

Joseph A. Holmes **Safety Association**

Bulletin

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The Joseph A. Holmes Safety Association Bulletin contains safety articles on a variety of subjects: fatal accident abstracts, studies, posters, and other health and safety-related topics. This information is provided free of charge and is designed to assist in presentations of groups of mine and plant workers during on-the-job safety meetings. For information visit the MSHA Home Page at www.msha.gov.

Please Note: The views and conclusions expressed in Bulletin articles are those of the authors and should not be interpreted as representing official policy or, in the case of a product, represent endorsement by the Mine Safety and Health Administration.

Cover page: Cover created by the AVMDB Graphics Section. Photos provided by Dennis A. Morgan, M.S., Industrial Hygienist, Division of Health (MSHA) of the Solvay Minerals (Green River, Wyoming) underground trona mine. If you have a potential cover photo, please send an 8"x10" print or digital image on disk at 300 dpi resolution to Donald Starr, Joseph A. Holmes Safety Association Bulletin, National Mine Health and Safety Academy, 1301 Airport Road, Beaver, West Virginia 25813-9426.

Seventy-Two Fatalities Have Occurred at Coal and Metal/Nonmetal Mining Operations Since January 2001

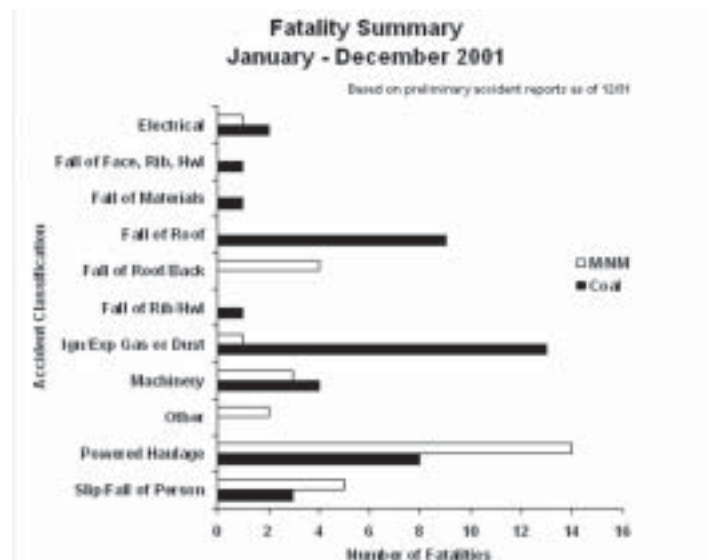
This article updates the status of fatalities occurring in both coal and metal/nonmetal mines from January through December of 2001. Based on preliminary accident reports, as of December 31, 2001, seventy-two fatalities have occurred at coal and metal/nonmetal mining operations. During this period, forty-two fatalities occurred at coal operations and thirty fatalities occurred at metal/nonmetal operations. Ignition or explosion of gas or dust and fall of roof were the most frequent accident classifications in coal and powered haulage fatalities were the most frequent accident classification in metal/nonmetal.

Coal Mining

Thirteen of the fatalities were classified as ignition or explosion of gas or dust (this was the multiple fatality disaster occurring in Alabama in September 2001). Fall of roof involved nine fatalities and there were eight fatalities involving powered haulage. Fourteen fatalities occurred in Alabama and thirteen fatalities occurred in West Virginia. Thirty-two fatalities occurred underground and ten occurred on the surface.

Metal/Nonmetal Mining

Fourteen of the fatalities were classified as powered haulage and four were classified as roof fall. Eight fatalities occurred at sand and gravel operations and six occurred at limestone operations. Twenty-two fatalities occurred underground and eight occurred on the surface.





Rod Breland (EFS Western Regional Manager), Assistant Secretary Lauriski, and Lee Ratliff (Western District Manager).

Assistant Secretary of Labor for Mine Safety and Health Addresses the Northwest Mining Association

Mr. Dave Lauriski, Assistant Secretary of Labor for Mine Safety and Health, addressed the members of the Northwest Mining Association on December 7, 2001, in Spokane, Washington.

Mr. Lauriski encouraged mine operators to “stand down for safety” in order to remind employees of safe and healthy work practices. He discussed the results from a series of stakeholder meetings the Mine Safety and Health Administration conducted around the country and the need for Government and industry to work together toward safety. He said, “A common theme in our stakeholder meetings was compliance

assistance. Many mine operators would like MSHA to provide more advice and education on keeping the workforce safe and preventing violations.

“We must reach and maintain a healthy balance among enforcement, education and training which includes compliance assistance and technical support.”

Also emerging from the MSHA stakeholder meetings was an emphasis on training. “To reduce mining accidents, we will have to better prepare miners and supervisors to perform their work tasks safely,” Lauriski said.

The Northwest Mining Association is a 106-year-old 2,500-member trade association founded in Spokane, Washington during the early years of the Coeur d’Alene Mining District. They support the mining industry throughout the states of Alaska, Idaho, Montana, Oregon and Washington, the provinces of Alberta and British Columbia, and Yukon and Northwest Territories and serves in the role of the state mining association for Oregon and Washington.

The Northwest Mining Association’s annual meeting was held December 4-7, 2001, in Spokane, Washington and this year’s theme was “GeoDestiny, Resources for the Future”. As the population of the north American continent is continually growing and without increased production of mineral and energy resources, the demand for minerals and energy will outpace supply.

This year’s meeting will be held December 3-6, 2002.

Sources of Part 46 Training Materials

by
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and Raja V. Ramani
The Pennsylvania State University

Edited by Lynn Gilmon for the Bulletin

Abstract

Based on MSHA employment statistics, the number of affected operations and miners by Title 30 CFR Part 46 regulations is approximately 10,000 and 118,000, respectively. These numbers of miners do not include the thousands of independent contractors who work at operations covered under Part 46. A training plan incorporating five training programs—new miner, newly-hired experienced miner, task, annual refresher, and site-specific hazard training—must be prepared, developed, and implemented by production operators and independent contractors affected by Part 46 regulations. Among other information, the training plan must stipulate the types of course materials that will be used to teach the subjects and evaluate the effectiveness of the training. There are several sources that are useful to the trainer for acquiring materials for Part 46 training. In this article, selected sources are evaluated along with the application of training materials from these sources.

Introduction

Regardless of subject matter knowledge or presentation skills, trainers need relevant, timely, and innovative course materials to effectively conduct training. For the purposes of this article, a source is defined as an entity that provides data, information, or materials which are relevant and useful to the trainer for achieving effective training. Appropriate selection and use of training materials help trainers achieve effective training through transferring information that the trainee needs to know, understand, explain, demonstrate or practice.

Training materials include, but are not limited to: course outlines, lesson plans, databases, tables, charts, safety manuals, informational reports, instructional

guides, handouts, PowerPoint presentations, invisible ink (latent image) activity workbooks, video tapes, computer-based interactive video training, etc. Training materials support, reinforce, illustrate, and supplement the actual training provided in the training sessions.

Training materials can either be general, specific, or site-specific. Materials, specific to a particular mine, plant, or occupation, are essential to site-specific training. Such materials typically include emergency plans and procedures, blasting procedures, traffic regulations, lock-out/tag-out procedures, JSAs, and information on site-specific hazards (e.g., water, overheard electrical lines, high noise and dust areas, etc.). Training on the health and safety aspects of the mine/plant should be ideally covered with training materials that are as site-specific as possible. The extent and quality of in-house training material will largely depend on resources of time, budgets, equipment, and the knowledge and skill of the people assigned to its development. The most focused mine specific materials are the ones developed by those responsible for the health and safety training at the mine. A strong case for the development of site-specific materials is that miners respond much more positively to training materials that include images of their work-site, equipment, co-workers, and practices.

