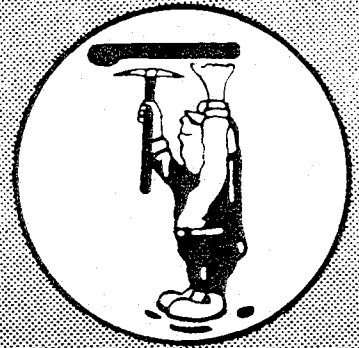
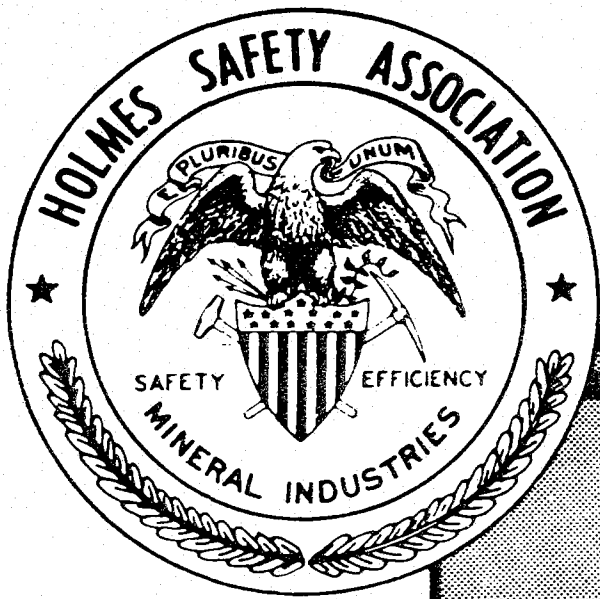
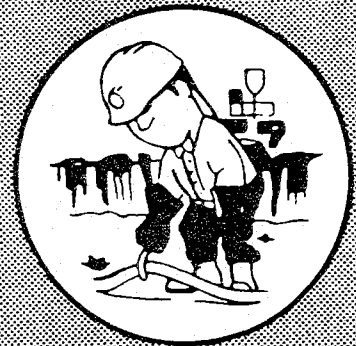


JULY 1986



# 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.



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Abel Sand Co., Inc.	6690	League City, TX
Andy Trent Branch Coal, Inc.	6691	Hurley, VA
Sanders Quarry, Inc.	6692	Linden, VA
Bell Creek Coal Co., Inc.	6693	Dixie, WV
Big Grassy Creek Coal Co.	6694	Webster Springs, WV
Murle Roy Gravel, Inc.	6695	Paxton, IL
Shemco, Inc.	6696	Coalfield, TN
Stoney Ridge Coal, Inc.	6697	Oliver Springs, TN
Barley Branch Mining	6698	Lafollette, TN
Shemco, Inc.	6699	Coalfield, TN
Cascade Ready Mix	6700	Burlington, WA
Tire Centers, Inc.	6701	Charleston, WV
Buffalo Coal Co.	6702	Bayard, WV
Buffalo Coal Co.	6703	Bayard, WV
Santa Ana River Rock Co.	6704	Corona, CA
S.L.B. Leasing & Trucking	6705	Bradley, WV
Jesse-Jen Coal Corp., Inc.	6706	Pilgram, KY
Taylor Hill Coal Co., Inc.	6707	Meta, KY
Frank Arnold	6708	Oakland, MD
Scott Coal Co., Inc.	6709	Huntsville, TN
Green Branch Mining, Inc.	6710	Huntsville, TN
Beech Bottom Coal	6711	Robbins, TN
U. S. Coal, Inc.	6712	Lafollette, TN
Davis Trucking Co.	6713	Bayard, WV
R. T. Pinner & Son, Inc.	6714	Brawley, CA
All American Aggregates	6715	Brawley, CA
Andalex Resources, Inc.	6716	Madisonville, KY
Lone Jack Limestone Co.	6717	Glasgow, VA
Century Supply Corporation	6718	McKees Rocks, PA
Cumberland Coal Processors	6719	Crossville, TN
Allied Coal Corp.	6720	Devonia, TN
ETE Consulting Engineering	6721	Oak Ridge, TN
Lattimore Materials Co.	6722	Denison, TX

# HOLMES SAFETY ASSOCIATION

## SPEAKING OF SAFETY

It's strange that our most priceless possession--our human body--is so seldom appreciated. Is our nature such that we must put a price tag on something to appreciate it?

Yes, we tend to take our body for granted until something or someone threatens us. Then we are willing to do anything or pay any price to preserve it.

For instance, what would an amputee pay to have a limb back? What would a blind man pay for his eyesight? What is the price of hearing for someone who is deaf?

The human body is a precision instrument, so perfect that not one part can be duplicated or replaced in kind. Of course, science has performed wonders in attempting to imitate or substitute, but the original cannot be restored.

Needless to say, there can be no price tag placed on our own body. There are millions like it, but none quite as important as our own. Plainly, it is indispensable.

