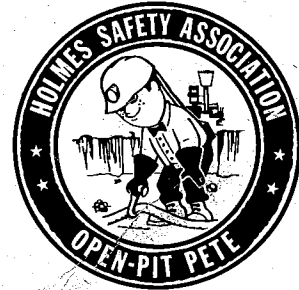

BULLETIN



"FIRE!"

If a fire breaks out in your home, get out fast—with your family. A fire can spread faster than you can run. Even if you just smell smoke, get out. If you escape through smoke, stay near the floor where the air is better. Take short breaths, breathe through your nose. If you are trapped in a room, follow all the tips on the right side of this page.

Make sure children can open doors, windows and screens to escape routes.

If you find smoke in an open stairway or open hall, use another pre-planned way out. Teach your children how to use the phone to report a fire if they are trapped. If they can get out, they should know where the alarm box is in the neighborhood.

Make sure your family knows the quickest and safest ways to escape from every room in the house. Close doors behind you. Keep a flashlight in all rooms to help escape at night.

If a fire breaks out in your office or apartment, get out fast. Many people are killed because they don't realize how fast a small fire can spread.

If you are caught in smoke, take short breaths, breathe through your nose, and crawl to escape. The air is better near the floor.

Head for stairs—not the elevator. A bad fire can cut off the power to elevators. Close all doors and windows behind you.

If you are trapped in a smoke-filled room, stay near the floor, where the air is better. If possible, sit by a window where you can call for help.

Feel every door with your hand. If it's hot, don't open. If it's cool, make this test: open slowly and stay behind the door. If you feel heat or pressure coming through the open door, slam it shut.

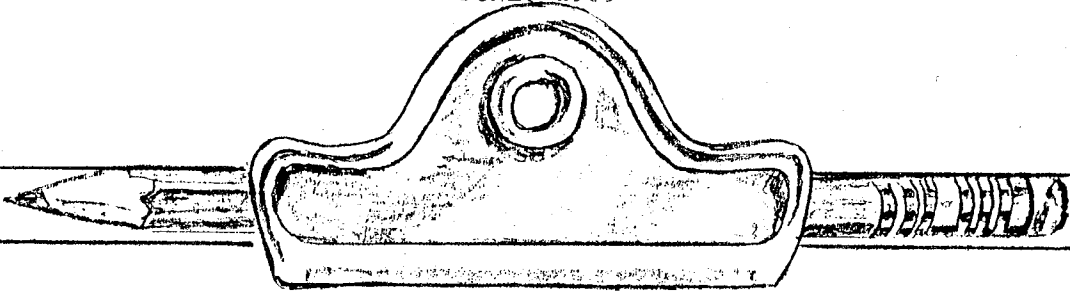
If you can't get out, stay behind a closed door. Any door serves as a shield. Pick a room with a window. Open the window at the top and bottom. Heat and smoke will go out the top. You can breathe out the bottom.

DON'T fight a fire yourself.

DON'T jump. Many people have jumped and died—without realizing rescue was just a few minutes away.

If there is a panic for the main exit, get away from the mob. Try to find another way out. Once you are safely out, **DON'T** go back in. Call the Fire Department immediately. Use alarm box or telephone. Dial "Operator."

Remember: Get out fast. Don't underestimate how fast a small fire can spread. Use stairs, not the elevator. Close all doors behind you. Don't panic. Once you are safely out, call the Fire Department—dial "Operator," or use alarm box. Don't go back in.



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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.

JUNE, 1989

**WELCOME
NEW MEMBERS**

<u>COMPANY</u>	<u>CHAPTER NO.</u>	<u>LOCATION</u>
Sharples Coal Corp., No. 1 Shop	8101	Sharples, WV
Sharples Coal Corp., No. 3 Mine	8102	Sharples, WV
Old Hickory Coal Co.	8103	Sharples, WV
Midway Coals Inc.	8104	Sharples, WV
S & S Transport	8105	Sharples, WV
Sharples Coal Corp., No. 6 Mine	8106	Sharples, WV
Iron Head Mining Inc.	8107	Grundy, VA
Swift Coal Co.	8108	Pennington Gap, VA
Double M. No. 2 Mine	8109	Appalachia, VA
Professional Miner Training	8110	Pikeville, KY
Big Mountain Carbon Inc.	8111	Elkhorn City, KY
E.M.T. Mining Inc.	8112	Hellier, KY
Blackfork Mine	8113	Oak Hill, OH
Burnside & Son Coal Auger Contract	8114	Scarbro, WV
Barrick Goldstrike Mine	8115	Elko, NV
East Gulf Preparation Plant	8116	East Gulf, WV
Hansford Smokeless Collieries Inc.	8117	Clear Creek, WV
Tommy Creek Coal Co.	8118	Rhodell, WV
Zalkin Preparation Plant	8119	Clear Creek, WV
Stoney Coal Co., No. 1 Mine	8120	Rhodell, WV
Stoney Coal Co., No. 2 Mine	8121	Rhodell, WV
Stoney Coal Co., No. 3 Mine	8122	East Gulf, WV
Stoney Coal Co., No. 6 Mine	8123	Wyco, WV
Stoney Coal Co., No. 7 Mine	8124	Wyco, WV
Stoney Coal Co., No. 8 Mine	8125	Wyco, WV
Lucky Branch	8126	Whitesburg, KY

**WELCOME
NEW MEMBERS**

<u>COMPANY</u>	<u>CHAPTER NO.</u>	<u>LOCATION</u>
Kannan Mining	8127	Whitesburg, KY
Wamplet Brothers	8128	Whitesburg, KY
Kinney Branch	8129	Whitesburg, KY
Squire Branch Coal Co., Inc.	8130	Grundy, VA
Paul's Construction	8131	Bergoo, WV
Valley Supply Co.	8132	Elkins, WV
City of Westover	8133	Westover, WV
Lebo Mining Inc.	8134	Pound, VA
Silver Creek Sand & Gravel Co.	8135	Clarksville, IN
Little Black Mountain Mining Inc.	8136	St. Charles, VA
Boone Minerals Inc.	8137	Nellis, WV
Tri-State Auger	8138	Seth, WV
Battle Ridge Companies	8139	Orgas, WV
Shriver Trucking Co.	8140	Weston, WV
Darmac Associates Corp.	8141	Marion, PA
Reco Mining Inc.	8142	Big Rock, VA
Kesscoals Inc.	8143	Whitesville, WV
Dale Coal Inc.	8144	Barrett, WV
SAAC Industries Inc.	8145	Winifrede, WV
Nally & Hamilton Enterprises	8146	Harlan, KY
Nally & Hamilton Enterprises	8147	Pineville, KY
Nally & Hamilton Enterprises	8148	Artemus, KY
Nally & Hamilton Enterprises	8149	Artemus, KY
Nally & Hamilton Enterprises	8150	Flat Lick, KY
WVVA Trucking Co., Inc.	8151	Bluefield, WV
TDL Coal Co., Inc.	8152	Coeburn, VA

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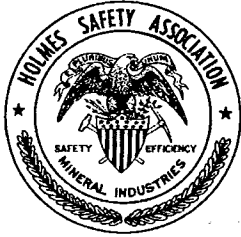
**WELCOME
NEW MEMBERS**

