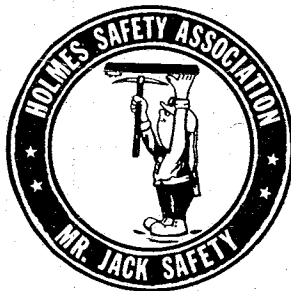

BULLETIN



April 1990



H.S.A. SAFETY TOPIC

ATTENTION: SAFETY PERSONNEL

Is the following information posted at the appropriate places throughout your facility?

EMERGENCY PHONE NUMBERS DIAL 911

FIRE _____

POLICE _____

AMBULANCE _____

DOCTOR _____

HOSPITAL _____

ADDRESS OF FACILITY _____



MINE SAFETY AND HEALTH ADMINISTRATION

4800 Forbes Avenue
Pittsburgh, PA 15213
(412) 621-4500 Ext. 650

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RESIGNATION OF SECRETARY/TREASURER FROM HOLMES SAFETY ASSOCIATION

In my present position as National Secretary/Treasurer of the Holmes Safety Association and the elected responsibility year after year of promoting the credo and doctrines of safety through education and training throughout the mining and metal/nonmetal industries, my workload due to the continuous nationwide and international expansion required all of my undivided attention to the formation of chapters and councils.

The resulting landslide expansion and success of the Holmes Safety Association and its preeminence during my tenure has been enjoyed unilaterally under unchallenged leadership of its offices, the executive body and representatives of all five segments of the industry have been a contributing factor in making the Holmes Safety Association one of the leading associations in the nation.

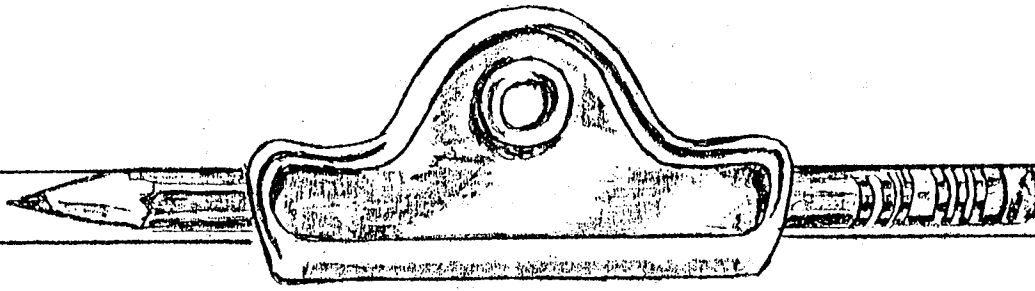
Due to the unacceptable consideration and with a considerable degree of melancholy and a very heavy heart, I step down from the sacred place of leadership within the National, state, district councils and more than 5,000 safety chapters.

Thank you my friends for the confidence you placed in me during the past 27 years that I have as Secretary/Treasurer of this great council. There is much consolation in knowing that I will continue to be an active member attending all meeting obligations as they arise and advising and assisting in every possible way when called upon to do so.

I would like the officers and executive body to consider the following well-qualified delegates who we have all held in high esteem, who will be a great asset to the responsibility of this elected vacant chair.

- The following:
- Linda M. Lofstead, Assistant Secretary, Holmes Safety Association, Pittsburgh, Pennsylvania
 - Ival Van Horne, Health and Safety Specialist, Denver, Colorado
 - Donald Conrad, Training Specialist and Secretary, Pennsylvania Bituminous Council, Johnstown, Pennsylvania
 - John D. Farley, Training Supervisor Academy, Beckley, West Virginia

William H. Hoover
5691 N. Placita Arturo
Tucson, Arizona 85718



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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 meeting report form and return to the Holmes Safety Association.

APRIL, 1990

WELCOME

NEW MEMBERS

NAME	CHAPTER NO.	LOCATION
J & D Mining Inc.	8596	Central City, PA
Westar Coal Co.	8597	Grundy, VA
Mullins Coal Co., Inc. of VA	8598	Dunbar, VA
Preston Energy, Inc.	8599	Fairmont, WV
Hart-Hat Coal	8600	Bald Knob, WV
JCB Mining	8601	Weston, WV
Whitaker Coal Corporation	8602	Hazard, KY
Koch Raven	8603	Oakwood, VA
J.K.G. Coal Corp.	8604	Richlands, VA
Tanglewood Energy Inc.	8605	Monterville, WV
Handshoe's Training Center	8606	Hueysville, KY
Shenandoah Coal Co., Inc.	8607	Jewell Valley, VA
Mighty Mite Coal Co., Inc.	8608	Vansant, VA
Double L Coal Co.	8609	Barbourville, KY
Bar Mining Inc.	8610	Martin, KY
Clinchfield Coal Co.	8611	Clinchfield, VA
Clinchfield Coal Co.	8612	Neece Creek, VA
Clinchfield Coal Co.	8613	Trammel, VA
Vashon Sand & Gravel	8614	Vashon, WA
Lion Coal Co.	8615	Rock Springs, WY
Squires Creek Coal Co.	8616	Kingwood, WV
Filweb Inc.	8617	Bentree, WV
Green Mountain Energy	8618	Otsego, WV
Roundup Powder Co.	8619	Butte, MT
Contact Mining Co.	8620	Philipsburg, MT