In-House Training Materials

Site-specific training materials should be developed in-house using mine or plant information/data that can be compiled and analyzed, and from images (photographs) that can be shot on-site. For example, site-specific injury/illness information (e.g., trends regarding accident types, part of the body affected, occupations involved, etc.), violation history, company inspection records, and on-site observation records can be graphically presented on overhead transparencies, via LCD projector, or incorporated into a handout, and discussed in class.

Slides and videos of the mine or plant operation can show the condition, layout, and design of the mine, and the condition and work cycles of equipment of the specific operation. For example, slides and videos of the pit area can be used to identify surface ground control conditions, practices, and hazards

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associated with drilling, loading, working near highwalls, spoilbanks, and watery areas. Unsafe, as well as acceptable ground conditions can be illustrated, and then compared and contrasted with the company's procedures for inspecting and working near ground hazards, and the approved ground control procedures for the mine. A similar approach can be used to tailor information about electrical hazards, transportation systems, and explosives and blasting, if applicable. Several companies have used digital camera images that were scanned to create "before and after" posters that illustrate the effective remediation of questionable guarding, housekeeping, and safe access conditions.

Slides, digital images, and videos taken at the mine can also be used to illustrate safe and at-risk behaviors, e.g. proper and improper blocking of equipment during repair and maintenance activities, use of personal protective equipment, etc. Additionally, digital images of the first aid kit, fire extinguisher, signs, communication equipment, lock-out/tag-out equipment, etc., that are used at the quarry or plant can be used to personalize computed-based PowerPoint presentations.

Other Sources of Materials

In-house training materials must be supplemented with other appropriate training materials obtained from outside sources. Training materials suitable for use in Part 46 courses are available from government (e.g., MSHA, NIOSH, OSHA, state agencies), trade associations, university, not-for-profit organizations, and vendors. Often, these materials can be used as is, or tailored to better fit the needs of the organization, mine, or plant. The objective of tailoring outside materials is to prepare materials that speak directly to the miner in a way that will benefit his/her own personal safety (Christopherson, Gover, & Klishes, 1981). Tailoring outside materials can also lead to the improvement of in-house materials or practices.

Government

Government sources of relevant training materials include federal, state, and local entities. While the Mine Safety and Health Administration (MSHA) is the premier source of Part 46 training materials, the National Institute for Occupational Safety and Health (NIOSH), the Occupational Safety and Health Admin

istration (OSHA), state mining agencies, and local entities are also viable sources of training materials.

MSHA maintains the largest inventory of excellent, low-cost mine health and safety training materials available to the mining community. MSHA also provides training support through a cadre of training specialists in its newly formed Office of Educational Field Services (EFS). To assist with Part 46 training, MSHA has prepared a list of materials available including books, videos, ready-reference cards, instructional modules, etc., which can be ordered from the *Catalog of Training Products for the Mining Industry*, (msha.gov/training/part46/pt46train.html; U.S Department of Labor, 2001). Among the notable Part 46 products available through the MSHA Academy are: 1) the 30 CFR Part 46 Starter Kit, 2) 30 CFR Part 46 Instructor Guide, 3) Part 46 Training Compliance Checklist, and 4) the Health and Safety Audit for Aggregate Operators.

The Educational Field Services (EFS) is organized into a western and eastern region. The EFS Office specializes in compliance assistance with the Part 46 regulations. Training specialists with the EFS are located throughout the nation to provide assistance with training plan development, training program design, the identification and selection of appropriate training material, and evaluation activities.

The MSHA State Grants program, established by the 1977 Federal Mine Safety and Health Act, provides grant money to states to provide health and safety training services to miners and mine operators. Currently, 44 states and the Navajo Nation receive grant funding (www.msha.gov/TRAINING/STATES/STATES.HTM). Grants are administered by the state agency responsible for mine health and safety. Recently, MSHA provided special emphasis, supplemental funding to several State Grant recipients to assist with Part 46 compliance. In Pennsylvania, these funds were used to develop resources materials and implement a series of seminars and workshops to help operators and contractors better understand the regulations and provide assistance with training plan preparation and training program development. This initiative was a joint effort of MSHA, PA Bureau of Deep Mine Safety (BDMS), and the Penn State Miner Training Program. Materials developed especially for these workshops are available from BDMS or Penn State.

NIOSH, through its Pittsburgh and Spokane Research Laboratories (PRL and SRL, respectively), performs research on various aspects of health and safety of mining operations and miners, including the development of miner training resources. The PRL and SRL are a source for video-based and printed health and safety training materials. Some of the notable products available from PRL include a variety of problem-solving exercises (simulations) and several 3-D View-Master slide reel-based training programs. The simulation exercises, designed to enhance judgment and decision-making skills in coping with emergencies and other health and safety situations, are available in latent-image (invisible ink) and pencil and paper formats. A number of titles are appropriate for Part 46 training, such as: *Apparent Diving Accident*, *Bennie's Chest Pain*, *Belt Line Problem*, *Bob's Electrical Shock*, *Bob's Loader Accident*, *Haul Truck Repair Accident*, and the *Highwall Rescue Exercise*. The *Hazard Recognition Training Program for Construction/Maintenance and Repair Activities*, and the *Raggs & the Curly Guarding Exercise* are two 3-D training programs that are relevant for Part 46 courses. The SRL offers several video titles, such as *Hidden Scars* and *Hazards in Motion*, which may be useful for Part 46 training. Additional training material titles can be viewed on-line at the SLR mining toolbox link (<http://www.cdc.gov/niosh/mining/toolbox.html>). Several of the titles previously described are also available through the MSHA Academy.

Some training program outlines from OSHA are available through its WEB page (www.OSHA.gov). For example, the *Sample Powered Industrial Truck (Pit) Operator Training Program Outline* would be useful for anyone planning a training program for forklift operators. In addition, numerous publications, videos, and cards on general safety subjects are also available.

The Pennsylvania Bureau of Deep Mine Safety (BDMS) maintains an extensive inventory of training materials. The types of materials include videos, computer slide presentations, training manuals, and CD ROMs. By accessing the Bureau's WEB page, a trainer can download a number of computer-oriented materials, use the Joseph A. Holmes Safety Association Bulletin index of articles, and inquire about the video library titles. The *Holmes Safety Bulletin (HSB)*

is an excellent resource for locating practical training information on a variety of subjects, such as fatal accident abstracts, accident prevention, blasting, wellness (e.g., back injury prevention, stress management), confined spaces, haulage safety, etc. In addition, the bulletin regularly contains posters, contacts for new training resources, and listings for professional development (e.g., conferences, workshops, etc.). The BDMS index of bulletin articles provides a "search" window so that users can find article references via a key word, or they can be located through the alphabetical index. The most recent bulletin articles (1997 and later) can be obtained at MSHA's WEB page or on the BDMS training CD titled, *You Hold the Key* (Spring 2001).

Some downloadable titles available from the BDMS WEB page include PowerPoint presentations (e.g., Slips, Trips, and Falls, Oxy/Acetylene Safety, First Aid), and the popular game, Mine Safety "Jeopardy," developed by the Michigan Mine Safety Training program. Several Penn State developed materials are also available for downloading from this site, including the computer-based training (CBT) health modules, and the Penn State Safety Newsletters.

