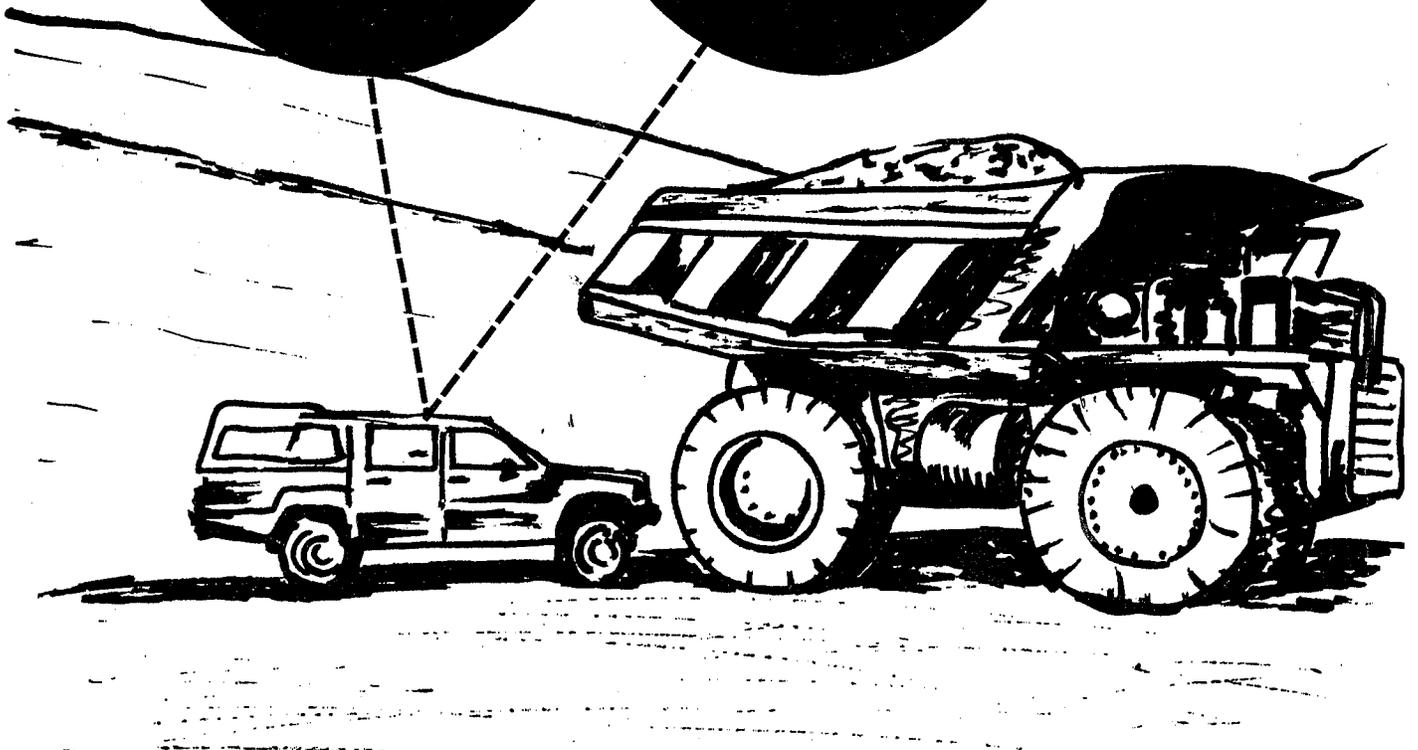

BULLETIN



Don't park light vehicles in

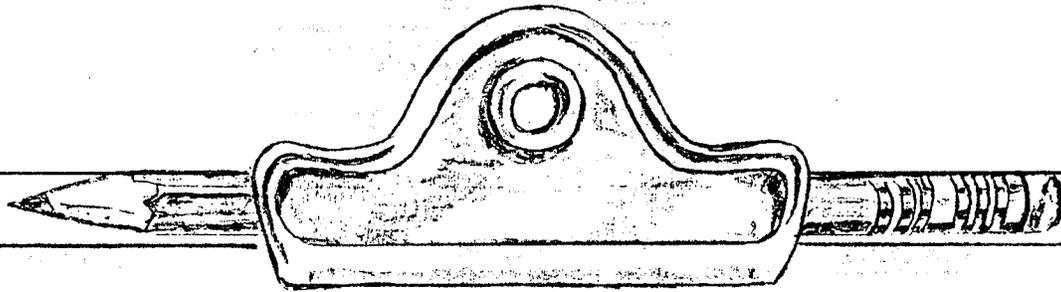
blind spots



Safety depends on you.

This poster courtesy of the New Wales Coal Association,
Safety and Training Committee, Sydney, Australia,
a member of the Holmes Safety Association





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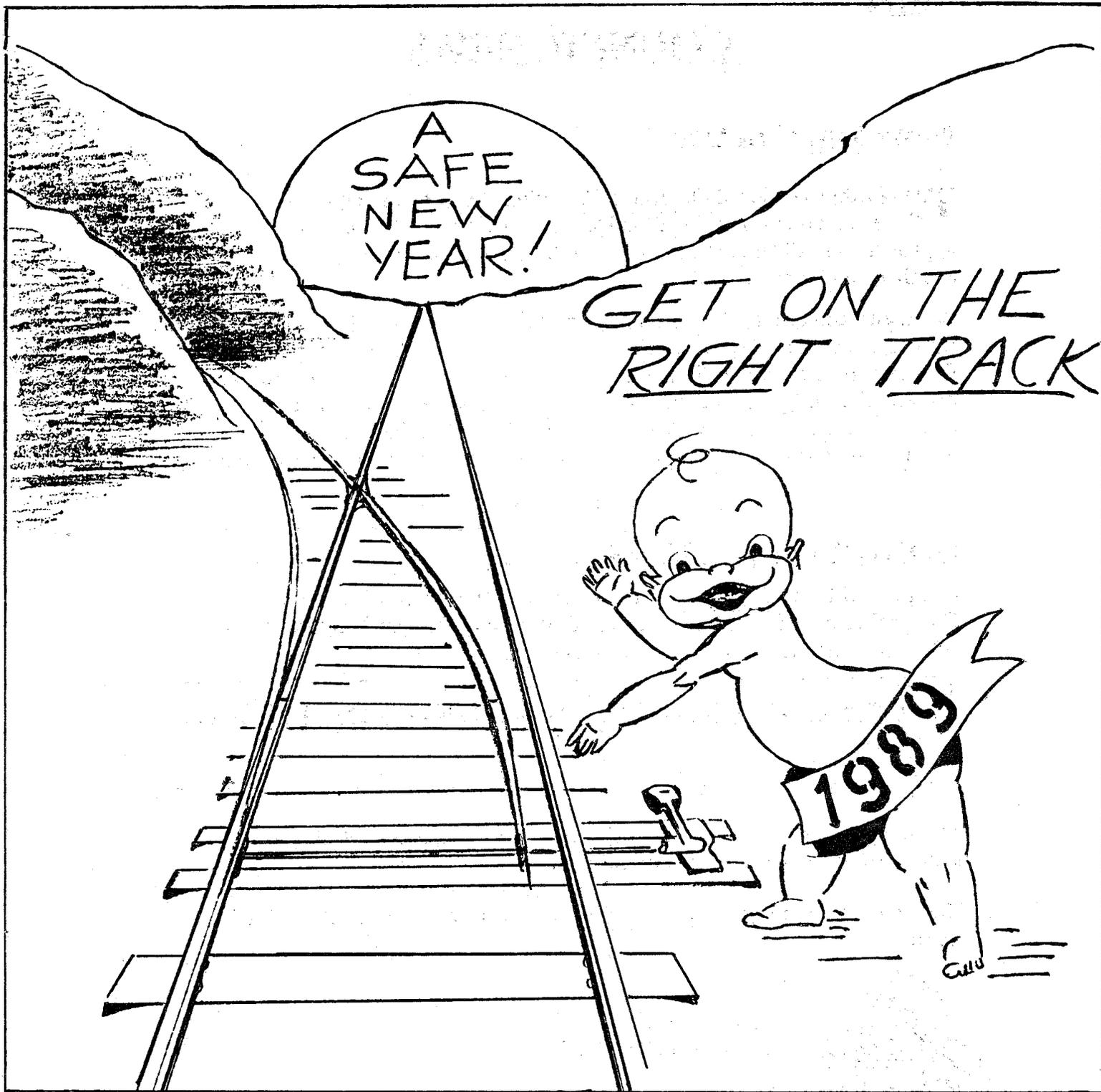
KEEP US IN CIRCULATION.