<u>COMPANY</u>	<u>CHAPTER NO.</u>	<u>LOCATION</u>
Hecla Mining Co.	8153	St. George, UT
Hecla Mining Co.	8154	St. George, UT
Indian Mountain Coal Co., Inc.	8155	Pound, VA
Big Caney Contractors Inc.	8156	Coeburn, VA
J & E Coal Co., Inc.	8157	Wise, VA
Cypress Kanawha Corp.	8158	Powellton, WV
Cypress Kanawha Corp.	8159	Powellton, WV
Cypress Kanawha Corp.	8160	Powellton, WV
Cypress Kanawha Corp.	8161	Powellton, WV
Cypress Kanawha Corp.	8162	Powellton, WV
Cypress Kanawha Corp.	8163	Powellton, WV
Southfield Mining Inc.	8164	Kanawha, WV
Lucas Jade Enterprises	8165	Cool Ridge, WV
Jent & Franks Coal Co.	8166	Roxana, KY
Roxana Coal	8167	Roxana, KY
Joseph Brothers	8168	Neon, KY
Davis Construction Co., Inc.	8169	Pineville, KY
Princess Beverly Coal Co.	8170	Julian, WV
Rose Eagle Coal	8171	Twilight, WV
Westmoreland Coal Co.	8172	Clothier, WV
Westmoreland Coal Co.	8173	Clothier, WV
United States Gypsum Co.	8174	Siquid, UT
Rodney Rasmussen Co.	8175	Salina, UT
Superior Mining & Minerals Inc.	8176	Phelps, KY
Zion Mining	8177	Dunhan, KY
Lonesome Pine	8178	Kona, KY

**WELCOME
NEW MEMBERS**

<u>COMPANY</u>	<u>CHAPTER NO.</u>	<u>LOCATION</u>
Aberry Coal	8179	Thornton, KY
Jarissa Coal	8180	Deane, KY
Lick Branch Mining Corp.	8181	Hurley, VA
Rand R Coal Co., Inc.	8182	Hurley, VA
Mare Atkinson Trucking Co.	8183	Independence,
Smith Construction	8184	Clarksburg, WV
Roberts Enterprises Inc.	8185	St. Charles, VA
MSHA	8186	Phoenix, AZ
Tyro Mines	8187	Bullhead, AZ
Edward Hyden G & H Security	8188	Morgantown, WV
Holen Construction Crusher Plant	8189	McClusky, ND
R.P.M. Trucking Inc.	8190	Benson, AZ
C.S. McCrossan Inc.	8191	Phoenix, AZ
Quality Energy Inc.	8192	Welch, WV
Famco Inc.	8193	Kimberly, WV
Big Boot Mining Co., Inc.	8194	Gary, WV
Southern Edge Inc.	8195	Gary, WV
Clinch Valley Coal Co.	8196	Horsepen, VA
Har-Lee Coal Co., Inc.	8197	Keokee, VA
Hollow Point Mining Inc.	8198	Grundy, VA
Gifford Hill Cement of S.C.	8199	Harleyville, SC
Mountaineer Electric Inc.	8200	Fairmont, WV
Erwin Industries Inc.	8201	Fairmont, WV
Bohica Inc.	8202	Star Bridge, WV
Shenandoah Asphalt Inc.	8203	Raphine, VA

JUNE, 1989



HOLMES SAFETY ASSOCIATION

COUNCIL NEWS

The Pennsylvania Bituminous Council held its annual business and awards dinner meeting at The Greenery, Indiana, Pennsylvania, on March 31. The keynote speaker was Joel McKean, president, Pennsylvania Coal Association, who spoke on the future of coal in today's economy. The council recognized their second vice president, Donald Huntley, district manager for Coal Mine Safety and Health District 2, with a gold-plated miner statue for his service to the council. Mr. Huntley retired on April 28 after 30 years of service in the coal industry.

The council also recognized National Secretary William Hoover for his many years of dedicated service in the promotion of safety in the mineral industries. Mr. Hoover was presented with a plaque and a gold-tone miner statue.

The following district councils were awarded plaques for 1988:

- Group I --- Underground mines averaging 25,000 or more employee hours monthly
- WILLIAM 'SCOTTY' GROVES DISTRICT COUNCIL
- Group II -- Underground mines averaging less than 25,000 employee hours monthly
- KISKI TRI-COUNTY DISTRICT COUNCIL
- Group III - Surface Mines
- CLEARFIELD DISTRICT COUNCIL
- Group IV -- Preparation Plants and Surface Shops
- INDIANA DISTRICT COUNCIL

There were 180 people at the meeting.

* * * * *

The Clymer District Council held its annual ladies' night dinner/dance at the VFW Country Club, Indiana, Pennsylvania, on April 29. Timothy J. Thompson, subdistrict manager, Coal Mine Safety and Health District 2, remarked on the importance of the Holmes Safety Association and the importance the functions that district councils play toward promoting safety by encouraging miners to attend monthly council safety meetings. He also remarked upon the reduction of fatalities in the industry and the goal of reaching zero fatal accidents.

JUNE, 1989

Sugar Camp #2 mine, Doverspike Brothers Coal Company, was awarded a gold-tone miner for their incidence rate of 6.36 for 1988. Accepting the award was Larry Smith, superintendent of Sugar Camp #2.

Entertainment was provided by Carlisle & Company and Cyndi's Touch. This third annual ladies' night was attended by 122 persons. Attendance has shown a steady increase since the first banquet held in 1987 which had 85 people attending.

* * * * *

The state council of West Virginia held its annual meeting and banquet at Canaan Valley State Resort, Davis, West Virginia, on April 21-22. Friday evening's session included a reception and nominations for coal safety leader.

State Council President Bart B. Lay Jr. opened the meeting on Saturday morning which featured Alan S. Pack, chief executive officer of Cannelton Industries. Pacesetter for mine safety awards were presented by Ronald Keaton and L. D. Phillips, district managers for Coal Mine Safety and Health District 3 and District 4.

The afternoon session included the awarding of Coal Safety Leader for 1988 to Richard Hickman, director of safety, Cannelton Industries, and attendance awards to Tug Valley Coal Processing mine and the Coal River District Council.

The meeting was concluded with a banquet featuring George Dials, commissioner, West Virginia Department of Energy, as keynote speaker.

The 1989 West Virginia State Council meeting was dedicated to Ronald L. Keaton, district manager, Coal Mine Safety and Health District 3, MSHA, Morgantown, West Virginia. Mr. Keaton has been extremely active in all aspects of promoting the Holmes Safety Association from the district council level to the National Council level. He has been recognized by the National Council and received its highest honor, The Merit Award, in 1984.

Irmadell Pugh, program analyst for Coal Mine Safety and Health, District 3, MSHA, was also recognized for the instrumental role she has played in promoting district councils and the state council.

There were approximately 143 people attending the meeting and banquet.

* * * * *

The Southeastern Ohio District Council held its fifth annual ladies' night banquet at the Moose Lodge in Pt. Pleasant, West Virginia, on May 6. The meeting was opened by Jon Merrifield, president of the council, who welcomed all in attendance. Michael Miano, general manager, Southern Ohio Coal Company, Martinka Division, was keynote speaker. Following his speech, the Dalton E. McNece Award, Heroic Awards and Outstanding Service Awards were presented.

JUNE, 1989

The National Council commends the following council members for another outstanding banquet:

- Jon Merrifield, president
- Dave Peterson, first vice president
- Jerry Collins, second vice president
- Gary Rothwell, third vice president
- Ellsworth Bengry, secretary-treasurer
- Philip Ball, chair/banquet committee
- Nancy Ball, chair/decoration committee
- Jean McNece, assistant chair/decoration committee

Approximately 400 people attended the meeting.

It's been our pleasure!



