



# ROCKY MOUNTAIN NEWSLETTER



April 2009

Denver, Colorado



## NEW DEPUTY ASSISTANT SECRETARY FOR OPERATIONS, MINE SAFETY AND HEALTH ADMINISTRATION

Michael A. Davis is the Deputy Assistant Secretary for Operations, Mine Safety and Health Administration.

Prior to his current position, Mr. Davis was District Manager for Metal/Nonmetal's Southeastern District, located in Birmingham, Alabama. He is a fourth-generation coal miner and a second-generation MSHA employee.

Mr. Davis began his career with MSHA in 1989 as an inspector. Working his way up through the ranks, he has held numerous management positions in the agency, including Field Office supervisor, assistant district manager and district manager. He is a member of the International Society of Mine Safety Professionals and a long term member of the Holmes Safety Association.

He attended Oklahoma University and Northeastern State University.

## Stay Out! Stay Alive!



"Stay Out–Stay Alive" is a national public awareness campaign aimed at warning children and adults about the dangers of exploring and playing on active and abandoned mine sites.

Every year, dozens of people are injured or killed in recreational accidents on mine property. MSHA launched "Stay Out–Stay Alive" in 1999 to educate the public about the existing hazards. The campaign is a partnership of more than 70 federal and state agencies, private organizations, businesses and individuals.

Throughout the year, "Stay Out–Stay Alive" partners visit schools, communities and youth organizations around the country to educate children about the importance of steering clear of active and abandoned mines.

To become involved in "Stay Out–Stay Alive", please contact Frank Meilinger at [Meilinger.Frank@dol.gov](mailto:Meilinger.Frank@dol.gov).

To report unsafe public mine access, abandoned mine emergencies or abandoned mine locations, call the MSHA Hotline at: (800) 746-1553.

SOSA upcoming events will be held in Arizona and Utah; dates will be posted at a later time.



The U.S. Department of Labor's Mine Safety and Health Administration (MSHA), in cooperation with the National Stone, Sand and Gravel Association (NSSGA), will conduct 28 free, no-registration workshops in more than 14 states and territories to address the special hazards produced by the onset of warmer weather at the nation's mining operations.

MSHA and NSSGA personnel along with safety health professionals from various mining companies will share information and experiences in dealing with the particular hazards mine operators will face as spring approaches. The workshops will focus on effective safety and health programs, safe maintenance and repair activities, and the hidden costs of mining accidents. Seminar leaders will also discuss specific safety hazards encountered by mining operations in particular regions of the country.

The seminars will coincide with winter's end, when many intermittently operated mining operations begin producing again, often with new employees who are new to the mining environment. Statistics show that accidents in stone, sand, and gravel mines tend to increase during April and May.

The MSHA-NSSGA "Spring Thaw" workshops will be held in more than 14 states and territories.

2009 MSHA/NSSGA SPRING THAW  
SAFETY WORKSHOP SCHEDULE  
*Rocky Mountain District (Location & Dates)*

**HELENA, MT**

Date: 04/01/09  
Location: Kalispell, MT  
Place: Contact Phil Dahl  
Contact: Phil Dahl  
Comments: (406) 441-1180

**HELENA, MT**

Date: 04/02/09  
Location: Missoula, MT  
Place: Contact Phil Dahl  
Contact: Phil Dahl  
Comments: (406) 441-1180

**HELENA, MT**

Date: 04/14/09  
Location: Billings, MT  
Place: Hilton Garden Inn  
Contact: Phil Dahl  
Comments: (406) 441-1180

**HELENA, MT**

Date: 04/15/09  
Location: Lewistown, MT  
Place: Contact Phil Dahl  
Contact: Phil Dahl  
Comments: (406) 441-1180

**SALT LAKE CITY**

Date: 04/21/09  
Location: Helper, UT  
Place: College of Eastern Utah's Western Energy Training Center.  
Contact: Joel Gerhard  
Comments: (303) 231-5695

**MESA, AZ**

Date: 04/30/09  
Location: Mesa, AZ  
Place: Empire in Mesa, AZ on Country Club Drive and U.S. 60  
Contact: David Brown  
Comments: (480) 649-5452