THIS SAFETY BULLETIN CONTAINING 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 IS PROVIDED FREE AS A BASIS FOR DISCUSSION AT ON-THE-JOB SAFETY MEETINGS.

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



<u>COMPANY</u>	<u>CHAPTER NO.</u>	<u>LOCATION</u>
GS Roofing Products Co.	7765	Gleenwood, AR
Table Rock Asphalt	7766	Branson, MO
Mattes Bros. Construction Co.	7767	Joplin, MO
John Fabick Tractor	7768	Fenton, MO
R. E. Glancy Inc.	7769	Tawas, MI
Material Service Corp.	7770	McCook, IL
D & A Resources Inc.	7771	Meadow Bridge, WV
Goldbelt Inc.	7772	Juneau, AK
Pitlik & Wick Inc.	7773	Sugar Camp, WI
Richter Ready Mix & Const. Inc.	7774	Eagle River, WI
Musson Bros. Inc.	7775	Rhineland, WI
G & W Equipment Leasing Inc.	7776	Otsego, WV
Yellow Hair Trading & Mining, LTD	7777	Globe, AZ
Copper Valley Construction Company.	7778	Glennallen, AK
Western Clay Company	7779	Aurora, UT
Cox Rock Products	7780	Centerfield, UT
Wyo-Ben Inc.	7781	Thermopolis, WY
Wyo-Ben Inc.	7782	Greybull, WY
Wyo-Ben Inc.	7783	Lovell, WY
U.S. Gypsum Co.	7784	Sperry, IA
Hill Enterprises Inc.	7785	Lizemore, WV
Material Service Corp., Yard 6	7786	Romeoville, IL
Walker Coal Co., Mine #1	7787	Fields, KY
Walker Coal Co., Mine #2	7788	Fields, KY
Blue Ridge Stone Corporation	7789	Stuarts Draft, VA
Siaperas Construction	7790	Price, UT
Cojon Corporation	7791	Salt Lake City, UT
Traveller Coal Corp.	7792	Etty, KY
C & P Coal Co., Inc.	7793	Etty, KY
Charity Coal Co., Inc.	7794	Hardy, KY
C. P. G. Inc.	7795	Canada, KY
E. M. T. Mining Inc.	7796	Sidney, KY
Ace Colliery Inc.	7797	Canada, KY



What You Don't See Can Kill You!



H.S.A. SAFETY TOPIC

COUNCIL NEWS

News You Can Use

The Northern Colorado/Southern Wyoming District Council safety dinner meeting was held at the Denver Marriott West with approximately 100 industrial representatives attending on Wednesday evening, November 16, 1988.

President Rob Stalder introduced the principle speaker for the evening Roy Bernard, Assistant Deputy of Mine Safety and Health Administration and President of the Holmes Safety Association National Council. Mr. Bernard presented a well-prepared, up-to-date activity report of MSHA and the important part the Holmes Safety Association plays in the agency's never-ending drive for nationwide improvements in mine safety performance.

* * * * *

CONGRATULATIONS.....

to Duff Guillotte, Training Instructor, Eastern Washington University, Comprehensive Mine Safety and Health Program, Cheney, Washington, for submitting the prize winning 1989 slogan decal:

"UNSAFE PRACTICES -- DRAW THE LINE IN '89"

There were many excellent suggestions this year with nearly 60 slogans submitted for review by the committee.

Keep an eye on the **Bulletin** for notification of the availability of the 1989 decal.

William H. Hoover
National Secretary-Treasurer

DECEMBER, 1988



H.S.A. SAFETY TOPIC

SURFACE HAZARD ALERT

COAL

Thus far this year, 55 percent of the fatalities experienced by the coal industry occurred at surface work areas. This alert is to call your attention to hazards associated with surface work areas and in particular powered haulage accidents:

Surface fatalities accounted for 22 of the 40 fatalities reported. Eleven, or 50 percent, resulted from powered haulage accidents. Powered haulage accidents are defined as "those which are caused by energized or moving haulage equipment, including motors, railcars, conveyors, self-loading scrapers or pans, shuttle cars, haulage trucks, front-end loaders, load/haul/dumps, scoops and tractors, and forklifts." Six of the 11 surface haulage fatalities involved trucks and seven involved independent contractors.

To make sure that we are utilizing all our resources to prevent these fatal accidents, I am asking all of you to take a personal look at your surface operations. I am also asking that you alert your supervisors, miners and contractors to these surface fatalities.

SURFACE HAZARD ALERT

METAL AND NONMETAL

The surface metal and nonmetal Mining Industry has recently experienced a significant increase in the number of fatalities occurring at mine sites. During the 2-month period from mid-August to mid-October 1988, 12 miners have lost their lives in 11 accidents at these surface operations. Three specific safety concerns rise from the statistics of this brief 2-month period: (1) the increasing number of fatalities; (2) the large percentage of fatalities attributed to equipment used in the haulage of mined materials; and (3) the number of victims engaged in independent contractor work at mines where they may have minimal knowledge of the hazards present.



WINTER ALERT

DECEMBER, 1988

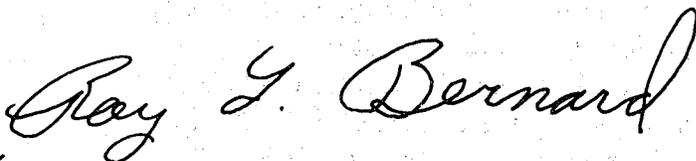
One of the more alarming aspects of these statistics is the fact that nine (75 percent) of these deaths have resulted from powered haulage and machinery accidents. The equipment involved in these accidents included: Pan scrapers (3); Haul Trucks (2); Front-end Loaders (2); Conveyors (1); and Air Track Drills (1). The operator's (victim's) experience level has ranged from three weeks to 25 years.

Five of the 12 victims were employed by independent contractors who were performing mining-related activities at the sites. The experience level of these contractor employees ranged from three weeks to two years.

To make sure that we are utilizing all our resources to prevent these fatal accidents, I am asking all of you to take a personal look at your surface operations. I am also asking that you alert your supervisors, miners and contractors to these surface fatalities.

To assist you in preventing accidents, the National Mine Health and Safety Academy has training materials available. Materials include on-the-job training guides; a slide presentation covering fatal accidents for the first 6 months of 1988; a brochure entitled "Powered Haulage Fatalities in Coal and Metal/Nonmetal Mines - 1987"; and a comprehensive training program entitled "Haulage Hazard Awareness." These training materials can be obtained by calling or writing:

National Mine Health and Safety Academy
Business Office
P.O. Box 1166
Beckley, West Virginia 25802-1166
Telephone: (304) 256-3302