WINTER ALERT

APRIL, 1990

WELCOME

NEW MEMBERS

NAME	CHAPTER NO.	LOCATION
Dominion Coal Corp.	8621	Vansant, VA
Dominion Coal Corp.	8622	Vansant, VA
Dominion Coal Corp.	8623	Vansant, VA
Dominion Coal Corp.	8624	Whitewood, VA
Dominion Coal Corp.	8625	Rowe, VA
Dominion Coal Corp.	8626	Whitewood, VA
Dominion Coal Corp.	8627	Vansant, VA
Dominion Coal Corp.	8628	Whitewood, VA
Dominion Coal Corp.	8629	Whitewood, VA
Jewell Smokeless Coal Corp.	8630	Whitewood, VA
Jewell Smokeless Coal Corp.	8631	Vansant, VA
Jewell Smokeless Coal Corp.	8632	Vansant, VA
Jewell Smokeless Coal Corp.	8633	Vansant, VA
Inter. Therm. Engy Conv. Corp.	8634	Fredericktown, PA
Vanover Coal Co., Inc.	8635	Utica, KY
C. N. Wilcher Mining	8636	London, WV
D & P Mining Inc.	8637	Oakwood, VA
Oakwood Mining Inc.	8638	Oakwood, VA
A. Trent Branch Coal Co., Inc.	8639	Hurley, VA
Amaretto Mining Inc.	8640	Shortt Gap, VA
Marquise Mining Corp.	8641	Stoystown, PA
H. C. Bastic Coal Co., Inc.	8643	Swords Creek, VA
B and G Mining	8644	Phelps, KY
Skewes & Hamilton Const. Inc.	8645	Duchesne, UT
Vintah Basin	8646	Roosevelt, UT

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**WELCOME
NEW MEMBERS**

NAME	CHAPTER NO.	LOCATION
S & D Coal Co., Inc.	8647	Cedar Bluff, VA
Beck Tawn Coal Co., Inc.	8648	Richlands, VA
Beck Tawn Coal Co., Inc.	8649	Richlands, VA
Pittston Coal Group	8650	Castlewood, VA
Pittston Coal Group	8651	Castlewood, VA
Ind. Res. of Fairmont, Inc.	8652	Fairmont, WV
R.A. Alexander & Sons, Inc.	8653	Owensboro, KY
D & E Resources, Inc.	8654	Springfork, WV
C.O.P.E. #1	8655	Philippi, WV
Avis Coal Co.	8656	Athens, OH
R. A. Eberts Co., Inc.	8657	McArthur, OH
Robert Cerana	8658	Uhrichsville, OH
T & B Coal Mining, Inc.	8659	Wayland, KY
Dema Coal Co., Inc.	8660	Wayland, KY
Pace Mining Corp.	8661	McDowell, KY
Progressive Coal Co., Inc.	8662	Phelps, KY
Progressive Coal Co., Inc.	8663	Phelps, KY
R. J. & C. Coal Corp.	8664	Council, VA
Freda Coal Inc.	8665	Council, VA
First Miss Gold, Inc.	8666	Golconda, NV
Certified Concrete Prod. Inc.	8667	Las Cruces, NM
Marion Engineering	8668	Fairmont, WV
Trace Fork Coal	8669	Champmanville, WV
Stonco, Inc.	8670	Champmanville, WV
Moore Excavating	8671	Sharples, WV

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WELCOME

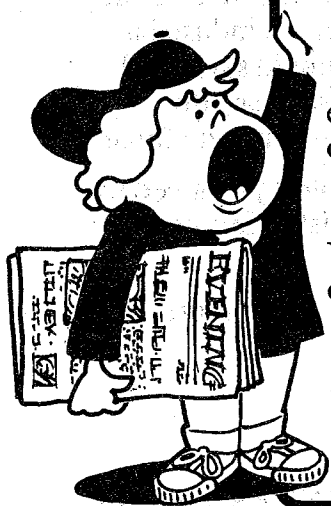
NEW MEMBERS

NAME	CHAPTER NO.	LOCATION
Silver Eagle Resources, Inc.	8672	Coeburn, VA
MAPTS	8673	Soldotna, AK
Buccaneer Coal Co., Inc.	8674	Phelps, KY
Crown Royal Mining Inc.	8675	Ransom, KY
Winn Const. Co., Inc.	8676	Livermore, KY
Hawkins Coal Co., Inc.	8677	Elkhorn, KY
Corbon Coal Co., Inc.	8678	Stopover, Ky
Hagen Cement Products, Inc.	8679	White, MI
Miller Bros. Const. Inc.	8680	Archbold, OH
Vulcan Materials Co.	8681	Joliet, IL
C. C. Linck, Inc.	8682	Beaver Dam, WI
D. H. Blattner Mining Div.	8683	Deadwood, SD
Youngs Interprises, Inc.	8684	Elkview, WV
Allied Coal Testing, Inc.	8685	London, WV

REMINDER

As discussed and approved at last year's national council executive committee meeting, the next Bulletin will be a combined May/June issue.

You should be receiving this edition during the last week of May.



WINTER ALERT



H.S.A. SAFETY TOPIC

*Physical States of Toxic Agents

The effects of toxic agents upon living organisms vary in accordance with the physical states of such agents. The physical agents in the work environment are subject to change. It is important to know what they are.

Gases are formless "fluids" that fill a space or container. Under certain pressures and temperatures, a gas can turn into liquid or solid form. The reverse is also true--liquids and solids will turn into gases under certain temperatures and pressures. Oxygen, nitrogen, carbon monoxide, hydrogen sulfide and chlorine are in gaseous states at normal temperatures and pressures.

Vapor is the gaseous form of a substance which is normally in the liquid or solid form at room temperatures and pressures. Metallic mercury is an example. A vapor can be condensed to liquid or solid under high pressure, low temperature, or both.

Dusts are fine, solid particles produced by mechanical handling, crushing, or grinding of solid materials. Fine airborne dust that reaches the smallest and deepest air sacs in the lungs is called respirable dust. Silica, asbestos and lead are examples of toxic respirable dusts.

Fumes. Heat can liquify solid metals. At high temperatures, solid metal can turn into gases without going through the liquid state. A hot metallic gas, if cooled suddenly, will condense into fine, solid particles. Metallic dusts are known as fumes. Metallic fumes are actually in the form of metal oxides, that is, chemical compounds of metals and oxygen. In industrial hygiene, the term "fume" is used only in this context. To be accurate, one should say, "lead oxide fume," "iron oxide fume," or "copper fume." Likewise, it is proper to say "carbon monoxide vapor" and "gasoline vapor," but not "carbon monoxide fume" and "gasoline fume."

Mists. Liquid droplets, which are the products of condensing gases or droplets produced by scattering of liquids through splashing, foaming, or atomizing, are called mists. Examples include oil and acid mists.

