
BULLETIN





**Hard Hats
make the difference!**

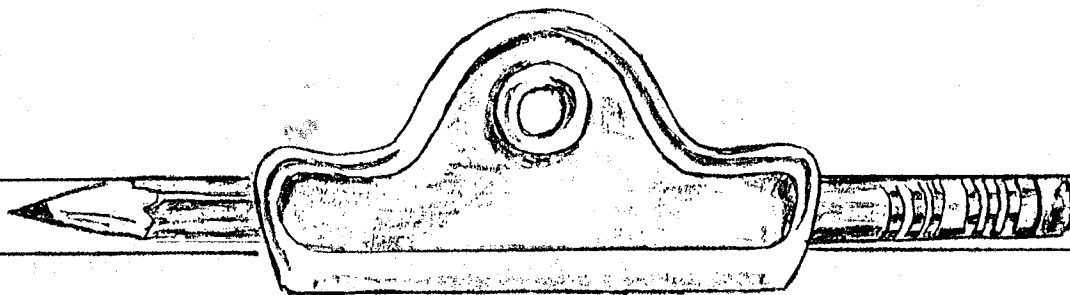


National Safety Council

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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.

JULY, 1989

**WELCOME
NEW MEMBERS**

<u>NAME</u>	<u>CHAPTER NO.</u>	<u>LOCATION</u>
Mentor Mining Co., Inc.	8227	Elkhorn City, KY
A & M Coal Co., Inc.	8228	Bickmore, WV
Stoney Coal Co., Shop No. 4	8229	Wyco, WV
Crivitz Redi Mix Sand & Gravel	8230	Stephenson, WI
Vein Mtn. Processing Co., Inc.	8231	Marion, NC
Maxton Corp.	8232	Phelps, KY
M.P. & M. Coal Co., Inc.	8233	Grundy, VA
Natl. Cncl. of Field Labor Locals	8234	Huntington, WV
Health & Safety Training Inc.	8235	Rainnelle, WV
Stoney Ridge Coal Co., Inc.	8236	Oliver Springs, TN
Allied Coal Corporation	8237	Oliver Springs, TN
Donner Coal Co.	8238	Montgomery, WV
Lochrie Coal Co.	8239	Windber, PA
Cherry River Fuels	8240	Summersville, WV
K & Coal Co.	8241	Summersville, WV
L & M Machinery	8242	Summersville, WV
Reedy Coal Co.	8243	Deane, KY
Mining Technical Services Inc.	8244	Ulvah, KY
Wild Turkey Enterprises Inc.	8245	Neon, KY
South-East Coal Co.	8246	Ison, KY
Prestige Coal Co.	8247	Centertown, KY
Faylor-Middlecreek Inc.	8248	Lancaster, PA
Cactus Concrete Products Inc.	8249	Williston, ND

JULY, 1989

**WELCOME
NEW MEMBERS**

<u>NAME</u>	<u>CHAPTER NO.</u>	<u>LOCATION</u>
Whitesburg Investment Inc.	8204	Ison, KY
Apple Tree Mining	8205	Colson, KY
NEPCO	8206	Kline, PA
Continental Energy Assoc. Ltd.	8207	Hazleton, PA
Mikel Coal Co.	8208	Newburg, WV
Meadow River Co.	8209	Lookout, WV
Meadow River Co.	8210	Lookout, WV
LaRosa Fuel Co., Inc.	8211	Simpson, WV
N. American Reclamation & Const.	8212	Elkins, WV
Barton Mining Inc.	8213	Haysi, VA
Double R. Coal Co., Inc.	8214	Bee, VA
Piedmont Mining Co., Inc.	8215	Kershaw, SC
S.L. Peters	8216	Aiken, SC
Atlanta Mining-Mine A	8217	Whitesville, WV
Rand Mining	8218	Randsburg, CA
Compass Quarries Inc.	8219	Paradise, PA
Nats Creek Mining Co.	8220	Kittanning, PA
M & C Construction	8221	Keystone, WV
Wasta Sand Plant	8222	Wasta, SD
Potter Mining Co.	8223	Elkhorn City, KY
Recona Corp. Inc.	8224	Rockhouse, KY
Simeron Fuels Inc.	8225	Mouthcard, KY
J.B. Construction	8226	Elkhorn City, KY

JULY, 1989



H.S.A. SAFETY TOPIC

THINK -- SAFETY SHOWERS

Safety showers and eyewash fountains are needed for immediate emergency use in any area where the eyes or body may be exposed to injurious materials. They may also be used for extinguishing clothing fires or for flushing off clothing.

Eyewash fountains and safety showers should be installed so the distance from the hazard or work station does not exceed 25 feet, or 15 seconds travel time. Time wasted searching for an emergency shower or eyewash fountain could result in more serious injury.

Supervisors should inspect the area they are responsible for to determine if there are adequate numbers of the right kind of safety showers and eyewash fountains. If you believe the number or type to be inadequate, discuss your findings with your company safety director.

The units should be easy to locate. The best location is in the normal path of egress. A standard location in a normal traffic pattern is desirable so an injured person will not have to search out the unit when he is in a blinded condition.

Multiple spray emergency showers were designed to direct large quantities of water over the entire body. They are of value where complete decontamination is required such as where radioactive or highly toxic materials are used.

An overhead deluge shower is the most common type and may be ceiling or wall mounted or free standing. Both the standard deluge shower and the multiple spray units are available with eyewash accessories.

A complete wash station will include both deluge shower and eyewash. They may be operated independently or together depending on the requirements.

An emergency blanket may be stored nearby for treatment of shock. Because contaminated clothes should be removed while in the emergency shower (corrosive and toxic chemicals are easily trapped in clothing folds and cuffs, therefore, clothing should be removed while under the emergency shower water flow to prevent recontamination), consideration should be given to the nearby storage of extra overalls and foot covers.

JULY, 1989

Emergency shower and eyewash fountain activation may be a ring, chain, triangle, pull bar, push bar, or treadle. The method should be uniform throughout the plant or establishment, and, in most cases, the shower should remain open once actuated.