for 
David C. O'Neal
Deputy Assistant Secretary for
Mine Safety and Health

WINTER ALERT

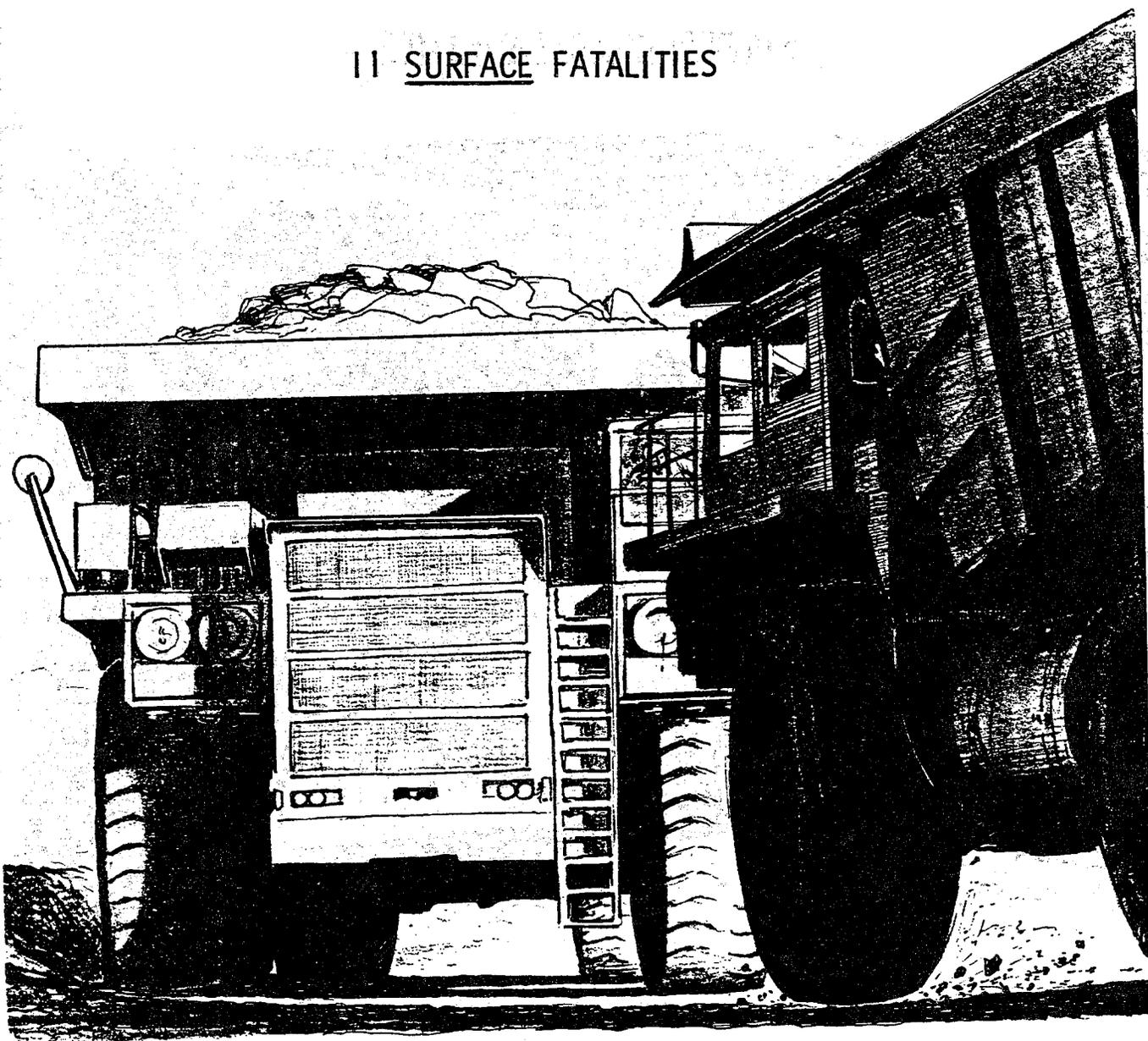


Hazard Alert

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

METAL AND NONMETAL
POWERED HAULAGE

11 SURFACE FATALITIES



January 1 — September 30

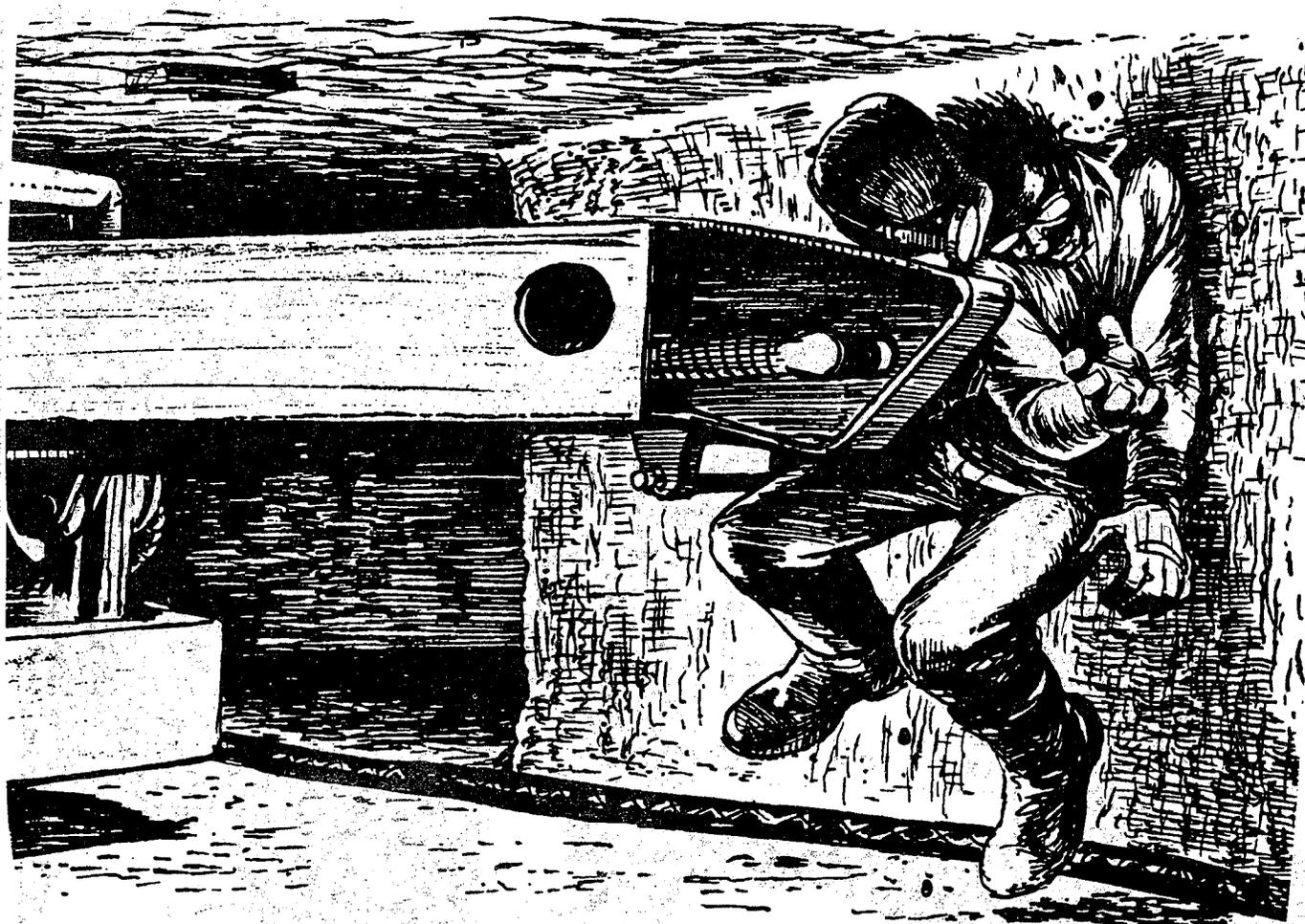
1988



Hazard Alert

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

COAL MACHINERY 6 UNDERGROUND FATALITIES



January - August 31

1987

1988

0

6

**ABSTRACT
FROM
FATAL
ACCIDENT**

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



FATAL HOISTING ACCIDENT

GENERAL INFORMATION: A 19-year-old laborer was fatally injured when he was struck on the head by an ore skip. The accident occurred at an underground colemanite mine where the cut-and-fill mining method was being used.

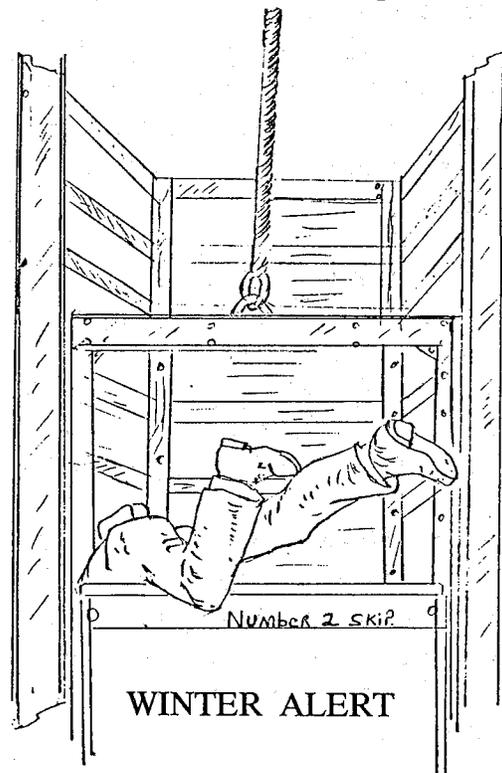
DESCRIPTION OF ACCIDENT: The victim reported for his normal shift and was assigned to tram ore out of the 1120 storage area to the ore pocket grizzly using a Wagner ST-5B LHD unit.

