

Joseph A. Holmes Safety Association

BULLETIN

January/February 2004

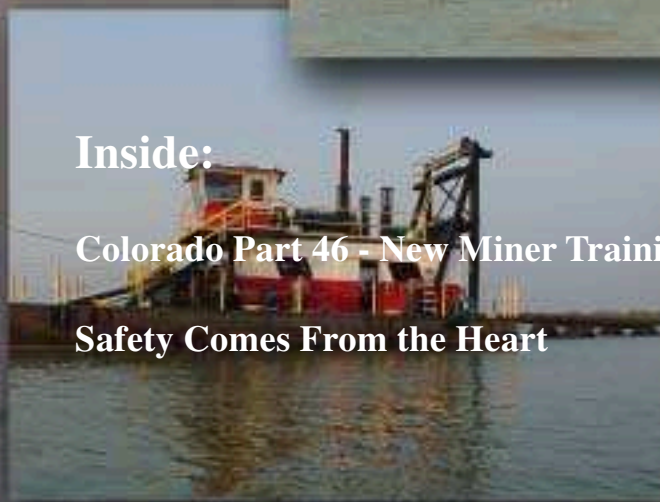
“A New Dawn”



Inside:

Colorado Part 46 - New Miner Training Program Gets National Award

Safety Comes From the Heart



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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 more 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 provided by AVMD/Graphics, National Mine Health and Safety Academy. 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.

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Colorado Part 46-New Miner Training, 2nd Edition Training Program Honored With National Award

By Bill York-Feirn



Secretary Dave Lauriski shaking hands with award recipients.

Colorado's Division of Minerals & Geology's Mine Safety and Training Program (MSTP), "Part 46 New Miner Training – Second Edition," was honored as the Grand Prize winner in the 2003 National Training Materials Competition sponsored by the U.S. Department of Labor, Mine Safety and Health Administration (MSHA).

"This new, innovative CD-ROM program was designed and produced through a wonderful cooperative effort between the Colorado Rock Products Association, American Red Cross - Mile High Chapter, Focus on Training, LLC, and the Division's Mine Safety & Training Program," said Bill York-Feirn. "The Colorado Rock Products Safety Committee was instrumental in reviewing and improving the initial version of the program which was released in June 2000 to assist mine operators in complying with the requirements of the newly promulgated Part 46 MSHA training regulations."

The product is designed as an interactive, self-paced, method of delivering consistent and effective safety training to a single new miner or to a group. The program covers all 10 required topics to comply with MSHA Part 46 requirements and includes an introduction by Dave Lauriski, Assistant Secretary of Labor for Mine Safety and Health.

The CD features a new, simple-to-install program designed to work with Windows 98 or higher. Program content includes coverage of Part 47 Hazard Communications requirements, and a new expanded First Aid Module (created with the assistance of the American Red Cross - Mile High Chapter). Self-tests examine the miner's knowledge of the material, and a certificate of completion can be printed with the name of the miner and the date of completion. Copies of the program are available for purchase from the Colorado Rock Products Association at (800) 877-0785.

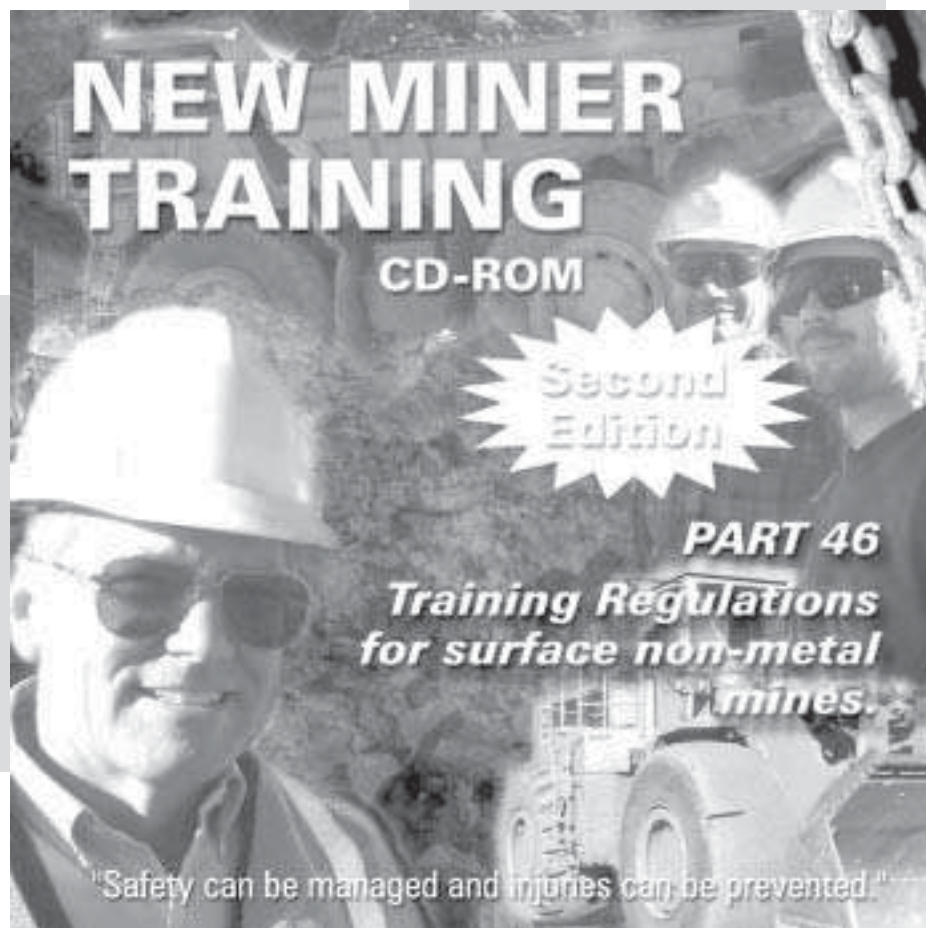
The Mine Safety & Training Program has been an MSHA grantee since 1971 and provides education and training services to the mining industry to assist them in complying with federal health and safety regulations.