All emergency showers and eyewash fountains should be distinctively marked in a uniform manner throughout the plant. Marking may be a painted circle, contrasting colored tile, or other markings on the floor, or signs posted on walls or columns.

Too often, it is taken for granted that everyone knows how to operate an emergency shower, but experience has shown that many injuries could have been lessened if the person knew how to use the unit. Supervisors should be responsible for informing workers on the proper use of emergency showers and eyewash fountains.

Training should be provided so each person is fully aware of the operation of all devices on the unit. Periodic retraining is necessary, particularly if a new type of unit is installed. Training may also include practice in finding the emergency showers and eyewash fountains while blindfolded.

from: Today's Supervisor

National Safety Council

* * * * *

HOW TO TREAT A PUNCTURE WOUND

Most cuts bleed, and this helps your body wash away harmful bacteria. Puncture wounds, however, often bleed very little, warns the University of California at Berkeley Wellness Letter.

If you receive a puncture wound from a nail or other sharp object, press gently around the wound to encourage bleeding. Remove any foreign objects you can see, then wash the area with soap and water before covering it with a sterile dressing.

If the wound is deep or was made with a dirty object and you haven't had a tetanus shot within five years, you should contact your doctor. If you have had a tetanus shot recently but develop swelling or other signs of infection, call your doctor to ask about a possible antibiotic treatment.

JULY, 1989



H.S.A. SAFETY TOPIC

BEFORE...AND AFTER

In almost every terrible construction accident that ever happened, there's a simple thing or two that could have been done to prevent the fateful chain reaction, or stop it short of its tragic climax.

Of course, it's far easier looking back than looking ahead. But a supervisor has to keep trying to look ahead, think ahead, and always with that big question, "What if...?"

- * If we'd only think to snuff out the spark...tighten up the loose bolt...shore the trench...secure the ladder...inspect the cable...make everyone wear their hard hat. Beforehand, it's quick and easy; afterwards, it's beyond all human reach, beyond all human knowledge--beyond every power we've ever known, or will know.
- * Beforehand, it's rubbing out a single spark; afterwards, it's a fire roaring through human lives and resources.
- * Beforehand, it's snugging up a loose bolt and nipping malfunction in the bud; afterwards, it's three fingers, or hand, smashed out of existence.
- * Beforehand, it's getting a responsible signalman to guide backing equipment; afterwards, it's some unsuspecting person getting it for good.
- * Beforehand, it's shoring up a questionable trench; afterwards, it's the whole world caving in on someone.
- * Beforehand, it's taking a suspicious ladder out of service; afterwards, it's a sickening crack of defective wood and permanent disability.
- * Beforehand, it's barricading a floor opening; afterwards, it's a scream and a brief downward flight.
- * Beforehand, the little things are sometimes hard to see--but they're seldom completely invisible; and even if they are, they can still be visualized with a little imagination, with a little double-checking sparked by that important question, "What if...?"
- * Beforehand, a supervisor has the power to act, to prevent, to turn a key and lock out these terrible things. Afterwards, there's no power within us or upon God's green earth that can do anything...anything at all.

JULY, 1989



"COUNCIL NEWS"

Kanawha Valley District Council

Mt. Carbon, West Virginia

The Valley Camp Coal Company, Donaldson Mine's team won first place in the Kanawha Valley District Council's Holmes Safety Association Mine Rescue Contest. The contest was held June 3, 1989, at the Cannelton Little League baseball field. Team members of the Valley Camp team are: Tim Browning, Gary Hastings, Rick Waugh, Gilbert Young, Blain Hall, Ron Sedlock, Frank Foster, Captain, and Jack Campbell, Trainer.

Beth Energy, Inc., Mine No. 81 team captured second place. Team members are: Tom Fraley, Ron Wilmoth, Roger Schuler, Dennis Vance, Steve Horvath, Steve Murphy, Captain and Phil Adkins, Trainer.

Cannelton Industries, Inc., Kanawha Division team placed third in the contest. Team members are: Chuck Kruzyna, Kenneth Mitchell, Charles Hannigan, Jim Nottingham, John Whitt, Jim Thompson and Jack Hatfield, Jr., Captain.

At the conclusion of the contest, plaques were presented by the Holmes Safety Association to Naaman G. Clonch and James E. Bell of Smithers, West Virginia for their contributions to the coal industry. Both were long time employees of Cannelton Industries, Inc.

Trophies were presented to the participating teams and a drawing for door prizes were held.

Special appreciation to the individuals, organizations and companies who made this event possible.



JULY, 1989



HOLMES SAFETY ASSOCIATION

NATIONAL MINE RESCUE CONTEST SET FOR SEPTEMBER

MSHA will hold its biannual National Mine Rescue and First Aid Contest for the coal mining industry on September 11-14 at the Kentucky Fair and Exposition Center, Louisville, Kentucky.

The 1989 contest will be the 32nd in the history of the coal mining industry. The first was held in Pittsburgh in 1911, with President William H. Taft in attendance.

The contest, known as the "World Series of Safety," will pit the top mine rescue teams of the mining industry against each other to select the finest teams in the nation. The contest's purpose is both to sharpen the skills of all of the teams that may be called upon to locate and remove injured miners after a simulated mine accident and to select the most effective mine rescue team in the industry. A bench contest will also be held to test skills in maintaining and repairing equipment used by mine rescue teams.

There is no set limitation on the overall number of teams or the number of teams permitted to enter from each subdistrict or district. However, should the number of teams that register exceed the capacity of the facilities housing the contest, the Director shall determine the most equitable method of limiting participants.

The coal mine rescue contest, held in alternate years with the metal and nonmetal (non-coal) mine rescue contest, will hold elimination events for the first two days. From these contests, 20 teams will be selected for the finals, and from these teams the champion team will be chosen. For both the first aid teams and the bench contest, one day of competition will determine the winner.

Participants will pay entry fees to help defray the costs of the contest which are shared with MSHA. The fees are \$500 for the mine rescue contest, \$300 for the first aid contest and \$150 for the benchman's contest.