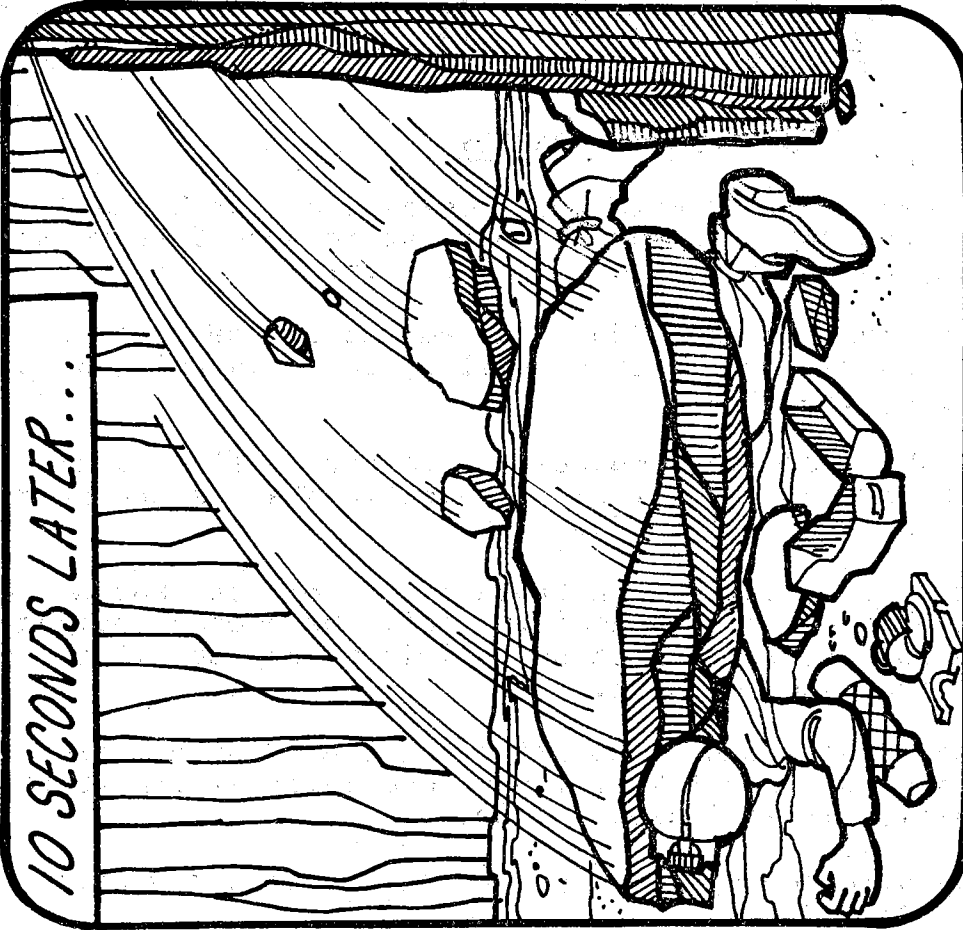
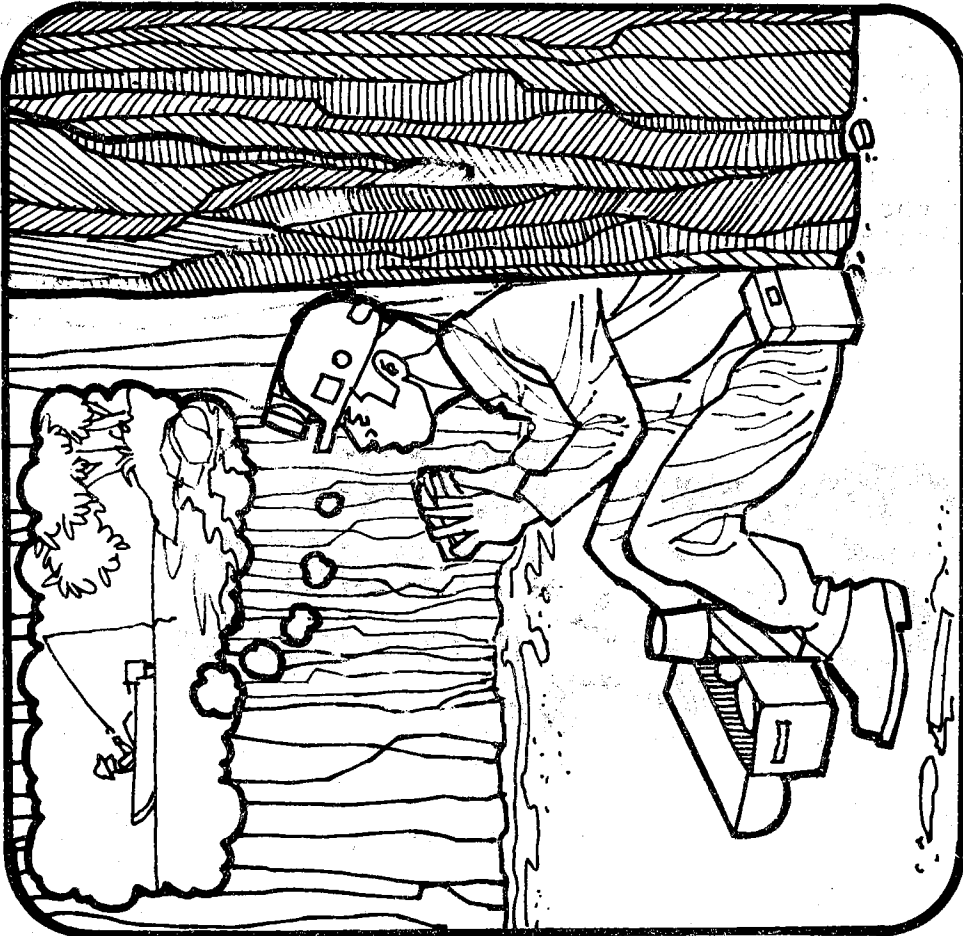
It is a finely balanced system, but an injury can throw this system out of balance.

An injury can throw things out of balance for the others who are dependent on the skills our bodies can perform. Is there a better reason to place a great personal value on our bodies than family security?

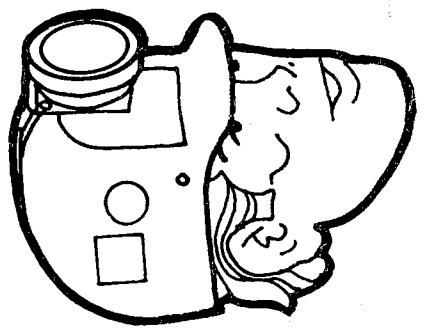
The key part of the body is the brain which controls the other parts. Truly the ability to think is the greatest gift we have. Why then shouldn't we use this ability to think safety and protect ourselves from careless mistakes?



# REAP



10 SECONDS LATER...



## WATCH THE TOP AND THE RIBS

# ABSTRACT FROM FATAL ACCIDENT

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



## FATAL FALLING MATERIAL ACCIDENT

GENERAL INFORMATION: Limestone for the plant was provided by an adjacent company-owned quarry that was operated under another identification number and employed 27 persons. The raw materials were crushed, ground and burned to clinker, then stored. Later the clinker was crushed then ground into cement. In the final grinding stage the cement passed through a separator which separated the finished cement, which was transported to storage silos and returned the oversize to the finish mill for regrinding. At the time of the accident, the maintenance crew was involved in relining the separator for the No. 6 Finish Mill.

DESCRIPTION OF ACCIDENT: The victim was employed as a maintenance man at a cement plant. On the day of the accident, he and several other maintenance men were removing worn liner plates from inside the finish mill separator.