The skip tender was working on the 1150 level loading pocket. He stated that he heard the victim call down the shaft to him to go full speed. He said as the skip descended by him, he saw what looked like a light or something white through the corner of his eye. Thinking something was wrong, he shouted back at the victim getting no response. He then climbed from the loading pocket to the 1120 level. He found a coworker operating the ST-5B loader and the two of them conducted a search of the 1120 level without success and then contacted the shift foreman.

After a further search, the victim was found lying in the bottom of the skip.

CAUSE OF ACCIDENT: The direct cause of the accident was failure of the company to have shaft safety gates in place to restrict access to the shaft.

A contributing factor was that the victim passed the single line barrier with a "Keep Out" sign mounted on the line to stick his head in the shaft to shout to the skip tender below.



**ABSTRACT
FROM
FATAL
ACCIDENT**

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



FATAL MINE EXPLOSION

GENERAL INFORMATION: A mine explosion occurred resulting in the death of the mine foreman. The victim had 15 years mining experience, four years of which were in supervision.

DESCRIPTION OF ACCIDENT: The shotfirer started loading explosives in the right crosscut on the No. 1 entry. He loaded the left hole first with two 12-inch sticks of Atlas 7D explosives primed with a No. 3 Atlas primer cap and followed by two 15-inch water stemming devices. These explosives were pushed against the back of the hole. He then placed two sticks of explosives into the adjacent hole which went through the block of coal. This hole extended through the block into the shot coal on the other side of the crosscut.

He stated he tried to pull the explosives back through the hole but was able only to retrieve the Atlas primer cap. He then loaded the third hole with two sticks of explosives primed with a No. 1 Atlas primer cap and the fourth hole with two sticks of explosives primed with a No. 3 Atlas primer cap followed by two 15-inch water stemming devices in each hole. After loading the drill holes, the shotfirer went into the No. 2 entry to search for the explosives which had pushed through. A fall of coal which had previously been shot in the left crosscut in the No. 2 entry prevented the shotfirer from recovering the explosives. He stated he then told the loading-machine operator and mine foreman of the explosives. The shotfirer completed preparation to shoot and made a methane check, which revealed zero percent and then returned to the No. 2 entry to remove the loading-machine operator and foreman out of the No. 2 entry.

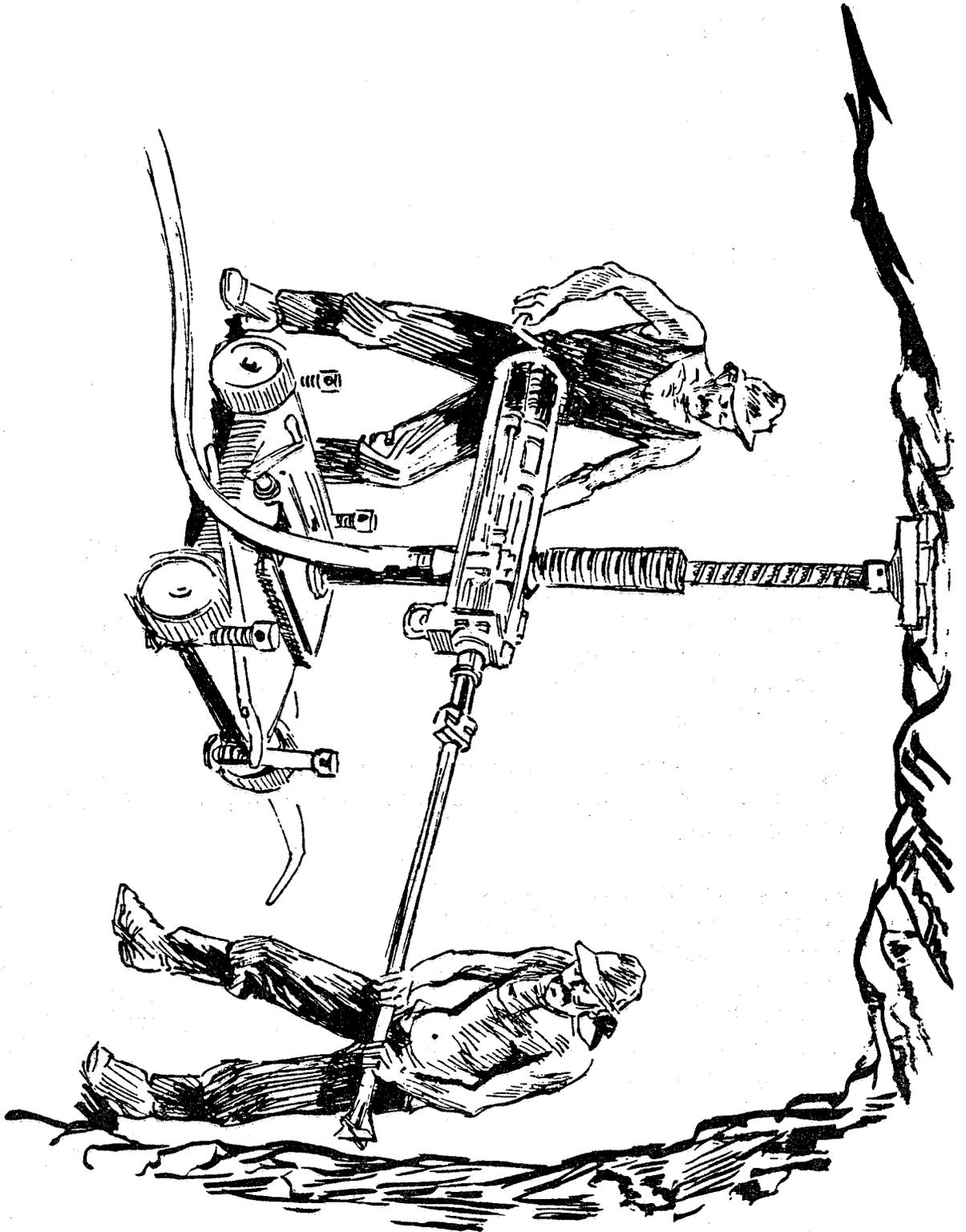
The shotfirer yelled "fire in the hole" three times and shot the crosscut. The shot initiated a methane and/or coal dust explosion which propagated outby in the No. 1 entry for a short distance and outby in the No. 2 entry to the check curtain which was badly burned by the flame and heat. The foreman, who was near the check curtain, received second and third degree burns over 85 percent of his body from which he later died.

CONCLUSION: Failure to drill the holes to the proper depth in relation to the cut and the improper use permissible explosives was the cause of the explosion. A contributing factor was the presence of accumulations of loose coal and coal dust on the ribs and mine floor of the Nos. 1, 2 and 3 entries from the working face to three crosscuts outby.

WINTER ALERT

TYPICAL MINING OF THE ERA GONE BY

DECEMBER, 1988



THE BURLLEIGH DRILL

The old Burleigh Drill was patented in 1866. It was used in the Hoosac Tunnel, the first railroad bore driven in the United States and the first one in America to be driven with mechanical drills.