More than 1,000 contestants are expected to enter the various competitions. Winning teams in each category will receive trophies to be presented at a banquet after the contest. Other awards donated by MSHA, the states and equipment manufacturers include a \$5,000 scholarship presented by the Ansul Corporation, manufacturer of fire-suppression equipment. MSHA and state mine safety agencies will provide the judges.

Further inquiries may be made to MSHA, Coal Mine Safety and Health, 5012 Mountaineer Mall, Morgantown, WV 26505 telephone: (304) 291-4277.

JULY, 1989

**ABSTRACT
FROM
FATAL
ACCIDENT**

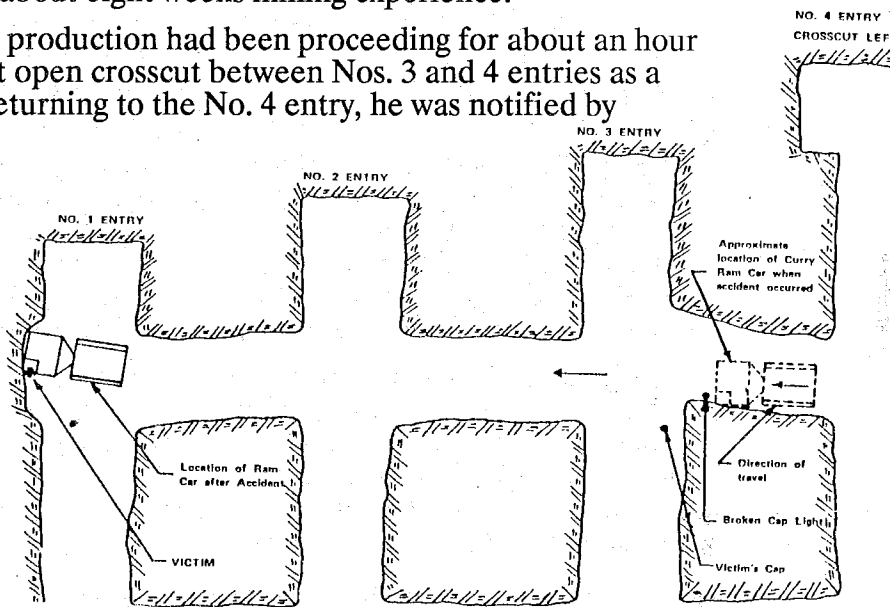
*This fatality could be discussed at your regular on-the-job safety meeting.



POWERED HAULAGE ACCIDENT

GENERAL INFORMATION: A ram car operator was fatally injured in a haulage accident that occurred in the last open crosscut between Nos. 3 and 4 entries, of the 2 left off the mains working section. The victim had about eight weeks mining experience.

DESCRIPTION OF ACCIDENT: Coal production had been proceeding for about an hour and a half. The victim was using the last open crosscut between Nos. 3 and 4 entries as a haulway out of the No. 4 entry. Upon returning to the No. 4 entry, he was notified by another ram car operator that the continuous miner had set over to the left side of the crosscut and he would have to haul through the last open crosscut between Nos. 4 and 5 entries. He reversed the direction of the ram car and moved back into the crosscut in order to travel the new haulway. While maneuvering the ram car his head was caught between the outby coal rib and the frame of the ram car. After the accident occurred, the ram car traveled through the last line of open crosscuts to the solid rib in No. 1 entry (see sketch).



A roof-bolter helper, who was in No. 1 entry installing roof bolts, heard the ram car strike the solid rib. He yelled to the operator but did not receive a response. Seeing that the operator was injured, he deenergized the ram car and summoned help from the other crew members.

CONCLUSION: 1. The victim, a newly employed experienced miner, had not received the following training:

- (a) Introduction to the work environment;
- (b) Mandatory health and safety standards;
- (c) Authority and responsibility of supervisors and miners representatives;
- (d) Transportations, controls, and communications systems;
- (e) Escape and emergency evacuation plans, fire warning, firefighting;
- (f) Ground control, working in area of high walls, water hazards and spoil banks illumination and night work;
- (g) Hazards recognition.

The operator had not given any training to employees prior to their work assignment. The approved training program for this mine requires 1/2 hour of training on the above subject prior to work assignments. A violation of Section 48.6, 30 CFR.

2. The two Curry ram cars used for transporting coal from the face areas were not provided with a guard around the seating compartment to protect the operator while operating the car in close proximity of the ribs.

JULY, 1989

**ABSTRACT
FROM
FATAL
ACCIDENT**

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



FATAL DROWNING ACCIDENT

GENERAL INFORMATION: The mine was an open pit placer mine and hydraulic sluice plant. The ore lies beneath a layer of frozen silt and barren gravel, this overburden, up to 100 feet thick is stripped and the spoil material is used to construct their settling ponds.

This phase of the operation as well as the actual extraction of the gold bearing ore is accomplished by using several large pieces of machinery. The gravel containing the gold ore is then sluiced. About 200,000 cubic yards of gravel are washed annually. A diving company was contracted to repair a leak in the water reservoir.

DESCRIPTION OF ACCIDENT: The diving company had been contracted to locate and repair a leak in the 48-inch drain pipe used to drain the lake in the fall after the close of the mine operation. Two divers intended to go down and conduct a preliminary survey of the situation to try to determine the location of the leak and to see what could be done to correct it. The pipe had apparently been leaking for about three years, but the flow had been very minimal so the company officials had not felt the need to repair it at that time.

At this point, the company officials had decided that the leak had to be repaired so they contracted the team of professional divers engaged in this line of work to locate and repair the leak. At this time, it was believed by the company officials that the leak was on the 48 inch drain pipe. It turned out to be on a 12 inch pipe, whose presence was unknown to everyone involved. The two divers went down to make their survey and left a third person on the surface to act as their tender.

This man was on the water in a boat taking depth measurements and he also had the safety line with him. The team of divers had no communications system with them, nor did they have an additional air supply for emergency situations. After about 20 minutes, the third diver failed to see any air bubbles. He informed the project manager that the victims had apparently gone in the 48 inch pipe. The manager replied that they could not go in the pipe because of the trash screen, but that perhaps the bubbles had been absorbed by the vent pipe. This seemed logical so they waited 10 minutes more, at which time he pulled on the safety line and it came up loose.