One of the workers was inside the separator removing the old liners and cutting them in half with a torch. He passed the liners to the others who in turn stacked them in a corner of the work platform. After all the worn plates were removed from the separator, three of the men went to the ground floor to start hoisting new plates.

The other two stayed on the work platform to receive the new plates. Suddenly, one stated, he saw a piece of old liner plate slide off the opening at the edge of the platform between a roof girder and the platform floor. The plate was apparently set in motion by the vibration of the platform caused by the adjacent finish mill, which was operating. The piece of plate struck the victim on the back of the head.

CAUSE OF ACCIDENT: The accident was caused by the vibration of the adjacent operating finish mill which caused the liner plate to move toward the edge of the platform and the lack of toe boards which may have prevented the plate from sliding off.

A contributing factor was the poor work practice of crowding the small work area on the platform with material taken out of the separator and new parts which were not needed at the time. The old material should have been removed to provide a clear work area and new material should not have been scheduled in until it was needed.

July 1986

# ABSTRACT FROM FATAL ACCIDENT

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



## FATAL POWERED HAULAGE ACCIDENT

GENERAL INFORMATION: A haulage accident occurred at the new loading point resulting in the death of a general laborer. The victim was caught between the frame of the locomotive in which he was riding and the boom of the loading point.

DESCRIPTION OF ACCIDENT: The motorman and the victim started to prepare the mantrip for their return to the surface. The track locomotive to be used to pull the mantrip was parked outby the loading point with two supply cars on the outby end and it was necessary to set these cars on the sidetrack so that the locomotive could be used to go to the surface and pick up the mantrip cars. With the motorman operating the locomotive and the victim riding in the deck with him, the supply cars were pulled under the loading point boom to the inby switch of the sidetrack, approximately 70 feet inby the boom. The victim got out of the locomotive and aligned the switch for the sidetrack and stood in the clear as the cars were pushed onto the sidetrack. The locomotive came out of the sidetrack, and the victim aligned the switch for the straight and then got in the deck of the locomotive with the motorman.

As the locomotive approached the boom, the motorman stated he told the victim to watch for the dump. However the motorman was looking back over the locomotive away from the victim. When the locomotive reached the loading point, the victim was struck by the boom and caught between it and the locomotive. The motorman realized what had happened immediately and reversed the locomotive to free the victim.

A trained emergency medical technician administered first aid to the victim who was having trouble breathing and complaining of his side hurting. The victim was laid on a stretcher, placed in a mine car and transported to the surface. The victim was taken to the hospital where he was pronounced dead on arrival.

CONCLUSION: The accident and resultant fatality occurred because the victim failed to exercise necessary precautionary measures while working in an area where the vertical clearance was known to be restricted.

A contributing factor to the accident was the locomotive operator's failure to ascertain that the victim was riding in a safe position before passing under the loading boom.





## H.S.A. SAFETY TOPIC

ARE YOUR VACATION PLANS UP TO PAR?

The safety theme for summer is VACATION TIPS.

Playing "par" golf is respectable. Most people are not superstars, but few people are. Yet many are above the rest of the crowd. They've mastered the skills and acquired the knowledge to play by the rules. Playing by the rules on the job is also important. It leads to a safer work environment for all of the workers. But what about the time you spend off the job, on vacations and weekends? Are the things that are learned about safety on the job forgotten at home? Is there a difference between an injury on or off the job?

During the summer months many vacations will be taken. Americans, as a rule, are adventuresome and generally "on the move," golfing, fishing, boating, swimming, driving or simply relaxing at a resort.

Here are a few good off-the-job safety tips to remember during a vacation period:

- ...When driving, be sure that the car's tires, battery, steering mechanism, brakes, horn, windshield wipers, lights and signals are in good working order.
- ...Use seat belts and shoulder harnesses.
- ...If drinking, don't drive.
- ...If tired or sleepily, stop and rest. It is better to arrive a little later than not to get there at all.
- ...When boating, swimming or water skiing, obey all water safety rules. Always use the buddy system.
- ...When boating, take along a fire extinguisher and know when to use it.
- ...Extinguish all camp fires completely.
- ...Never use gasoline to start fires. Be careful when using a starter fluid; be sure to follow all directions on the container.

-MORE-

...Take a first aid kit and know how to use it.

...Be able to recognize and look out for poisonous snakes, plants, and insects.

...Use good common sense in everything you do and see to it that each member of your family does the same.

ENJOY YOUR VACATION, BUT KEEP IN MIND THAT VACATIONS ARE ONLY AS SAFE AS WE MAKE THEM.

\*\*\*\*\*

# HEALTH

The health theme for summer is PHYSICAL FITNESS.

There has been a marked increase in exercise participation in this country. A report from the President's Council on Physical Fitness and Sports indicates that approximately two times the number of men and women are participating in regular exercise today than 15 years ago. Unfortunately, many of these new participants plunge into an exercise program without an understanding of exercise training principles. This naive undertaking can be especially dangerous for an overweight, sedentary individual. In addition, many people are unaware of how to gauge exercise intensity and therefore, embark on a program of jogging, swimming, or bicycling at a pace which soon leaves them in a state of exhaustion. This approach invariably results in numerous aches and pains, disenchantment and an abrupt end to exercise endeavors.

Physical fitness has been defined as the capacity to carry out daily activities without excessive fatigue and with sufficient energy in reserve for emergencies.

The individual must be reminded of symptoms which require cessation of exercise and the seeking of medical advice. These symptoms are: joint or muscle pain or swelling, excessive shortness of breath, pain in the chest, neck, jaw or arm, lightheadedness, nausea or vomiting and protracted fatigue following exercise.

During extreme hot or humid temperatures, the individual should not exercise within two hours of a meal. When jogging, the individual should be dressed and equipped properly and wear appropriate shoes. Exercise should be avoided during illness and after alcohol ingestion.

# HOLMES SAFETY ASSOCIATION

## WEST VIRGINIA WENT ALL OUT FOR NATIONAL COUNCIL MEETING

We are No. 1!!!! As you may already know, the National Council and Joseph A. Holmes Safety Association Annual Meetings and Awards Banquet at Canaan Valley Resort, Davis, West Virginia, was a tremendous success.

Except for the steady downpour of rain, one could not ask for any thing more.