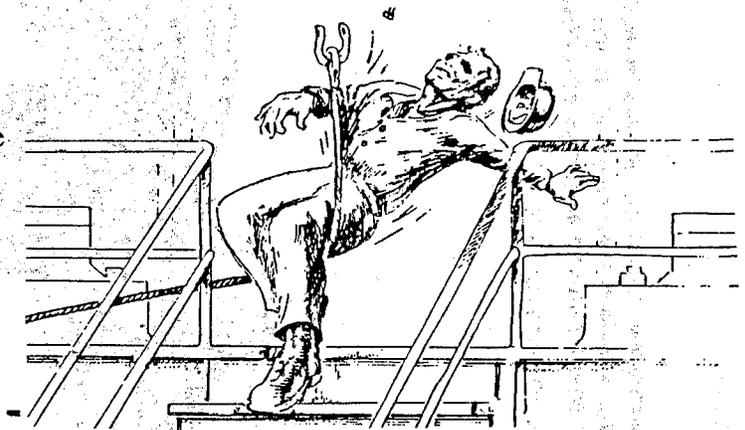
H.S.A. SAFETY TOPIC

WE CAN'T BRING THEM BACK

Metal/Nonmetal

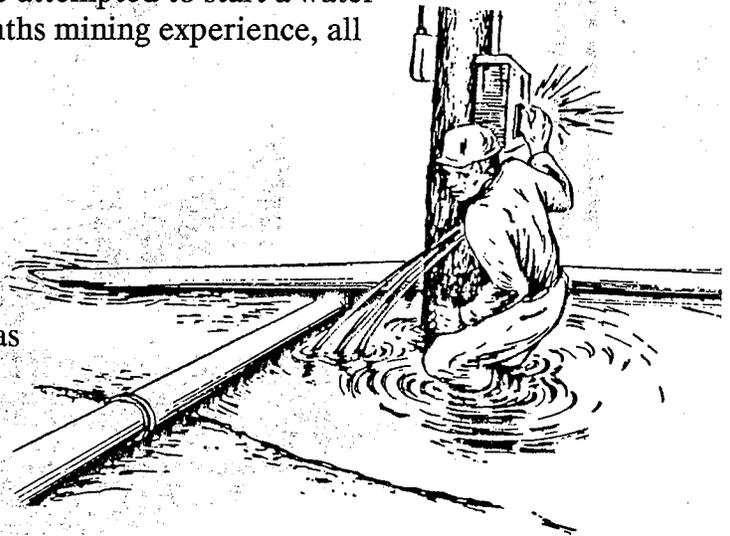
A 51 year old plant supervisor with 25 years mining experience was fatally injured when he was struck by a recoiling wire rope which had been connected between a front-end loader and the adjustment ring of a cone crusher.

In this instance, however, neither the multiple-wrap or screw-type clevis pin was used. The victim attached the clevis end of the rope directly to the crusher adjustment ring using a short, machine bolt through the clevis. No securing nut was attached. When the rope was pulled taut by the loader, the bolt pulled free of the clevis. The recoiling rope struck the victim, severed both of his legs and propelled him down a stairway. He died as a result of dismemberment trauma and injuries suffered during the fall.



A laborer, age 20, was electrocuted when he attempted to start a water transfer pump. The victim had seven months mining experience, all with this company.

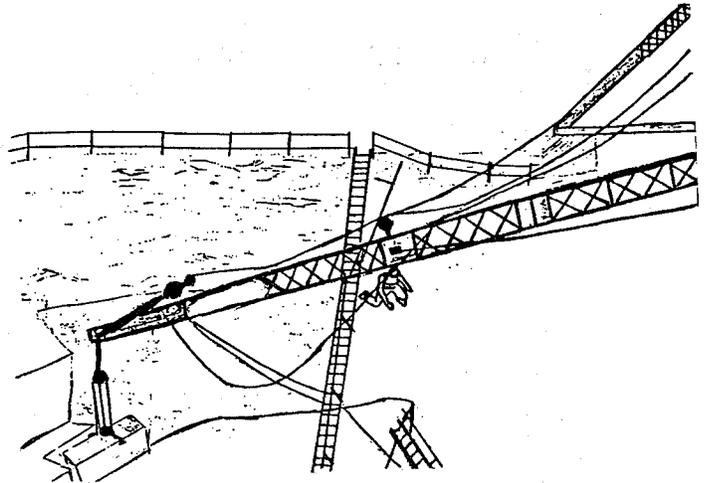
The ungrounded transfer pump starting switch was mounted on a utility pole inches below a grounded utility meter. The grounding lead in the cable from the starting switch to the 75hp motor had been cut off 18-inches short of the motor. The laborer was standing in 10-inches of water when electrocuted.



WINTER ALERT



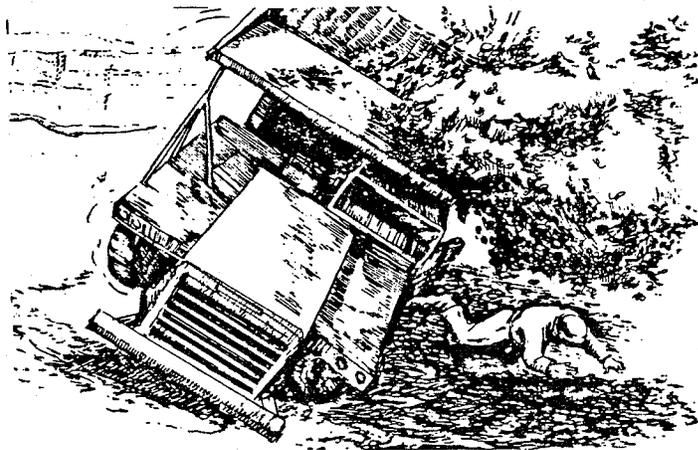
A 37 year old mine foreman with 4-1/2 years mining experience was fatally injured when a derrick boom fell and struck the ladder on which he was standing.



The victim was standing on the ladder so he could view the 12-ton block being lifted from the quarry and also signal the derrick operator. During the lift, the friction clutch began to slip and, when the brake was applied, a brake adjustment bolt broke and the boom fell. The victim was knocked from the ladder into the quarry.

A 45 year old truck driver with 2 years mining experience was fatally injured when the haulage truck he was operating overturned while descending a roadway into a pit.

A witness noted that the loaded, 35 ton haul truck was proceeding down the 225 foot long, 12 percent ramp at a higher than normal rate of speed. The rear wheels were bouncing and rotating in a reverse direction, indicating that the transmission was in reverse gear. As the truck neared the bottom of the ramp, the left door opened and the victim attempted to jump clear of the vehicle. At approximately the same time, the truck overturned on its left side and pinned him beneath it. The subsequent investigation revealed considerable deficiencies in the braking systems of the truck. The vehicle was equipped with seat belts.

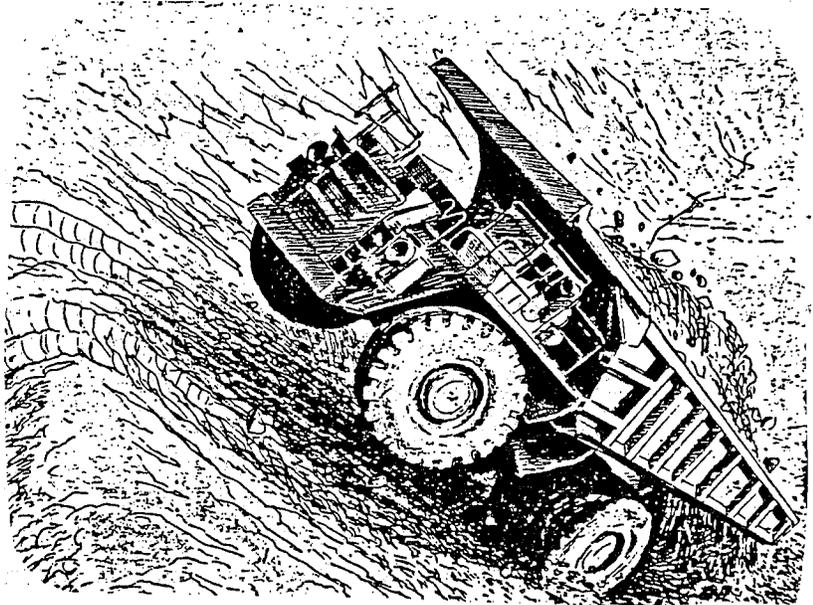


WINTER ALERT



A 56 year old truck driver with 20 years mining experience was fatally injured when material at the edge of a stockpile failed beneath the weight of the haul truck he was operating.

As the victim backed his loaded truck slowly toward the dump site, the stockpile failed beneath the rear wheels. The truck overturned backwards and came to rest on its roof at the base of the pile. The driver was pinned in the collapsed truck cab.