He then put his diving gear on and went down along the vent pipe until he bumped into a tank. He reached out and located one victim and becoming concerned for his own safety, he returned to the surface. When he came up, he told the project manager to call the authorities because the other divers had apparently drowned.

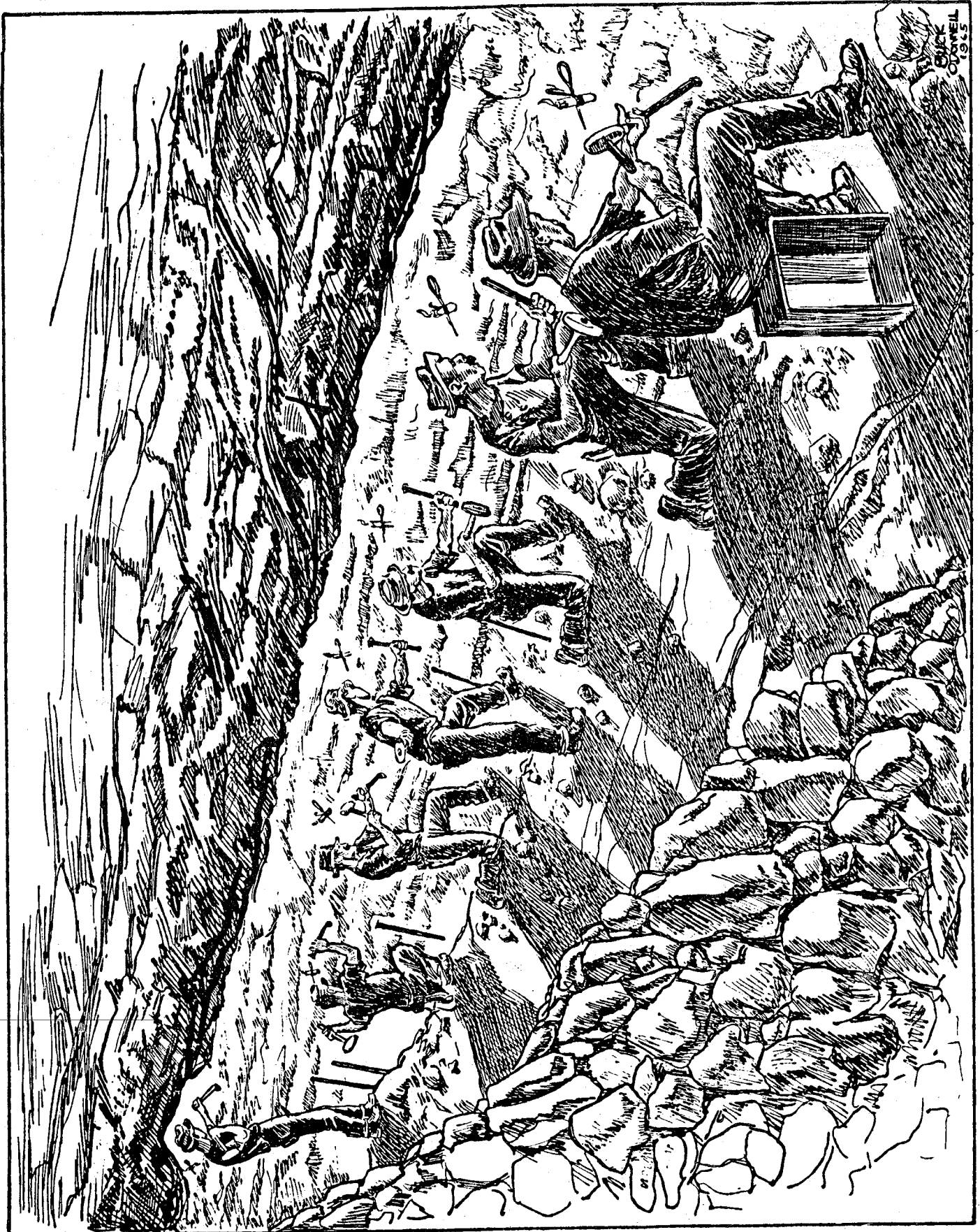
The company contracted another team of professional divers who located the bodies and reported that the suction was incredible. The bodies were eventually recovered.

CAUSE OF ACCIDENT: The accident was caused by the victims attempting to work in unfamiliar surroundings without proper planning and equipment.

Contributing factors were the poor visibility, lack of communication, and the failure to evaluate the hazards involved.

JULY, 1989

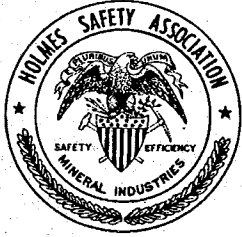
TYPICAL MINING OF THE ERA GONE BY



BUCK
CROWELL
1925

SINGLE JACKING

JULY, 1989



HOLMES SAFETY ASSOCIATION

NEWSLETTER

TO: Chapter, State and District Council Presidents and Secretaries:

The principal activity of the Holmes safety chapter is the safety meeting, usually held monthly or more frequently. The meetings should be limited to a reasonable time (not more than an hour) and should be as interesting as possible.

The HSA chapter provides an excellent forum for disseminating information about hygiene, sanitation, prevention of disease, serious lost-time and fatal accidents.

The report of injuries suffered by employees during the previous month should be carefully prepared for the chapter meeting. The report should include the occupation of the injured. Injuries should be classified as to whether they involve loss of time.

To encourage the study of company safety rules, State mining laws and the Federal mining law, where applicable, it is good practice to discuss such items for 10 to 15 minutes at chapter meetings.

Chapters also should conduct special safety campaigns during certain months of the year. Although every month in the year should be a safety month, a particular month should be selected for concentrating on the elimination of injuries. Chapter leaders may find it desirable to review the injury record by months and select the month with the worst record for a special no-accident campaign during the following year.

When a company operates more than one plant or mine, a competition may be promoted for the best record during the month's safety campaign. One section of a mine or plant may challenge the others to a safety contest. Campaign slogans, posters and other activities assist in creating an enthusiastic interest in the contest and insure closer cooperation in the promotion of safety -- a revival that extends into succeeding months.