Several other state agencies, such as the Colorado Division of Minerals and Geology (CDMG) and the North Carolina Department of Labor, Mine and Quarry Bureau are good sources of training resources and materials. The award winning CD-ROM, titled *New Miner Training*, is available through CDMG's Mine Safety Training Program. The North Carolina Mine and Quarry Bureau provides assistance with Part 46 training plans, and has prepared an on-line version of its manual, titled *Part 46 Miner Training Program*. At the local government level, fire and ambulance services can be tapped as a source for fire and emergency information, guest speakers, demonstrations, videos and printed material.

Trade Associations

Trade associations that represent mining and construction can be good sources of training materials and safety information. These entities exist at the national, state and local level.

The National Stone and Sand and Gravel Association (NSSGA), a trade group representing stone, sand

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and gravel, and other aggregate operators, offers several Part 46 training products. Of particular note is the *Safe Watch Safety Training Program* consisting of 48 distinct training modules covering most of the safety and health topics listed in Section 115 of the Federal Mine Safety and Health Act. This program is also available through Infinity Multimedia. In addition, NSSGA offers a Part 46 sample training plan, nine supporting lesson plans, a number of tool box talks, and several videos, such as *New Miner Training*, and *Workplace Examinations*.

The Pennsylvania Aggregates and Concrete Association (PACA) is a good source for Part 46 training material, especially for Pennsylvania-based companies. PACA's WEB page provides links for training information and training materials. Several other aggregate associations, such as the Georgia Crushed Stone Association, and the Colorado Rock Products Association, maintain WEB pages where training information and links to training materials can be located. A listing of aggregate and stone associations can be found at <http://www.aggregateresources.com/associations.html>.

Local chapters of national construction organizations, such as the Associated Builders and Contractors Association (ABC) and the Associated General Contractors of America, can provide convenient access to job safety pamphlets, poster, and videos. In addition, these organizations either offer, or can be a contact for the OSHA 10 and 30 hour training courses, both of which contain information relevant to the Part 46 training curriculum (e.g., forklift, fall prevention, hazardous communication, etc.).

Not-for-Profit Organizations

There are several not-for-profit organizations at the national and local levels that can be a source of training materials and safety and health information. The National Safety Council (NSC) is best known for its annual publication, titled *Injury Facts*. The NSC also provides a variety of videos, booklets, posters, and training packets of training materials. Titles especially relevant to Part 46 training include: *Coaching the Lift Truck Operator* (training material), *Lifting and Carrying*, *Ergonomics*, and *Hazard Communication* (booklets), *CPR Skills*, *CPR*, and *First Aid* (videos).

The Construction Safety Council offers a variety

of training materials, several of which, such as fall protection, and silica hazard awareness, can be used in miner training classes. The American Red Cross and the American Heart Association not only provide emergency care training but also are a source of training materials, such as pamphlets, videos, training modules, etc. Public service organizations (e.g., fire, ambulance, and emergency response) should not be overlooked as potential sources of information for fire safety and first aid classes.

Universities

A variety of materials consisting of on-site slides and photographs, computer presentations, videos, overheads, group quizzes, demonstration equipment, one-page handouts, and tool-box talk materials have been developed and used by Penn State trainers. In addition, Penn State is a regular contributor to the MSHA-sponsored training materials' competition held annually at the Mine Instructors' conference in Beckley West Virginia. Several training material submissions have won first-place awards, and many of these titles are available through the MSHA Academy. Some of the award-winning titles especially appropriate for Part 46 training include:

- Module I: Protect Your Hearing (CBT module)
- Module II: Protect Yourself Against Chemicals (CBT module)
- Module III: Protect Your Respiratory Health (CBT module)
- ABC's of Safety Tool-Box Talks Series
- Harvey Roles I (video)
- Customer Delivery Truck Drivers' Hazard Training (video)
- The Mental JSA (training module)
- Foreman's Pocket Safety Series (booklet)

Penn State has prepared two resource notebooks titled, *Preparing Your Training Plan* and *Professional Development for Competent Persons*. Taken together these notebooks provide numerous resources (e.g., sample training plans, lesson outlines, lecture outlines, identified training resources, evaluation resources, and record-keeping documents) that should enhance training design, development, evaluation, and record-keeping. In addition, training packets are available that address all the primary Part 46 subjects (mandated or

recommended) and cover accident prevention information that is easy to read and understand.

The Michigan Mine Safety Training Program is an excellent source for computer and print-based training materials specific to Part 46 Training. In addition to workshop materials and manuals, such as *Part 46 Competent Person* and *The Supervisory Safety Manual*, several PowerPoint presentations (e.g., Dust & Respirators, Guarding, Miner's Rights) and games can be downloaded. The Safety Jeopardy game is particularly effective in getting miners actively involved in training. Another other useful resource on the Michigan WEB site is the mining-related clip art. The clip art can be downloaded and used in handouts and PowerPoint presentations.

Other Sources

J.J. Keller is a well-known vendor for health and safety materials and services. Their inventory of training materials is extensive, and comes in a variety of formats (e.g., handbooks, manuals, charts, CD-ROM software, and videos). Another source of training materials is insurance companies, especially the larger firms that employ loss control specialists. These firms often can provide materials, such as safety bulletins, checklists, audits, videos, and safety talks. Finally, government agencies and offices such as the U.S. Coast Guard should not be overlooked as sources of training materials, especially in the area of water and boat safety.

Summary

It is hoped that this article is useful for Part 46 trainers to obtain relevant, timely, and new training materials for their programs. The 30 CFR Part 46 training rule requires that production operators and independent contractors prepare a training plan for the training programs that they are required to implement. Among other things, the plans must stipulate the types of course materials that will be used in the training program. Site-specific course materials are essential to provide mine or plant-specific training. However, these must be supplemented with training materials from other sources as it is unrealistic to rely solely on site-specific materials for all the training needs. Fortunately, trainers can obtain a variety of excellent training materials from various government, not-for-profit, academic, and vendor organizations.

References

U.S. Department of Labor (1998). *Catalog of Training Products for the Mining Industry*. MSHA, National Mine Health and Safety Academy.

Christopherson, Gover, & Klishes, (1981, August). Tailoring Training Materials for Your Mine. In TRAM VIII, Training Resources Applied to Mining, *Proceedings of a Conference held at The Pennsylvania State University* (pp. 183-187). University Park, PA.

(See next page)

Selected Sources of Part 46 Training Resources

Provider/Source	Category	Resources	Address	Contact Information	Web Address
Mine Safety & Health Administration (MSHA)	Government	Mine Specific, Part 46 Specific, Extensive	National Mine Health and Safety Academy 1301 Airport Road Beaver, WV 25813	703/235-1452 (General Info) Mary Lord 304/256-3257 mlord@msha.gov	www.msha.gov
National Institute for Occupational Safety and Health (NIOSH)	Government	Mine Specific, substantial	Pittsburgh Research Lab. 626 Cochran's Mill Rd. Pittsburgh, PA 15236	Bobbie Calhoun 412/386-5901 Minetraining@cdc.gov Elsie Cullen 509/354-8000 efc8@cdc.gov	www.cdc.gov/niosh/mining/training/
			Spokane Research Lab 315 E. Montgomery Ave. Spokane, WA 99207		www.cdc.gov/niosh/mining/a1.html
PA Bureau of Deep Mine Safety	Government	Mine specific, substantial	Fayette County Health Center 100 New Salem Road Uniontown, PA 15401	Matthew Bertovich 724/439-7304 mbertovich@state.pa.us	www.dep.state.pa.us
Colorado Mine Safety Training Program	Government	Mine specific, substantial	Division of Minerals and Geology Mine Safety Training 1313 Sherman Street, Room 215 Denver, CO 80203	Bill York-Feirn 303/866-3650 bill.york-feirn@state.co.us	www.mining.state.co.us/safety/index.html
N.C. Department of Labor Mine and Quarry Bureau	Government	Part 46 specific	NCDOL 4 W. Ederton Street Raleigh, NC 27601	James Turner 919/807-2790 jturner@mail.dol.state.nc.us	www.dol.state.nc.us/mq/mq.htm
Occupational Safety and Health Administration (OSHA)	Government	General, limited	U.S. Dept. of Labor OSHA Office of Public Affairs, Rm. N3647 200 Constitution Ave. Wash. DC 20210	Philadelphia, PA 215/861-4900 Harrisburg 717/782-3902	www.osha.gov www.osha-dc.gov/training/