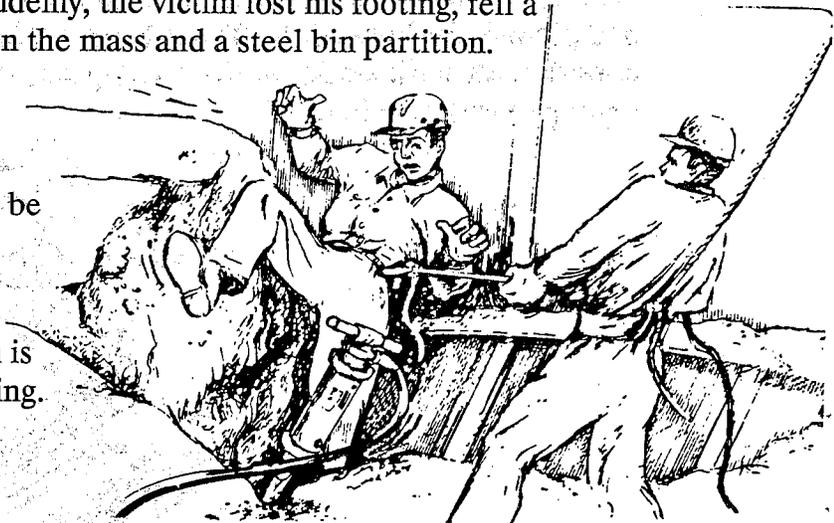
A 19 year old independent contractor employee with less than three months mining experience was fatally injured when he was pinned by a large mass of material while working inside a storage bin.

The victim was using a pneumatic jackhammer to break up a large mass of consolidated material. He was assisted in the bin by a coworker who spelled him with the operation of the jackhammer. The two men were tied together with a six foot lanyard. A lifeline was attached to the coworker's belt and was kept tight by a third worker atop the bin.

When the mass of material moved suddenly, the victim lost his footing, fell a short distance and was pinned between the mass and a steel bin partition.

RECOMMENDATION:

1. Working platforms or staging must be provided for workers inside bins.
2. Each worker inside a storage bin shall be provided with a lifeline which is attended and kept taut to prevent falling.



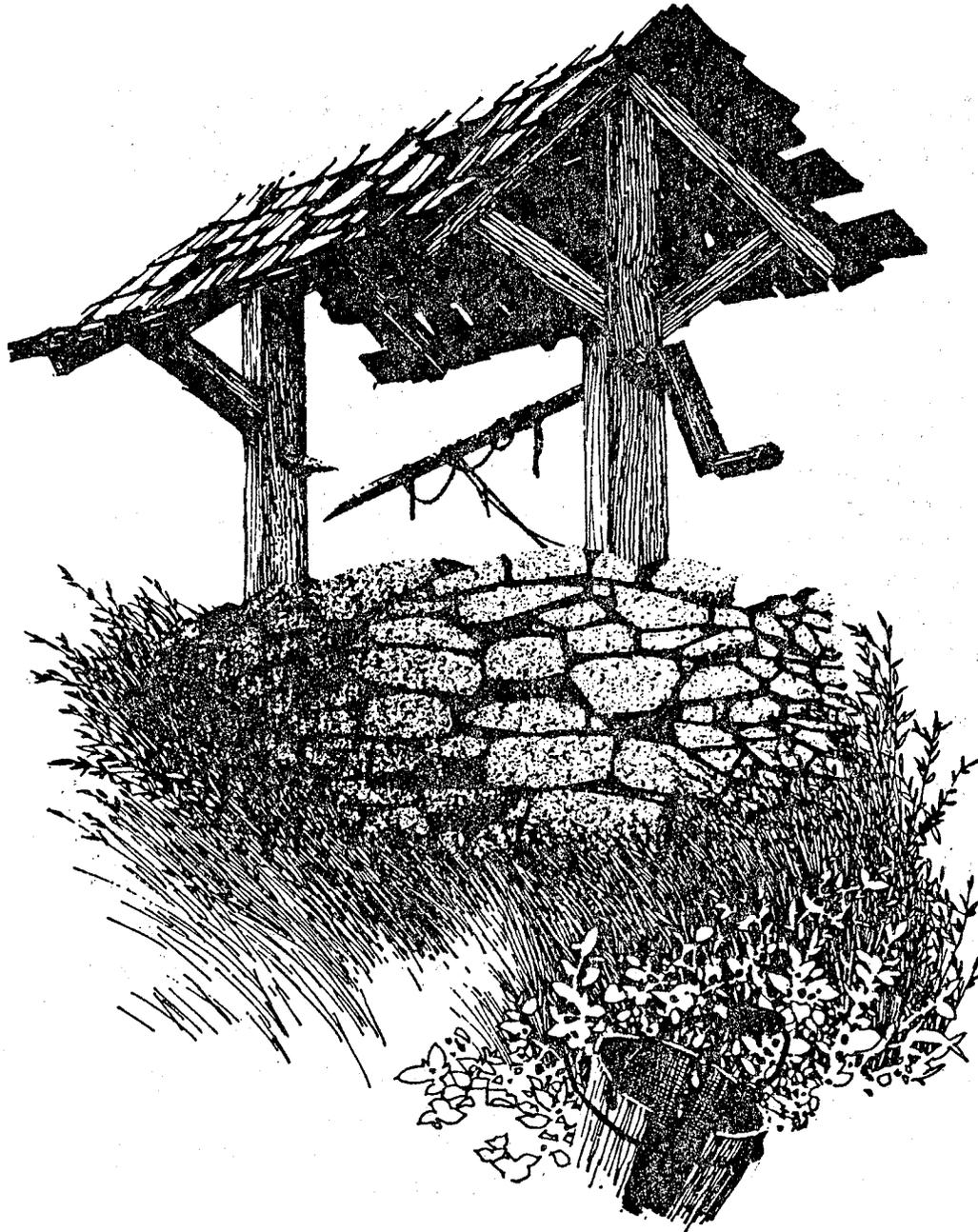
WINTER ALERT



DECEMBER, 1988

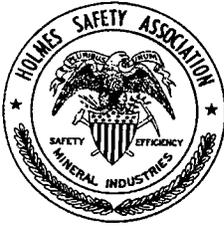
HOLMES SAFETY ASSOCIATION

Don't Just Wish For It ...



Work At It

Keep Employees Safe And Healthy



H.S.A. SAFETY TOPIC

HAZARDS OF WORKING IN COLD WEATHER INCLUDE FROSTBITE, HYPOTHERMIA

Treatment for frostbite may be complex, including procedures to prevent infection.

Cold-related injuries are commonly associated with inadequate shelter. However, workers in a variety of settings suffer from these potentially life-threatening injuries each year. Every worker who is exposed to cold--whether outdoors, in a refrigerated room, in an inadequately heated building, or while handling cold-generating (cryogenic) substances--risks developing a cold-related injury such as frostbite. Once safety personnel and workers learn to predict the conditions that enhance frostbite and are prepared for work in the cold, they should be able to prevent these injuries.

EXPOSURE TO COLD.

Man is warm-blooded and must maintain his body temperature within a relatively narrow range to function properly. When the air is colder than the body, heat escapes into the environment. The body responds to this "cold stress" by generating or conserving heat. Heat is generated by shivering, which converts energy stored in muscle into thermal energy. As the body's energy reserve declines, shivering stops, and the body temperature begins to fall.

As a second response to cold stress, the body attempts to minimize heat loss. To conserve heat, the body maintains the temperature of the vital organs at the expense of the extremities. By constricting the blood vessels in the arms and legs, the body shunts blood away from the extremities to the internal organs.



WINTER ALERT

When the blood supply to arms and legs is restricted, either as a physiologic response to cold or from wearing tight clothing, workers are in danger of frostbite. In very early stages, a localized sensation of numbness develops over the affected area, and the skin appears white. Workers may recognize mild frostbite by a dull pain and loss of flexibility. As deeper tissues become frozen, frostbite worsens, and the affected tissue may become gangrenous and require amputation.

Before tissues become frozen, workers can prevent injury by rewarming the skin. However, once frostbite has developed and tissues are frozen, the affected area should not be rubbed. This can traumatize the tissues and cause more serious damage. One should transport the worker to a medical facility where treatment can begin. The affected part should not be rewarmed in a cold environment if there is a danger of refreezing. This results in a greater degree of injury.

Frostbite is treated by immersing the affected part in warm water between 100 and 110°F. Treatment for frostbite may be complex, including procedures to prevent infection, restore circulation and remove dead tissues. For these reasons, it is important the injured worker receive experienced medical care.

HEAT LOSS MECHANISM.

To understand what factors increase the risk of injury and to develop preventative strategies, it is important to understand how heat is lost from the body and what affects the rate of this loss. The body loses heat to the environment primarily by convection, conduction and evaporation.

Heat is lost by convection when cool, circulating air (or water) comes into contact with the body. Heat flows toward the cooler air until the body and surrounding air reach the same temperature, which is a state of equilibrium. The rate of heat loss increases when the air temperature is low and when the air is moving rapidly. For this reason, working outdoors on a very cold, windy day increases the risk of cold injury.