JULY, 1989

Safety posters are widely used and form an important part of many safety educational activities. Some chapters have obtained good posters by conducting a local poster contest. Such posters may not have all the color or the artistic touch of the trained and experienced artist, but they can convey effective safety messages and usually they arouse considerable interest because they are local products of employees, whose efforts should be encouraged.

Most authorities on accident prevention agree that organization, education and supervision are the fundamentals upon which safe, efficient operation of a mine or other industrial plant is based. Obviously, proper supervision must be given and the immediate supervisor should instruct on proper safety techniques. Some safety educational work can be carried out most advantageously while the employees are off the job, such as the discussion of accidents and how similar ones can be avoided. To educate, it is necessary to inform the employees and encourage them to think. Probably the most effective way to promote thought on any given subject is to encourage discussion, which can be accomplished in open meetings. The safety meeting, such as held under the auspices of a HSA chapter, offers the opportunity to impress the participants with principles of safety and accident prevention. As employees become safety conscious, their cooperation will be assured and by example, they will influence the actions of co-workers. When complete cooperation in safety has been established between employer and employees, the largest problem in accident prevention crusades is solved. In many communities, the Holmes chapter has been especially valuable in bringing about this mutually beneficial result.

The Constitution of the HSA states that by authority granted at the annual meeting of the Board of Directors of the Joseph A. Holmes Safety Association, held in Washington, DC, March 5, 1926, and in accordance with the provisions of Article II of the revised constitution of said organization, the HSA was established and assumed direction and control of the Joseph A. Holmes Safety chapters then in existence, and all others that may hereafter be established, and all other branches or division of the HSA hereafter provided for in the Constitution of the HSA. The HSA shall constitute a self-governing body, with six representatives elected annually by the National Council, who shall serve as members of the Board of Directors of the Joseph A. Holmes Safety Association.

The HSA activities shall not conflict with any other existing national, state, or district organization that has for its purpose the conservation of human life. Where such organizations exist, the HSA shall work in conjunction with them.

The chapters of the HSA shall not replace any established plant or mine-safety organization composed of operating officials and employees. Such plant or mine-safety organizations shall be encouraged at all operations for the safe direction of employees at work. The HSA will supplement the work of plant or mine safety organizations by providing a cooperative agency to coordinate the general safety, educational, health and welfare service set forth in this Constitution.

JULY, 1989

The objectives of the HSA are set forth in Article II of this Constitution, and the active support of all national associations and organizations responsible for the establishment of the Association is pledged to promote its propagation throughout all branches of the mineral industries of the United States.

The objectives of the HSA shall be to arrange and hold safety meetings, conduct safety campaigns and provide for organized cooperative effort to encourage:

- (a) The prevention of fatalities and injuries, and the improvement of the health conditions of all persons connected with mining, metallurgical, petroleum, natural gas, quarrying and allied industries whether at work, in and about their homes, on public highways, or in public places.
- (b) The dissemination of information and instruction on subjects related to the promotion of health and safety and the prevention of plant or mine fires, explosions, or disasters from other causes.
- (c) The promotion of training in first-aid, self-contained breathing apparatus and other forms of protection in rescue and recovery operations.
- (d) The closest cooperative relations with existing organizations, including labor, management and State and Federal agencies that promote health and safety in the mineral and allied industries.
- (e) The promotion of educational, social and recreational activities in the mineral and allied industries, including cooperation with local and State school authorities and other institutions in the advancement of health and safety education.

Plan of Organization - The HSA shall consist of a National Council, State councils, district councils and local chapters. The National Council shall direct and assist State councils; State councils shall direct and assist district councils; and District councils shall direct and assist local chapters.

The National Council may adopt its own by-laws, which shall not conflict with the Constitution nor the Constitution of the Joseph A. Holmes Safety Association, and shall be known as the National Council of the HSA. The National Council shall coordinate the work of state and district councils and local chapters.

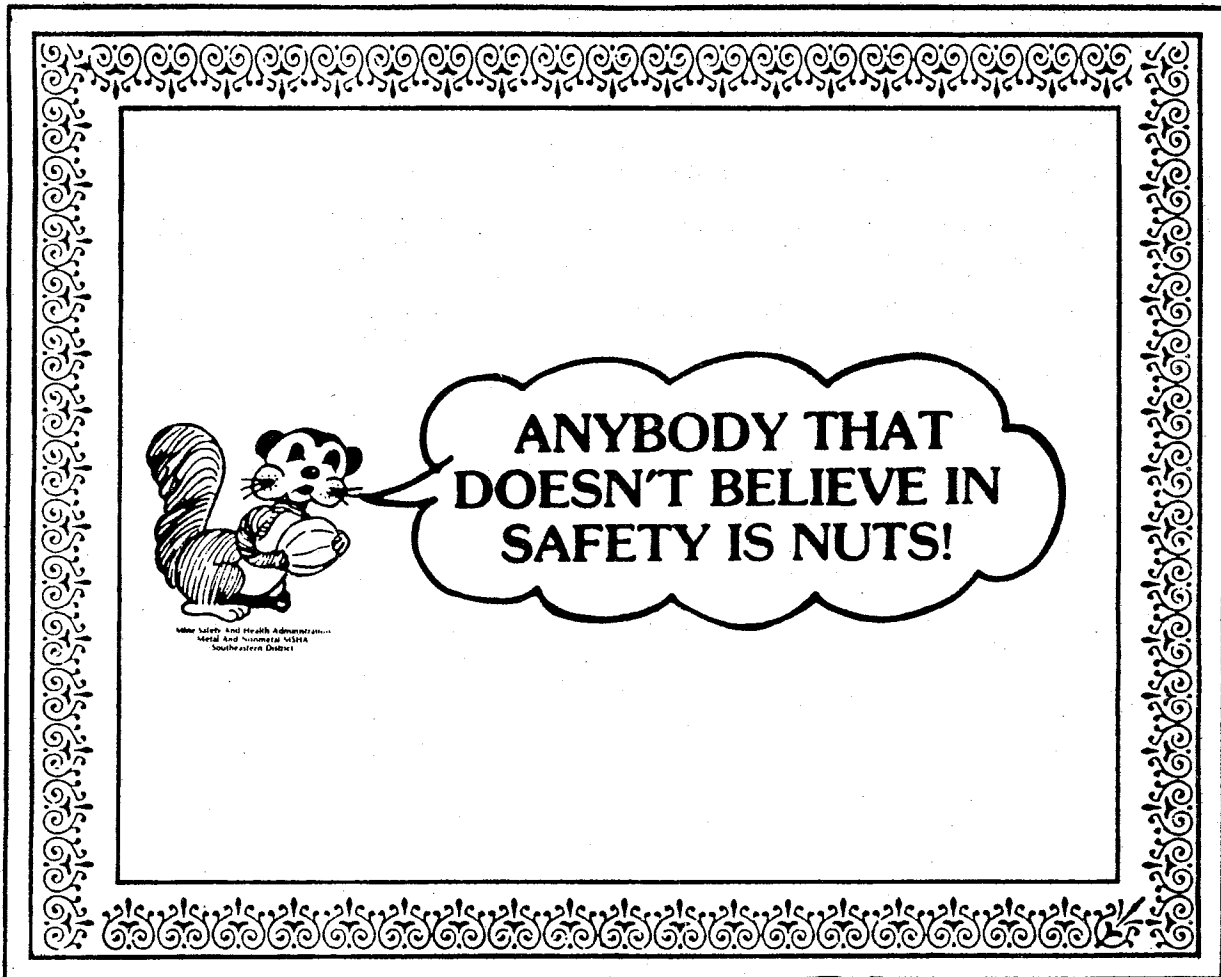
State councils shall be assisted and directed by the National Council. State councils may adopt their own by-laws which shall not conflict with this Constitution, nor the by-laws of the National Council and they shall adopt the name of the State in which they are established.

