



MSHA's Accident Prevention Program Miner's Tip

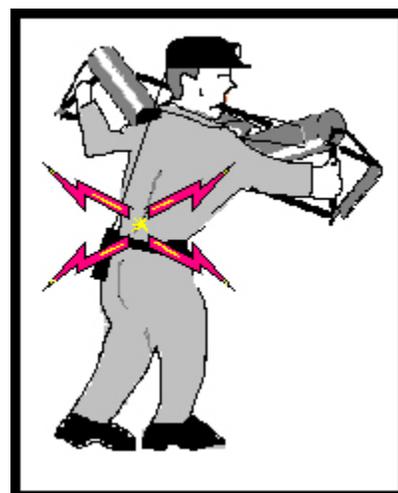
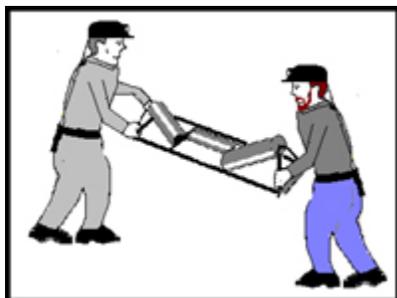
**SAFETY
IS A
VALUE!**

"Proper Lifting"

Category : [Back Injuries](#)

Mine Type: [All Mines](#)

Always grasp one side and wait for a buddy to get the other side. This will greatly reduce the potential for back injuries. Never attempt to carry the top cradle of a conveyor belt structure by yourself. Not only are the structures heavy, they are very awkward (This tip is applicable for any heavy or awkward object).



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Remember – Safety is a Value that you can LIVE with!