The body loses heat by conduction when it comes into contact with a conductive material such as metal. Conductive materials create an easy path for energy particles to travel. For conduction to occur, the body temperature and the air temperature must differ. The greater the temperature difference and the efficiency of the conductor, the greater the rate at which energy crosses the conductor. Thus, workers who touch metal on a cold day greatly increase their risk of developing frostbite.



WINTER ALERT

Finally, loss of body heat into the environment occurs by evaporation, the body's usual mechanism for dispelling excess heat. When in contact with perspiration or water, the body expends energy to heat the skin's liquid, which vaporizes it into a gas. In cold weather, perspiration is usually stopped, conserving energy. However, perspiration from heavy exercise or excessively warm clothing permits evaporative heat loss, even in extreme cold.

TEMPERATURE AND WIND SPEED.

The dangerous effects of low temperatures and high wind also were demonstrated using workers' compensation claims. In Ohio, 72 workers were injured in just nine days--three brief cold snaps lasting three days each. On the coldest days, when minimum temperatures fell to a record low of -27°F, 26 workers were injured. The number of injuries per day depended on both temperature and wind speed. When the average temperature was below 0°F, 70 times more workers were injured than when the average temperature was above 19°F.

PREVENTING COLD INJURIES.

By recognizing the danger of frostbite and adequately preparing for work in the cold, workers can avoid injury. Most frostbite occurs outdoors when temperatures fall below 10°F and wind speeds exceed 10 mph. Because vehicle breakdown is a major contributing factor, workers who must travel during periods of extreme cold should be prepared to cope with the environment. Vehicles in use during these conditions should be well maintained and equipped with extra warm clothing, gloves and blankets.

Employees who must work in the cold should be properly clothed to avoid injury. Even though new insulative materials and waterproof fabrics have become available, most of the principles involved have not changed since P.A. Siple published an article on the subject in 1945. Nonrestrictive clothing and multiple layers protect workers from the cold because they trap air, providing added insulation.

At the same time, it is important that clothing be permeable to perspiration. Over-heating and perspiring should be avoided since this promotes heat loss. In wet environments, a worker should wear an outer layer of waterproof and wind-resistant fabric.

Other protective clothing to be considered includes mittens that protect hands better than gloves and masks, which cover your entire face except for the eyes and mouth. Hats and insulated hoods not only prevent frostbite to the ears but also conserve heat lost from the head.



WINTER ALERT

Because the toes and feet are highly susceptible to injury, workers should give special attention to their footwear. Tight-fitting shoes should be avoided because they restrict blood circulation, increase conductive heat loss and limit the amount of trapped air that is necessary for proper insulation.

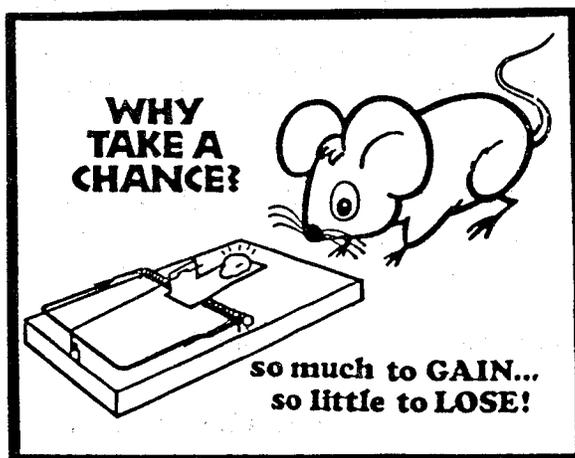
Too many layers of socks can have the same effect. Whether a waterproof shoe should be worn depends on the nature of the work and the weather. In a cold, wet environment with light work conditions, an insulated waterproof boot may prevent injury. However, in cold and dry conditions where heavy labor is required, perspiration inside a waterproof boot could increase the chances of injury.

Workers also can prepare for work in the cold by eating an adequate diet and avoiding drugs that interfere with the body's capacity to respond to cold. A high calorie diet is essential for maintaining a larger reserve of stored energy. Drugs that constrict blood vessels increase the worker's risk of frostbite. For example, nicotine is a common vasoconstrictor. And, alcohol, which dilates blood vessels, increases heat lost from a worker's body into the environment.

This article primarily has described frostbite, an injury that can occur when temperatures fall below freezing. Studies of cold injuries in the workplace indicate frostbite represents the greatest hazard to a worker. However, other types of cold injuries may occur at milder temperatures. Workers who are submerged in cold water or over-exposed to the cold may experience a drop in their body temperature, a condition known as hypothermia. If severe enough, the drop in body temperature can result in stupor, coma and even death. Occasionally some workers suffer from a nonfreezing tissue damage injury of the feet known as immersion foot or trenchfoot.

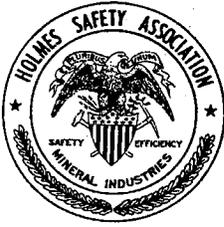
This usually results from standing in cold water for prolonged periods of time. Immersion foot may be very painful and require a prolonged recovery period.

Injuries, from cold or otherwise, most often occur to those who are unprepared or consider themselves invulnerable. The best preventive measure is to be aware and be prepared.



WINTER ALERT

DECEMBER, 1988



H.S.A. SAFETY TOPIC

JOB SAFETY ... IT'S YOUR NECK

One thing that has been learned in the past few years in the field of safety is that an accident is most often caused by the person that gets hurt.

In general, 85 percent of all disabling injuries and illnesses were caused by unsafe actions, not unsafe conditions. About 10 percent were due to miscellaneous causes, and only five percent were attributed to physical conditions.

Most serious accidents are caused by a violation of common fundamental rules, and many of the injured parties are experienced persons who should have know better.

Improve your safety record:

1. Always wear personal protective clothing and gear. Believe it or not, there are still cases of head injuries caused by workers neglecting to wear hard hats and eye injuries from lack of wearing eye protection. Wearing safety glasses is imperative when there is any danger of flying particles. Wear comfortable clothing to match the job, and avoid loose items like open sleeves and shirt tails.

Don't hesitate to ask for special gear under special conditions--goggles, respirators, safety shoes and ear protection, for example. Wear gloves when working with hazardous materials or chemicals, and see that potentially dangerous compounds of this nature are properly stored and handled.

2. Always follow the approved, safe operating procedures for the job. Practical jokes may shorten a long, hard day--they also may shorten your life. A busy work site is no place for horseplay. Sensible behavior includes good work habits like order and cleanliness. Keep your immediate area clean and free of trash.

If you operate machinery, see that the site is kept clean, for the protection of equipment as well as personnel. Always operate equipment according to safe working procedures as established for the project.

3. Always inspect tools and equipment to insure they are in good working order.

WINTER ALERT

DECEMBER, 1988



H.S.A. SAFETY TOPIC

FOR HANDS' SAKE

Who would not miss the strength, sureness and versatility of their hands? Skilled persons use their hands to repair watches, tune instruments, shape potter's clay and perform surgery, in addition to hundreds of other movements in dressing, shaving, writing and everyday living.

Nothing can make up for amputated fingers or hands, as an estimated 700 workers in the state of Hawaii find out every year. They are the ones who did not protect their hands around machinery, or were working with hazardous substances and caustic agents, or where hands might be cut or burned. All injuries to arms and hands average more than 10,000 every year in that state's workplaces.

There are many ways to guard hands, depending on the type of hazard--protective gloves, protective creams to prevent skin trouble and protective guards on machinery are just a few.

But the best protection is that extra sense of caution telling you not to take chances when your work exposes your hands to danger.

WHAT ARE ACCIDENTS MADE OF?

No rubber gloves--and a high-voltage line.
Climbing a ladder without checking the "pine."
Lifting loads that make you strain--
using just muscles and not your brain.
Grinding, drilling and making chips fly,
but no safety goggles to protect your eye.
Digging trenches without shoring.
Injury rates that go on soaring.
Driving your car with too much speed,
ignoring rules the dead don't need.

THAT'S WHAT ACCIDENTS ARE MADE OF!

WINTER ALERT



H.S.A. SAFETY TOPIC

THE ROLE OF RULES

The history of civilization is continuing to prove that individuals, families, tribes, or nations must pay the price for failure to live by the rules.