Looking ahead to the future, York-Feirn explained, "Our training materials are created in such a way as to make them relevant to similar operations across the country. Upcoming

(See next page)

projects include: an interactive CD-ROM on task training for laborers, plant operators and loader operators at surface aggregate operations (to be completed as a partnership with Colorado Rock Products Association); a video on Conveyor Operation and Safety in Underground Metal/Nonmetal Mines (in cooperation with Focus On Training, LLC); an Underground Coal Mine Foreman Study Guide CD-ROM (in partnership with the Colorado Coal Mine Board of Examiners and members of the coal mining industry in Colorado); and in cooperation with the Colorado coal mining industry a program on Powered Haulage Safety in Underground Coal Mines.”

For a complete listing of training materials and a description of each, check under ‘Mine Safety’ on www.mining.state.co.us or contact Kim Harvill at (303) 866-3913 or kim.harvill@state.co.us





Safety Comes From the Heart

By David T. Couillard, CMSP

Safety professionals have long stressed the adverse economic impact of losses caused by accidents and injuries. To convince managers that safe production is essential, we need to speak the language of management, and that means the language of money: specifically, how safety investments improve the bottom line.

After more than 30 years working with people in the mining industry, however, I have found that the managers who have been most successful in achieving safe production are not just motivated by the desire for profits. Rather, their words and actions have shown me that commitment to safety comes not from the head, but the heart.

Safety commitment starts with a core belief that people are more important than things. This is a belief we all share at some level, but often our actions indicate that instead of loving people and using things, we tend to love things and use people. We may need to be jolted by a serious injury or loss of someone close to us to remember what is really important. I suspect that just such a jolt has been the motivation behind more than one manager's safety commitment.

I remember the glistening eyes and crack in the voice of a quarry superintendent in Iowa when I asked him what he would like to do to improve his company's safety program. What he said in reply – that he wanted to get miners more involved in presenting safety training – was not as important as how he said it. Somehow, I could sense the memories of past friends getting hurt, of visits to spouses to deliver bad news, of years conducting tool box safety meetings and on-the-job safety contacts. Something about his demeanor convinced me, and the people who worked for him, that he cared.

Years later I was reminded of that quarry superintendent when I attended an informal ceremony recognizing an iron mine's maintenance mechanics for working 216,000 employee hours over a two-year period without a lost time injury. The maintenance supervisor's voice cracked as he thanked his crew for staying focused on eliminating at risk behavior that leads to accidents.

The achievement was remarkable because of the incredible variety of potentially dangerous tasks that had been performed by the maintenance mechanics every day. While the supervisor rightly gave his crew the credit, I suspect that his concern for them – influenced by years of experience dealing with the consequences of accidents – had a major impact on their performance.

How did the quarry superintendent and the maintenance supervisor communicate their commitment to safety? I sensed it through their glistening eyes, their cracked voices, and the obvious affection of the miners, but clearly, there had to be more to it than that. I suspect that the commitment was reflected through honesty, fairness, clear instructions, patience, and model-

(See next page)

ing safe behavior: all qualities that demonstrate respect for others. Because they felt respected, the miners responded with their trust.

Respect is something that is hard to fake. Miners can take bad news, but they want, and deserve, to know the truth. Managers who have been caught telling lies are not trusted because they have not shown themselves to be trustworthy. In an environment where the economic health of a company is known to be shaky but is never discussed openly because it would be “bad for morale,” a manager is not likely to score any points with workers by imploring them to work safely to reduce losses and save their jobs. In an environment where workers are respected and told the truth, safe work is likely to occur regardless of economic conditions. In fact, during the entire two-year period in which the maintenance supervisor’s crew accumulated all those work hours without a lost time injury, a declining market for iron ore had brought the mine to the edge of bankruptcy. The miners worked safely because, whether or not the mine was producing, they knew they were valued as people.

At some mines I have encountered situations in which miners were not valued as people, but were instead routinely blamed for everything that went wrong. Accident investigations became occasions for fault finding and discipline rather than identifying root causes. A miner at one such mine told me, “Basically around here, if you’re hurt, you’re dirt. At the very least, if you have an accident you can count on getting some days off without pay.” When the first impulse of management is to blame the victim after an accident occurs, serious flaws in equipment design or work procedures are likely to be overlooked, making repeat occurrences inevitable. A more critical consequence is that miners will not report anything, masking the existence of hazards until a major injury occurs.