WOW!

In addition to the beautiful surroundings, everything went over big--coffee and danish between meetings, the beer, chips, peanuts and dip party, the more than generous hospitality bar, and all you could eat, delectable food, topped off with gifts and prizes galore.

The success of the meetings was due largely to the assistance of Bart Lay, president, West Virginia State Council and his committees, the National Council Committees and generous manufacturers and suppliers.

\*\*\*\*\*

## 1985 ANNUAL REPORT REQUEST

The 1985 Holmes Safety Association Annual Report, approved by the executive committee of the National Council, is ready for distribution. Please call or write to us if you would like to receive a copy and indicate any address changes that you may have. Supply is limited and on a first come-first serve basis.

MSHA, Holmes Safety Association  
4800 Forbes Avenue, Room A 268  
Pittsburgh, PA 15213  
(412) 621-4500 or 8-721-8650/8649

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Company Name \_\_\_\_\_

Attention \_\_\_\_\_

Street \_\_\_\_\_

City, State and Zip \_\_\_\_\_

Chapter No. \_\_\_\_\_



H.S.A. SAFETY TOPIC

# COUNCIL NEWS



## WILLIAM "SCOTTY" GROVES DISTRICT COUNCIL

The National Council compliments U.S. Steel Mining Company, Inc., Cumberland Mine for an outstanding presentation on "Fire Control on Conveyor Belt Lines" at the William "Scotty" Groves District Council meeting on May 8, 1986.

The program was presented by Tim Stahoviak, Ed Zeglend and Mark Skiles.

\*\*\*\*\*

## SOUTHEASTERN COLORADO AND NORTHEASTERN NEW MEXICO DISTRICT COUNCIL

The eighth annual mine first aid and benchman contest held in conjunction with the Tri-State College and Holmes Safety Association was a tremendous success on June 5-6, 1986, at Trinidad, Colorado.

The awards banquet was an outstanding affair with approximately 140 people attending.

### AWARDS:

#### MINE RESCUE CONTEST

1st place	Kaiser Coal Company
2nd place	Empire Energy Coal Company
3rd place	Southern Utah Fuel Company

#### FIRST AID CONTEST

1st place	Southern Utah Fuel Company
2nd place	Utah Power and Light Company - Mining Division

#### COMBINATION

Southern Utah Fuel Company and Utah Power and Light Company - Mining Division

#### BENCHMAN

1st place	Bob Stalber from Empire Energy Coal Company.
2nd place	Tony Palomino from Kaiser Coal Corporation.

# District Council Competition First Quarter Report Underground

QUARTER 1										YEAR-TO-DATE: JANUARY THRU MARCH						1986	
COUNCIL NAME	CNCL NUM	WORK HOURS	LOST TIME		INCI- DENCE				WORK HOURS	LOST TIME		INCI- DENCE		TOT AVG		STD	
			ACC	FTLS	RATES	MTGS	NO	NO		NO	NO	NO	NO	MTGS	CHAP		
GROUP II																	
INDIANA COUNCIL	PA07	1,784,052	123	0	13.79	2	17	1	1,784,052	123	0	13.79	2	17	1	4.3	1
GROUP III																	
NORTH CENTRAL COUNCIL	WV11	1,067,385	18	5	4.31	1	5	1	1,067,385	18	5	4.31	1	5	1	1.3	1
POTOMAC VALLEY	MD01	455,372	10	0	4.39	1	8	2	455,372	10	0	4.39	1	8	2	2.0	2
WALTER W "KINGFISH" KESSLER	IL07	1,215,534	27	0	4.44	1	6	3	1,215,534	27	0	4.44	1	6	3	1.5	3
SOUTHEAST OHIO COUNCIL	OH02	1,096,755	24	1	4.56	3	7	4	1,096,755	24	1	4.56	3	7	4	1.8	4
KASKASKIA VALLEY	IL03	1,043,031	27	0	5.18	1	6	5	1,043,031	27	0	5.18	1	6	5	1.5	5
EAST PIKE COUNTY	KY01	657,994	19	0	5.78	1	10	6	657,994	19	0	5.78	1	10	6	2.5	6
KISKI - TRI-COUNTY COUNCIL	PA08	93,892	3	0	6.39	3	5	7	93,892	3	0	6.39	3	5	7	1.3	7
COAL RIVER COUNCIL	WV02	1,342,223	54	0	8.05	2	56	8	1,342,223	54	0	8.05	2	56	8	14.0	8
NEW RIVER VALLEY COUNCIL	WV10	1,204,428	51	0	8.47	2	51	9	1,204,428	51	0	8.47	2	51	9	12.8	9
WINDRER COUNCIL	PA11	21,018	1	0	9.52	1	7	10	21,018	1	0	9.52	1	7	10	1.8	10
MON VALLEY COUNCIL	WV08	104,884	5	0	9.53	1	11	11	104,884	5	0	9.53	1	11	11	2.8	11
JOHN D MILLER COUNCIL	PA09	370,799	39	0	21.04	3	5	12	370,799	39	0	21.04	3	5	12	1.3	12
CLYMER COUNCIL	PA04	104,583	12	0	22.95	3	7	13	104,583	12	0	22.95	3	7	13	1.8	13
WILLIAM "SCOTTY" GROVES COUNCIL	PA06	115,397	61	0	105.72	4	18	14	115,397	61	0	105.72	4	18	14	4.5	14

\*Council competition may be updated upon receipt of HSAC reports.