The mining and mineral industry certainly has its share of rules, regulations, standards and requirements, but we continue to have occurrences resulting in injuries. We can trace and attribute all mine injuries, either directly or indirectly, to some failure in applying existing rules. Why not promote mine safety through two basic fundamentals - training and follow-up?

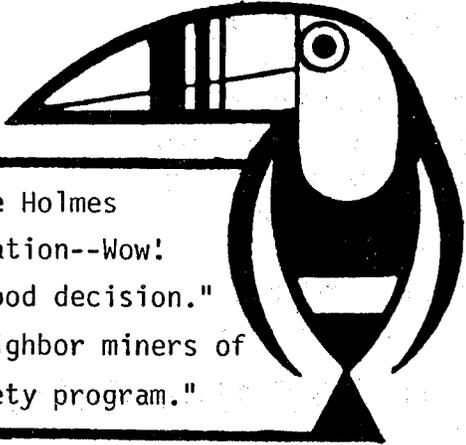
Training - Safety training has only one purpose and goal, it cannot succeed until someone has learned. When we learn - we reach first base. When we have the incentive for applying this learning - we reach second base. When we remember - we reach third, but when we use the training - *EVERYONE SCORES!*

Follow-up - The never-ending job of follow-up keeps the game going by inspections, additional training and constant practice. All good supervisors are safety inspectors and must see that all hazards must be minimized and controlled, the **wrong** way corrected, and the **right** way stressed.

Two ardent golfers, who skipped Church on Sunday morning to play a few holes, were feeling guilty about it. "I couldn't have gone to Church today anyhow" one said. "My wife is sick in bed." Excuses have no place in safety.

KNOW AND USE THE RULES. IF WE CANNOT AFFORD SAFETY, WE CANNOT SURVIVE!

A Little Bird Told Me...



You joined the Holmes
Safety Association--Wow!
"You made a good decision."
"Tell your neighbor miners of
this free safety program."

WINTER ALERT



H.S.A. SAFETY TOPIC

THE TEN COMMANDMENTS OF SHOOTING SAFETY

1. Treat every gun with the respect due a loaded gun.
2. Watch that muzzle! Carry your gun correctly. Keep the safety on until you're ready to shoot. Never pull a gun toward you by the muzzle.
3. Unload your gun when it's not in use. Take down or have the action open. Carry your gun in a case to the shooting area.
4. Be sure the barrel is clear of obstructions. Carry only ammunition of the proper size for the gun you're shooting.
5. Be certain of the target before you pull the trigger. Know the identifying features of the game you hunt.
6. Don't point a gun at anything you don't want to shoot. Avoid all horseplay.
7. Don't climb a tree or fence, don't jump a ditch with a loaded gun.
8. Don't shoot at a flat, hard surface or water. At target practice make sure your backstop is adequate.
9. Store guns and ammunition separately--beyond the reach of children!
10. Don't drink before or during shooting.



WINTER ALERT

H.S.A. SAFETY TOPIC



RULES FOR A FIRE-SAFE CHRISTMAS

Christmas is the time of year when we sing "*Peace on Earth, Good Will to All*"--- we seldom dwell on the sadder side of life.

Each year, however, many happy lives are lost because someone neglected to use ordinary precaution against the special fire hazards of the season. Here are a few simple rules:

- (1) If you use a live tree, bring it indoors just before Christmas, and take it out as soon afterwards as possible.
- (2) Place the freshly cut trunk in water and keep level of water above the cut while the tree is indoors.
- (3) Support the tree well. Don't put too near sources of heat, or when standing or fallen it could block passage in case of fire.
- (4) Use only electric lighting sets that bear the UL label.
- (5) Check lighting sets each year before using for frayed wires, loose connections and broken sockets.
- (6) Make certain that all tree lighting is turned off before retiring or leaving the house.
- (7) Don't let Christmas wrapping and boxes accumulate in the house. Put them in the trash as soon as possible.

WINTER ALERT

HOLMES SAFETY ASSOCIATION

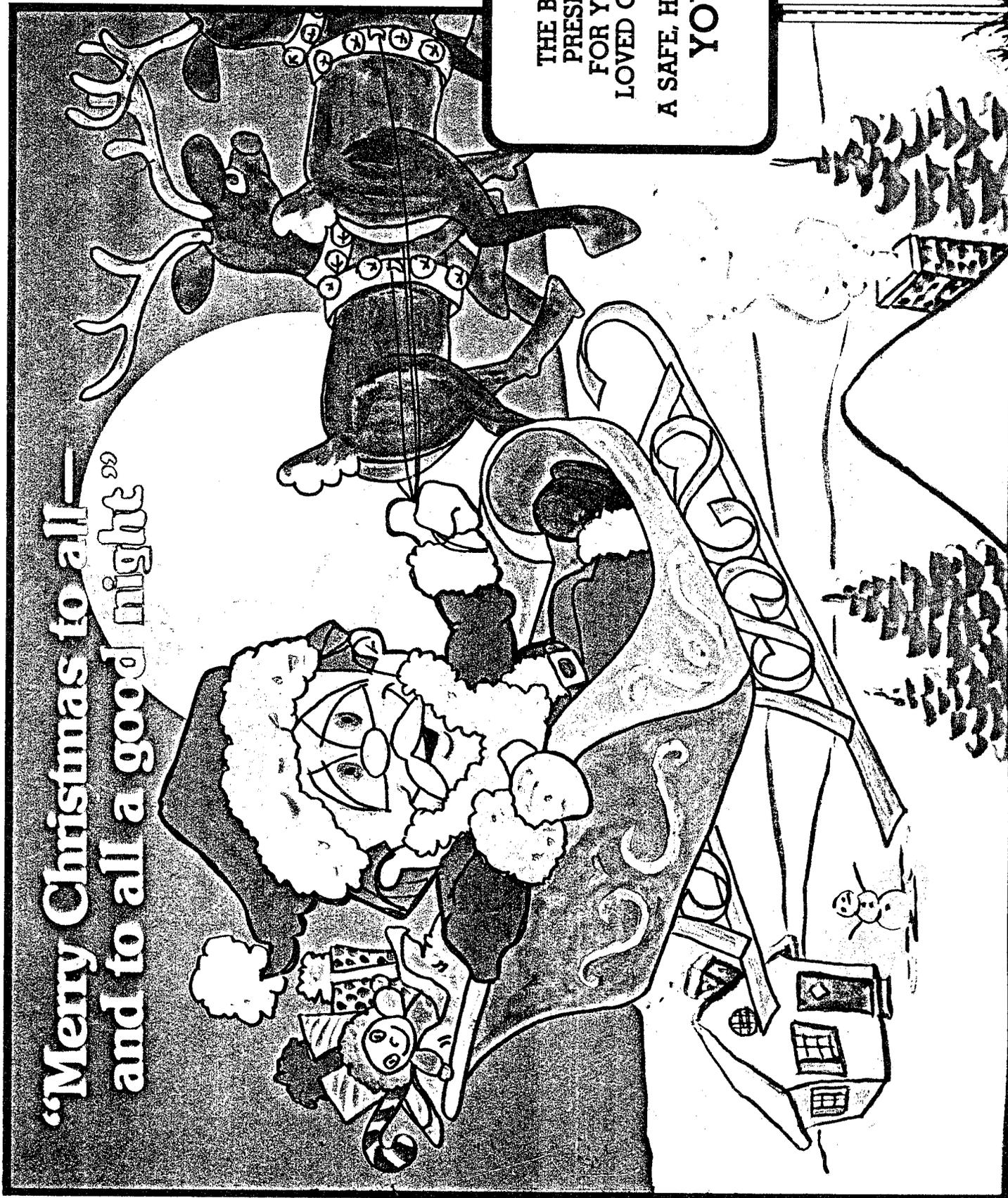


"IT GETS RESULTS"

**“Merry Christmas to all—
and to all a good night”**

**THE BEST
PRESENT
FOR YOUR
LOVED ONES—
A SAFE, HEALTHY
YOU!**

THE LAST WORD



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

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

Please include any change of address below:

Joseph A. Holmes Safety Association

Awards Criteria--Outline

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

Department of Labor
MSHA, Holmes Safety Association
4800 Forbes Avenue
Pittsburgh, PA 15213

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**WITH
US**