Aerosols. Solid or liquid particles of microscopic size scattered in a gas, such as air, are called aerosols. The name also applies to dusts, fumes, or mists.

* Excerpted from "Industrial Hygiene for Healthier Miners," MSHA, 1987.

WINTER ALERT

Routes of Entry

The site of first contact between an agent and the body is called "route of entry." The three major routes of entry are:

- * the respiratory system (breathing);
- * the skin; and
- * the digestive system (eating).

Breathing. Any material inhaled with the air can reach the blood through tiny air sacs, called **alveoli**, which are surrounded by tiny blood vessels of the lungs. Oxygen, contained in the air we breathe, enters the blood and carbon dioxide, contained in the blood, enters the lungs through the membranes surrounding the alveoli. There are about 300 million alveoli in the lungs.

A healthy human respiratory system has a limited capacity to dispose of the dust contained in the air before the dust reaches the innermost parts of the lungs. The nose filters out the large dust particles. Finer dust can pass through the nose, but may be trapped on a layer of **mucus** which covers the passages of the lungs--bronchi and bronchioles. Mucus--a slime produced by the glands in the air passages--is moved by millions of **cilia**, the tiny whiplike protusions in the air passages. Eventually, the dust-laden mucus reaches the epiglottis and ends up in the stomach. Certain toxic agents such as cigarette smoke paralyze the cilia and stop their rhythmical movement. As a result, the lung loses its ability to dispose of the dust.

Fine dust particles which get past the moving layer of mucus, can reach the alveoli. Here we find macrophages--large wandering cells--that swallow up the intruding dust particles and adhere themselves to the moving mucus. Macrophages can also get into the lymphatic system, or blood vessels, and in doing so carry the dust out of the lungs.

Suffocating Agents. Living tissues need oxygen. Agents that deprive tissues of the needed oxygen are called asphyxiants, which are of two kinds. A **simple asphyxiant** is any gas which dilutes the oxygen below the level needed to support human life. Simple asphyxiants, such as methane, do not form chemical compounds with the blood. By contrast, a **chemical asphyxiant**, such as carbon monoxide, combines with oxygen of the blood and deprives body tissues of their oxygen supply.

Lung Scarring Dusts. Quartz dust, coal dust and asbestos fibers of respirable size are known as **lung scarring agents**. Quartz dust causes silicosis, asbestos fibers cause asbestosis, and coal dust causes pneumoconiosis.

Entry Through the Skin. The skin is a route of entry for some toxic agents to reach organs and systems of the body. Skin is a selective filter, not a perfect barrier. Entry through the skin is easier if the skin is damaged. Work-related skin diseases greatly exceed other job-related injuries among metal and nonmetal mine workers.

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APRIL, 1990

Chemical agents which penetrate the skin vary in their effects. Irritants affect the site of contact. They cause blisters, which are accumulations of fluid in the skin cells, and redness of the skin, which is caused by inrush of blood to the site of contact. Irritants will inflame the mucous membrane of the lungs.

The skin repeatedly affected by a chemical agent becomes sensitized. The first contact between an agent and the skin or mucous membrane does not cause irritation. The second contact may cause inflammation. ("Nickel itch" is an example of skin sensitivity to a metal.) People reacting to sensitizers are said to be **allergic** to such agents.

Inflammation of the skin, or dermatitis, is caused by chemical, mechanical, physical, or biological agents. Preventive measures include the control of work routine, personal hygiene, protective clothing and the use of barrier creams.

Eating. Toxic agents can enter the body when workers eat or smoke with unwashed hands, or in unclean work areas. Airborne dust can be ingested--this happens when inhaled airborne particles stick to the lining of the bronchi and bronchioles, are carried to epiglottis by the clearing mechanism of the lungs and swallowed. Enriched uranium dust can enter the body through this route and can damage the kidneys.

^ ^ ^ ^ ^ ^ ^ ^ ^

NOTICE

With this issue, production of the Bulletin in the Pittsburgh Office will cease. The Bulletin and other Holmes Safety functions will be handled through the Educational Policy and Development office in Arlington, Virginia, and the National Mine Academy in Beckley, West Virginia.

Effective May 1, 1990, all correspondence, including chapter applications, should be forwarded to:



**Mine Safety and Health Administration
Educational Policy and Development
4015 Wilson Boulevard
Arlington, Virginia 22203-1984**

WINTER ALERT

APRIL, 1990

**ABSTRACT
FROM
FATAL
ACCIDENT**

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



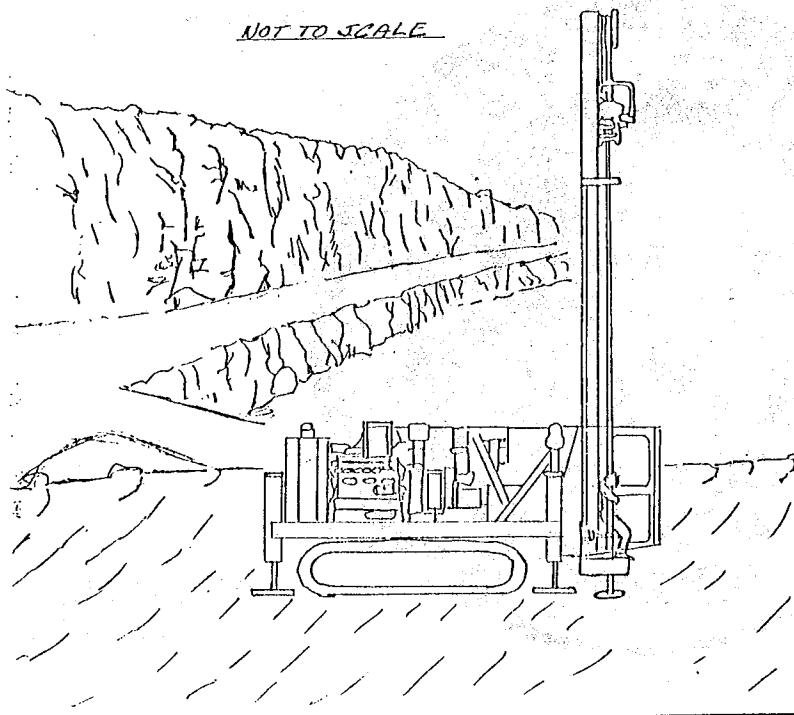
FATAL MACHINERY ACCIDENT

GENERAL INFORMATION: A fatal occurred at an open pit silver mine resulting in the death of a drill operator with four years of mining experience.