# District Council Competition First Quarter Report

## Surface

July 1986

QUARTER 1										YEAR-TO-DATE: JANUARY THRU MARCH 1986						
COUNCIL NAME	CNCL	WORK	LOST		INCI-			WORK			LOST		INCI-		TOT	AVG
	NUM	HOURS	ACC	FTLS	RATES	MTGS	CHAP	STD	HOURS	ACC	FTLS	RATES	MTGS	CHAP	STD	
GROUP II																
SOUTHERN INDIANA JT SAFETY COM & HSA	IN02	1,144,620	15	0	2.62	1	6	1	1,144,620	15	0	2.62	1	1.5	1	
GROUP III																
JOHN O MILLER COUNCIL	PA09	55,169	0	0	.00	3	3	1	55,169	0	0	.00	3	.8	1	
MON VALLEY COUNCIL	WV08	218,385	1	0	.92	1	43	2	218,385	1	0	.92	1	10.8	2	
WESTERN MARYLAND	MD02	183,053	1	0	1.09	1	29	3	183,053	1	0	1.09	1	7.3	3	
N. INDIANA JT. COMM. FOR COAL MINE SAF	IN01	514,259	4	0	1.56	1	6	4	514,259	4	0	1.56	1	1.5	4	
NEW RIVER VALLEY COUNCIL	WV10	337,461	5	0	2.96	2	26	5	337,461	5	0	2.96	2	6.5	5	
GROVE CITY/CLARION COUNTY COUNCIL	PA05	468,828	7	0	2.99	0	15	6	468,828	7	0	2.99	0	3.8	6	
COAL RIVER COUNCIL	WV02	692,329	14	0	4.04	2	31	7	692,329	14	0	4.04	2	7.8	7	
CENTRAL ILLINOIS OPEN-PIT COUNCIL	IL01	77,072	2	0	5.19	1	2	8	77,072	2	0	5.19	1	.5	8	
SOUTHEAST OHIO COUNCIL	OH02	140,358	4	0	5.70	3	6	9	140,358	4	0	5.70	3	1.5	9	
INDIANA COUNCIL	PA07	163,735	7	0	8.55	2	5	10	163,735	7	0	8.55	2	1.3	10	
KISKI - TRI-COUNTY COUNCIL	PA08	44,563	2	0	8.98	3	2	11	44,563	2	0	8.98	3	.5	11	
CLYMER COUNCIL	PA04	19,266	3	0	31.14	3	2	12	19,266	3	0	31.14	3	.5	12	

\*Council competition may be updated upon receipt of HSAC reports.

12



H.S.A. SAFETY TOPIC



# YOUR TOOLS

Everyone realizes that management is responsible for the safety of miners and equipment. You know, too, that unless you do your work in a safe manner you may get hurt with even the safest things to work with. So you and management have a joint responsibility for keeping you from getting hurt on the job.

The first thing is to keep tools in good condition. The old saying that you can tell a good mechanic by his tools is so true that at many locations it's "thumbs down" on a mechanic who applies for a job and shows up with a kit of bum tools. A good workman takes pride in his tools. He knows that to turn out good work, his tools must be in good condition.

While it is true that a really good workman can do a lot with makeshift tools, it will also take him longer and even then it won't be his best work, and he's likely to have an accident or to cause one. If he takes a good swing and the hammer head flies off, it may not hit his helper or someone else nearby, but the records show it will happen often enough to crack a head now and then.

If a hammer handle shows even a beginning split, it should be replaced. Even the most carefully taped handle is never as strong, and it's likely to be out of balance, too.

Wrenches with worn or sprung jaws are great injury-producers. For example, a mechanic was trying to break a coupling loose on an overhead line. The teeth of the wrench were worn, and it slipped when he bore down on it and threw him off balance so that he fell, injuring his back.

Of course, on any job you can be hurt even with good tools if you do not handle yourself right, so why make it harder by using defective tools? If a wrench takes hold when it should and lets go only when it should, the work can be done faster, easier, better and safer.

Another important point is to use the right tool for the job. The pioneers had to make a few tools do for all kinds of jobs. Now, of course, tools are easily available in endless variety. The fact that each of the tools we use is designed for a specific purpose helps safety, helps production, helps quality of workmanship and saves effort because the work goes more smoothly.

-MORE-

July 1986

All of this may sound elementary to you because every one of you knows these points and a lot more besides about misuse of tools. But can a single one of you honestly say that he never, no, never, misuses a tool? Accident records prove that misuse of hand tools often causes accidents.

Hand tools cause a lot of injuries, but they can be prevented if everybody who uses tools would always:

1. Keep his tools in good condition.
2. Use the correct tool for the job.
3. Use it in a safe manner.

Remember, good workers and good tools go together.

\*\*\*\*\*

## PLIER SAFETY

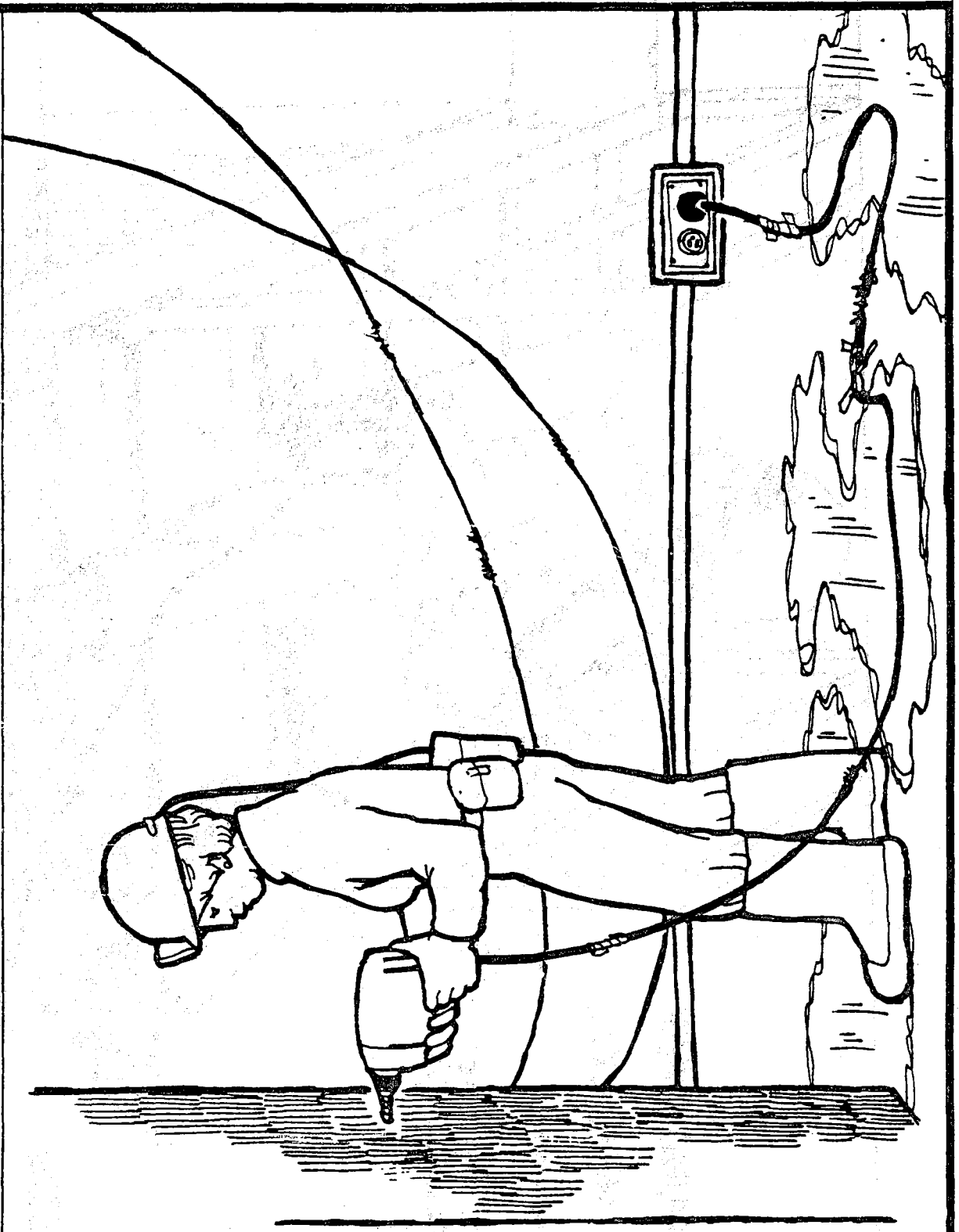
Simple hand tools cause more injuries, on and off the job, than all the complicated gadgets and machines in the world. Yet, the risk of an accident can be substantially reduced by following a few simple safety tips, such as these for pliers from the Industrial Commission of Ohio:

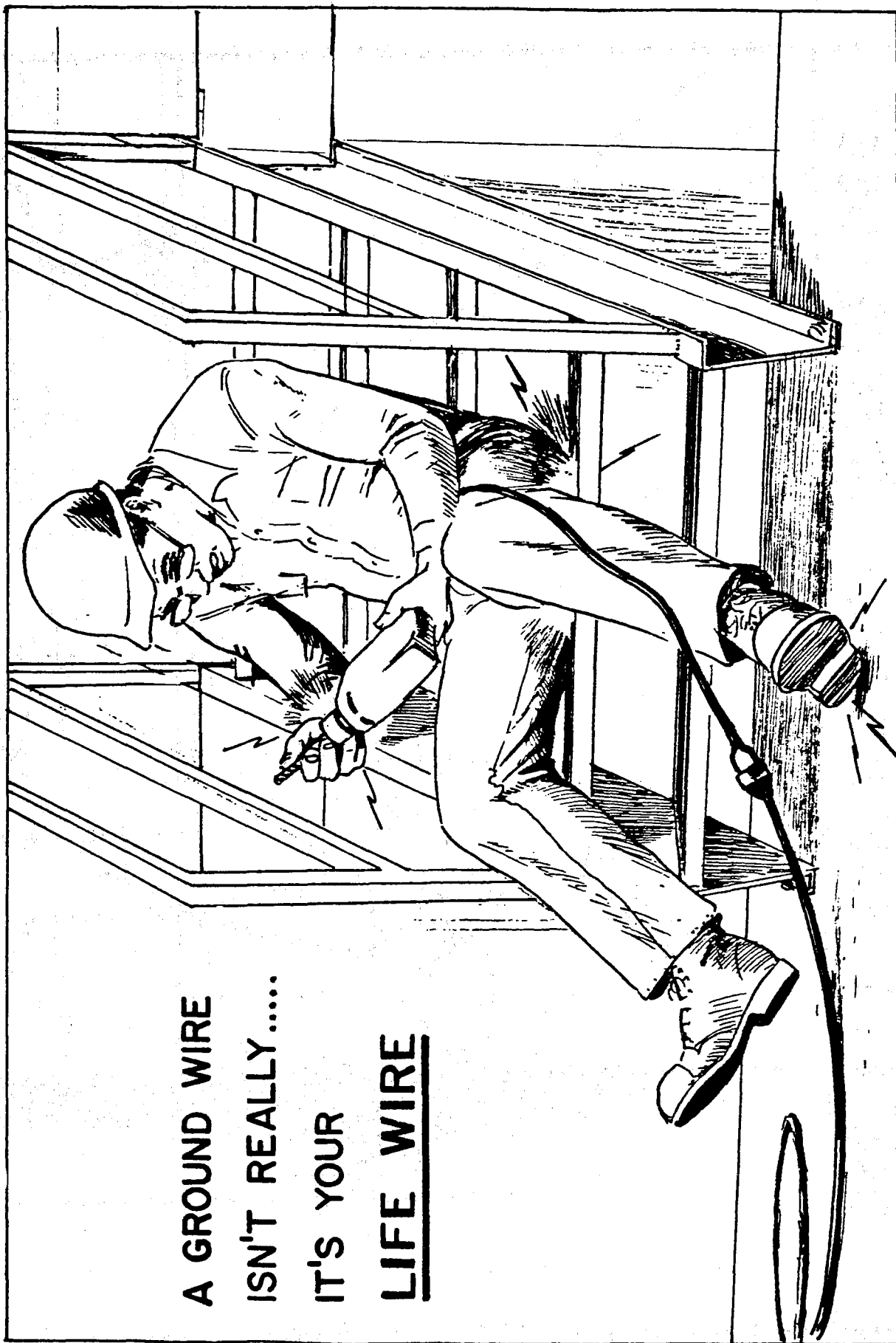
1. Use a wrench rather than pliers on nuts and bolts because pliers can disfigure the heads of nuts and bolts, making them unsafe for further use. In addition, pliers often slip off the nut or bolt head causing workers to lose their balance when they twist the tool.
2. Use larger pliers or a bolt cutter when a situation calls for more leverage, instead of lengthening the handles of the pliers with an extension.
3. Avoid using pliers for cutting hardened wire unless the pliers are specifically designed for such purposes.
4. Wear safety goggles or safety glasses with side shields when cutting ordinary wire, and always cut the wire at a right angle with pressure applied directly across the line of the cut.
5. Hold the coil or length of the wire in a vise when it is being cut, and hold the open end in your free hand to prevent the cut-off end from flying up. If a vise is not available, kneel on the floor and keep the wire down with one foot.