... having you at the 1989 Holmes Safety Association National Council Annual Meeting in Breckenridge, Colorado, last month. If you missed this year's meeting, you missed a great time. It's not too early to start thinking about next year's meeting scheduled for May, 1990, in Phoenix, Arizona, in conjunction with the Southwest Safety Congress.

**ABSTRACT
FROM
FATAL
ACCIDENT**

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



FATAL FALL OF PERSON

GENERAL INFORMATION: The mine, an underground silver/copper producer, employed a total of 322 employees working three, eight hour shifts, five days a week. The mining method was horizontal cut and sand fill.

DESCRIPTION OF ACCIDENT: On the day of the accident, the victim and his partner reported to work and continued preparation work in the intermediate drift, located off 12 shaft below the 4800 level. Both miners proceeded to their work area and began installing walkboards over the ore transfer chute, barring down, mucking and rock bolting in the previously blasted heading.

Early in the afternoon, the victim mentioned to his partner that they needed some measurements in the service compartment to determine if a 30 HP electric slusher could be lowered through a narrow area of the service compartment. The partner climbed the manway to the 4800 level and the victim followed stopping about 25 feet below to get the measurements. The victim had asked his partner to lower the timber skip so that he could get a tape measure from a lunch pail in the skip. After the victim signaled to stop the skip, the partner walked over to a timber truck that was parked in the main drift and sat down to wait for his partner to finish his measurements. He stated that he heard a thumping noise, so he went over to the service compartment and looked down, but did not see his partner. He immediately climbed down the manway and found the victim lying on a bulkhead just above the intermediate drift.



CAUSE OF ACCIDENT: The direct cause of the accident could not be determined. It can only be assumed that the victim was either standing in the timber skip inside the service compartment or leaning into the service compartment from the raise manway while taking measurements. He either slipped or lost his balance and fell down the service compartment approximately 60 feet to a bulkhead below.

RECOMMENDATIONS: Employees should pay special attention to the dangers of falling when working in and around raises, chutes, shafts and slopes.

**ABSTRACT
FROM
FATAL
ACCIDENT**

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



FATAL HOISTING ACCIDENT

GENERAL INFORMATION: The gold bearing ore in this underground operation was mined by mechanized cut-and-fill (using waste rock and sand for backfill), and vertical crater retreat (using diesel-powered loaders). Ore was transported from the stopping area to the shaft by electric locomotives where it was hoisted to the surface for crushing and milling.

DESCRIPTION OF ACCIDENT: On the day of the accident, the victim, a shaftman, reported for work at about the time the day shift was ending. At the cager's shack, he met his partner and after a short talk about setting station marks, the partner went to the shaft man cage and hoisted the day shift miners. In about 1/2 hour, he returned to the cager's shack and both men then proceeded to the collar of the shaft and got on the lower deck of the two deck man cage.

They were preparing to mark stations in the shaft and had descended to the 5000 level. The victim had notified the hoist operator by the cage mounted radio that he and his partner "were going down to check sump water, 9-2-2." The Flygt water pump in the shaft sump malfunctioned earlier in the week. During this time, the water was high and the hoist operator was not aware of the condition.

The victim's instructions alerted the hoist operator to clutch out the counterweight side of the hoist as traveling below the 5000 level with the cage would cause the counterweight to overtravel into the headframe and shut down the hoist. The victim, who was operating the radio, then gave a signal verbally to the hoist operator. The hoist operator repeated the signal to the victim. At this time, the cage door was opened. The victim then signaled verbally on the radio to the hoist operator "Lower." The hoist operator then started the slow descent of the cage until he received a command to "Stop, Coming up, Coming up." Before the hoist operator could respond, the lower deck of the cage was filled with water and as the cage was hoisted, the victim was washed out into the sump water.

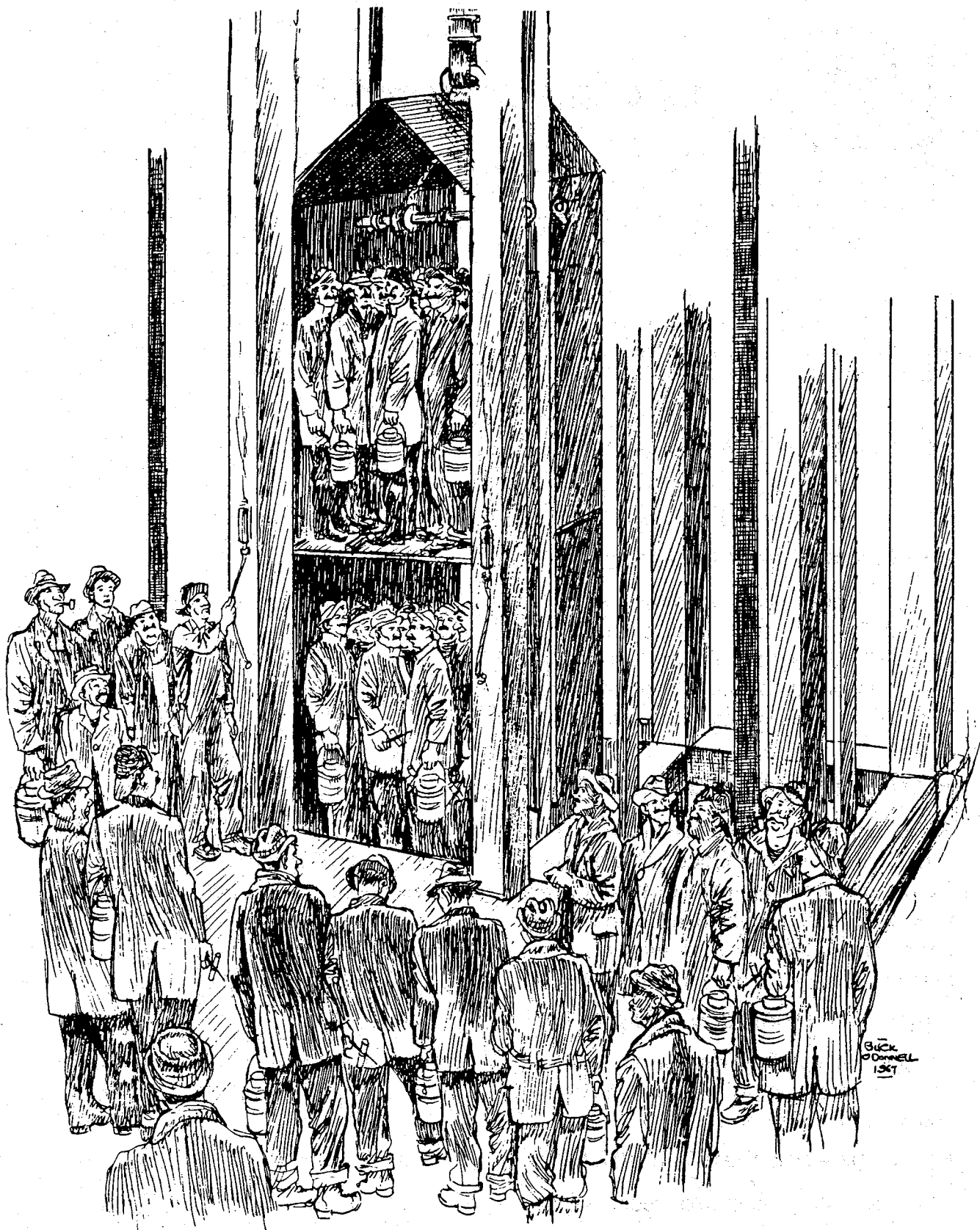
CONCLUSION: The company failed to post warning signs when the safety hazard of high water first occurred.