JULY, 1989

District councils which are formed in a State having a State council shall be directed and assisted by the State council. Where there is no State council, the National Council shall render such assistance as is practical. District councils may adopt their own by-laws which shall not conflict with this Constitution nor the by-laws of the State council to which it is subordinate nor the by-laws of the National Council. Each district council shall adopt a suitable name.

Local chapters that are formed in a territory in which there is a district council shall be aided and advised by the district council. Where there is no district council, the State council or National Council shall render such assistance as is practical. Local chapters may adopt their own by-laws which shall not conflict with this Constitution nor the by-laws of the District and/or State council to which they are subordinate nor the by-laws of the National Council. Each chapter shall adopt a suitable name.

Jurisdiction - State and district councils and local chapters shall be subject to the policies established by the National Council of the HSA. No activity other than those stated in Section 1, Article II, shall be engaged in by State or district councils or local chapters, except upon approval of the National Council of the HSA.



JULY, 1989



Holmes Safety Association

SUBJECT: Hazard Alert: Contractor Fatalities

In recent years, mining fatalities have decreased overall, but fatalities involving independent contractors have shown a dramatic increase both in coal and metal/nonmetal mining. The number of accidents involving independent contractors is disproportionate to the rest of the mining industry.

This increase in fatalities is very disturbing, and mine operators and independent contractors should take steps to address this trend.

To assist with this process, a booklet of abstracts of mining fatalities involving independent contractors has been developed. This booklet is meant to be used by you, the operators and independent contractors, as an informational resource and a training mechanism that may assist in preventing similar accidents in the future.

The booklet will be available to all independent contractors and other industry groups. For your convenience, an order form has been provided. For copies of the publication contact:

The National Mine Health and Safety Academy

P.O. Box 1166

Beckley, West Virginia 25802-1166

(304) 256-3100

Efforts are also under way to identify and implement other agency actions aimed to reduce accidents among independent contractors.

ORDER FORM

Contractor Fatalities

Name: _____

Company/Organization: _____

Address: _____

City: _____

State: _____

Zip Code: _____

Telephone No. (include area code): _____

Mail completed form to: National Mine Health and Safety Academy

Business Office

P.O. Box 1166

Beckley, West Virginia 25802-1166

Telephone: (304) 256-3257 or FTS 930-3257

(304) 256-3100 Or FTS 930-3100

JULY, 1989



"COUNCIL NEWS"

Following are some of the meetings and activities of active Holmes Safety Association councils throughout the Nation. If you would like your council's activities listed, please be sure to send the National Council a meeting and attendance form for all your meetings.

COUNCIL: John E. Jones District **Meeting Location and Date:** Marion, IL; April 27, 1989
Subject: Mine Emergency Preparedness and address by Bill Mosier, West Virginia Mining Extension Service **Total Attendance:** 102

COUNCIL: Four Corners District **Meeting Location and Date:** Gallup, NM; March 22, 1989 **Subject:** Organizational meeting and election of officers **Total Attendance:** 9

COUNCIL: Southeastern Ohio District **Meeting Location and Date:** Jackson, OH; March 23, 1989 **Subject:** Special guest speaker for the evening was David Apts, American Back School, Huntington, West Virginia **Total Attendance:** 54

COUNCIL: Western Maryland District **Meeting Location and Date:** Luke, MD; May 6, 1989 **Subject:** Tour of the Westvaco paper mill which enhanced the safety training of personnel attending **Total Attendance:** 16

COUNCIL: Eastern Buckeye District **Meeting Location and Date:** St. Clairsville, OH; April 20, 1989 **Subject:** Mine Safety and Accidents **Total Attendance:** 40

COUNCIL: Richard Maize/Windber District **Meeting Location and Date:** Somerset, PA; April 11, 1989 **Subject:** Address by Dan Jenkins and movie on hunting safely **Total Attendance:** 44

COUNCIL: Great Lakes District **Meeting Location and Date:** Mackinaw City, MI; April 11, 1989 **Subject:** Brief discussion of the 7000-1 MSHA form, new Worker's Compensation health care service rules and MDOT tarping bill **Total Attendance:** 8

COUNCIL: William "Scotty" Groves District **Meeting Location and Date:** Centerville, PA; April 11, 1989 **Subject:** Sheathed charges and speaker was Lon Santos **Total Attendance:** 40

COUNCIL: Coal River District **Meeting Location and Date:** Madison, WVA; April 18, 1989 **Subject:** Discussion on 6th Annual Mine Service Contest to be held June 10, 1989 **Total Attendance:** 27

COUNCIL: Powder River Basin District **Meeting Location and Date:** Gillette, WY; May 10, 1989 **Subject:** Francis Trenholm, President, called the meeting to order and Ted Yontz introduced Sig Larson with D & R Fire and Safety Equipment Company **Total Attendance:** 20

JULY, 1989



H.S.A. SAFETY TOPIC

Are YOU falling down on the job?