\*Courtesy of Western Pennsylvania Safety Council



INSPECT HAND TOOLS BEFORE USE





**A GROUND WIRE  
ISN'T REALLY .....  
IT'S YOUR  
LIFE WIRE**



# SAFETY LANGUAGE

To maintain a state of safety in any industrial operation, there are two chief components which must be dealt with; first the control of accidents and last, injury prevention. To control accidents, unsafe acts and conditions must be eliminated. Injuries alone are prevented by the use of personal protective equipment. Yet this seems confusing to some since, in the safety profession the words "accident" and "injury" are often used interchangeably.

When this is practiced, it is more difficult for supervisors to understand the safety approach. In one plant supervisors were given a safety questionnaire to complete. One question that was asked was, "Do goggles and safety shoes prevent accidents?" An overwhelming majority answered yes. But what these items prevent are injuries!

People sometimes overlook the difference, and the common usage of accident is erroneously accepted. As a matter of fact, "accident" can be found used in that fashion in some text books.

We do not want to lose sight of the fact that the first line of defense in safety work is to control accident causes. Far more is gained by accomplishing this. Injury prevention has its place and should also be utilized. It is paramount principle, however, that safety activities be primarily concerned with removing accident causes.

Frequently, we still hear the term "major accident" and "minor accident." They, too, are misleading. In the true sense of the term "accident," there is no such thing as a major or minor accident. Have you ever heard of a major accident with a minor injury or a minor accident with a major injury? An accident is an unplanned event. The injury may be major or minor, but not the accident. Accident and injury are separate distinct occurrences. One is the result of the other.

The accident is controllable, but the injury is a matter of chance when the accident takes place. The labelling of the unplanned event as a so-called major or minor accident overlooks the potentiality that all accidents in motion possess. This tends to call attention to the major category alone, often causing our safe efforts to be misdirected and misunderstood.

# HOLMES SAFETY ASSOCIATION SAFETY TIPS

One of the principal hazards that MSHA inspectors are exposed to in their normal activities is the slippery and uneven walking surfaces encountered at mine sites. In the past numerous injuries to the back and lower extremities have been reported because of slips, trips and falls due to the hazardous condition of the walking surfaces. Personal injuries resulting from this type of accident can be prevented by adhering to the following.

- Face the direction of travel, maintain awareness of the hazard, and make certain that footing is always firm.
- Stop frequently, observe the area ahead, and select the best route of travel.
- Carry only the equipment that is necessary.
- Equalize load of equipment on the body in order that balance can be easily maintained.
- Wear snug fitting clothes.





## H.S.A. SAFETY TOPIC



### LIGHTNING SAFETY RULES

These safety rules will help you save your life when lightning threatens.

1. Stay indoors and don't venture outside, unless absolutely necessary.
2. Stay away from open doors or windows, fireplaces, radiators, stoves, metal pipes, sinks and plug-in electrical equipment like radios, television sets, lamps and refrigerators.
3. Do not use plug-in electrical equipment like hair dryers, electric tooth brushes, or electric razors during an electrical storm.
4. Do not use the telephone-lightning may strike telephone lines outside.

If lightning catches you out of doors:

1. DON'T work on fences, telephone or power lines, pipelines, or structural steel fabrication.
2. DON'T use metal objects like fishing rods and golf clubs.
3. DON'T handle flammable materials in open containers.
4. Stop tractor work, especially when the tractor is pulling metal equipment, and dismount. Tractors in open fields are often struck by lightning.
5. Get out of the water and off small boats.
6. Stay in your automobile if you are traveling. Automobiles offer excellent lightning protection.
7. Seek shelter in buildings. If no buildings are available, your best protection is a cave, ditch, canyon, or under head-high clumps of trees in open forest glades.
8. When there is no shelter avoid the highest object in the area. If only isolated trees are nearby, your best protection is to crouch in the open, keeping as far away from isolated trees as the trees are high.
9. Avoid hill tops, open spaces, wire fences, metal clothes lines, exposed sheds and any electrically conductive elevated objects.

-MORE-

July 1986

10. When you feel the electrical charge-if your hair stands on end or your skin tingles-lightning may be about to strike you. Drop to the ground immediately.

The risk of being damaged by lightning is greater than you might think. It is estimated that some 1800 thunderstorms are in progress over the earth's surface at any given moment, and lightning strikes the earth 100 times each second. On the average, lightning kills some 600 persons and injures about 1500 every year in the United States. The average death toll is higher for lightning than for tornadoes or hurricanes. Property loss caused by lightning--fire and other damage to structures, aircraft damage, forest fires, livestock deaths and injuries, disruption of electromagnetic transmissions and other effects--is estimated at more than \$100 million annually.

Persons struck by lightning receive a severe electric shock, or burns, or both. Proper first aid (e.g., artificial respiration) can sometimes revive lightning victims. Persons struck by lightning carry no electrical charge and can be handled safely.



HAVE A SAFE AND HAPPY HOLIDAY!

# HOLMES SAFETY ASSOCIATION

## ARE YOU A DEFENSIVE DRIVER?

A "Defensive Driver" is one who employs sound judgment and common courtesy in every traffic situation. The defensive driver has the ability to avoid an automotive accident for which the other driver or person may be partially or even wholly responsible from a legal point of view.

A defensive driver not only doesn't take chances but also makes allowances for the chances that other drivers might take.

A defensive driver assumes:

That the other driver does not always stop at stop signs or red lights.

That a rolling ball may be followed by a running child.

That many drivers can't be depended upon to use their rearview mirrors.

That the driver ahead is just as likely to do the unexpected as not.

That a hand signal simply means, "I'm going to do something, so look out."

That a center line is often used as a "beam" by wandering drivers.

That any curve or turn is dangerous.

That brakes are only as effective as our reaction time and the road surface.

That road signs and warnings apply to everybody.