Selected Sources of Part 46 Training Resources

Provider/Source	Category	Resources	Address	Contact Information	Web Address
National Stone and Sand & Gravel Association	Trade Association	Part 46 specific, substantial	NSA 2101 Wilson Blvd. Suite 100 Arlington, VA 22201	Kristina Jett 800/342-1415 kjett@nssga.org	www.nssga.org/index.shtml
Pennsylvania Aggregates and Concrete Association	Trade Association	Mine specific, limited	PACA 3509 North Front Street Harrisburg, PA 17110	Ann Backus 717/234-2603 info@pacaweb.org	www.pacaweb.org/
Michigan Mine Safety Training Program	University	Part 46 specific	Michigan Technological University 1400 Townsend Houghton, MI 49931	Dave Carlson 906/487-2453 dcarlson@mtu.edu	www.mine-safety.mtu.edu/index.htm
Penn State Miner Training Program	University	Mine specific	206 Deike Building University Park, PA 16803	Mark Radomsky 814/865-6335 mcr4@psu.edu	www.em.spsu.edu/eges/
National Safety Council	Not-for-Profit	General, limited	1121 Spring Lake Dr. Itasca, IL 60113	630/285-1121	www.nsc.org
Construction Safety Council	Not-for-Profit	General, limited	4100 Madison Street Hillside, IL 60162	800/552-7744 consafe1@aol.com	www.buildsafe.org/cschem.htm
American Red Cross	Not-for-Profit	General, extensive first aid materials	Check Yellow Pages for local chapter address	Check Yellow Pages	www.redcross.org
American Heart Association	Not-for-Profit	General, CPR materials	Check Yellow Pages for local chapter address	Check Yellow Pages	N/A
J.J. Keller & Associates, Inc.	Vendor	General, extensive	N/A	877/564-2333	www.jjkeller.com
Infinity Multimedia	Vendor	Mine specific	1973 Garden Ave. Eugene, OR 97403	Molly Scurto 541/683-6650 infinity_m@continent	www.infinity-multimedia.com
U.S. Coast Guard	Gov.	Water safety	N/A	N/A	www.uscg.mil/boatingsafety

Compiled by Mark C. Radomsky, 2001

Chapter News

New Chapter Joins Holmes Safety Association

Written by Pat Erramouspe

The Castle Country Holmes Chapter is located in the beautiful mountains of southeastern Utah.

Carbon and Emery Counties are rich in many ways, with underground coal mining, power plants, railroads, trucking firms and natural gas wells.

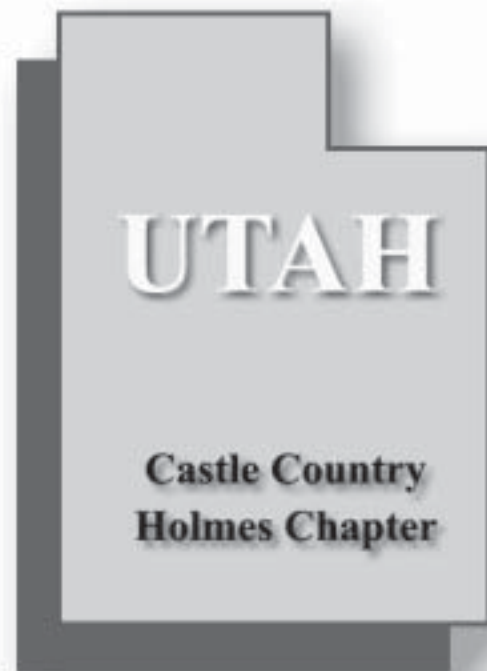
Coal mining has been the main economy base in this area for over 100 years.

Our underground mines today produce twenty two million tons of high BTU low sulfur coal, which provides energy for the local coal fired power plants.

Coal mined in Utah which is destined for use outside the area is hauled by truck to the rail head where it is loaded into dedicated “unit trains” which consist of up to 100 specially designed coal cars all sent to the same location. If the coal is being exported from the U.S. it is shipped to a West Coast port and is loaded into the holds of ships to be sold to various markets.

The men and women in this industry work very hard at safety. Their safety record for the 2001 year is very impressive. The NFDL (None fatal days lost) rate for the third quarter was 0.57. This is because of the joint efforts and teamwork with the mining companies, miners and MSHA.

As Sam Quiqley, Vice President for Andalex coal mines has always stated, “Our employees are our greatest resource.” This really shows in our safety records; these men and women work very hard and take their job very seriously. They watch after each other and are there for each other. My hat goes off to these people who work in the underground coal mines because of their dedicated work, their safety teams, and managers. Our coal mines are running smoothly because safety is first and foremost in our minds,



which is why we are one of the top producing mines in the country. There is only one reason for that. "Safety is first".

I am very honored to be President of the Holmes Chapter and will put all the energy I have to help keep safety first.

The four coal-fired power plants in our area provide energy for many other states, as well as providing power for Utah. In total it takes approximately 30,000 tons of coal a day to keep these power systems running smoothly and to produce the power needed for our busy world.

The gas wells in Carbon and Emery Counties are somewhat new to the area.

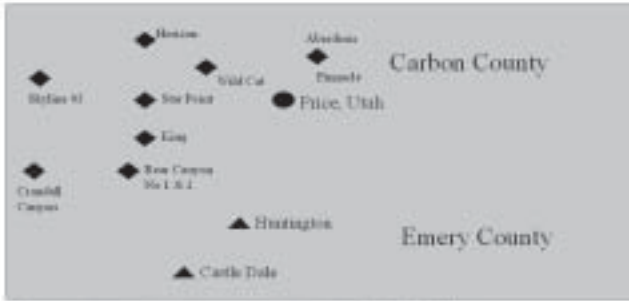
Coalbed methane gas production totals 61,743,832 MCF as of 11/30/01. This is growing every day.

Although at first glance some of you would say that we are small, but we are huge in ways of energy. Between our coal mines, power systems, railroads, trucking companies and gas wells, Carbon and Emery County men and women are hard at work to bring and deliver this precious energy resource to you.

For that we are happy and honored to be involved and join in with the Joseph A. Holmes Safety Association and all it can provide to help keep our men and women safe in the workforce.

Castle Country Holmes Safety Association Officers

Pat Erramouspe	President
Derell Curtis	Vice President
Jack Hatch	Secretary
Tom May	Treasurer



LEGEND:
 ● Price, Utah
 ▲ Huntington, Emery County
 ◆ Mine



For Your Safety, Remember the Little Things

The temperature had dipped below freezing after several days of thawing. Melted snow, turned now into a small patch of ice, had been fed by a drainpipe from my home's roof to a sidewalk. New snow had created a dusty disguise for the ice. I walked from my door to the sidewalk, wearing my duck boots with the worn soles. I stepped on the ice, slipped, and fell, landing hard on my right shoulder.

For people who live in northern climates, such falls are hardly unusual. Whenever I fall, I try to get up as fast as I can (being able to move is a good sign), and then continue with my business, which on the occasion of this fall was to move a car from the street to my driveway. However, after getting into the car, I found that I was unable to raise my right arm. Ouch! I then returned to the house and asked my wife to drive me to Urgent Care.