DESCRIPTION OF ACCIDENT: The victim reported for work at his regularly scheduled starting time and was assigned to operate one of two self contained drills. Normally the two drillers were in sight of each other and the shift supervisor made regular rounds through the work area about every 20 to 30 minutes. At one point, one of the drillers turned his drill toward the back wall of the drill bench which caused him to lose visual contact with the other driller. This was about the same time the shift supervisor had completed his last check of the work area.

A short time later, the shift supervisor noticed the drill head had not moved on the mast of one of the drills. He returned to the drill bench to investigate and discovered the victim entangled between the drill stem and the mast of the machine.

CAUSE OF ACCIDENT: Evidence at the scene indicated the victim had stepped up on the centralizer of his drill in an attempt to clean the cab window with a four-inch putty knife. This placed him in close proximity to the rotating drill stem and the left shoulder of his coveralls became caught, pulling him between the drill stem and mast.



WINTER ALERT

APRIL, 1990

**ABSTRACT
FROM
FATAL
ACCIDENT**

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



FATAL RIB FALL

GENERAL INFORMATION: A rib roll occurred in an underground coal mine resulting in the death of a shuttle-car operator. The victim had nine years of mining experience and had worked the last 18 months at this mine as a shuttle-car operator.

DESCRIPTION OF ACCIDENT: On the day of the accident, the day shift crew and their supervisor entered the mine and began coal operations. Coal production continued normally. The continuous-mining machine was pushing up loose roadway coal in the No. 4 entry in preparation to mine the pillar to the left. A visual examination of the roof and ribs in this area was made by the section foreman, the continuous-mining machine operator and the shuttle-car operator. Some loose material was detected and pulled down along the left rib at the inby end of the pillar located immediately outby the pillar to be mined. The remainder of the left rib appeared to be solid.

The shuttle-car operators were operating Joy 21SC off-standard drive shuttle cars. The victim had positioned his shuttle car under the conveyor boom of the continuous-mining machine when the left rib, approximately 30 feet long and 18 to 36 inches thick, fell, trapping him between the rib and the frame of the shuttle car.

CONCLUSION: The accident occurred because the rib was not supported or otherwise controlled to protect persons from hazards related to rib falls. A contributing factor was that the shuttle car was not equipped with a cab or canopy.



WINTER ALERT



H.S.A. SAFETY TOPIC

SUPERVISOR SAFE PRODUCTION CHECK LIST

SAFETY THROUGH COMMUNICATION

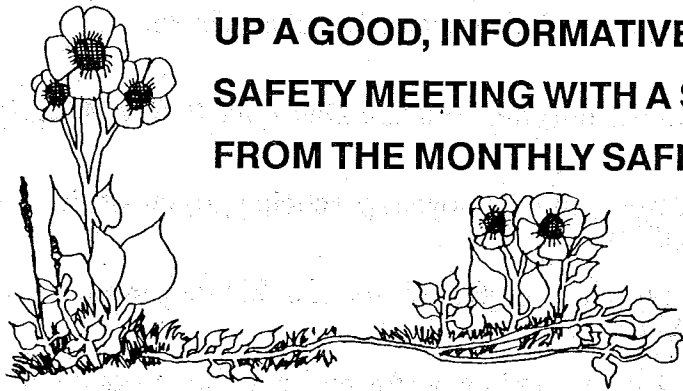
1. Get to know your employees and their family. (COMMUNICATE)
2. Be concerned about them and their problems. (COMMUNICATE)
3. Follow-up on all safety defects and/or unsafe work procedures. (COMMUNICATE)
4. Hold daily discussions on safe production with your employees. (COMMUNICATE)
5. Distribute work loads equally and fairly to your employees. (COMMUNICATE)
6. Distribute discipline to employees by being firm, fair and consistent. (COMMUNICATE)
7. Conduct and attend well planned Tailgate, Unit and Divisional Safety Meetings. (COMMUNICATE)
8. Check work areas daily for defects and employees practicing proper work procedures. (COMMUNICATE)
9. Insist that employees follow proper work procedures and that they inspect work areas daily. (COMMUNICATE)
10. Praise the employee or crew for outstanding performance in safe production. (COMMUNICATE)
11. Council employees on unsafe work habits, personal protective equipment and after an accident or incident. (Demonstrate that you care and COMMUNICATE)
12. COMMUNICATE with other crews and departments on how unsafe work practices, accidents and incidents were corrected.
13. Thoroughly investigate all types of accidents and incidents. (COMMUNICATE)
14. Properly train, or cause to be trained, all of your employees in the safest and most efficient method to complete a job task. (COMMUNICATE)

WINTER ALERT

15. Secure or correct all defects when found or brought to your attention. (COMMUNICATE)
16. Remind your employees, in conversation or written communication, to practice safe production. (COMMUNICATE)
17. Always plan and direct work activity to be both safe and productive. (COMMUNICATE)
18. Play a leading role in safe production in the crew, department, division and company. (COMMUNICATE)

COMMUNICATION is one of the keys to a sound safety program.

In industry today, the most cost effective and productive supervisor is the supervisor that practices safe production through communication.



IF YOU WANT TO START A FIRE, YOU HAVE TO STRIKE A MATCH. HOW ABOUT HEATING UP A GOOD, INFORMATIVE, ON-THE-JOB SAFETY MEETING WITH A SAFETY TOPIC FROM THE MONTHLY SAFETY BULLETIN?

DON'T EXPECT TO LUCK OUT.... LOCK OUT!

