the National Safety Council will conduct an Everyone Learn to Swim program, supporting existing organizations concerned with water safety.

DID YOU KNOW??



I am a specially designed cylinder.
I am available in different sizes.
I have a jacket of steel;
a porous filler material of lime-silica;
a stabilizing liquid called acetone;
a valve that requires a special wrench.
I am equipped with fuseable safety
devices.
I hold about 14.5 cubic feet of gas
for each pound of net weight.
I should never have my valve opened
more than 1-1/2 turns.
I should not be used at pressures
exceeding 15 psig.
I should be kept at least 10 feet away
from my work.
I should be stored in temperatures of
125° or less.
I can be filled to a maximum pressure
of 250 psig at 70° Fahrenheit.
I can be dangerous and tempermental.
I can "blow" my stabilizing fluid if
used while lying down.
I have caused injury when open flames
were used to increase internal
pressure.
I must be weighed to accurately
determine my fuel content.
I change pressure internally about
2.5 psig with each degree rise or
fall in temperature.
I may deceive you if you gage me.
I am too often taken for granted.
I am special.
I am an acetylene cylinder.

HOLMES SAFETY ASSOCIATION

HAVE A SAFE, ENJOYABLE VACATION*

After all the reservations are made and the itinerary is planned, some would-be travelers think that the vacation they've been waiting a year for is ready for their enjoyment. But along with all the fun and relaxation there should be talk about the family plans for vacation safety.

Even before the car is loaded and the house is disappearing in the distance, there are some things that need to be done to ensure a happy return. All deliveries, including the newspaper, should be discontinued to avoid the clutter that could attract attention to the family's absence. An electric timer for the lights may be used, especially if there is some reason why the neighbors cannot check the house periodically. In either case a key should be left with a neighbor should an emergency arise. Drapes or shades should be left open so that the house has a lived-in appearance.

If a neighbor agrees to keep an eye on the house, it may be possible to turn off some of the utilities. At the very least the water and the hot water heater could be shut off. Leave the name of the place where someone may reach you at any given time in case you are needed. You may want to let the police know that you will be out of town so that they can check the house from time to time. And before leaving the house lock the windows and doors as a deterrent to burglars.

Now that precautions have been taken to protect your home, it's an excellent idea to follow the same procedures for your car. Have your car serviced before starting out on long vacation trips. Make sure the tires have plenty of tread left and the shocks are performing well. The lights, fan belt, battery and windshield wipers also should be in good working order. You may even want to carry a spare set of wiper blades, a fan belt, a quart of oil, and some water. The turn signals and, above all, the brakes should be in good condition.

Once the seat belts and restraints are fastened, the trip can begin as scheduled. Because all your concentration as a driver should be on the road, you may want to provide your children with games or other distractions to quiet their enthusiasm until you reach your destination. Something as simple as counting the number of license plates from different states will occupy them for a while.

-MORE-



Any time you are sitting in the driver's seat of a car you should be in control of all your senses. This is especially true in the summer, when the roads are crowded with other vacationers. Don't drive when you're tired; pull off the road and rest at one of the many stops designed for that purpose. And don't drink when you're going to be on the road. Your family is trusting you.

In the event of an unforeseen emergency on the highway, make sure that you pull off onto the right-hand shoulder, away from traffic. At night, turn on the interior lights, the tail lights and the emergency flashers. If you are unable to fix the problem and need help, display a white cloth and leave the hood of the vehicle up. If you happen to see a motorist who needs help, notify the police, highway patrol or a service station.

A well-prepared vacationer carries a first aid kit for minor travelers' injuries as well as an emergency kit for minor first aid to the vehicle. A vehicle emergency kit may include flares, an assortment of hand tools, a set of booster cables, a flashlight, a siphon pump, duct tape for repairing hoses, a plastic water bag, a tire pump, a length of wire, and a paper clip to check for a spark in the spark plug.