Without getting into all the medical details, I was later diagnosed with a torn rotator cuff in my right shoulder, which will require surgery to correct, as well as an indeterminate amount of rehabilitation and recovery time. In addition to losing a lot of time from work, I also had to cancel a winter vacation to Texas. So, instead of flying to San Antonio with my wife next Saturday, I'll be checking into a hospital.

Little things like patches of ice and worn soles are easy to overlook, but failing to do so can have big – and unpleasant – consequences. Since my accident my wife has thoroughly sanded the sidewalk and I've thrown out and replaced my old boots. Hindsight is always 20/20. Maybe you can take a cue from my experience and look around you for little things that could cause you to slip and fall, and get rid of them before they hurt you.

Whenever Laurel and Hardy or the Three Stooges slipped on a banana peel, we laughed. Maybe when you've taken a fall, you've sheepishly looked around to see if anyone saw you do such a ridiculous thing. But even what may look like a little fall can lead to a big injury, and that's not funny at all. So, pick up after yourself, wear shoes and boots that provide good traction, clean up spills, and clear away snow and ice from walkways. For your safety, remember the little things.

Pennsylvania Incorporates Innovative Programs into Mine Rescue Training

Article submitted by Donald Eppley, Mine Rescue/First Aid Instructor, Bureau of Deep Mine Safety and Dana C. Reinke, Social Science Technician, NIOSH Pittsburgh Research Laboratory

The Commonwealth of Pennsylvania is expanding the knowledge and expertise of its mine rescue teams through innovative training technologies. Full-scale mine rescue simulations, including working in theatrical smoke, have become routine for Pennsylvania mine rescue team members. Now Pennsylvania is transforming its mine rescue training by incorporating computer simulation. These new training programs help to produce mine rescue teams that understand effective emergency response at the mine rescue level and the command center level.

The Pennsylvania Department of Environmental Protection's Bureau of Deep Mine Safety has been



Trainees refer to the mine's Emergency Response Plan (ERP) and working map while responding to the emergency.



Trainer using mine map to present information during introduction.

working with the NIOSH-Pittsburgh Research Laboratory to develop the Mine Emergency Response Interactive Training Simulation (MERITS). MERITS is an interactive multimedia computer simulation, delivered via Internet, of an emergency at an underground mine. It simulates both underground and surface activities at the mine site and provides interactive feedback to inform the user (command center trainees) of those events. As trainees work to resolve the emergency, their decisions affect the progress of the simulated emergency.

Twenty-one mine rescue team members participated in MERITS training sessions at Bureau of Deep Mine Safety offices in Ebensburg, Pennsylvania, in January and February 2001. The team members represented companies from both the coal and stone industries and simulated roles as command center decision-makers. Command center training complements the extensive mine rescue scenario training that Pennsylvania already

requires for its mine rescue teams.

“MERITS provides a format that is inexpensive, versatile and flexible for training personnel in mine emergency management,” Richard E. Strickler, Director of the Bureau of Deep Mine Safety, said. “Although mining disasters and emergencies have declined over the last decade, so has the hands-on experience that our aging workforce is taking with them when they retire from the industry.”

Pennsylvania's use of the MERITS training program gives miners hands-on command center experience to complement their years of mine rescue knowledge and skill. Miners participating in all-day training sessions are able to incorporate what they have learned from Mine Emergency Response Development (MERD) and Mock Drill scenarios into this interactive computer training.

Miners have responded positively to the training sessions. In post-test training evaluations, they described the MERITS training as very realistic and beneficial to their emergency response preparedness.

(See next page)

As a result of this training, Pennsylvania mine rescue team members are now more knowledgeable about the activities of emergency command centers and also more aware of how their role as mine rescue team members fits within overall emergency response activities.

For more information about Pennsylvania mine rescue training, contact Donald Eppley or Jeffrey Stancheck at the Bureau of Deep Mine Safety. ■

ROPS (Rollover Protective Structure) and FOPS (Falling Object Protective Structure)

Best Practice Series BP-9



A ROPS/FOPS design is required to be certified by the manufacturer to comply with specific structural requirements.

The ROPS/FOPS system includes the structure, its mounts to the main frame, and the main frame.

Any repair or unauthorized modification made to ROPS/FOPS voids the certification unless specifically approved by the manufacturer or a registered professional engineer familiar with ROPS and FOPS.

ROPS/FOPS cannot be welded on, drilled into, cut into, repairs made to corrosion, or anything else that weakens the structure's ability to perform its intended function.

Bent, deformed, or broken ROPS/FOPS structure components, including mounting brackets, cannot be repaired.

ROPS/FOPS should be inspected daily for damage or loose bolts.

Every 1000 hours, or as specified by the machine or ROPS/FOPS manufacturer, the mounting bolt torque must be checked, and any missing or broken bolts must be replaced with manufacturer's specified bolts.

Working Around Bins, Hoppers, and Draw-Off Tunnels

Best Practice Series BP-64

Fatalities in the anthracite industry have occurred around bins, hoppers, or draw-off tunnels where miners were using a bar to break frozen lumps that were in the loads being transported from frozen stockpiles.

When working around bins, hoppers, and draw-off tunnels, REMEMBER

- Establish safe work procedures for any work conducted in these areas.
- Communicate frequently with other miners.
- Never work over frozen material feeding into bins, hoppers, and draw-off tunnels.
- Disconnect and lock out the circuits controlling the feed before entering.
- Always wear a safety belt, lanyards, and/or tag lines when entering these areas, with a second person attending the tag line.
- Avoid working around draw holes to feeders and draw-off tunnels on foot, and if necessary, do not work with your back to steep stockpiled material which could shift and slide without warning.
- Be especially conscious of these hazards during winter months.

Don't Be the Next Miner Suffocated!!



Federal Mine Safety and Health Agency to Award State Grants

Grants to Partner States Will Help Improve Health and Safety of Miners

Arlington, Va. - The U.S. Department of Labor's Mine Safety and Health Administration (MSHA) plans to award grants totaling nearly \$7.8 million this year to 44 states and the Navajo nation for miner training, education and other mine safety and health activities.

"The states are important partners in working to improve health and safety in the mining industry," said Dave D. Lauriski, Assistant Secretary of Labor for Mine Safety and Health. "These grants will be used primarily for health and safety training."

States participating in the grant program provide a variety of instruction—from entry-level training for those who are starting in the mining industry to annual refresher classes and instructor courses for those who will be training other miners. Many of those courses meet the requirements under Federal training standards. Other training covers responding to medical emergencies at remote mining sites, noise abatement, mine rescue, water hazards rescue and certifications for various jobs ranging from electrician to hoisting engineer.

Lauriski reiterated two major goals during the next four years:

- Reduce mining fatalities by at least 15 percent each year.
- Reduce the non-fatal days lost injury rate by 50 percent over four years.

"Training miners in all aspects of health and safety will help achieve those goals," Lauriski said.

Funds will be distributed during the coming months as each state's application is received and approved. This is the 31st year that Congress has enabled MSHA to award these grants to the states.

Article from DOL/MSHA News Release No. 02-1452, dated February 15, 2002. Contact Hal Glassman (703) 235-1452



Mine Construction, Maintenance, and Repairs Safety Workshop

April 2-4, 2002

Roof Control Seminar

May 29-30, 2002

Mine Fire Control Seminar

June 20, 2002

Surface Haulage Safety Seminar

August 20-22, 2002



Roof Control Seminar

April 9, 2002

Holiday Inn

Fairmont, West Virginia

The Mine Safety and Health Administration and the National Mine Health and Safety Academy, in conjunction with the National Institute for Occupational Safety and Health (NIOSH), has scheduled a free 1-day seminar for individuals involved in coal mine roof safety. The seminar will include presentations given by Academy, NIOSH, MSHA Technical Support, and MSHA headquarters staff. There is no charge for the seminar.