Of course, accidents usually occur because some person makes a mistake. A supervisor fails

to perform a pre-shift examination of a highwall that has been weakened after a heavy rainfall. A mechanic forgets to tighten a hydraulic hose clamp on a bulldozer while performing routine maintenance. Spilled material in a walkway creates a tripping hazard, but nobody bothers to clean it up. Safety professionals know that, being human, at any given time all of us are susceptible to making a mistake that could lead to an accident. Despite all our efforts to design a safe workplace, train miners to perform their jobs safely, and model safe behavior, mistakes – and accidents – still happen. While accidents and injuries do not occur as frequently as they did in the past, we sometimes feel frustrated by people who make the mistakes. We get especially frustrated by accident repeaters who do not seem to learn from their mistakes.

People who unintentionally hurt themselves or others through actions that make no sense are sometimes called “Darwin Award Winners” by humorists, but anyone who has ever survived an accident is unlikely to brag about the brilliant decision that led to it. Still, we cannot resist the temptation to laugh at the clown who slips on a banana peel. Perhaps blaming an accident on someone else’s stupidity makes us feel safer, because we are way too smart to let something like that happen to us. I have caught myself thinking this way from time to time, especially after reading a few too many fatal accident reports.

A few years ago at an all-class high school reunion I became reacquainted with Jerry, a fellow I had known as one of the big kids in the neighborhood when I was a small boy. I told Jerry about the time a boy his age named David had attempted to crawl through the sewer pipes that were being installed under the street in front of my house. David had a reputation as a blowhard and a bit of a bully, and he had embarked on his crawl in response to a dare. When David got stuck halfway through the pipes and started calling for help, Danny, a boy who did not

particularly like David, instructed the other kids who were crowding around the manhole to move back so that David could get more air. Danny said, "David might be a jerk, but he's still a human being." Eventually, David managed to wriggle himself free. When the excitement was over, Glen, a boy who lived across the street from me, showed up. After being told what had happened, he asked David to do it again. This time, David declined the challenge.

Jerry did not remember David's crawl through the pipes, but he did remember David. Then he told me something startling. As a young man David had worked as a truck mechanic. One day he had been performing maintenance on a dump truck, with the dump box raised but not blocked securely. At some point the supports had failed and the dump box had fallen on David, crushing him to death. Regrettably, I made a flippant comment suggesting that David had been "Darwined." Jerry's wife brought me back to my senses when she said, "Well, David's wife and two kids sure missed him."

Through the years, we have all read about, and sometimes investigated, way too many fatal accidents just like David's. We need to resist making cynical jokes about Darwin Awards and concentrate on doing whatever we can to prevent the next David from suffering the same fate.

Remember the quarry foreman who wanted to get more miners involved in safety training? Companies with outstanding safety records often find creative ways for miners to learn from each other. At one mine, in-house videos are developed every month to address relevant safety topics, and involvement from all employees is actively sought and eagerly offered. When the videos are shown in each work group's safety meetings, miners enjoy seeing themselves demonstrating safe job procedures as well as their names prominently displayed as the credits roll. Miners also participate in job briefings with their supervisors, in which non-routine major mainte-

nance tasks are thoroughly analyzed for hazards, and effective control measures are implemented, well before actual work begins.

The same mine celebrates major safety achievements by having noon barbecues in the shop area, in which employees are served their food by grateful managers and supervisors. At mines that develop such well-functioning safety cultures, safe behavior becomes the normal way of doing things, and risk taking simply is not tolerated by the vast majority of miners. While most mines have not yet achieved this performance standard, the fact that many have shows us that a safe work culture is not an impossible dream.

Above all, we need to remember that miners are more than instruments of production. They are brothers, sisters, friends, parents, husbands, wives. Yes, accidents produce economic losses, and we all know that safety and production are interrelated and cannot be separated. But we do not persevere in our efforts to eliminate accidents because of our commitment to the bottom line. What motivates us to achieve safe production is the pain we feel in our hearts whenever an accident causes an injury, because we know that people are more important than things.

Texas Industries Stakeholders Meetings

By Sandi Grant

Texas Industries (TXI) is a longtime believer in the necessity of a good working relationship between industry and MSHA. One very effective means of demonstrating the two-way emphasis of this partnership is the Stakeholders Meeting.

Midlothian, Texas, a fairly small town known as the “Cement Capitol of Texas” because of its three cement plants (TXI, Ash Grove, and Holcim), was the site of a second Stakeholders Meeting on November 12. The first meeting, entitled “Spring Thaw,” was in February 2003 and was hosted by Ash Grove.

The November meeting, “Fall Into Safety,” focused on contractors and was organized by TXI Midlothian Cement and MSHA. Meals were hosted by Systems Integration, Inc., Asero, Shermco, and Metro Industrial/Big D Brake & Clutch.



One of the benefits of the meeting was networking.

Fifty-six vendors, contractors, and industrial employees spent the day networking, gathering information, and getting answers to questions from MSHA representatives, in a comfortable meeting room. We feel all attendees came away with valuable information and insights which will go a long way toward our mutual goal: **providing a safe workplace for all miners.**



Dan Paine, Safety Coordinator, TXI Midlothian Cement, greeted guests.



Ron Widup, Executive VP – General Manager, Shermco Industries, Inc., talked on “Electrical Arc Flash Hazard Analysis.”



Dave West, VP – Mechanical/Safety Manager, Systems Integrations, spoke on “Fall Protection Safety.”