WINTER ALERT

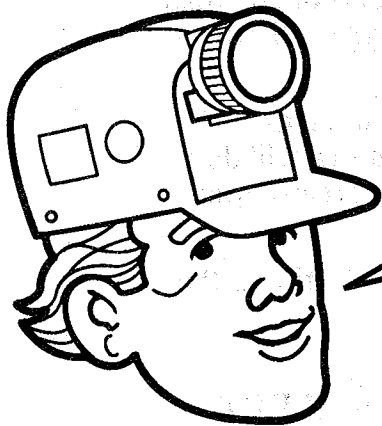
APRIL, 1990

Roof Evaluation—Accident Prevention

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



April may bring more than
showers down on you...
UNSUPPORTED ROOF KILLS!



MINERS: Miners we'd like your help in creating safety slogans for these posters. If your slogan is used your name, mine and state will be printed on the poster AND you will receive an engraved plaque. Please send your suggestions to: MSHA Office of Information, 4015 Wilson Boulevard, Graphics Room 609, Arlington, VA 22203-1984. (703) 235-1456



April 1990

WINTER ALERT



H.S.A. SAFETY TOPIC

"THE HEARTBREAK OF"

No, not psoriasis (as in the old commercial), but dermatitis - specifically, occupational dermatitis. Occupational dermatitis is any abnormality of the skin that is caused or aggravated by the work environment. This includes rashes, eczema, psoriasis, certain warts, fungus infections, and so on right up to skin cancers.

One of the earliest written references to dermatitis is by Paracelsus and Agricola, two doctors from ancient Greece who studied skin disorders in miners. Today the mining industry still uses and produces many substances that can cause serious skin problems. Although our statistics show few cases reported each year, we know from studies in other jurisdictions that this is probably because dermatitis is seriously under-reported compared to the actual number of cases.

The most common form is *contact dermatitis*. As the name implies, it is caused when the skin comes into contact, usually repeated contact, with irritants such as acids, alkalis, detergents, resins, oils and solvents. With proper medical attention, most cases clear up in 4 to 8 weeks. But unless the victim is protected from further exposure, it can quickly reoccur and in some cases, may never permanently disappear.

Another form, fortunately less common, is *allergic dermatitis*, where the victim becomes sensitized to a substance so that even a single exposure produces an allergic skin reaction. Nickel, chromium, mercury and cement are particularly potent sensitizers. In some cases the sufferer may have to be permanently removed from the work environment.

You can protect yourself from becoming a victim of dermatitis. The most obvious way is to **avoid contact with potential irritants**. Wear the proper personal protective equipment, including gloves and/or barrier creams. But be sure to check with your supervisor and read the appropriate Material Safety Data Sheet about what to use. The wrong type will provide you with a false sense of security, which can be dangerous.

Secondly, **keep your body, your clothes and your work area clean**. Wash your hands whenever they contact a known irritant, but with the mildest cleansing agent that will do the job, such as plain water. Use waterless soaps rather than solvents to remove grease from your skin. Wash your work clothes frequently.

Your body is covered with 20 square feet of skin. Protect every inch of it from irritants that could result in permanent discomfort.

*Mines Accident Prevention Association Ontario

WINTER ALERT

APRIL, 1990



H.S.A. SAFETY TOPIC

"Accidents Don't Just Happen"

Not every dangerous act causes an accident. But more important, few accidents would be caused without dangerous acts of some nature. For instance, an employee in a large industrial plant was injured when she dropped a heavy box on her foot. Another employee at the same plant, but in a different department, caught his hand in a press the same day.

These accidents may appear to be different, but basically they were identical. This is because accidents don't just happen -- they're caused, and in these cases, the cause for both mishaps was an unsafe act. One woman attempted to carry a box that was too heavy for her. The other didn't use the guards provided on his machine.

The causes of accidents can almost always be traced to an unsafe act, an unsafe condition or a combination. So if someone trips over a tool box, similar accidents won't be eliminated by just keeping tool boxes off the floor. The cause of the accident must be eliminated by keeping everything off the floor that doesn't belong there.

If we're going to avoid accidents, we should have a pretty good idea of what causes them. So let's consider some of the unsafe acts and conditions that frequently lead to accidents.

Unsafe conditions usually are caused by careless housekeeping, improper loading or piling, defective or broken equipment and guards not on machinery. Some of the more common unsafe acts are: reaching into running machinery, unsafe speeds, taking chances by not using safety guards and devices. Others include not wearing protective equipment, unsafe tools or equipment, unsafe handling of materials and horseplay.

Unsafe acts are a personal thing. But there are general steps that can be taken to avoid unsafe acts and conditions. First, stay alert on the job and don't let routine or familiarity lure you into carelessness.

Next, know your job. The more you know about your job, the safer you'll be. An attempt is made to thoroughly instruct every new employee about their job and its responsibilities, but other questions may arise. Be sure to talk to supervisors.

Everyone has to make personal contributions to safety or the best planned safety program won't work. A good start is to follow safety rules. Certain rules in the workplace have been made for your protection. Follow them. Just because an unsafe act is not specifically listed as being prohibited, it doesn't mean you should do it.

WINTER ALERT

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It's human nature to work yourself into habits. When you break a safety rule, you've taken the first and most important step in forming a bad habit, a habit that can lead to an injury. Good habits, such as noticing unsafe conditions, correcting them immediately or calling them to the attention of a supervisor, are just as easy to form.

Finally, a very important contribution we can all make to our own safety is to develop a safe attitude. Recognize that an accident can happen and then take the necessary steps to avoid it. This is probably one of the most difficult things to face because most of us have the mistaken notion that it's always the other person who gets hurt. This theory is disproved many times each day when countless people are injured, each of them having assumed it would be someone else who would get hurt. Self-preservation should be enough to inspire all of us to have a positive attitude toward safety, but injury statistics prove otherwise. However, this does not mean it can't be done by using mature, responsible thinking in daily job activities.

When you realize that **accidents don't just happen -- they're caused**, you can see that something can be done about them. Let's each do our share in eliminating the causes.

+ + + + +

THINK SAFETY!

- It takes a minute to write a safety rule
- It takes an hour to hold a safety meeting
- It takes weeks to plan a safety program
- It takes a month to put it in operation
- It takes a year to win a safety award
- It takes a lifetime to make a safe worker
- But it only takes a Second to destroy it all with a single mishap

BE CAREFUL OUT THERE!