The shaft employees failed to notify the hoist operators of high water conditions in the shaft bottom.

The company failed to establish written procedure for checking water levels in the shaft bottom.

The company supervisors failed to give complete and clear instructions to the shaft employees.

TYPICAL MINING OF THE ERA GONE BY



SHIFT GOING UNDERGROUND

In the early days, miners carried candles and tin dinner buckets going into the mine. A double drum steam hoist with flat cable was used in the shaft.



H.S.A. SAFETY TOPIC

WE CAN'T BRING THEM BACK

The following are brief descriptions of a few 1989 surface and underground coal mining accidents. There is a lesson to be learned in each accident. Take time out to review at your safety meeting:

Fatal Case Number 1-3 -- Roof Fall

A roof fall occurred in the face area of the 001 section as the crew was extracting the last cut of coal from a pillar. The accident resulted in the death of three miners.

Fatal Case Number 4 -- Machinery

The accident occurred when the operator of a track-mounted backhoe attempted to reach out a side window of the cab, apparently to retrieve something from the bucket of the backhoe. At that time, the operator apparently bumped the controls which released pressure from the boom. The boom came down pinning the operator between the hydraulic cylinder of the boom and the window frame of the cab, resulting in fatal crushing injuries.

Fatal Case Number 5 -- Roof Fall

A roof fall accident occurred in the intersection of the No. 2 room right working place where crosscuts were mined left and right on the No. 1 unit (001-0) off the mains of the No. 1 mine, resulting in the death of the mining machine operator. The victim was in the process of tramming the machine out of the working place when the roof fall (approximately 25' wide x 2' thick and of undetermined length) occurred, pinning the victim to the mine floor. The roof continued to fall resulting in fatal injuries to the victim.

Fatal Case Number 6 -- Explosive

At approximately 9:30 a.m., an 11,200 cubic yard shot was set off covering the victim and his vehicle (a ton truck) with approximately 8 - 10' of dirt and rock. The body was recovered about four hours later.

Fatal Case Number 7 -- Fall of Rib

A fatal rib roll accident occurred in the No. 1 entry of the 23 butt section. The accident occurred as the victim was standing adjacent to the left side of a twin-boom roof-bolting machine after bolting a belt hanger to the mine roof. A rock brow and coal rib rolled out and struck the victim resulting in fatal injuries.

Fatal Case Number 8 -- Roof Fall

Mining was proceeding with a Mark 20 Wilcox mining machine. The miner had cut across to the right and then cut back to the left, cleaned up the loose coal and had started to complete the cut when a slip fell from the top striking the foreman as he was setting jacks, causing fatal head injuries.

Fatal Case Number 9 -- Roof Fall

There were no witnesses to the accident. The victim was installing roof bolts in the No. 1 push-up. He was in the process of installing the No. 4 bolt in the pattern when 8' x 6' x 6-12" piece of roof fell dislocating a safety jack which struck the victim pushing him into the machine causing fatal injuries--a broken neck.

Fatal Case Number 10 -- Mine Fire

The victim left the pit area and traveled in a Trojan front-end wheel loader to the equipment parking area to get diesel fuel to operate a diesel pump used to dewater the pit. A short time later, a coworker observed a fire in the parking area and upon investigation, found the loader totally engulfed in flames. The victim was found in the cab area of the loader which was completely destroyed by the fire. Three empty 5-gallon capacity containers to be used in transporting the diesel fuel were found in the bucket of the endloader.

Fatal Case Number 11 -- Electrical

During the process of moving the 002-0 section power center, the victim was cleaning dirt and material from the female end of a TJB Inc., 8 KV, 500 ampere coupler used to provide 4160 volts, 3 phase power through a Tiger Brand 210 AWG, 8 KV high voltage cable. While reaching inside the coupler with his bare hands, (coupler had been uncoupled from the power center), the victim came in contact with energized components of the coupler, resulting in fatal injuries. A determination had not been made to determine why the cable was energized at the time of the accident. The investigation is ongoing.

Fatal Case Number 12 -- Electrical

Victim was in process of completing an electrical set up at the base of the 5761 pit, No. 1 incline. The victim was attempting to insert trailing cable Miller plug into the pit disconnect box posi-clamp when he contacted energized phase buss (15 KV).

Fatal Case Number 13 -- Roof Fall

A roof fall occurred in the No. 7 entry, 140 feet inby survey station 505 on "B" section 2nd right off B mains, resulting in fatal injuries to the continuous-mining machine helper.

Fatal Case Number 14 -- Powered Haulage

A fatal powered haulage accident occurred along a coal haulage road when a contract truck driver was hauling coal from the No. 2 pit to the mine tibble. The tri-axle truck traveled off the right side of the No. 5 bridge causing the truck to overturn and land on its roof in approximately 6 feet of water.

Fatal Case Number 15 -- Machinery

The victim was replacing the right planetary gear on the 14 CM Joy continuous miner on the 002 working section when the sprocket chain pin became stuck. While the continuous-mining machine was being trammed back and forth to loosen the pin, the sprocket chain broke, causing fatal injuries.

Fatal Case Number 16 -- Hand Tool

The victim was removing the rebound bolt from the front right spring of a low boy truck. The leaf spring shifted past the rebound bolt. After removing a nut, he backed the bolt until it became bound at an angle. He then torched the bolt part way through and began hitting the spring with an 8-pound sledgehammer. When the bolt broke loose, the loosened spring caught the hammer, slamming it against the truck frame and breaking the handle. The head of the sledgehammer then bounced back down striking the victim in the forehead.

#

TEN COMMANDMENTS OF SAFETY

Obey the Ten Commandments of safety:

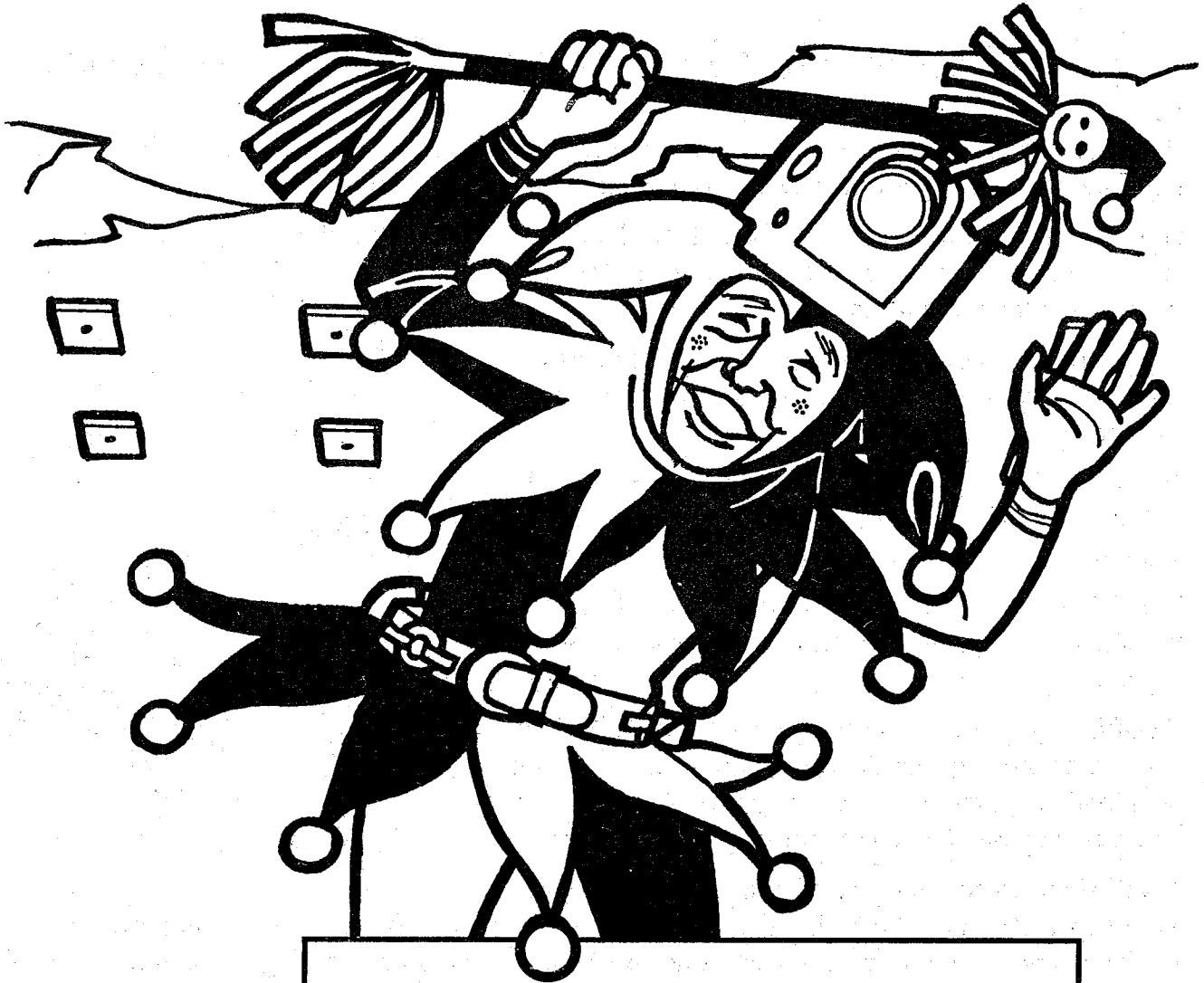
Although this issue of the Bulletin is emphasizing off-the-job safety and health for summer activities, we must all keep in mind the following 10 Commandments of Safety while at work:

1. **LEARN** the safe way to do your job before you start.
2. **THINK** safety, and **ACT** safety at all times.
3. **OBEY** safety rules and regulations--they are for your protection.
4. **WEAR** proper clothing and protective equipment.
5. **CONDUCT** yourself properly at all times--horseplay is prohibited.
6. **OPERATE** only the equipment you are authorized to use.
7. **INSPECT** tools and equipment for safe condition before starting work.
8. **ADVISE** your superior promptly of any unsafe conditions or practices.
9. **REPORT** any injury immediately to your superior.
10. **SUPPORT** your safety program and take an active part in safety meetings.

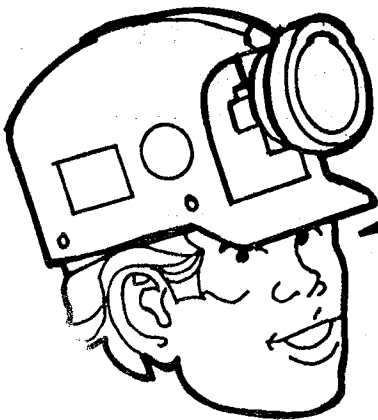
JUNE, 1989

Roof Evaluation—Accident Prevention

REAP—a program developed to promote health and safety awareness in mining



**You fool no one but yourself
when you go inby supported roof!
Remember...INBY IS OUT!**



MINERS: We'd like your help in creating safety slogans for these posters. If your slogan is used you will be given credit and your name, mine, and state will be printed on the poster. **Please send your suggestions to:** MSHA Office of Information, 4015 Wilson Boulevard., Graphics Room 609, Arlington, VA 22203-1984.



JUNE, 1989



HOLMES SAFETY ASSOCIATION

GETTING A WELL-BALANCED WORKOUT

There seems to be as many exercise plans as quick weight-loss diets these days, and their claims are usually similar: You'll feel better, look slimmer and live longer.

Your exercise program can pay off with those kind of health benefits, if you choose the right exercises and the right equipment for yourself, prepare properly for your exercise sessions, and make a long-term commitment to working out.

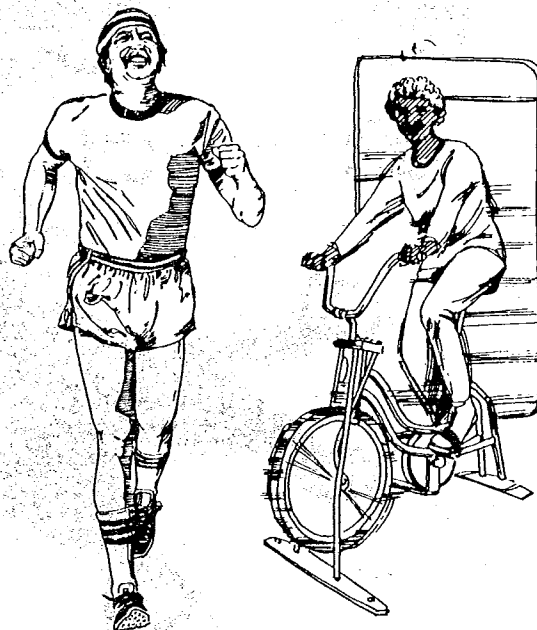
(If you are over 35, substantially overweight, or easily fatigued, see your physician before embarking on an exercise program.)

When you read about diets you see words like *set-point* and *calories*. With exercise, the key words are *fitness* and *conditioning*.

Fitness is a level of physical attainment that allows you to exercise vigorously for long periods without feeling fatigue.

Conditioning involves improving the ability of your body to transport oxygen, and the capacity of your heart, lungs, and circulatory system to use oxygen when performing vigorous exercise. Good conditioning leads to fitness.

A well-rounded conditioning program will benefit every part of your life. Your heart, lungs and circulatory systems will operate with greater efficiency, and be less prone to illness or degenerative diseases. Your muscular strength, endurance, and flexibility will improve, resulting in better work and sports performances.

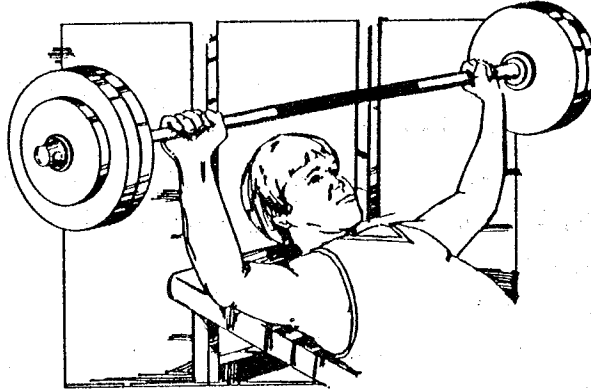


And as promised, you'll look better and feel better. You'll find it easier to control your weight. You'll develop greater confidence in yourself, and in your ability to handle stress.

Just as any complete diet includes the four major food groups, a complete fitness workout involves four main kinds of exercise.

JUNE, 1989

- Flexibility exercises such as stretching improve the flexibility of the muscles and joints. This can cut down on the frequency and severity of muscle and tendon strains and ligament sprains.
- Resistance exercises use weights and exercise machines to develop muscle tone, bulk and strength.
- Anaerobic exercises such as quick sprints, are performed at a very high intensity for a short duration. They are essential for the development of strength and speed.
- Aerobic exercises like swimming, biking and jogging are performed with high intensity for a minimum of 20 minutes. They are considered the best form of exercise for developing endurance and tone.