John Hoffman, General Manager, International Training Consultants, gave a presentation on powered haulage safety.



Gary Cook, Supervisory Compliance Specialist, MSHA, closed out the meeting.

“Watch Your Back”

Prevent Back Injuries



Back injuries account for about one-fourth of the lost-time injuries in the mining industry. Many of these injuries could be avoided if miners practiced a few basic and simple rules for back conservation.

The back is a complex system consisting of five distinct spinal regions. The lumbar spine, the five vertebrae and six disks in the curved portion of the lower back, is the part most often injured. Lifting, bending, and twisting motions (on or off the job) can cause severe injury and pain. Because the lumbar region is the back area at greatest risk during normal work, it deserves to be the main focus of back conservation and maintenance attention.

LUMBAR CONSERVATION

Try to minimize the need to move materials manually. Proper planning and good job design can eliminate much lifting. The use of mechanical

lifting aids can be a back-saver. However, if you must lift, remember that your body is not a crane; your back is not designed to “boom up”, “boom down” or “boom to the side” with ease.

Therefore, when lifting and carrying a load:

Examine the load for grease, oil, sharp edges and other hazards.

Know your limit and halve it; estimate the weight and divide the load or get help if the weight is more than you can comfortably handle.

Plan your path and make sure that it is free of obstructions.

Consider how you will set down the load—before you lift it.

Stand close to the load with your feet spread apart (at about shoulder width), with one foot in front of the other for balance.

Do not twist your body to get into position.

Squat down and tuck in your chin, while keeping your back as straight as possible.

Grasp the load firmly.

Lift with your legs by slowly straightening them.

Return your back to a vertical position.

Turn only with your feet; do not twist your torso while you are lifting or carrying a load.

Avoid, if possible, lifting a load from below your knee level or from above your shoulder level; both maneuvers, unless done carefully, create great stress on the disks in the lumbar region.

Carry the load close to your body. Avoid, if possible, any lift where the load's center of gravity is more than a few inches out from your belly; the stress on the lumbar region multiplies quickly as the center of gravity moves out from the spine.

The squat down, lift with the legs maneuver does not come naturally to most miners and it is more tiring than the traditional bent-backlifting technique.

Yet, its one great virtue—protection of the lumbar spine—makes it a maneuver well worth the extra effort.

And remember the old refrain:
“The human body is not a crane.”

While mucking (shovelling)—

REMEMBER—

- Make certain that the material is loose.
- Don't overload your shovel.
- Bend your knees and hips.
- Keep your back in reasonably straight alignment.
- Use a long-handle shovel if space permits.

LUMBAR MAINTENANCE

Exercise your back regularly; back conditioning starts with body conditioning.

The torso muscles are all interconnected; you must strengthen all of them to help your back. Concentrate on the exercises that strengthen each side equally, for example: low-impact aerobics, high-speed walking, rowing, and swimming.

Machines that allow you to simulate rowing, stair-climbing or cross-country skiing at home are useful for back conditioning. Exercises that strengthen the lifting power of the legs can help the back by allowing the legs to do more of the heavy lifting.

Be wary of activities with many sudden changes of direction or unnatural twisting, such as tennis and golf. Even runners may injure their backs, especially if they don't do enough stretching. Tobacco smoking diminishes the supply of oxygen and nutrients to the disks that cushion the vertebra. Thus, smokers are at increased risk of back trouble. Eliminate or at least diminish your use of tobacco; your back will be the better for it.

And again, remember the old refrain:
“The human body is not a crane.”

If you have any questions about this or any other occupational health matter, feel free to ask us. Our job is protecting your health.

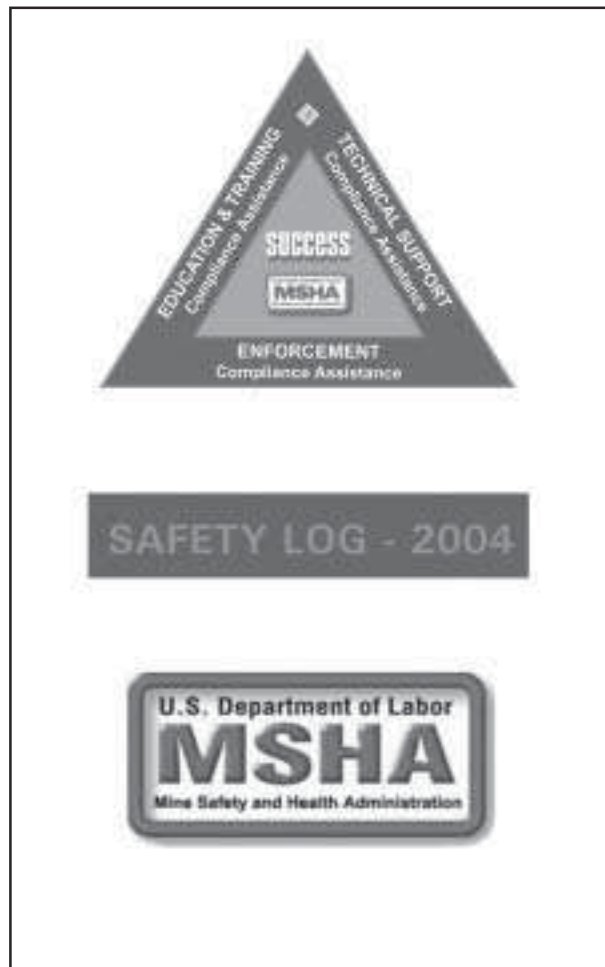
Contact:

Mine Safety and Health Administration
Metal and Nonmetal Health Division
1100 Wilson Boulevard
Arlington, Virginia 22209-3939

Phone: (202) 693-9630



2004 Safety Log Calendar



Cover

The Mine Safety and Health Administration developed a 2004 Safety Log Calendar for you. The calendar is free-of-charge. It has safety checklists, emergency contact sheets, report reminders, and much more...