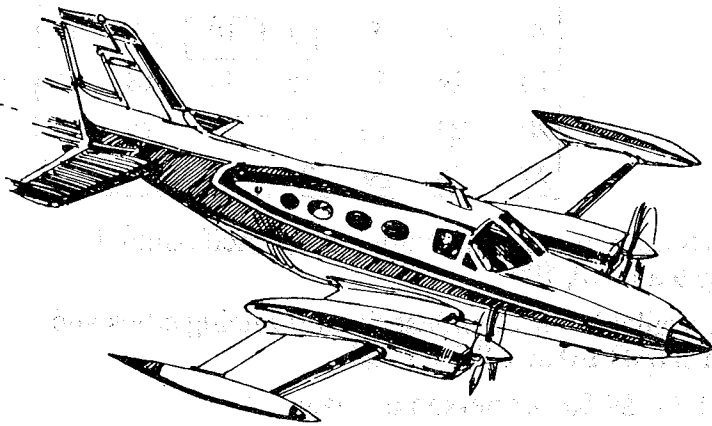
WINTER ALERT

APRIL, 1990



HOLMES SAFETY ASSOCIATION

SPECIAL AIRFARES TO PHOENIX, ARIZONA



The Holmes Safety Association has selected American Airlines as official carrier for attendees of the Holmes Safety and Joseph A. Holmes Safety Association, National Safety Council Southwest Safety Congress, Western Regional State Grants and American Society of Safety Engineers meetings. American is offering special discounts for attendees and guests.

The meeting saver fares offer a 45% discount off round-trip day coach fare with a minimum of 14-day advance ticket purchase; 40% off a 7-day

advance ticket purchase; or a 5% discount off any other round-trip fare including promotional fares; all rules and restrictions apply.* This offer is valid within the continental United States to travel on American Airlines.

Call early to secure lowest fares available on American and follow these steps:

- Travel between May 5 and 18, 1990.
- Call American's Meeting Services desk at toll-free 1-800-433-1790, between 7:00 AM and 12:00 PM central time, seven days a week.
- Ask for STAR File #S-0850Q3

Reservations for these special fares are only available through American's Meeting Services desk.

If you use a travel agent, the fares will also be available, provided the above steps are taken.

*Passengers are subject to a \$30.00 service fee when applying for a full or partial refund once tickets are issued.

WINTER ALERT

APRIL, 1990



HOLMES SAFETY ASSOCIATION

"MARK YOUR CALENDAR"

Holmes Safety Association
 Joseph A. Holmes Safety Association
 Annual Meetings
 Sheraton San Marcos Resort
 Phoenix/Chandler, Arizona
 May 9-10, 1990

MAY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Plans have been finalized to hold the Holmes Safety Association National Council Annual Meeting in Phoenix/Chandler, Arizona, on May 9 and 10, 1990.

American Airlines/American Eagle discount is available for attendees from servicing cities and local airports. Call 1-800-433-1790 and Ask for STAR FILE #SO-850Q3

Limousine service to and from airport and hotel -- \$9.50 per person one way

Hotel Rates - \$50.00 single/\$55.00 double plus tax

Following is a tentative agenda:

May 8

Tuesday 8:00 AM - 8:00 PM Registration

May 9

Wednesday 7:00 AM - 8:00 AM Registration

8:00 AM - 11:30 AM National Council Executive Meeting - Lodge

1:00 PM - 5:00 PM Scottsdale Shopping Expedition Bus Tour

1:30 PM First Annual Mixed League golf tournament
 (All HSA members-\$28 with cart) (\$50 all others)
 Scores will be by Calloway System 90 up/90 down
 Loads of Prizes

6:30 PM Western Cookout (Country Club golf course patio)
 Host -- Cyprus Coal Company

WINTER ALERT

APRIL, 1990

MAY 10

Thursday

7:00 AM - 8:00 AM

Registration

8:00 AM - 12:00 PM

National Council Regular Meeting

Reports of Executive Meeting

Mine Safety/Merit Awards

Treasurer's and Financial Reports

1990-91 Slate of Officers

New and Old Business

12:00 PM - 2:00 PM

Lunch

9:00 AM - 1:00 PM

Southwestern Heritage Botanical Garden Bus Tour

2:00 PM - 4:00 PM

Joseph A. Holmes Safety Association

Board of Directors Meeting

Joseph A. Holmes Safety Association

Regular Meeting

Approval of Awards

Nomination of Officers

New and Old Business

May 10

Thursday

5:30 PM - 6:30 PM

Social Hour host -- National Mine Service

6:30 PM

Awards banquet on the Veranda

under the desert skies

President's Welcoming Address

Council and Chapter Awards

Door Prizes and 50/50 Drawing

Dancing in Lounge

MAY 11

Friday

CHECK-OUT

For further information, please contact H.S.A., 4800 Forbes Ave. Pgh. PA 15213

(412) 621-4500 Ext. 650

WINTER ALERT

APRIL, 1990

Banquet and Tour Reservation Form
Holmes Safety Association
Joseph A. Holmes Safety Association
Annual Meetings
Sheraton San Marcos Resort
Phoenix/Chandler, Arizona
May 9 - 10, 1990

Enclosed is a check for _____ (number of) banquet tickets at \$24.50 each (includes tax and gratuity). Dinner includes prime rib of beef au jus, soup or salad, fresh vegetables, potatoes or rice, dinner rolls, dessert and beverage.

Name(s) of attendees (Please list first and last names as all attendees will be issued I.D. badges).

Name and Title _____

Name and Title _____

Name and Title _____

Name and Title _____

Company _____

Address _____

Phone Number _____

Please return reservation form with check by April 9, 1990 to:

MSHA, Holmes Safety Association
4800 Forbes Avenue
Pittsburgh, Pennsylvania 15213

APRIL, 1990

This year the Association has contracted with a local tour company to make available two tours for spouses, children and guests.