Although aerobics are considered the top exercises for conditioning, any and all of these activities will benefit your health, so the "best" exercises are the ones you'll do.

Choose activities that you find challenging and enjoyable, that sustain your interest. You may prefer a competitive sport over the exercises described above. Whatever you choose, occasionally alter your routine to avoid boredom. Try to select year-round activities so that you aren't tempted to have an "off-season".

Wear the right clothes and use the proper equipment for the activities you select. Choose loose-fitting, light-colored loosely woven clothes in hot weather, and several layers of warm clothing in cold weather. Be sure you're comfortable with the size and weight of equipment you select for activities like racquet sports or bicycling.

Choose safe and convenient locations for your workout. Run on grass or dirt instead of local streets, for example.

Don't compete with the experts in an activity you've just begun. If you lift weights, start at a weight that you can handle. If you choose a competitive sport, choose opponents that have the same level of experience as you. If you expect too much from yourself, you may get discouraged and give up.

Overeagerness can undo an exercise program as easily as overreaching. If you rush into an exercise session without preparing properly, you could injure yourself.

To avoid this, your exercise session should consist of a warm-up before your vigorous activity, and a cool-down afterwards.

The warm-up prepares muscles for work and prepares the circulatory system for heavy use. Warm-up exercises include jumping jacks, skipping rope, jogging in place and stretching. You can also warm-up with a less intense version of your main activity -- for example, walking or jogging before running. The warm-up should last 10 to 15 minutes.

The cool-down allows your cardiovascular system to gradually return to normal. Bringing exercise to an abrupt halt can lead to light-headedness or nausea. The cool-down can consist of the same kinds of activity that make up your warm-up.

Remember that the warm-up and cool-down are just as important as the vigorous activity that makes up the bulk of your work-out.

True physical fitness involves more than good conditioning. Controlling or eliminating health risks like smoking, drinking alcohol, overeating, having high-blood pressure or being under stress is equally important.

To Fight Or Not To Fight

Your reaction to a fire can determine whether your house burns down and whether you or a family member is saved from fire injury. Will you take careful, live-saving action or do the wrong thing and make the fire worse?

Remember, fire extinguishers should be used only by persons trained in their proper use and in situations where the fire is small and readily able to be contained. Good judgment is necessary. If you have the slightest doubt about whether to fight or not to fight—don't. Get out and call the fire department. The following are some suggestions from the National Fire Protection Association on the use of fire extinguishers.

Don't fight the fire if any of the following are true:

1. The fire is spreading beyond the immediate spot where it started.
2. The fire could block your exit.
3. You have not been trained to use an extinguisher properly.
4. You do not have the proper extinguisher to use on the fire.

Instead, get out of the house fast. Get others out too, and call the fire department as quickly as possible.

Fight the fire with your extinguisher only if all of the following are true:

1. The fire department has been notified of the fire.
2. Everyone is out.
3. The fire is small and confined to its immediate area of origin (wastebasket, cushion, small appliance, etc.).
4. You have a way out, and can fight the fire with your back to your exit.
5. You have the proper extinguisher, know exactly how to use it and it is in good working order.
6. You use careful judgement and know to get out fast if your effort is failing.

Tips on fire extinguishers

A fire extinguisher is designed to put out a small fire, not a big one. Extinguishers vary in type based upon the extinguishing agent they contain and are labeled according to the kind of fire they should be used upon. Traditionally the labels A, B, C or D have been used to indicate the type of fire on which an extinguisher is to be used. A is for ordinary combustibles like wood or cloth; B is for flammable liquids; C is for electrical; and D is for combustible metals.

Pictograms are now in widespread use. The pictograms below show in blue the type of fire on which the extinguisher should be used. Refer to NFPA 10, Standard for Portable Fire Extinguishers for more information on pictograms. Extinguishers may carry labels, pictograms or both, so be sure to look for this information when purchasing your extinguishers.

Ordinary Combustibles



Flammable Liquids



Electrical Equipment



Combustible Metals



Discuss your needs with your dealer. For instance, you may want an extinguisher in the kitchen and one in the garage or workshop areas of your home. A multi-purpose ABC extinguisher puts out most types of fires that could start in your home—wood, paper, cloth, flammable liquid and electrical fires. Remember that extinguishers need care and must be recharged after every use.

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HOLMES SAFETY ASSOCIATION

SAFETY MESSAGE

WHO AM I?

I AM YOUR ENEMY!

I am more powerful than the combined armies of the world.

I have destroyed more than bullets or missiles, and I have wrecked more homes and jobs than the mightiest siege of guns.

I steal more than five billion dollars each year in the United States alone.

I spare no one, I find my victims among the rich and poor alike, among the young and old, the strong and weak, the high-level and low-level workers.

Widows and orphans know me well.

I rise to such proportions that I cast my shadow over every field of labor, professional as well as nonprofessional, from the humblest laborer to the nuclear scientist.

I kill thousands of employees every year.

I lurk in unseen places and do my best work silently.

I am relentless.

I am everywhere on the land, sea and in the air, in the home, on the job, on the streets and highways.

I breed sickness, degradation and death. Yet, few people make a real effort to avoid me or even take me seriously.

I destroy, crush, maim. I give nothing, I take all.

I am your worst enemy.

WHO AM I?

"I AM CARELESSNESS"

Submitted by: John Matty, Superintendent of Marion Mine, Tunnelton Mining Company,
Tunnelton, Pennsylvania

JUNE, 1989



H.S.A. SAFETY TOPIC

MANAGING STRESS

It is impossible to exist in this present day and age without experiencing some form of stress. Methods of coping with stress are being sought by increasing numbers of the population. Stress does not recognize race, sex, age, religion or occupation and comes in a variety of symptoms.

- A study of factory workers in Detroit who were laid off revealed a marked increase in hypertension, peptic ulcer, arthritis, and other psychosomatic illnesses.
- A marked increase in serum-cholesterol levels was found among a group of accountants just prior to the April 15 tax return filing deadline.
- Among 2,500 U.S. Navy personnel, those with significant changes in family, personal, job, or financial status had a much higher rate of physical illness in a 12 month period than those with less severe life changes.
- A study of air traffic controllers at O'Hare Airport in Chicago found that the levels of stress-indicating hormones increase significantly as a function of the density of traffic being handled.

These are examples of a growing set of findings indicating that psychological and social factors have a very important bearing on our physical health.

Most researchers feel that the way in which these psychological factors affect our health is through the impact they have on the physiological mechanisms in our bodies. When we are "stressed" by any situation which requires us to cope with the environment, a large number of physiological events take place. These are triggered by the autonomic nervous system which, recognizing that something requiring extra energy is happening, activates a variety of glands in the endocrine system. The resulting glandular products then enable us to cope by providing us with increased blood flow, additional muscular tension, more oxygen through increased respiration rate, and a variety of other extra capabilities.

These bodily mechanisms were, in earlier human life styles, very adaptive. They enabled us to deal with actual threats to our survival by fleeing or fighting. In the life styles to which we must now adapt, these surges of extra glandular products are not always useful. Social conventions do not often allow us to dissipate these products through immediate physical activity. Consequently, we frequently must bottle up these excess endocrine products and "grin and bear it." Unfortunately, it is becoming more clear that we do not grin and bear it without paying a price. The price may be especially high in situations where autonomic and endocrine responses extend over a long period of time. Continued production of these glandular products, without

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adequate means of restoring equilibrium, almost always produces some malfunction in the body. The particular symptoms which develop will vary from person to person, but the individuals most vulnerable subsystem will begin to be affected, perhaps the stomach, the heart, or the vascular system.