The calendar will be distributed in January 2004. Contact Bethany Atkins at 1-202-693-9648 to get your copy.

Calendar...

HOUSEKEEPING - BEST PRACTICES



- ◆ Keep walkways clean.
- ◆ Clean up spills immediately.
- ◆ Secure loose floor boards.
- ◆ Cover holes in walkways.
- ◆ Stack and store items in an orderly manner.
- ◆ Make sure that walkways are well lit for safe work and travel.

JANUARY 2004

All Fire Enterprises were visually inspected this month on: (date) (initials)

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	Quarterly Report Due		
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MAINTENANCE - B



All Fire Enterprises were visually inspected this month on: (date)

SUN	MON	TUE	WED	THU	FRI	SAT
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						

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2004 Safety Log Calendar

MSHA's Website
www.msha.gov
www.msha.gov

Visit the website and you can find:

Compliance Assistance

Training

Educational Services

Health & Safety Tips

On-Line Filings

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Back cover

Cold Chester, Vermont Quarry Receives Sentinels of Safety Award

The Cold Chester, Vermont Quarry received the Sentinels of Safety Award for their outstanding safety record. The quarry employs 25 workers. The award was presented at the December meeting of the Joseph A. Holmes,

Natural Building Stone Council in Granville, New York. Jim Hull, Albany, New York, Field Office Supervisor, presented the award to Bob Greene, Operations Manager for the quarry.



Jim Hull, presenting the award to Bob Greene.

Eighth Mine Safety and Health Seminar/ Professional Development Workshop Planned

The Pennsylvania State University will jointly present the 8th Mine Health and Safety Seminar/Professional Development Workshop on January 21-22, 2004, at the Days Inn, Allentown, Pennsylvania. Other organizations sponsoring the seminar include: the Pennsylvania Bureau of Deep Mine Safety, MSHA, NIOSH, Eastern Industries, Inc., Independence Construction Materials, Pennsy Supply, Inc., Lehigh Portland Cement, and Hanson Aggregates.

The objective of both of these programs is to enhance supervisory safety management skills of mine supervisors.

The seminar, to be held on January 21, is an opportunity for supervisory and safety support personnel to improve their safety management skills by learning about the latest approaches in addressing workplace safety and health issues. The program features up-to-date presentations in topics such as supervisory safety responsibilities and liabilities, ergonomic risks, preparing for inspections, best practices for managing contractors, supervising non-routing maintenance, and safety leadership.

The Professional Development Workshop is scheduled for January 22. It affords participants a chance to learn more about supervisory safety responsibilities and to get practical information on topics such as: supervisory safety responsibilities and liabilities, ergonomic risk factors, rigging for maintenance, electrical safety, and tire safety.



The seminar/workshop will feature exhibits of the latest mine health and safety related resources and training materials. Exhibitors include: The Pennsylvania State University, MSHA, Pennsylvania Bureau of Deep Mine Safety, NIOSH's Pittsburgh Research Lab, and other vendors from industry.

There is a \$25 fee for the seminar. This fee includes all materials, refreshment breaks and a buffet lounge. The Professional Development workshop is free. However, advance registration is required for both events.

For additional information, contact:

Mark C. Radomsky
Telephone: (814) 865-6335
Fax: (814) 863-1621
e-mail: mcr4@psu.edu

Mine Blasting Safety and Application Seminar

**National Mine Health and
Safety Academy
Beaver, West Virginia**

January 21-23, 2004

This free-of-charge seminar is for mining company managers, blasting engineers, blasters, and others involved with the planning, design, and use of explosives in the mining industry.

Seminar presenters include manufacturers of explosives and accessories, blasting consultants, design experts, and personnel from government agencies.

Examples of seminar topics include:

- Safety in storage, transportation, and use of explosives, and how to recognize and prevent malfunctions.
- Blasting design technology for a wide range of mining applications.
- Safe blasting practices and a review of fatalities and accidents.
- Drilling design.
- Current national and international blasting practices.
- Use of seismology in blasting applications.
- Electronic initiation systems.
- Flyrock.
- Construction blasting.
- Vibration control.

The States of West Virginia, Colorado, and Wyoming, and the Commonwealths of Kentucky and Pennsylvania will accept this seminar as part of their blasting certification CEU requirements. The Commonwealth of Virginia will accept it for recertification of construction blasters *only*.

The seminar will begin at 8:00 a.m., January 21, 2004, and end at 12:00 noon, January 23, 2004

For additional information, contact:

Wayne Lively (304) 256-3301
e-mail: lively.wayne@dol.gov





Surface Haulage Safety Workshop

National Mine Health and Safety Academy

Beaver, West Virginia

March 9 -11, 2004

This free-of-charge workshop brings together representatives of the mining industry and others who are involved with the planning, design, and use of surface mine haulage equipment and/or systems. This is an opportunity for participants to exchange information and see new technology, equipment and innovations that are being used in the mining industry. Industry and other technical presenters will provide workshops, exhibits, and equipment displays to allow you to interact in small groups with the presenters and your colleagues.