Registration

To help us prepare for this seminar, please register by April 1, 2002.

Agenda

- 8:00 a.m. Registration
- 8:45 a.m. Welcome
- 9:00 a.m. Morning Session
- 11:45 a.m. Lunch
- 1:00 p.m. Afternoon Session
- 3:30 p.m. Closing Remarks
- 4:00 p.m. Adjourn

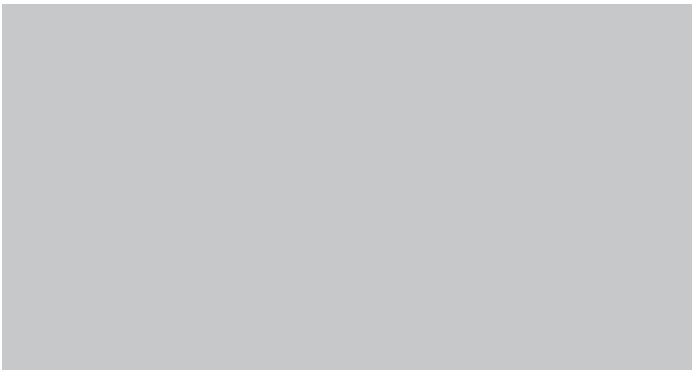
Session Topics

- Geology
- Mobile Roof Support
- Mine Design for Proper Pillar Recovery
- Stability Factors - Pros and Cons
- Choosing Supplemental Roof Support/STOP Program
- Roof Control Products Update
- Closing Remarks

Location

The seminar will be held at the Holiday Inn at 1-79 and Old Grafton Road, exit 137, Fairmont, West Virginia.

For more information please contact Nelson Blake at (304) 291-4238 or John Rosiek at (304) 256-3211.



Wellness

DIETARY GUIDELINES FOR GOOD HEALTH

A great number of studies have been conducted on the relationships among diet, nutrition, and health. As a result, much has been learned about proper eating. Unfortunately, the volume, diversity, and technical nature of the studies sometimes make it difficult for nonexperts to sort out all the information.

To provide useful advice to the American public, scientists of the Committee on Diet and Health of the Food and Nutrition Board at the National Academy of Sciences (NAS) reviewed thousands of pertinent studies. Their goal was “to determine what dietary constituents, if any, play a role in the occurrence of chronic diseases” and “to recommend dietary changes that would promote longer, healthier lives for the general public of the United States.”

Based on this effort, NAS prepared a series of dietary guidelines designed to reduce the risk of developing various diseases and health problems. Several characteristics about these guidelines should be noted:

■ Unlike the majority of studies and recommendations, the guidelines address a broad spectrum of chronic diseases. Therefore, they provide a comprehensive framework for healthful eating.

■ The guidelines are not the rules of a “diet” but an “eating pattern for life.” They can be implemented in many ways, in many different types of cooking styles. They provide “a philosophy of eating” that can guide you as you plan meals, cook, shop, and eat out.

■ The guidelines may require you to make some changes in the way you eat, but any changes should be gradual and progressive. There’s no need to give up all your favorite foods or switch overnight to new ones.

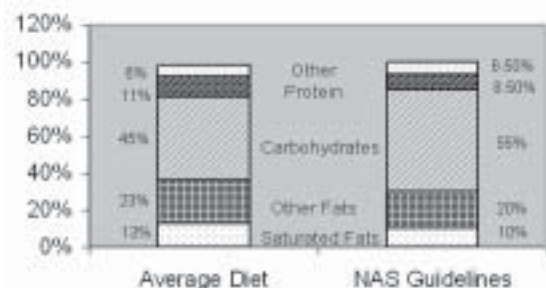
There are three important NAS dietary guidelines. Other guidelines have more limited applicability and health implications.

- **Reduce total fat intake to 30 percent or less of your total calorie consumption.**
- **Reduce saturated fatty acid intake to less than 10 percent of calories.**
- **Reduce cholesterol intake to less than 300 milligrams (mg) daily.**

Total Fat and Saturated Fats

Americans eat too much fat. Diets high in saturated fats are associated with the buildup of plaque in coronary arteries and heart disease. Diets high in total fats are also linked to some types of cancer, particularly cancer of the colon, prostate, and possibly breast. Finally, high-fat foods contribute to weight gain and obesity.

The NAS guidelines recommend limiting consumption of fat to 30 percent of total calories consumed (versus 36 percent in the average American diet). Saturated fats should be held to one third or less of this amount, or 10 percent of total calories (versus the current 13 percent). These recommended levels are considered to be upper limits. Evidence suggests that further reductions may result in even greater health benefits.



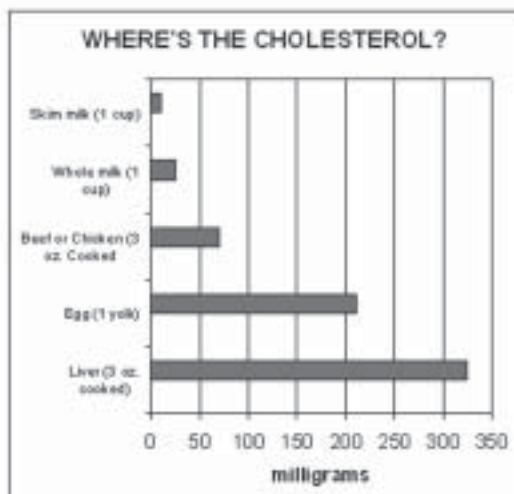
Since each gram of fat contains 9 calories, foods high in fat tend to be high in calories, too. How much fat you should eat depends on your energy needs, which are different for everyone. Factors include a person’s size, gender, metabolism, and activity level.

Most saturated fats in the American diet come from dairy and meat products. Other sources include certain vegetable oils, particularly coconut and palm oils. A lot of these same foods are also high in total fat. Other high-fat foods include many sweets, other oils, chocolate, nuts and nut butters, avocados, and olives.

Cholesterol

Cholesterol is a fat-like substance transported in the blood that is used to make hormones, cell membranes, nerve fibers, etc. Although your body needs cholesterol, high levels in the blood (above 200 milligrams per deciliter) have been shown to contribute to arteriosclerosis, heart attack and stroke.

Cholesterol in the body comes from two sources. One source is the foods we eat, so called dietary cholesterol. The body can also manufacture all the cholesterol it needs from other foods. In particular, a diet high in saturated fat raises blood cholesterol levels in many people. Although most experts believe that dietary cholesterol is less important than saturated fat in causing heart disease, it is recommended that dietary cholesterol be limited to 300 milligrams per day.



Dietary cholesterol comes only from animal products. The major foods providing dietary cholesterol are meat (particularly organ meats like liver), poultry and shellfish, egg yolks, and dairy products. Approximately 40 percent of all the cholesterol in the food supply comes from egg yolks.

Reducing Fat and Cholesterol

You can reduce the fat and cholesterol in your diet by limiting the amount of animal products, oils, fried foods, and other fatty foods you eat. One way to do this is to reduce the number or size of portions of these products. Another healthy alternative is to substitute leaner cuts of meat, fish, poultry without skin, and lower-fat dairy products.

You need not be concerned that diets lower in animal products don't provide enough iron, calcium, or other nutrients. The study found that you can safely reduce fat and cholesterol intake to recommended levels without risk of nutrient deficiency for most people. In addition, low-fat diets can easily provide enough calories for couch potatoes and athletes alike. Even totally vegetarian diets can be completely healthful if an adequate variety of foods is eaten.