The term "stress" was first adapted from the physical sciences to describe the human condition being discussed here by Hans Selye. According to Selye, perhaps the outstanding authority in psychosomatic medicine,

- "Stress is the nonspecific response of the body to any demand made upon it...All agents to which we are exposed produce a nonspecific increase in the need to perform adaptive functions and thereby to reestablish normalcy...It is immaterial whether the agent or situation we face is pleasant or unpleasant; all that counts is the intensity of the demand for readjustment or adaptation."

Thus, we are under stress any time we are required to adapt to our environment. A reasonable amount of adaptation--even stress--is healthy, keeps us alert and productive, and makes for an interesting life. If, however, the amount of adaptation required--the stress--is excessive, unhealthy things begin to happen.

Some factors which have been shown to be predictive of physical illness are those significant life events which require substantial readjustment, for example:

FAMILY CHANGES - marriage or reconciliation, divorce or separation, pregnancy or new child, death in the family, friction with spouse or children, spouse starting or ending work, alcoholic or mentally ill spouse, children in trouble, children leaving home, etc.

WORK - unemployment, uncertainty about job future, change in work assignment, friction with supervisor, incompatibility with co-workers, projected retirement, etc.

PERSONAL - change in living conditions, legal problems, sexual difficulties, personal injury or illness, death of close friend, beginning or ending of romantic relationship, etc.

FINANCIAL - major change in financial status, inability to meet ongoing expenses, creditor pressures, etc.

An examination of the extent to which such problems are, or have recently been involved in one's life, can be helpful in identifying sources of stress which, if not resolved, may lead to stress-related illness.

If you have several of these things going on in your life--particularly if you spend a great deal of time worrying about how to deal with these problems--you are probably under a significant amount of stress.

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It is also important to review current physical problems with a view to determine which, if any, may be stress-related. Early signs may include:

- Frequent severe headaches
- Stomach distress
- Changes in sleeping habits
- Persistent diarrhea
- Changes in appetite (up or down)
- Changes in sexual drive
- Sweaty or cold hands
- Consciousness of heart beating rapidly or irregularly
- Breathing difficulties

What can we do about all of these things? Here are a few suggestions:

1. Do not attempt to deal with your problems or your symptoms with chemicals (particularly someone else's medication) - alcohol, tranquilizers, sleeping medications, aspirin, codeine, antacids, and the like. Long term usage of such agents is harmful in itself and does not relieve the stress which brought on many of the symptoms. If symptoms persist, consult your physician.
2. If there are significant factors in your life which you feel are causing stress, consult a professional in the appropriate area. You are not being brave in trying to work these problems out on your own - you are being inefficient.
3. If job factors are creating stress, do something about them. Talk with your supervisor, your employee relations specialist, your EEO Counselor, or whoever in your organization can be helpful. Don't let the situation drift on and on.
4. Since physical exercise helps dissipate the endocrine products, consider regular exercise. Before starting on any program, consult your doctor and plan a program suited to your abilities and needs.

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JUNE, 1989



HOLMES SAFETY ASSOCIATION

BACK INJURIES

The Extent of the Back Injury Problem

Each year back injuries cause much hardship to American workers and their employers. The following facts indicate the extent of America's back injury problem:

75 million Americans suffer from back ailments.

2.5 million Americans are totally disabled by back injuries.

200,000 Americans have back surgery each year.

93 million shifts of work are lost each year due to back problems.

92 percent of coal miners say that they work with back pain at least some of the time.

Back ailments are the second leading cause of hospitalization.

More back injuries occur in medium-height coal seams than in high or low coal seams.

Most back injuries caused by lifting involve the lower back.

Why The Problem Exists

Even when people have been taught to lift properly, many do not use this training in their actual lifting procedures. Many excuses are offered for not lifting properly, most of them hinge on the fact that the person who knowingly lifts improperly *lacks commitment* to care for his/her back. Information about back injuries includes the following:

Most back pain occurs as a result of poor posture.

Poor posture while lifting and sitting are the most damaging activities for the back.

Back injuries may result from one single incident or may be an accumulation of repeated back stress over an extended period of time.

The most common type of back injury caused by lifting is the strain.

The most serious type of back injury caused by lifting is the disc injury.

Risk Factors for Back Injury

There are risk factors that influence whether a person is more likely to receive back injury.

The Personal Risk Factors that are specific to the person making the lift include: gender, age, body height, body weight and lifting technique.

The Job Risk Factors include weight of the object being lifted, location and size of the object being lifted, frequency of the lifts, balance of the load, how the load is held, layout of the lift/carry and environment.

Prevention of Mine Back Injuries

The number of back injuries can be decreased by concentrating on the following:

Match the lifter with the lift. Be sure that the lifter has:

- the strength to make the lift.
- the endurance to make the lift.

Avoid repeated strenuous lifting for persons having a history of back problems.

Maintain healthy living habits:

- Get adequate exercise.
- Get a good night's sleep.
- Do not smoke.

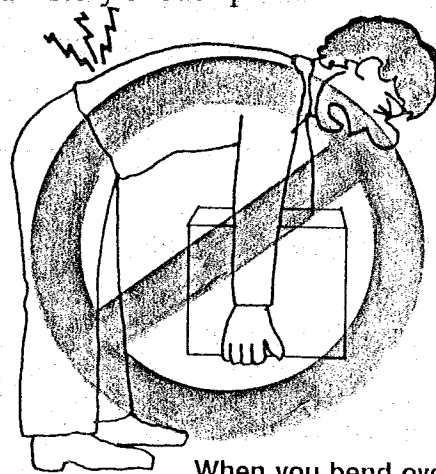
Do warm-up exercises.

Use proper lifting procedures.

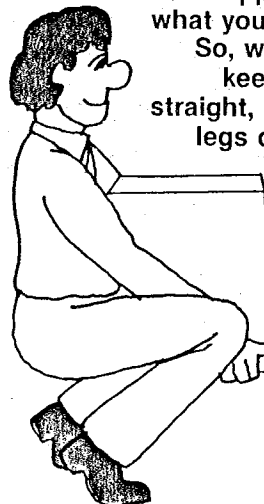
Use good posture when sitting and standing.

Use the "buddy system." --Remind others when they are about to lift improperly.

Get help before lifting heavy objects.



When you bend over a heavy load and lift, your back has to support you *and* what you're carrying. So, when you lift, keep your back straight, and let your legs do the work.