Within the next two hours, five people will die as the result of falls, which are the second most common cause of accidents at work in the U.S. You can eliminate yourself as a candidate for falls by taking these 10 simple precautions. . . at work and at home too:

1. You may feel like doing a hop, skip and jump as you merrily go down the stairs, but you'll be a lot safer if you always hold the handrail and stay alert.

2. When you have to reach for something, use a ladder rather than just any old chair that's handy. What's more, be careful when tilting back in swivel chairs -- and never tilt back in straight chairs. Look before you sit.

3. Telephone and machine cords should be kept out of the way. Loose cords are a tripping hazard that should be reported to your supervisor.

4. Beware of your footwear! High heels, a loose sole or shoe lace can be the cause of a major accident, and even run-down heels can throw you off balance or put strain on your ankles.

5. Always put trash in waste containers instead of leaving it to accumulate in corners or on floors. Keep access clear to exits, fire escapes and fire equipment; keep aisles and stairs clear.

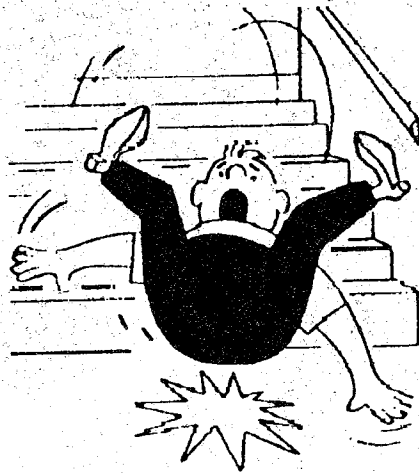
6. Make sure you don't carry so many cartons, packages or boxes that your vision is blocked. Look where you're going.

7. Follow the safety rules indicated by signs and posters. They are a reminder to you that safety is everybody's business.

8. Don't stand in front of doors or open doorways -- unless you insist on being graduated from the school of hard knocks!

9. Pile materials neatly and safely. Stack boxes and crates so that one can be removed without toppling the whole load. Keep your tools neat and in order -- and OFF overhead areas.

10. Remove anything spilled on the floor immediately-especially liquids.



Hazard Alert

JULY, 1989



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

METAL/NONMETAL 3 SUFFOCATION FATALITIES



1988

0

1989

3

January 1 thru March 31

Hazard Alert

JULY, 1989



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

ROOF FALLS
-COAL-
7 FATALITIES



January 1 - March 31

1988

1989

2

7

JULY, 1989



H.S.A. SAFETY TOPIC

STRESS ON THE RISE

Pressure is on, stress is on the rise. Three quarters of the American workforce claim they suffer from too much stress. Some health experts think at least half of American's visits to physicians are stress-related. Some stress is good and actually helps ambition, create drive and maximize productivity. But, a number of emotional or physical problems can result. Irritability, fatigue and lack of concentration can all be warning signs of being too stressed out. Physical symptoms can include high blood pressure, rapid heart beat, increased perspiration or chronic illness.

We all have the strength to cope with a certain amount of stress but we also have a certain tolerance level -- like a switchboard that continues to function until the circuits overload. This "overload" condition can occur when many little things suddenly pile up -- your shoelace broke, the toast burned, the car wouldn't start, you were late for the meeting, the boss is fuming and it's only 9:30 in the morning; or it can occur when one or two single, more traumatic events arise such as the loss of a job, a death in the family, a serious medical problem, etc.

People tend to think of stress as a personal problem -- that they are weak, or can't take it. They do not realize the causes of stress or that there are methods to effectively manage it. Your employee counseling program can be your number one resource in dealing with stress.

In addition, many new coping skills can be acquired such as: identifying personal stress indicators, managing the stress response, active and passive relaxation, managing stress-causing conditions and building alternate responses, roles and life-styles. Check with your personnel office for additional information on employee counseling programs available at your work site. Remember, learning to deal with stressful situations you are facing may be far easier than you imagine--with the right help and the right tools at hand.



JULY, 1989

Here are some tricks to help you leave job stress at work. Your boss bit your head off, your co-worker got your promotion, you're frustrated and fuming. Don't count on family or close friends to understand your foul mood. You may use up their patience and concern. Instead, try these defusers:

* Kiss your office good-bye -- symbolically. Use the ritual of saying good night, locking up your desk or equipment or punching your time card as a signal that work thoughts are on hold until tomorrow.

* Renew your sense of humor. Think of work as a sitcom. Cast Dallas with your co-workers. Use your day as comic material for a story to tell your kids or a friend.

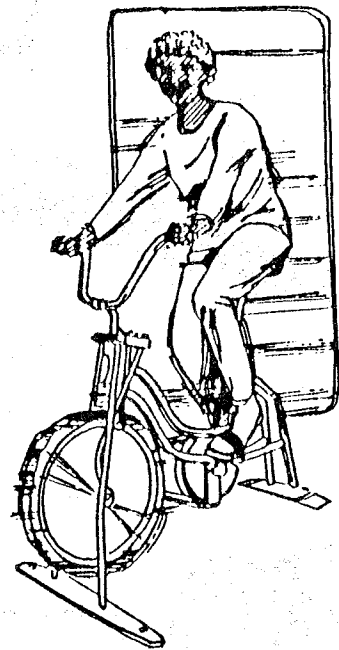
* If you're in a carpool, take a brief "vacation." Close your eyes and picture yourself doing what's most relaxing for you.