Basically, this guideline says to build your diet around vegetables, fruits, and complex carbohydrates, such as rice, pasta, whole grain cereals and breads, dry beans and peas, potatoes, and corn. These foods are good sources of vitamins, minerals, and dietary fiber. In addition, they generally contain less fat and fewer calories, thus helping to prevent heart disease and obesity. Fruits and vegetables, particularly those in the cabbage family (broccoli, cauliflower, brussel sprouts, etc.) may also contain substances that reduce cancer risk.

Five servings of fruits and vegetables and six servings of carbohydrates daily may seem like a lot, but it's really not. For example, a bagel for breakfast, a sandwich for lunch, and a cup of rice for dinner includes six servings of carbohydrates. As you can see, it adds up quickly! Where dishes contain portions of different food groups, use the serving sizes as a general guide—it's not necessary to be exact.

(See next page)

Concerning protein, most adults already eat more than they need. Therefore, it is not necessary to eat more protein to make up for a lower-fat diet. Consumption of meat and other animal products can be safely reduced, provided that a variety of foods is eaten. One suggestion is to limit meat to 6 ounces per day; a 3-ounce portion of meat is about the size of a deck of cards. Eating less would be even better.

Being overweight is associated with high blood pressure, high blood cholesterol, diabetes, heart disease, stroke, some cancers, and gall bladder disease. It also may be a factor in osteoarthritis of the weight-bearing joints. Approximately 34 million adults between the ages of 20 and 74 are overweight. Of these, 12 million are considered obese, often defined as 20 percent or more above desirable body weight. More women are overweight than men.

The basic concept behind balancing food consumption and exercise is relatively simple. If you eat more calories than you need for energy, they are stored as fat. If you do not eat enough calories, stored fat is burned to make up the difference. **To lose body fat, you must either consume fewer calories, increase your level of activity, or do some combination of the two.** According to most research, this latter strategy is the most successful. To gain weight, you need to eat more calories.

In spite of the health risks, average weight in the United States is increasing. Since the amount of calories consumed is actually diminishing, the difference seems to be due to lower levels of activity. Many occupations are now less physically demanding than in generations past, and too few people are exercising.

According to a recent survey by Louis Harris and Associates, about three-quarters of Americans get some form of regular exercise—a 1 percent drop in the last few years. Only 33 percent engage in strenuous exercise at least three times a week, down from 37 percent in 1991.

A diet generally low in fat and calories provides a good foundation for maintaining appropriate body weight. However, in practice, the process of weight

management is more complex than simply “calories in and calories out.” Other factors—including genetics, metabolism, diet history, and activity patterns—influence weight loss and gain.

Other NAS Guidelines

Drink alcohol moderately or not at all. Excessive alcohol consumption is associated with a long list of health problems, addiction, increased injuries, and tremendous social and personal costs. Alcoholic beverages also provide many calories (7 per gram) and few nutrients. For these reasons, it is not recommended that you drink alcohol. If you do, limit the amount to two drinks in a single day. Pregnant women should avoid alcoholic beverages entirely.

Limit the amount of salt you eat. For about half of the 60 million people with high blood pressure, salt consumption may be a contributing factor. Since many people don't even know if they have the disease, it is suggested that everyone limit their daily consumption of salt to 6 grams (slightly more than 1 teaspoon), which is equivalent to 2400 milligrams of sodium. For people without high blood pressure or risk factors for developing the disease, a salty diet does not appear to pose a significant problem.

Maintain adequate calcium intake. Most people can get enough calcium from a well-balanced low-fat diet. Good sources include low-fat or non-fat milk products and dark green vegetables. However, calcium supplements may be advisable for women who have risk factors for osteoporosis, especially after menopause.

Avoid taking dietary supplements in excess or the U.S. Recommended Daily Allowances (RDAs) in any one day. Although probably not harmful in normal dosages, diet supplements—extra vitamins or minerals—are not necessary for most people who eat a variety of foods. According to the American Dietetic Association, groups who may benefit from diet supplements include women with excessive menstrual bleeding; women who are pregnant or breastfeeding; people with very low caloric intake and some vegetarians; newborns; and people with certain disorders or diseases.

Conferences and Meetings...



Maintain an optimal level of fluoride in your diet. Drinking fluoridated water decreases tooth decay and cavities, especially in children. In 1988, about 61 percent of the population were served by fluoridated community water systems. In other areas, some schools have fluoridated water supplies. (Public Health Service) Others should use a dietary fluoride supplement under the direction of a doctor or dentist. ■

Joint National NASMIA, MSIA and JHSA Meeting Scheduled in June 2002

The 2002 Joint National Meeting of the National Association of State Mine Inspection Agencies, Mine Safety Institute of America, and the Joseph A. Holmes Safety Association will be conducted June 3-6, 2002, in Virginia Beach, Virginia.

Make plans now to attend what promises to be one of 2002's most exciting and informative mining industry meetings at a great location in the Southeast.

Meeting accommodations will be at the Holiday Inn Sunspree Resort, 3900 Atlantic Avenue, Virginia Beach, Virginia 23451 (Telephone: 757-428-1711)

Watch for further details and register early!!!

Mine Construction, Maintenance, and Repairs Safety Seminar

The Mine Safety and Health Administration will present a three-day seminar on Mine Construction, Maintenance, and Repairs Safety. This seminar is for the mining and construction industry, related support groups, mining regulatory agencies, and others that are involved with the planning, design, and application of mine construction and maintenance activities.

Topics

- Review of Accidents at Coal and Metal/Nonmetal Mines Relating to Construction, Maintenance, and Repairs
- Construction Haulage Equipment Practices and Work Site Examinations

(See next page)

- Construction Blasting Techniques
- Fall Protection
- Electrical Hazards
- Working in Confined Spaces
- Crane Safety
- Demolition of Mine Structures
- Retrofit Noise Controls for Surface Equipment
- Wire Ropes and Chains
- Telma Frictionless Braking System
- How Contractors are Affected by 30 CFR Parts 46 and 48
- Body Response: Injury Reduction Program

If you have questions about the seminar, please contact Tom Bonifacio at (304)256-3357, or Jan Keaton at (304) 256-3234.

Location

The seminar will be held at the National Mine Health and Safety Academy, Beckley, West Virginia, beginning at 8:00 a.m. on Tuesday, April 2, 2002, and ending at 4:00 p.m. on Thursday, April 4, 2002.

Registration/Accommodations

Room and board are available at the Academy for participants. The lodging fees are \$41 per person per day for single room and \$54 per day for double room (\$27.00 per person). Lodging fees are payable by credit card (Visa/MasterCard) or check/money order to MSHA Finance. Please note that (1) **cash cannot be accepted**, and (2) post-billing is possible for participants on request by letter to the Academy Student Services Branch. Participants who pay for Academy lodging may also register for meals at the time of check-in.

Pricing and times for the meals are as follows (price does not include tax):

Breakfast (6:15 a.m. - 8:00 a.m.)	\$ 7.00
Lunch (11:30 a.m. - 1:00 p.m.)	\$ 9.00
Dinner (5:30 p.m. - 7:15 p.m.)	\$12.00

The meals are payable by cash, major credit card, or check/money order to the WV Society for the Blind or to MSHA Finance at the Registration Desk.

All persons under a program supported through an MSHA State Grant will be provided room and board at no charge. If housing is preferred outside of the Academy, there are a number of local motels.

The Academy will provide transportation to the Academy from the Raleigh County Airport, Beckley, West Virginia, until 9:00 p.m.