For the nongolfers, there will be a Scottsdale shopping tour on **Wednesday** afternoon. Shopping in the Scottsdale area of Phoenix includes Fifth Avenue, an area filled with hundreds of shops, many with native Southwestern crafts; Old Town Scottsdale, offering everything from real western boots to exotic leather items; and, The Borgata, a collection of 50 unusual and hand selected boutiques. Bus departs from hotel at 1:00 p.m. and returns at approximately 5:00 p.m.

Cost: \$14.00 per person

Thursday's tour incorporates native Arizona flavor. The first stop is the Heard Museum. Located in an old Spanish hacienda, this museum features countless American Indian artifacts and treasures. Tourgoers will view the Capitol Building and Heritage Square on the way to the Desert Botanical Gardens featuring over 1,000 different cacti and unusual plants growing in a natural desert setting. Bus departs from hotel at 9:00 a.m. and returns at approximately 1:00 p.m.

Cost including admissions to Museum and Gardens: \$22.00 per person

Tour Reservation Form

Please reserve the following number of seats on the bus tour(s):

_____ seats for Scottsdale Shopping Tour @ \$14.00

NAME(S) _____

_____ seats for Southwestern Heritage Tour @ \$22.00

NAME(S) _____

Enclosed is a check* in the amount of \$ _____

***Make check payable to:** Holmes Safety Association
4800 Forbes Avenue
Pittsburgh, Pennsylvania 15213

APRIL, 1990

HOLMES SAFETY ASSOCIATION LODGING RESERVATION FORM

Please reserve accommodations for:

Name	Arrival Date
Address	Departure Date
City, State, Zip Code	Phone Number

Main hotel rooms are located in close proximity to the hotel lobby, restaurants and gift shops, swimming pool and whirlpool. Lodge guest rooms are situated by the golf course near the meeting room. There is also a swimming pool located adjacent to these rooms.

Please indicate type and location of room required/Check One:

- Single Room @ \$50 per night -- Main hotel room
- Single Room @ \$50 per night -- Lodge guest room
- Double Room @ \$55 per night -- Main hotel room (Sharing with _____)
- Double Room @ \$55 per night -- Lodge guest room (Sharing with _____)

Room Tax is 8.9% per night.

Please enclose a check or money order for one night's deposit or guarantee to credit card # _____ /Expiration date of card _____.

_____	Master Card	_____	Diner's Club
_____	Carte Blanche	_____	American Express
_____	VISA		

Return to: Reservation Department
Sheraton San Marcos Golf and Conference Resort
One San Marcos Place
Chandler, Arizona 85224

Reservation cut-off date: April 9, 1990

A written confirmation will be sent to each individual upon receipt of deposit.

APRIL, 1990

Golf Reservation Form

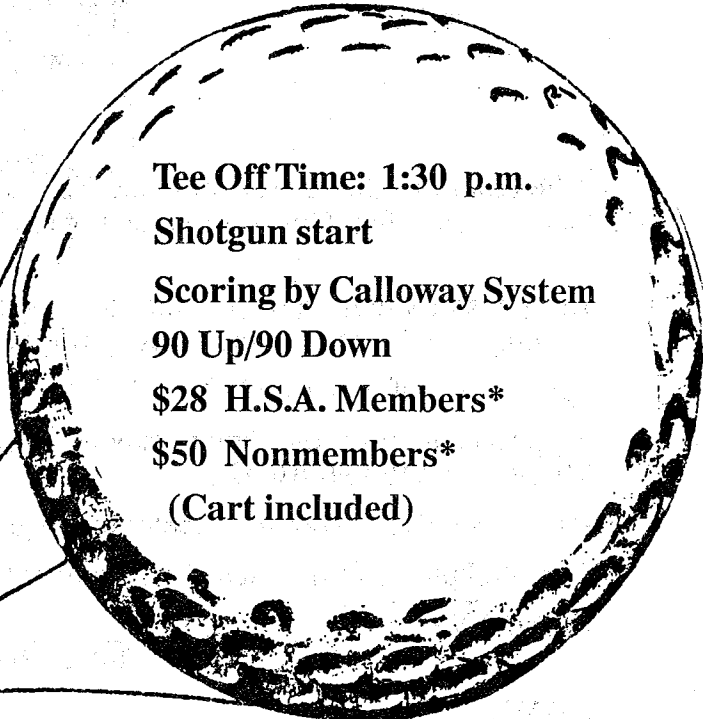
"PLAY GOLF"

in the
First Annual Holmes Safety Association

SHERATON SAN MARCOS RESORT
GOLF & COUNTRY CLUB
MAY 9TH, 1990



Mixed League Tournament



Tee Off Time: 1:30 p.m.
Shotgun start
Scoring by Calloway System
90 Up/90 Down
\$28 H.S.A. Members*
\$50 Nonmembers*
(Cart included)

Make checks payable to: John Clark, Pro

Mail to: MSHA, Holmes Safety Association
4800 Forbes Avenue, Room A-271
Pittsburgh, Pennsylvania 15213

I/We want to play in the tournament:

Tournament limited to 140 players.

*All remaining proceeds, after tournament expenses are met, will be donated to:

Child Protective Services
4620 N. 16th Street
Phoenix, Arizona
(602) 255-4987

Address: _____

Telephone _____

All awards will be presented at Barbeque on Wednesday evening.

APRIL, 1990

First Annual Golf Tournament



The Holmes Safety Association invites you to sponsor a tee(s) in the First Annual Holmes Safety Association Golf Tournament at the Sheraton San Marcos Resort on May 9, 1990.

All sponsors will have their names or company logo imprinted on a banner at the tee as well as being listed in the annual meeting program and the Holmes Safety Annual Report.

Sponsorship of tees are \$100 each.

All proceeds, after tournament expenses, will be donated to the CHILD PROTECTIVE SERVICES OF PHOENIX.

I/we would like to sponsor a tee(s) in the golf tournament:

Enclosed please find a check in the amount of \$ _____.

COMPANY

Flag will be imprinted exactly as listed .