Workshop topics include:

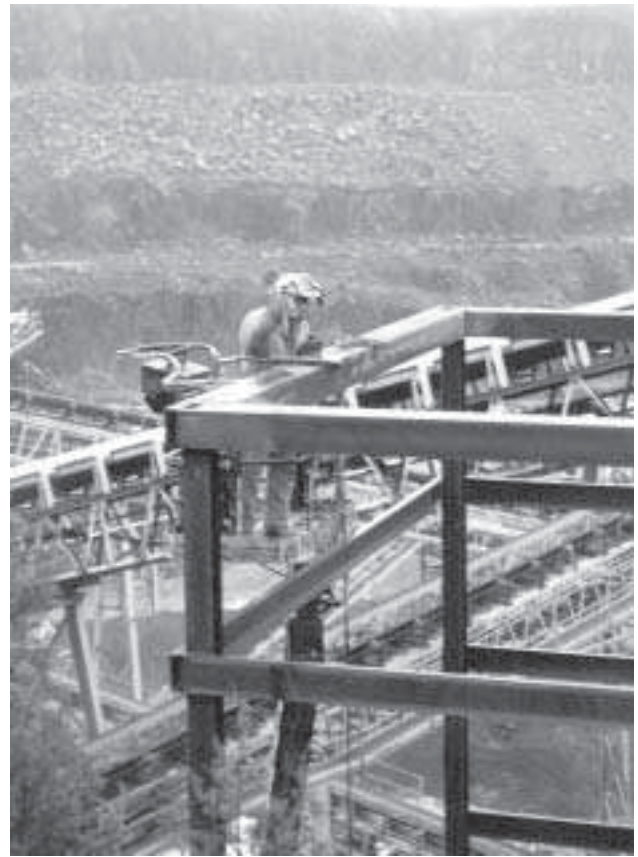
- Conveyor System Safety
- Electric Drive Off-Road Haulage
- Crane Safety Concepts and Accidents
- Front-End Loader Systems
- Role of Independent Contractors
- Dump Point and Surge Pile Safety
- Haulage and Accident Prevention
- Safe Truck Operations
- Equipment Computerization Systems
- Off-Road Tire Basics - Care & Maintenance
- DOT Procedures - "Truck Inspections"
- Safety Aspects of Mounting/Dismounting Tires
- Use of Cameras on Blind Spots

For additional information, contact: Wayne L. Lively (304) 256-3301

Mine Construction, Maintenance, and Repairs Safety Workshop

National Mine Health and
Safety Academy
Beaver, West Virginia

April 13-15, 2004



This free-of-charge seminar is designed for those in the mining construction industry, related support groups, mining regulatory agencies, and others who are involved with the planning, design, and application of mine construction and maintenance activities.

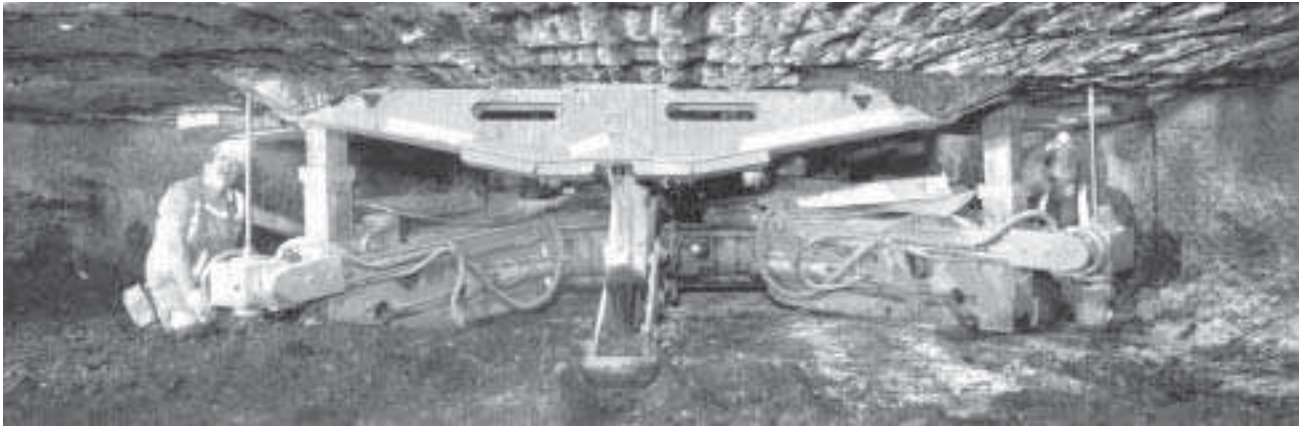
Seminar topics include:

- Blasting in construction.
- Fall protection systems.
- Electrical hazards affecting construction.
- Equipment practices and workplace examinations.
- Crane safety.
- Working in confined spaces.
- Structure demolition.
- Retrofit noise controls.
- Wire ropes and slings used in construction.