2009 Metal/Nonmetal Mine Rescue  
Contest Information Local Contest  
Schedule  
Local Distinct Contest (Location &  
Dates)

#### Colorado State MNM Mine Rescue Contest

Dates: July 21-23, 2009  
Location: Idaho Springs, CO  
Contact: [Harry.Lovely@stat.co.us](mailto:Harry.Lovely@stat.co.us)

#### Kansas Shootout Mine Rescue Contest

Dates: May 12 – 14, 2009  
Location: Hutchinson, KS  
Contact: [dobrinski@hutchee.edu](mailto:dobrinski@hutchee.edu)

#### Southwestern Regional Mine Rescue Contest

Dates: May 19-21, 2009  
Location: Ruidoso, New Mexico  
Contact: [Buddy.Webb@wipp.ws](mailto:Buddy.Webb@wipp.ws)

#### Northern Mine Rescue Contest

Dates: August 12- 14, 2009  
Location: Rochester, NY  
Contact: [Barry\\_Carlson@cargill.com](mailto:Barry_Carlson@cargill.com)

#### Nevada Mine Rescue Contest

Dates: June 4-6, 2009  
Location: UNR Fire Science Academy, Carlin,  
NV  
Contact: Randy Squires ([rsquires@unr.edu](mailto:rsquires@unr.edu))  
Website: (information to be updated):  
<http://fireacademy.unr.edu/>

#### Central Idaho Mine Rescue Contest

Dates: May 15-16, 2009  
Location: Kellogg, Idaho  
Contact: [cmrescue@cebridge.net](mailto:cmrescue@cebridge.net)

#### Southern Regional Mine Rescue Contest

Dates: April 28 – 30, 2009  
Location: New Iberia, Louisiana  
Contact: [hcharpentier@mortonsalt.com](mailto:hcharpentier@mortonsalt.com)

#### Missouri Regional Mine Rescue Contest

Dates: September 22-24, 2009  
Location: Rolla, MO  
Contact: [jtaylor@mst.edu](mailto:jtaylor@mst.edu)

#### Southeast-Central Kentucky Mine Rescue Association's Mine Rescue Contest

Dates: October 7-8, 2009  
Location: Maysville, KY  
Contact: Sammy Linville,  
[sammylinville@yahoo.com](mailto:sammylinville@yahoo.com)  
Phone# (859) 468-2914

#### District Safety & Health Notes



#### **Hard Hat Information**

30 CFR 56/57.15002 states that “All persons shall wear suitable hard hats when in or around a mine or plant where falling objects may create a hazard.”

What is a “suitable hard hat”?

The American National Standards Institute (ANSI) standard Z89.1-2003 describes types and classes for industrial helmets, commonly known as hard hats.

Type I hard hats are intended to reduce the force of impact resulting from a blow to the top of the head (falling object protection).

Type II hard hats are intended to provide protection against both side impact and blows to the top of the head.

Three classes indicate the electrical insulation rating of the hard hat. Class G (general) hard hats are tested at 2200 volts, Class E (electrical) are tested to withstand 20,000 volts, and Class C (conductive) provide no electrical protection.

The three classes were established in 1997 and replaced older classes A, B, and C, respectively. The ANSI designation for the type and class of a hard hat should be contained in a label inside the shell of the hard hat. To extend the useful life of your hard hat, wash it regularly with hot water and mild soap. Use a gentle scrub brush to clean the shell and a soft sponge to wipe the suspension and headband. Rinse the hard hat in clear water and then inspect

it carefully for any signs of damage. Replace your hard hat when cracks appear in the shell, the shiny surface appears dull or chalky, or the shell becomes brittle.

Replace your suspension when it becomes brittle or won't hold securely to your head, one or more of the mounts breaks off, or the cradling straps break or become worn.

Employees should be aware that hard hats do not eliminate hazards and they are only effective if worn and used properly.

Please contact your local MSHA office if you have any questions about your hard hat or other personal protective equipment.