Any outdoor activity will call for repeated exposure to the sun. Don't overdo the "soaking up of rays"-catch them a few at a time. And use a suntan lotion to protect your skin and prevent an undue loss of moisture.

Enjoy the outdoors on your vacation by observing a few rules of safety. Don't allow your vacation to become a sad disappointment.



*Courtesy of the Ohio Industrial Commission.

June 1986

HOLMES SAFETY ASSOCIATION COUNCIL NEWS

WEST VIRGINIA STATE COUNCIL HOLDS 3RD ANNUAL MEETING

The West Virginia State Council consisting of 18 district councils, held its third annual meeting at the Mine Safety and Health Academy in Beckley, West Virginia, on April 4-5, 1986.

The first session was called to order by State Council President Bart Lay followed by keynote speaker John English, director, MSHA, educational policy and development.

The state council recognized Jim Beck, general manager, Northern West Virginia Division, Eastern Associated Coal Corporation, Sophia, West Virginia, as West Virginia Coal Safety Leader of 1985.

The evening session featured B. R. "Bobbie" Brown, vice president and chief executive officer of Consolidation Coal Company, as the after dinner speaker.

INDIANA DISTRICT COUNCIL RECEIVES AWARD

Indiana District Council, Holmes Safety Association, Indiana, Pennsylvania, recently received a "Merit Award" from the Indiana County Unit, Pennsylvania Division, of the American Trauma Society.

TRINIDAD DISTRICT COUNCIL

Trinidad District Council held its first quarterly meeting at the Trinidad Motel, Trinidad, Colorado, April 7, 1986, with 29 local industry chapter members present. Program committees were established for the Trinidad State Junior College 8th Annual Mine First Aid Contest and 6th Annual Mine Rescue Contest and Benchman's Contest on June 5-6, 1986, with an awards banquet on the evening of June 6. Ival Van Horn, MSHA Specialist, demonstrated the hazard of Magic of Fire and Static Electricity. National Secretary Hoover complimented the council officers and members for the secure development and outstanding performance of the council.

TRI-STATE COUNCIL

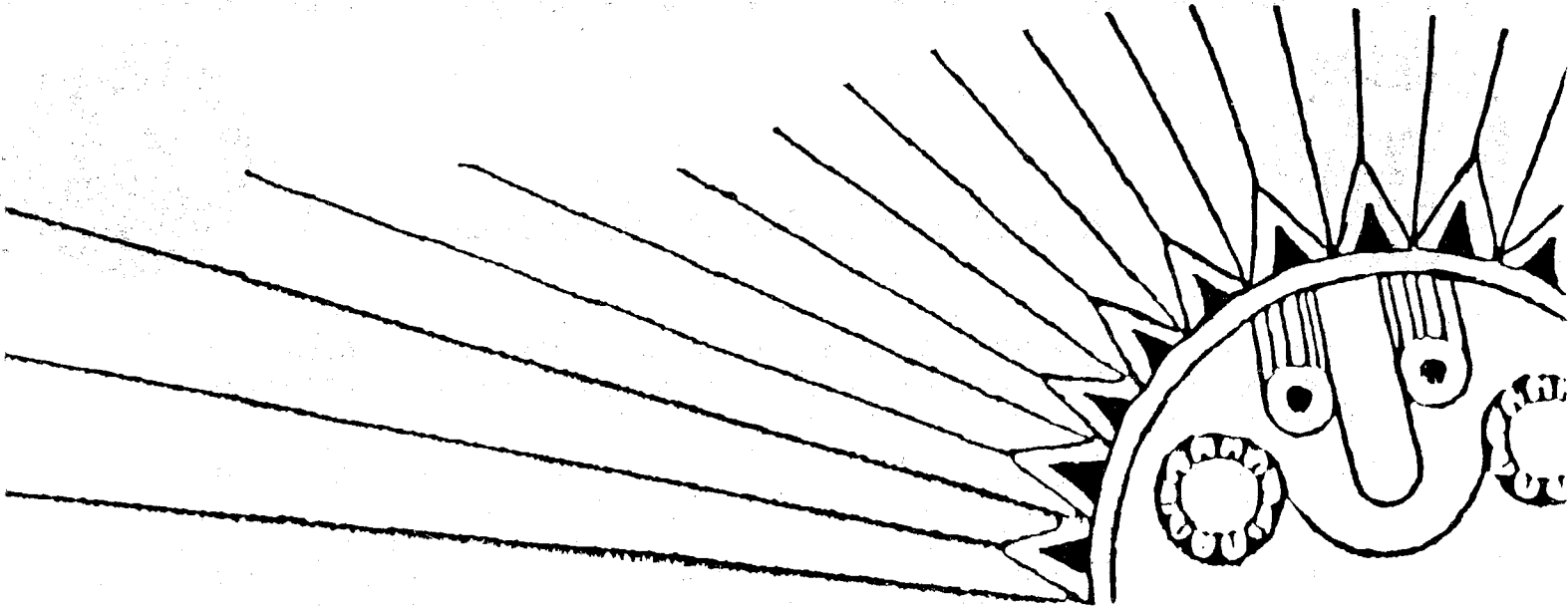
The HSA welcomes the Tri-State Council reorganized last year at Nevada, Missouri. The council holds quarterly meetings at various locations in Missouri, Kansas and Oklahoma. For further information contact:

Tony Young, President
Pittsburg & Midway Coal
Route 1, Box 54
Asbury, MO 64832

Judy Tate, Secretary
MSHA
P. O. Box 817
McAlester, OK 74502

HOLMES SAFETY ASSOCIATION

SUNLIGHT CAN BE HAZARDOUS*



Sunlight is a fickle and deceptive companion to the motorist. Afternoon brilliance and the delicate subtleties of twilight can add a positive joy to driving. It can also kill. Motorists and pedestrians alike should be aware of the handicaps peculiar to daylight driving. Safety on the road can be a tough job even under the best of conditions. Basically, the hazards of daylight driving result from either too much or too little sunlight. These conditions are most likely to occur during specific periods of the day.

Twilight, that dim and diffuse quality of light that begins and ends each day with dawn and dusk, is especially dangerous for the motorist. Nonreflective shadowy areas become obscured. Unlighted traffic signs and road markings are difficult to see clearly at a safe distance, as are cyclists and pedestrians who tend to blend into the shadows. The streaming brightness of a sunny day can add a treacherous glare to driving problems. Glare can block effective vision and even momentarily blind a driver.

*Courtesy of Western Pennsylvania Safety Council

REAP

Roof Evaluation - Accident Prevention



95 SLIDES AVAILABLE ON VENTILATION

As a part of the REAP program, each MSHA District office has available a 40-minute slide program on "Remote Brattice Face Ventilation Systems."

The program includes 95 slides with a brief description on 11 different systems presently being used in underground coal mines in Pennsylvania and Virginia. Most of the 11 systems were produced on mine property at minimal expense to the coal operator. In addition to the safety aspect, some operators stated that production was increased.

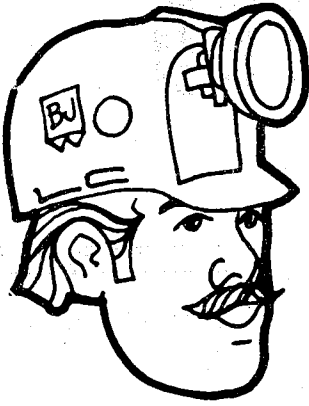
This program was prepared with a determined effort by the Mine Safety and Health Administration (MSHA) to keep miners out by the last permanent roof support.

The program is available to interested parties upon request to their respective Mine Safety and Health Administration District office.

SAFETY NOTE: The area within 25 feet of the face is the most hazardous area in any mine.