- Wire rope testing.
- Accident review.
- How contractors are affected by 30 CFR Parts 46 and 48.
- Compliance guide for 30 CFR Part 47 Hazard Communication (HazCom).
- Welding safety.

For additional information, contact:

Tom Bonifacio (304) 256-3357



Roof Control Seminar

National Mine Health and Safety Academy

Beaver, West Virginia

June 2-3, 2004

This free-of-charge seminar is designed for miners, company managers, engineers, trainers, roof bolter machine operators, and any individual involved on coal mine roof safety. Federal and state enforcement personnel who wish to increase their knowledge in the latest developments on roof and rib control will also find this seminar beneficial.

You will learn about new products and methods related to roof stability, and will hear about and discuss new roof control techniques, trends and developments. Presenters are drawn from the National Mine Health and Safety Academy, MSHA Headquarters, MSHA Technical Support, other government agencies, and industry. All subjects incorporate safe mining practices which will help to reduce roof fall injuries and fatalities.

Seminar topics include:

- New roof bolting products.
- Supplemental supports.
- Roof control fatality trends and prevention.
- Roof control machinery updates.

For additional information, contact: John Rosiek (304) 256-3211

The Joseph A. Holmes Safety Association

Buckle - Up Program

The Joseph A. Holmes Safety Association (JAHSA) Buckle-Up Program is dedicated to saving lives and preventing injuries through promoting the acceptance and use of seat belts throughout the mining industry. The Buckle-Up Program recognizes those working in the mineral extractive industries who have escaped more serious injury because they were wearing a seat belt at the time of a vehicle accident on or off mine property.

Recognition:

Qualified individuals (and family members) of any Joseph A. Holmes Safety Association will receive a Certificate of Recognition and a special sticker identifying them as a participant in the Buckle-Up Program. Where possible, certificates and stickers should be presented at local Joseph A. Holmes Safety Association meetings by an officer of the local Joseph A. Holmes Safety Association organization or a national Association representative. Additionally, individual experiences, including photographs if available of escapes from injury due to the use of seat belts, may be published in the *Joseph A. Holmes Safety Association Bulletin*.

Nomination Criteria:

1. Employee (or family members) must have been wearing a seat belt at the time of the accident.
2. The accident could have occurred on or off mine property.
3. Nomination must have been submitted to the Joseph A. Holmes Safety Association in accordance with the following procedures.

Nomination Procedure:

Nominations for recognition in the Buckle-Up Program should be submitted directly to:

**Joseph A. Holmes Safety Association
Attn: Jon Montgomery
24 Burning Pines
Ballston Spa, NY 12020**

(See next page)

Nominations will be accepted directly from the employee involved in the accident, the employing company, the local MSHA office, from a local Joseph A. Holmes Safety Association Chapter or Council, or from a State agency responsible for mine safety.

Nominations must include the following information:

1. Name of employee (or family members) nominated for recognition
2. Date of accident (Application must be within two years of accident)
3. Place of Accident
4. Mine/contractor ID Number (Employer)
5. Company name
6. Company address
7. Full description of accident (copy of MSHA accident report is acceptable) and a statement of the estimated seriousness of the injury had a seat belt not been in use at the time of the accident
8. Name and title, if applicable, of nominating individual
9. Company name, MSHA office, Joseph A. Holmes Safety Association Council (whichever is applicable), address, and telephone number
10. Signature of employee (or family member) or nominating individual (whichever is applicable)
11. Any photographs of the accident (if available)
12. Date nomination submitted to Joseph A. Holmes Safety Association

Nominations will be reviewed by the Joseph A. Holmes Safety Association, which reserves the sole right to determine the qualification of all nominees. In instances where questions concerning a nomination arise, the Joseph A. Holmes Safety Association will use local MSHA personnel to determine the specific circumstances related to the nomination and to provide this information to the National Secretary, Joseph A. Holmes Safety Association, for appropriate action.

Buckle - Up Program

Nomination Form

_____ escaped serious injury by wearing a seat belt at the time of a vehicular accident on or off mine property. I hereby nominate the above for recognition under the Joseph A. Holmes Association Buckle-Up Program.

Date of accident: _____

Place of accident: _____
(City) (State) (Zip Code)

Mine name: _____ Company Name _____

Mine ID Number: ____ -- ____ Contractor ID Number: ____

Full description of event (copy of MSHA Accident Report is acceptable) and estimated extent of injury had seat belt not been in use: (Please provide photographs of accident, if available.)

Proposed by: (Printed Name) _____ Phone No _____

Company name, MSHA office, or HSA Council _____

Telephone number of person completing this application: _____ - _____ - _____

I hereby certify the statements made above are true to the best of my knowledge.

(signature)

(Date)

Mail to:

Jon Montgomery
JAHSA
24 Burning Pines
Ballston Spa, NY 12020

Save This Date!

June 20-24, 2004

Remember This Place!