Wellness Facilities

During your stay you are welcome to use the Academy's wellness and physical fitness facilities when they are not scheduled for a class. Indoors, you'll find a fully equipped gymnasium, up-to-date conditioning room, racquetball court, sauna, whirlpools, game room, and a swimming pool. Outdoors, you'll find a large sports field and tennis courts. A jogging trail circles the Academy complex. The gymnasium is open Monday through Friday from 12:00 noon to 9:00 p.m. Trained wellness specialists and lifeguards are on duty for your safety.

There are a number of local parks and attractions you may want to explore. Brochures are available at the Registration Desk and in the Wellness Center.

For additional information on training materials call (304) 256-3257 or visit our website at <http://www.msha.gov>.

**77th Annual Safety, Health,
Environmental & Security
Conference & Exhibit
"New Challenges/Solutions Now"
April 2, 3, 4, 2002**

**For further information contact:
Western Pennsylvania Safety Council
1-800-345-9772
or
www.safetypa.org**

Surface Haulage Safety Seminar

The Mine Safety and Health Administration has scheduled a three-day seminar on Surface Haulage. This seminar is for the mining industry, related support groups, mining regulatory agencies, and others that are involved with the planning, design, and use of surface mine haulage equipment and/or systems. The seminar will include presentations given by experts from the manufacturers of mining equipment and others involved in surface haulage safety. A list of topics will be made available at a later date.

Location

The seminar will be held at the National Mine Health and Safety Academy, Beckley, West Virginia, beginning at 8:00 a.m. on Tuesday, August 20, and ending at 12:00 noon on Thursday, August 22, 2002. The opening session will be held in the auditorium at 8:00 a.m. on Tuesday, August 20. Registration is from 7:30 - 8:00 each morning.

Registration/Accommodations

To help prepare for this seminar, please register by August 12, 2002. Room and board are available at the Academy for participants. The lodging fees are \$41 per person per day for single room and \$54 per day for double room (\$27.00 per person). Lodging and meals are payable upon departure by credit card (Visa/MasterCard) or check/money order to MSHA Finance. Please note that (1) **cash cannot be accepted**, and (2) post-billing is possible for participants on request by letter to the Academy Student Services Branch. Participants who pay for Academy lodging may also register for meals at the time of check in.

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There are a number of local parks and attractions you may want to explore. Brochures are available at the Registration Desk.

For more information please contact [Wayne Lively](#), seminar coordinator, at 304-256-3301 or [Jan Keaton](#) at 304-256-3234.

Join Today! and Grow with us...

Apply for Membership...

Membership is free. Your organization can become a Joseph A. Holmes Safety Association Chapter by completing a membership application and submitting it to the Holmes Safety Association.

Contact Person: _____ Phone No. _____

Company Name: _____

Street/P.O. Box: _____ City: _____

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MSHA ID Number: _____

Type of Product: _____

Type of Operation: Coal _____ Underground _____ Surface _____ Mill _____ Other _____

Name you would like to call the chapter being established: _____

Name and organization of person assisting in recruiting this application: _____

Signature of Applicant: _____ Date: _____

Send to:

Joseph A. Holmes Safety Association

P.O. Box 4187

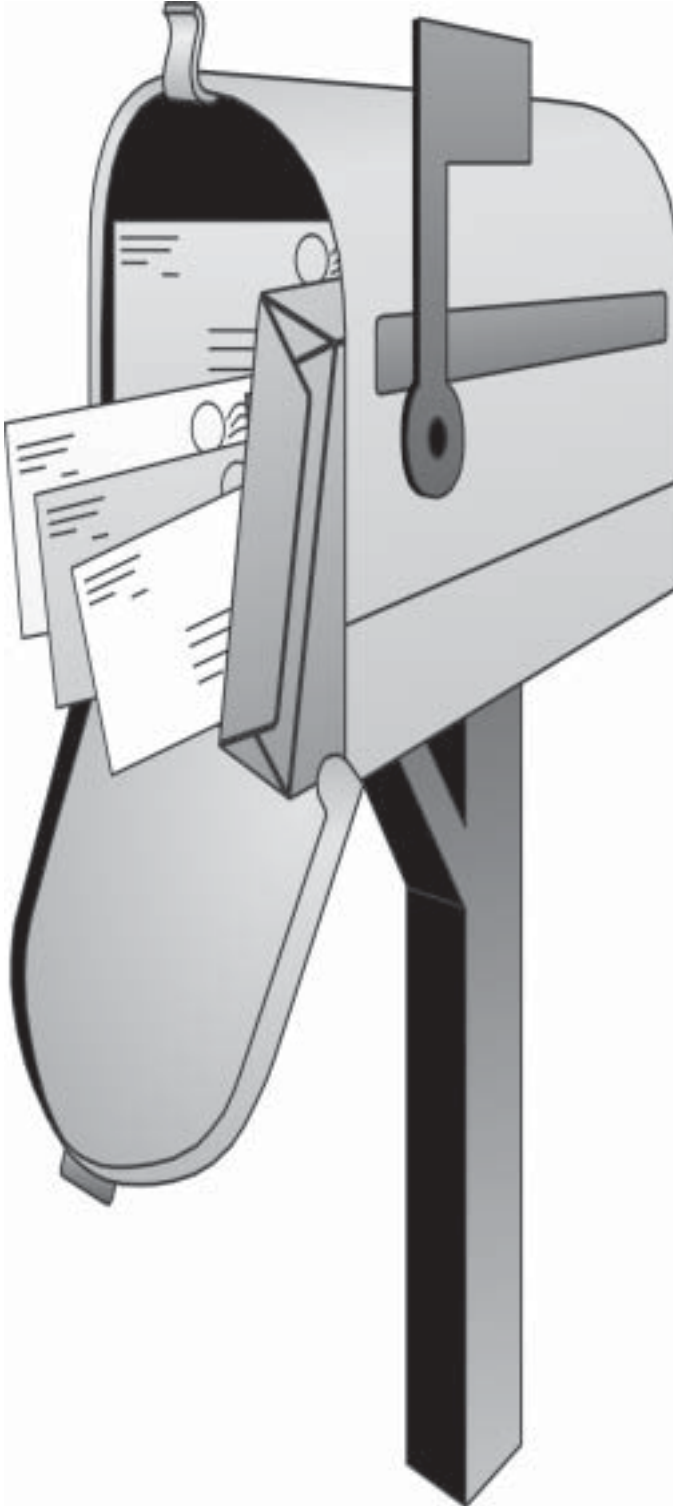
Falls Church, VA 22044-0187

or

Telephone: (703) 235-8264

Fax: (703) 235-9412

For address changes and new



Contact:

Bob Rhea
Joseph A. Holmes Safety Association Bulletin
Mailing List
MSHA-US DOL
4015 Wilson Blvd. Rm. 523A
Arlington, VA 22203-1984
703/235-1400 Fax: 703/235-9412
e-mail: rhea-robert(@msha.gov)

Please address any comments to:

Donald Starr,
Joseph A. Holmes Safety Association Bulletin
DOL-MSHA
National Mine Health and Safety Academy
1301 Airport Road
Beaver, WV 25813-9426
Please call us at 304/256-3283
or Fax us at 304/256-3524
e-mail: starr-donald@msha.gov

Reminder: The District Council Safety Competition for 2002 is underway - please remember that if you are participating this year, you need to mail your quarterly report to:

**Mine Safety & Health Administration
Educational Policy and Development
Joseph A. Holmes Safety Association Bulletin
P.O. Box 4187
Falls Church, Virginia 22044-0187**

Joseph A. Holmes Safety Association

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