* Shift from thoughts of your day to thoughts of your family. Form a mental image of your loved ones -- your son trying out for basketball, your daughter taking an exam. Reconnect with your loving, expressive side.

* Control yourself and greet your family warmly, even if you arrive home riled up. Then disappear for ten minutes. In private, have an imaginary dialogue with offenders in your workday to let off steam before you face your family again.

* Undress for success. Shedding your work clothes is a way to leave the day behind.

* Revive with exercise. Take a brisk walk with your child, or do some aerobics.



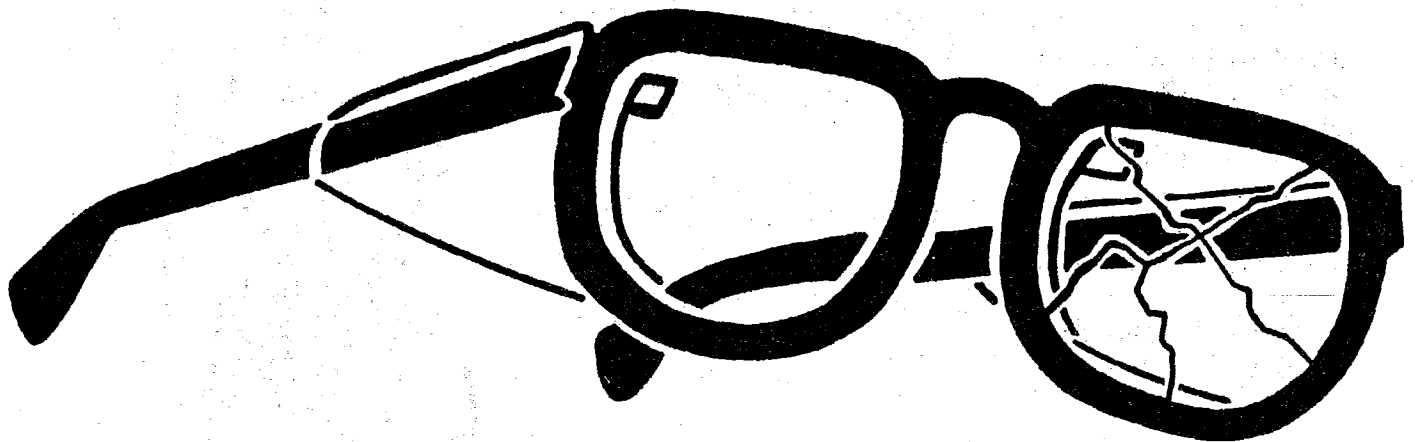
A good question is never answered. It is not a bolt to be tightened into place, but a seed to be planted and to bear more seed toward the hope of greening the landscape of idea.

JULY, 1989

Roof Evaluation—Accident Prevention

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

Never LOSE SIGHT of the importance of your safety glasses!



**PLEASE REMEMBER
"INBY IS OUT"**

MINERS: Credit for this month's safety slogan goes to: **Stephen M. Strange**, Safety Inspector, Gateway Coal Company, Box 107, R.D. 2, Prosperity, Pennsylvania 15329.. Please send your suggestions to: MSHA Office of Information, 4015 Wilson Boulevard., Graphics Room 609, Arlington, VA 22203-1984. Phone: (703) 235-1456.



JULY, 1989



H.S.A. SAFETY TOPIC

AN OPEN MARKET FOR SAFETY

Many years ago, writer John Donne hit the nail on the head when he said that no man is an island unto himself. Old as those words are, its message is as meaningful today as it was when it was written.

We live together and work together. No one lives or works entirely alone. We are all involved with people around us, affected by their accomplishments, marked by their failures.

One of the most disturbing penalties paid when an accident happens is when we realize that because of our own failure someone else was injured. It isn't easy to live with that feeling. By the same token, it isn't easy for a person to live with the feeling that someone has failed them.

Safety is something we shouldn't have to "sell." But we have to keep selling because people keep getting hurt. And if enough of us talk about safety long enough, we're going to get more "buyers."

When we do, accidents will drop. Increased motivation on our part in promoting safe practices will lessen the number of failures caused by the untrained, the unskilled and the gamblers who accept risk unnecessarily.

Nobody wants to be a failure and few of us are without pride. There's embarrassment in failure, but usually that's the least serious aspect of the matter involved.

It is believed that accidents are conceived in improper attitudes and born in moments of action without thought. They will cease only when proper attitude is strong enough to prevent the act...when the right attitude creates awareness that controls the act.

The solution to accident prevention is personal responsibility. The philosophy of personal responsibility isn't anything new. It's an essential part of our American way of life.

THE LAST WORD

GET OUT OF THE INN

Stopping at a hotel on your vacation? Keep these tips in mind:

1. Walk down the corridor and find the fire exits. If there is a fire, don't use the elevator; it could take you to a smoke-filled floor.
2. Check out the exits. Do the doors open easily? Are the stairways clear?
3. Count the doorways and note any other features between your room and the exits. If the hall is dark or filled with smoke, you'll need to know your way as you crawl along the wall.
4. Keep your key close to where you sleep so you can grab it on your way out. You'll need it if smoke blocks your exit and you must re-enter your room until help arrives.
5. Try the windows. Do they open? Would you have to break a window to escape? Which window would you use in an emergency?
6. Look out the window and observe your surroundings. Could you drop to the ground or onto a sundeck safely in an emergency?

SAFETY IN, ON AND UNDER THE WATER

Take a dip, take a plunge, take a cruise....but if you're around the water, don't miss the boat by neglecting safety rules:

- Don't swim alone or where there's no lifeguard on duty.
- Obey pool regulations.
- Don't swim in high tides or strong undertow areas.
- Don't swim after taking medication or drinking alcohol.
- Don't dive into shallow or unfamiliar waters.
- Learn how to scuba dive, deep-sea dive, surf and/or waterski from a qualified instructor.
- Learn how to handle your rowboat, sailboat, motorboat or catamaran.
- Obey all Coast Guard advisories.
- Wear approved personal flotation devices (life jackets) when boating or waterskiing.

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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