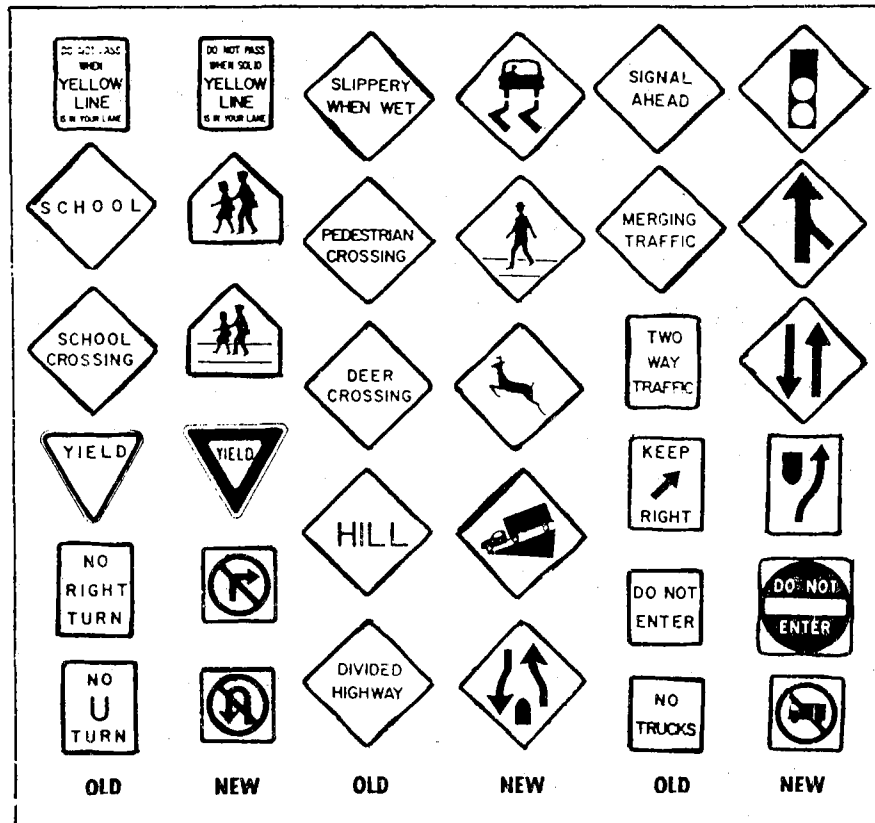
That pedestrians, right or wrong, should be given the right-of-way.

The defensive driver knows that in every possible way caution must be used.



**CHANGING FACES OF HIGHWAY SIGNS**

Over the last several years, most highway signs have been updated to symbols. Are you familiar with all of them?



**SAFETY LASTS ALL YEAR**





H.S.A. SAFETY TOPIC



# PARKING LOT TIPS

When driving into a parking lot, do you keep alert to the special hazards? If parking lot accidents are to be avoided, regulations must be followed and courtesy must prevail.

1. First of all, keep your speed low. The absence of posted speed limits does not mean that you have a license to speed. You never know when someone might step into your path.
2. Lanes leading to parking spaces often are posted for one-way travel to avoid confusion. It is important that these restrictions be followed. Never drive into the exit of a one-way lane.
3. When you park in a parking lot to make deliveries, make sure that your vehicle does not block an entrance or exit.
4. When you make even a brief stop in a parking lot, it is best to find a marked parking slot.
5. When driving in a parking lot drive very slowly and watch at all times for pedestrians who may dart out across your path.

\*\*\*\*\*

# PANIC STOP

**YOU'VE HEARD IT!**

There's an agonizing screech as a foot slams hard on the brake pedal. Then a second or two of suspense, which may or may not be followed by a horrendous crash and the clattering of broken glass on the pavement.

**YOU'VE SEEN IT!**

There are those long black marks where tortured tires left their marks on the road.

**THAT'S A PANIC STOP!**

Don't let anybody tell you that panic stops happen because an emergency situation pops up suddenly and unexpectedly and there's nothing to do but hit the brakes hard.

When you hear this you can figure one of two things happened. Either the driver was tailgating or was traveling too fast for the conditions.

Those are two things smart drivers aren't guilty of.

# THE LAST WORD

## NARROW OR BIG

Education will broaden a narrow mind, but there is no known cure for a big head.

\*\*\*\*\*

## CONVERTED

The aim of safety education should be to convert the mind into a living fountain - What is pumped in will be emptied by pumping out.

\*\*\*\*\*

Be especially careful when handling a wire rope. Don't be roped into an accident.

\*\*\*\*\*

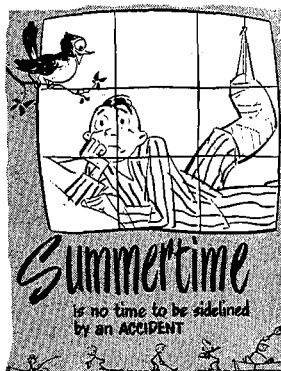
Safety first is what we need  
Our safety laws all should heed  
To prevent accidents and keep our injuries and fatalities low  
Will help make our production grow.

\*\*\*\*\*

Guards prevent some serious accidents  
You can prevent the balance.

\*\*\*\*\*

You don't have to be a cannibal  
To get fed up with people.



## PREVIEWS OF COMING ACCIDENTS

Wonder how that switch got open?  
I'll just close it.

Those fuses are always blowing  
Let's put in heavier fuse links.

I got by with it this time.

\*\*\*\*\*

A pedestrian charged with ignoring a "Don't Walk" sign, came up with a novel excuse. He said he saw the sign all right, but thought it was an advertisement for a cab company.

\*\*\*\*\*

The popularity of the automatic dishwasher is due to the fact that most husbands would rather buy one than be one.

\*\*\*\*\*

Confidence is simply that quiet, absolutely assured feeling you have just before you fall flat on your face.

\*\*\*\*\*

Anyone who tells you that he enjoys a cold shower in the morning will lie about other things, too.

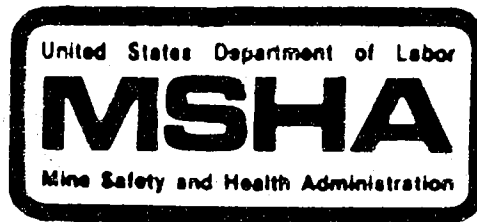
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There's one thing nice about being a train engineer. Nobody's going to point a gun at your head and say, "Head to Havana."

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.)

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

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

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

FILL OUT - FOLD AND STAPLE - FREE MAIL-IN

NOTE: BE SURE OUR ADDRESS SHOWS

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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