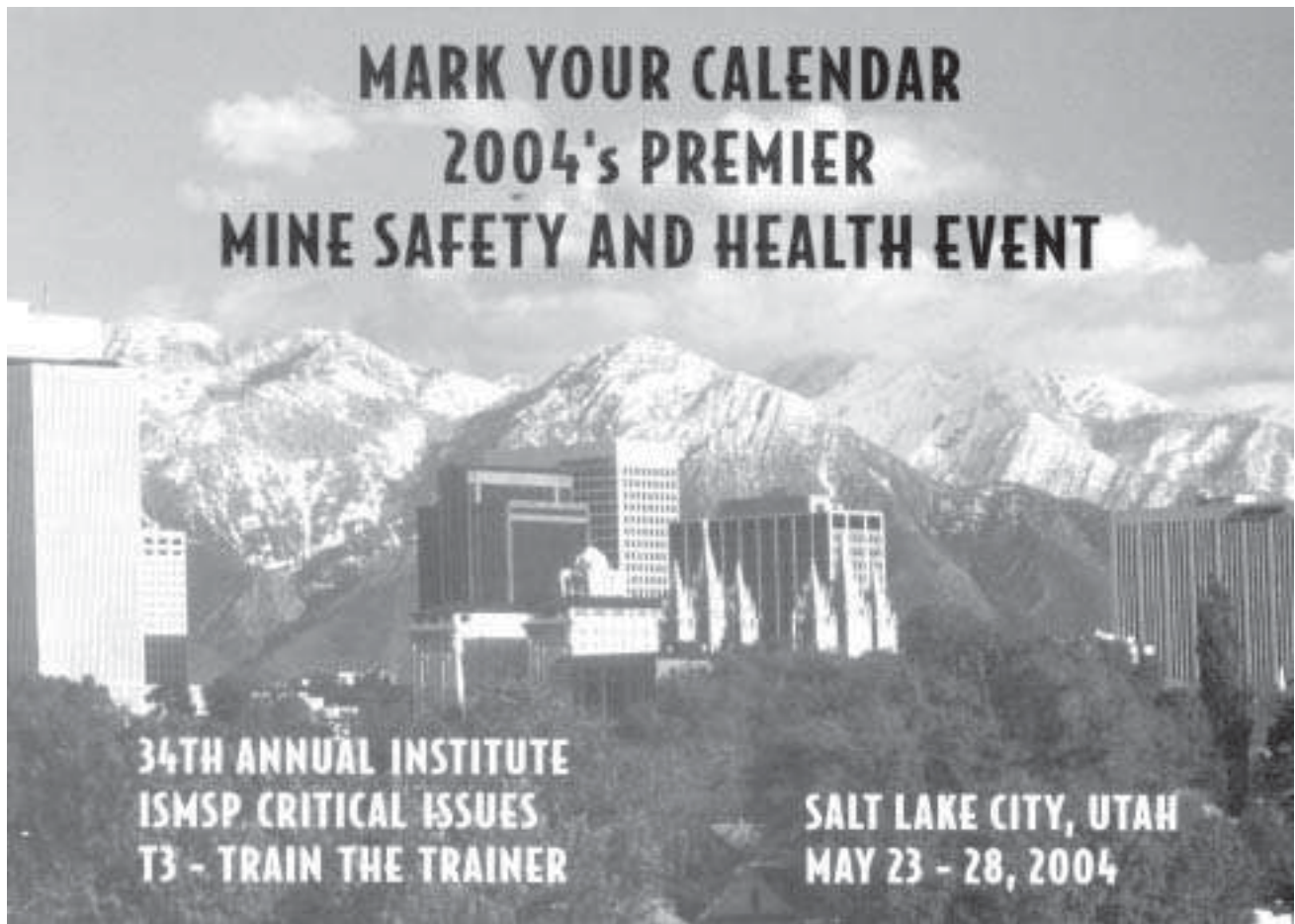
Oglebay Park,

Wheeling, West Virginia

**2004 Joint Mine Safety
Meetings Scheduled**

The Joseph A. Holmes Safety Association, National Association of State Mine Inspectors and Training Agencies, and the Mine Safety Institute of America have scheduled a joint meeting.

For additional information, contact: Cindy Shumiloff (304) 225-6853
or Sharon Cook (304) 369-5252



Three Meetings in One - Don't Miss:

T3 (Train the Trainer)

International Society for Mine Safety Professionals - Critical Issues Conference 34th Annual Institute on Mining Health, Safety & Research

Keynote speakers - industry, government, labor; Emerging issues and research in Mining Health and Safety; Workshops, short courses, and training resources; CEU for CMSP and Professional Development Credit; Vendor exhibits and social events; Safety awards and networking with safety professionals.

In association with: International Society for Mine Safety Professionals, University of Utah, Virginia Tech, MSHA, NIOSH, National Stone, Sand & Gravel Association, National Mining Association, and the Utah Mining Association.

For additional information: www.mines.utah.edu/institute

**ISMSP
T3**

www.ismsp.com
ecullen@cdc.gov

Come Join 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: _____

State: _____ Zip: _____ E-Mail Address: _____

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 9375

Arlington, VA 22219

or

Telephone: (202) 693-9574

Fax: (202) 693-9571

**For address changes, comments, suggestions
and new subscription requests:**

Contact:

Bob Rhea

Joseph A. Holmes Safety Association Bulletin
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1100 Wilson Blvd. Rm. 2147
Arlington, VA 22209-3939
202/693-9574 Fax: 202/693-9571
E-mail: rhea.robert@dol.gov

Please address any comments to:

Steve Hoyle

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 304/256-3264
or Fax us at 304/256-3461
E-mail: hoyle.stephen@dol.gov



Reminder: The District Council Safety Competition for 2003 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 9375
Arlington, Virginia 22219**

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