**MSHA's Occupational Illness and Injury  
Prevention Program  
Health Topic  
"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 loads' 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-back lifting 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 (shoveling)--

**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.

## Tornado Safety



**Here in the USA, tornadoes have occurred in every month, so any time is a good time to review tornado safety procedures--for home, for school, for work, in the car, and while out and about.**

Each year about a thousand tornadoes touch down in the US. Only a small percentage actually strike occupied buildings, but every year a number of people are killed or injured.

The chances that a tornado will strike a building that you are in are very small, however, and you can greatly reduce the chance of injury by doing a few simple things.

One of the most important things you can do to prevent being injured in a tornado is to be **ALERT** to the onset of severe weather. Most deaths and injuries happen to people who are unaware and uninformed. Young children or the mentally challenged may not recognize a dangerous situation. The ill, elderly, or invalid may not be able to reach shelter in time. Those who ignore the weather because of indifference or overconfidence may not perceive the danger. Stay aware and you will stay alive!

If you don't regularly watch or listen to the weather report, but strange clouds start moving in and the weather begins to look stormy, turn to the local radio or television station to get the weather forecast.

Check [The Weather Channel](#) for additional information, or if you have trouble getting up-to-the-minute forecasts on a regular radio, then a ["NOAA weather radio"](#) is a wise investment. If a tornado **"watch"** is issued for your area, it means that a tornado is "possible." If a tornado **"warning"** is issued, it means that a tornado has actually been spotted, or is strongly indicated on radar, and it is time to go to a safe shelter immediately.

Be alert to what is happening outside as well. Here are some of the things that people describe when they tell about a tornado experience:

- A sickly greenish or greenish black color to the sky.
- If there is a watch or warning posted, then the fall of hail should be considered as a real danger sign. [Hail](#) can be common in some areas, however, and usually has no tornadic activity along with it.
- A strange quiet that occurs within or shortly after the thunderstorm.
- Clouds moving by very fast, especially in a rotating pattern or converging toward one area of the sky.
- A sound a little like a waterfall or rushing air at first, but turning into a roar as it

comes closer. The sound of a tornado has been likened to that of both railroad trains and jets.

- Debris dropping from the sky.
- An obvious "funnel-shaped" cloud that is rotating, or debris such as branches or leaves being pulled upwards, [even if no funnel cloud is visible.](#)

If you see a tornado and it is not moving to the right or to the left relative to trees or power poles in the distance, it may be moving towards you! Remember that although tornadoes usually move from southwest to northeast, they also move towards the east, the southeast, the north, and even northwest.

Encourage your family members to plan for their own safety in many different locations. It is important to make decisions about the safest places well BEFORE you ever have to go to them.

[Welcome Our New Staff](#)

**MEET THE NEW DENVER, CO FIELD OFFICE EMPLOYEES**



**William Schroeder: Mine Safety & Health Specialist.**  
**Married with one child and one on the way. William enjoys fishing, outdoors, and sports.**



**John Kalnins: Mine Safety & Health Specialist. Married. John enjoys camping, four wheeling, and working out.**



**Mike Treloar: Mine Safety & Health Specialist.**  
**Married with four children. Mike enjoys hunting and fishing.**



**Lee Hughes: Mine Safety & Health Specialist.**  
**Married with two children. Lee enjoys camping in the high country, fishing, hiking and boating.**



**Michael Tefertiller: Mine Safety & Health Specialist. Married with one child. Mike enjoys hunting, fishing, ATV, and Professional bull riding.**

**HELP US KEEP OUR MAILING LIST CURRENT**

*As address corrections or deletions become necessary, please let us know. Changes and/or deletions should be submitted by identifying the 5-digit identification number shown in the upper left-hand corner of your mailing label.*

Additions, changes, deletions should be sent to:  
Mine Safety & Health Adm. Mary Jackson-Cole:  
MSHA-M/N P.O. Box 25367, DFC Denver, CO  
80225-0367E-mail: jackson-cole.mary@dol.gov

***Yours in Safety,***

***Richard Laufenberg,  
District Manager***