NAME

STREET

CITY

STATE

ZIP CODE

TELEPHONE () _____

Please make check payable and return to:

MSHA, Holmes Safety Association

4800 Forbes Avenue, Room A-271

Pittsburgh, Pennsylvania 15213

DEADLINE FOR SPONSORSHIP: April 9, 1990

SILVER ANNIVERSARY ANNOUNCEMENT



**Arizona Chapter
National
Safety
Council**

Southwest Safety Congress

25th Annual Safety Congress
And Exhibits to be held on
May 8, 9 & 10, 1990.

Location:
Sheraton San Marcos Resort
Phoenix/Chandler, Arizona



Held in conjunction with:



Holmes Safety Association
Joseph A. Holmes
National Council Annual Meeting

&



Western Regional State Grants Meeting
Hosted by the Arizona State Mine Inspector
Douglas K. Martin

Registration and Exhibit Information



ARIZONA
CHAPTER

Toni Taylor
(602) 264-2394



Bill Hoover
(602) 629-6631
(412) 621-4500



William Vanderwall
(602) 542-5971

APRIL, 1990



H.S.A. SAFETY TOPIC

THE SAFETY PROFESSIONAL

Do you think it's an easy job,
And you'll have lots of fun?
For the most part, it's a thankless
job,
And you're always on the run.

It's a never-ending, uphill fight,
A war that's never won.
The battle for a positive safety
attitude
Is a job that's never done.

When the emergency call comes in
And you run for the ambulance
bay,
You pray over and over, please
God,
Let them be okay.

Sometimes you arrive on the scene
And witness a horrible mess.
You try to save the life
But end with no success.

You cannot show your feeling,
Or pain in your heart.
You only question yourself on
Oh, God, how did this accident
start?

When you investigate the accident
cause

You ask yourself to reflect
On just how the accident could
have been prevented
So others would know what to
expect.

But when a day is over
And not one life is lost
You know that the extra time you
spent
Was well worth the cost.

After all the long years of
Heartache, pain and strife
You know the jobs worth it
If you are able to save but one life.

If God gave me a choice
Of what I wanted to be in future
life,
I would still want to be a Safety
Professional
Even with all the heartache, pain
and strife.

Courtesy of: H. L. Boling, Safety
and Hygiene Supervisor
Phelps Dodge Moenci, Inc.

WINTER ALERT



H.S.A. SAFETY TOPIC

BOXED IN

When work is done in enclosed spaces, it is important that supervisors plan the work and monitor its progress. Concrete and rock chipping, sanding and drilling, spray and brush painting are especially hazardous in closed areas.

Where quantities of dust or vapors are generated, exhaust ventilation is just as important as the piping in of fresh air. It is useless to blow dust or vapors around in a manhole for instance, without providing a way to remove them.

Remember that the hotter the hole or space, the more likely it is that paints or other coatings will vaporize rapidly and reduce the available free oxygen needed for life support. Exhaust ventilation is critical. . .even when respirators are provided.

Any closed space should be regarded as a hazardous work area; and when that space has existed for some time, like old dust vaults and drainage manholes, no work should be attempted until the space has been ventilated and checked for explosive gases which may have gathered. Heavy gases will lay near the floor; light gases will rise. Most gases found in manholes tend to invade crevices and other openings within the manhole so a thorough ventilation job is called for before work is begun. Lighting can also be a problem in these areas. Portable, sealed system lights are the only safe devices in closed spaces. Low wattage, low voltage devices are preferred.

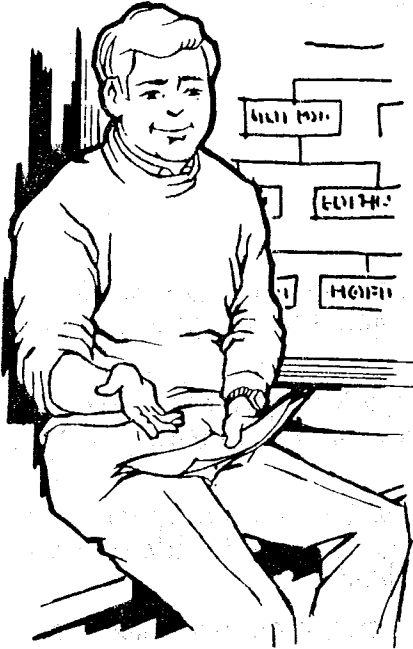
High wattage, common light bulbs often add to the heat factor besides providing a contact burn or glass breakage and system shortage exposure. (Remember too, that many home attics are equivalent to a closed space so when you go up to do repair work, seal and paint or spray for bugs **VENTILATE!**)

If a single worker is assigned a job in any closed space, a standby worker should be stationed near the opening to observe the worker inside. Quick exit should also be provided. Too many times a space is entered by crawling over and around obstructions with no thought about how the crew inside would evacuate in case of an emergency.

WINTER ALERT

THE LAST WORD

DID YOU EVER STOP TO THINK THAT:



- ✘ Obstacles are those frightful things you see when you take your eyes off the goal.
- ✘ Everybody wants to live a long time, but no one wants to get old.
- ✘ One safety post or roof bolt is worth more than 50 years of experience.
- ✘ It's little careless habits that make BIG accidents.
- ✘ It might not be your fault -- just your funeral.
- ✘ An accident usually wins the race against time!
- ✘ It's much easier to do the job safely than explain why you didn't.
- ✘ Your luck can run out in an unguarded moment.
- ✘ Safety first is what we need
Our safety laws all should heed
To prevent accidents
and keep our injuries and fatalities low
Will help make our production grow.
- ✘ You have no right to take a chance; the other person may have to take the consequences.
- ✘ Guards prevent some serious accidents; You can prevent the balance.

**HAPPY
EASTER**

WINTER ALERT

5000-22
(Rev. 12-78)



**HOLMES SAFETY ASSOCIATION
MEETING REPORT FORM**

For the month of _____

TOTAL meetings held this month _____

TOTAL attendance this month _____

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

(Telephone No.)

(Signature)

(Title)

FILL OUT - FOLD AND STAPLE - FREE MAIL-IN

NOTE: BE SURE OUR ADDRESS SHOWS

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

Please include any change of address below:

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

**MSHA, Office of Holmes
Safety Association**
Educational Policy & Development
4015 Wilson Boulevard
Arlington, Virginia 22203-1984

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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