SAFETY TIP FOR THE DAY

When a miner works underground eight hours a day, this is 480 minutes of work time, at an average wage rate of \$12.50 per hour. This amounts to .0208 cents per minute. It generally takes approximately two to five minutes to set a safety jack or post -- Isn't your life worth more than ten cents? **THINK ABOUT IT!**



ROOF CONTROL PLAN

Each miner on coal-producing sections should know the essential requirements of the approved roof control plan including the following:

1. roof bolt spacing;
2. roof bolt length;
3. roof bolt torque requirements;
4. requirements for headers, straps, channel iron or netting;
5. temporary support requirements;
6. sequence of installation of both temporary and permanent supports;
7. maximum width of entries;
8. maximum width of rooms;
9. post spacing and pattern;
10. sequence for mining of pillars;
11. requirement for identification of entrances to unsupported roof.

In addition, each miner should be thoroughly trained in:

1. roof sounding techniques;
2. procedures for safely taking down loose roof;
3. significance of cracks, slips and changes in mine roof;
4. action to be taken when adverse roof conditions are encountered;
5. hazards in working or traveling inby the last row of bolts or other permanent roof supports.

THE LAST WORD

If you don't see what you want,
lower your expectations.

Laughter is the best medicine.

Life is a game ... but you must
be present to win!

You know your life's dull when
you begin using your social
calendar for a grocery list.

Thought for the day: Try not
to think about it!

Getting up in the morning is a
matter of mind over mattress.

Good judgement comes from
experience and experience comes
from good judgement.

Careless workers pay and
learn---
Careful workers stay and earn.

ENGRAVED ON A MINER'S TOMBSTONE

Forty years I worked with pick
and drill
Down in the mines against
my will,
The coal king's slave, but
now its passed
Thanks be to God I am
free at last.

ACCIDENT

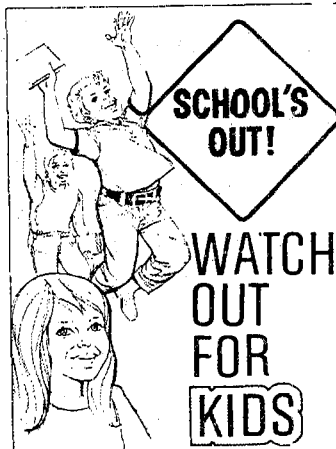
An occurrence in a sequence of
events which usually produces
unintended injury, death, or
property damage.

OVERHEARD

I swear I'm going to live within
my income even if I have to
borrow money to do it.

Hear about the guy who works in a
distillery? When he works
overtime he gets paid time and a
fifth.

You have no right to take a
chance; the other person may have
to take the consequences.



POSTAGE AND FEES PAID
U.S. Department of Labor
LAB 441

MSHA, Office of Holmes
Safety Association
Educational Policy & Development
4800 Forbes Avenue, Room A268
Pittsburgh, PA 15213

5000-22

(Rev. 12-78)



HOLMES SAFETY ASSOCIATION
MEETING REPORT FORM

For the month of _____

TOTAL meetings held this month _____

TOTAL attendance this month _____

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

(Signature)

(Telephone No.)

(Title)

FILL OUT - FOLD AND STAPLE - FREE MAIL-IN

NOTE: BE SURE OUR ADDRESS SHOWS

If you do not care to receive this Bulletin, please check here and return this form.

Please include any change of address below:

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

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

The following is the different award criteria:

Type "A" Awards - For Acts of Heroism

The awards are medals with Medal of Honor Certificate.

Type "A" - For Acts of Heroic Assistance

The awards are Certificates of Honor.

Type B-1 Awards - For Individual Workers

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

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

Type B-2 Awards - For Individual Officials

(For record of group working under their supervision)

The awards are Certificate of Honor.

Type C Awards - For Safety Records

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

The awards are Certificate of Honor.

Other Awards - For Individual Workers

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

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

Special Awards - For Small Operators

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

The awards are Certificate of Honor!

Contact: HSA Office