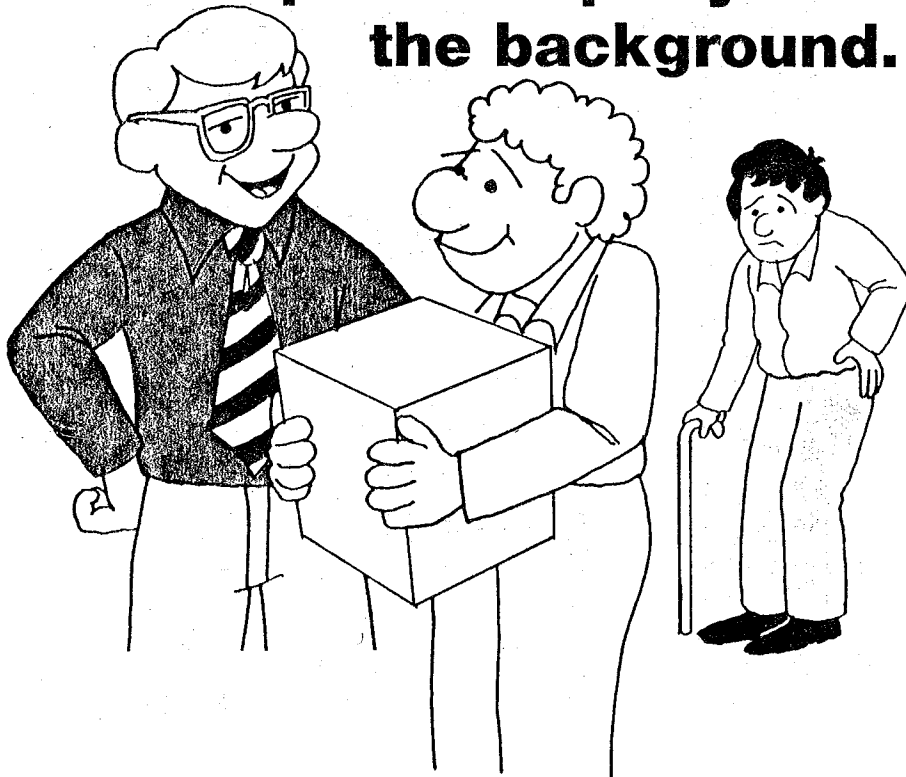


Back Injury Safety Check

- T F 1. Back injuries affect only the employee, not the employer.
- T F 2. Coal miner's back injuries occur more often in low coal seams than in medium or high seams.
- T F 3. Most back injuries caused from lifting involve the lower back.
- T F 4. Even though they know how, many people lack the commitment to lift properly.
- T F 5. Most back pain occurs as a result of poor posture while sitting or lifting.
- T F 6. Personal risk factors of back injury include weight of the object being lifted.
- T F 7. Lifting technique is a personal risk factor that influences the likelihood of back injury.
- T F 8. Strains are the most common type of back injury.
- T F 9. The most serious type of back injury caused by lifting is the disc injury.
- T F 10. Exercise and sleep can influence the health of your back.

* Courtesy of Virginia Mine Safety Program.

Back pain can put you in the background.



DISTRICT COUNCIL COMPETITION STANDINGS---COAL SURFACE
FIRST QUARTER---1989

COUNCIL NAME	CNCL. NUM.	WORK HOURS	ACCI-DENTS	FATALS	INCI. RATES	NO. MEETINGS	NO. CHAPTERS	STANDINGS
Group II								
Powder River Basin	WY01	1,359,110	5	0	.74	1	16	1
Four Corners	NM01	1,265,135	5	1	.95	1	11	2
S. Illinois Open-Pit	IL06	1,173,694	13	1	2.39	1	13	3
N. Colorado/S. Wyoming	WY02	1,161,462	19	0	3.27	1	16	4
Totals		4,959,401	42	2	1.77	4	56	
Group III								
Kiski Tri-County	PA08	159,929	0	0	.00	3	3	1
John O. Miller	PA09	34,146	0	0	.00	3	1	2
Missouri Basin	ND01	527,488	6	0	2.27	1	9	3
N. Indiana Jt. Comm.	IN01	421,366	5	0	2.37	1	4	4
Clearfield	PA03	272,353	4	0	2.94	3	0	5
Southeast Ohio	OH02	626,050	10	0	3.19	2	11	6
S. Indiana Jt. Comm.	IN02	672,479	11	0	3.27	2	6	7
Western Maryland	MD02	342,752	7	0	4.08	1	39	8
Indiana	PA07	112,841	3	0	5.32	2	5	9
Coal River	WV02	383,593	13	0	6.78	2	19	10
Totals		3,552,997	59	0	3.32	20	97	

DISTRICT COUNCIL COMPETITION STANDINGS---COAL UNDERGROUND
FIRST QUARTER---1989

COUNCIL NAME	CNCL. NUM.	WORK HOURS	ACCI-DENTS	FATALS	INCI. RATES	MEETINGS	CHAPTERS	STANDINGS
Group II								
William "Scotty" Groves	PA06	1,559,436	68	0	8.72	2	16	1
John E. Jones	IL02	2,755,411	123	0	8.93	1	12	2
Totals		4,314,847	191	0	8.85	3	28	

COUNCIL NAME

Group III

Kiski Tri-County	PA08	146,228	4	0	5.47	3	9	1
Southeast Ohio	OH02	912,348	28	0	6.14	2	5	2
John O. Miller	PA09	229,357	11	0	9.59	3	2	3
Coal River	WV02	923,523	57	0	12.34	2	78	4
Potomac Valley	MD01	596,443	43	1	14.75	0	7	5
Indiana	PA07	1,323,928	112	0	16.92	2	18	6
N. Colorado/S. Wyoming	WY02	333,727	31	0	18.58	1	5	7
Ramon A. Gothard	IL03	861,307	86	0	19.97	1	1	8
Clearfield	PA03	8,017	1	0	24.95	3	1	9
Totals		5,334,878	373	1	14.02	17	126	

DISTRICT COUNCIL COMPETITION STANDINGS---METAL UNDERGROUND
FIRST QUARTER---1989

COUNCIL NAME	CNCL. NUM.	WORK HOURS	ACCI-DENTS	FATALS	INCI. RATES	MEETINGS	CHAPTERS	STANDINGS
Group III								
N. Colorado/S. Wyoming	WY02	1,460,955	34	0	4.65	1	5	1
Totals		1,460,955	34	0	4.65	1	5	

THE LAST WORD

1492

Columbus confirms that the earth is round, and a map-making frenzy breaks out. These maps are not entirely accurate, however, and travelers headed for India end up in Florida.

Hundreds of years later, Rand-McNally will produce its *U.S. Road Atlas*, enabling travelers to take weekend road trips with fewer frustrations.

1502

The Dutch invent a treat call *olykoek*, or the doughnut. Immigrants bring the treat to America, where the Pennsylvania Dutch add a touch of their own: *the hole*.

1876

Alexander Graham Bell receives a patent for the telephone. About a century later, the Bell System will introduce its "**Reach out and touch someone**" campaign and lower its long-distance rates on weekends. Phone bills skyrocket as Americans everywhere place weekend guilt calls to MOM.

1892

Ellis Island starts processing the first of 17 million immigrants. Russian Jews bring the recipe for bagels.

1893

Thomas Edison opens the first movie theater. For a nickel, customers can watch Buffalo Bill shoot pistols. Ten years later, *The Great Train Robbery* will usher in the age of the feature film--and necking in the balcony on a Saturday night.

1896

The first full-color weekly comic section appears in the *New York Morning Journal*. Children and adults, including the 40th president, will later follow the ritual of reading this section first.

1930

Felix the Cat becomes television's first cartoon star and the forerunner of the Saturday-morning cartoon phenomenon that lets parents grab a precious extra hour of sleep.

1939

NBC broadcasts the first sports show, a baseball game between Princeton and Columbia. So begins the weekend ritual of sitting in front of the television, drinking beer and watching anything that smacks of competition.

1946

Postwar wealth, assembly-line production, and the foreign market make it easy for every American to own a car. Sunday drives in the country become the rage.

1985

The VCR replaces the blender as *the* home appliance. Everyone has one, and home film festivals in the den gain popularity.

1988

Cocooning becomes the buzzword. People begin to turn their homes into gigantic playpens with state-of-the-art entertainment systems so they don't have to venture outside on the weekends.

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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