



In this Metal and
Nonmetal Quarterly

MINER Matters

<u>TOPIC</u>	<u>Pg</u>
The HEAT Is On	1
Showcase Mine— OCI's PASS Masters in Green River, WY	2
Risk SLAMMERS: LEHIGH Mitchell Plant Limestone and It's Uses	3
The Dinner Bucket "Don't Let SAFETY Slip" Workplace Examina- tions Eliminate Hazards	4
Safety Creed	5
Back Safety Basics Crossword Puzzle	6



THE HEAT IS ON !



Nuggets

**Being SAFE is
like breathing,
YOU never
want to stop!**

**Submitted by:
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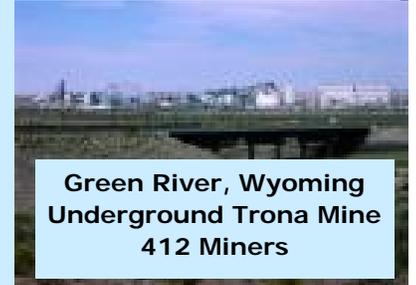
Arlington, VA: How hot is too hot? It all depends on how YOU handle the HEAT. Every person is different and it is important that you know your limits. There are symptoms associated with heat stroke that all miners need to be aware of. Heat stroke causes serious injuries and fatalities every year. If you start to experience any of the symptoms listed below, it's important that you cool down your body temperature immediately. Symptoms of heat stroke are:

- headache
- dizziness
- disorientation, agitation or confusion
- sluggishness or fatigue
- seizure
- hot, dry skin that is flushed but not sweaty
- a high body temperature
- loss of consciousness
- rapid heart beat



If a person is suffering from heat stroke, it's important to treat the victim immediately. First, contact emergency response call 911. If you can safely remove the person from the area, do so. It is important to cool down the victim's body temperature. You can do this by getting the victim out of the heat, applying cool water to the skin, applying ice packs to the groin and arm pits, and by fanning the body to cool it off.

Showcase Mine—OCI's PASS Masters



Green River, Wyoming
Underground Trona Mine
412 Miners

Safety is Priority #1: It is the policy of OCI Wyoming that each and every employee is assured of a healthy, safe and environmentally sound workplace. The health and safety of our employees and protection of the environment shall be of primary consideration when operating any process or performing any task while employed at OCI. The belief is that all accidents and injuries are preventable.

Brief Explanation of PASS

Each shift the team has a brief **Safety Huddle** (Communication Session) in which a team member asks three questions. The first two questions discuss safety from the previous shift:

If everyone had a "Safe Shift" - They discuss their safety behaviors in terms of what they personally did safely and what they saw they others do safely. This will result in the likelihood of the team repeating the safe behaviors that were pinpointed and discussed (Positive Reinforcement).

Also, they should discuss any improvements they made to safety by removing or fixing a hazard and after two months they should start recording their safety improvement in their **A log** (see below).

If the shift was unsafe the team either: 1) Fixes the hazard and agrees to change their behavior (setting their standard). 2) they also Report the hazard to their supervisor, then discusses and agrees on what action they need to take until the hazard is removed or fixed. After about six months the team will report any hazard, they can not fix on large visible **Safety Improvement White Board** (see below).

Two ways of asking the last safety huddle question to individual team members are: 1) How are they are going to do their assigned task safely or 2) Ask the Team how they are going to adjust behavior so that we have a safe shift.

The Team is they asked to rate the Safety of the previous shift A, B or C on their **Safe Day Chart**:

- A - someone improved Safety by removing, fixing, or controlling a hazard
- B - solid Safe Day
- C - a day that was deemed to be unsafe by the team

The Safe Day chart is posted where the safety huddle is conducted and teams are positively reinforced for their B's and especially for any A's. The **A log** is a book used by the team to record the details of their A's. This allows management and other teams to provide pinpointed positive reinforcement to appropriate individuals/teams for safety improvements. Also, this book allows management, teams and the Safety Department to identify what could be improved, expanded or systemized (e.g., new or Safer procedures). The unsafe items that the team cannot fix themselves are recorded on a public **Safety Improvement White Board**, which is regularly reviewed and addressed by Management. The board outlines the desired safety improvement, who is responsible for getting the item, expected date of completion daily and on-going comments.

PASS requires management to thank someone daily for doing something safely and to improve safety. They discuss these actions in the **Improvement Huddles** and record their performance on a Safety Improvement chart.

Risk SLAMMERS



Limestone and It's Uses



Limestone is calcareous sedimentary rock composed of the mineral calcite (CaCO_3), which upon calcination yields lime (CaO) for commercial use. In its broadest interpretation the term includes any calcareous material such as marble, chalk, travertine, tufa, lime shell, coral and marl each possessing different and distinct physical properties. The crystalline equivalents of limestone having the same chemical composition are calcite and aragonite.

Limestone is quarried for roadbeds, building and landscape construction, and cement manufacturers. It is especially popular in architecture, and many landmarks around the world, especially in North America and Europe, are made primarily of the material. Limestone is readily available and relatively easy to cut into blocks or more elaborate carving. It is also long-lasting and stands up well to exposure.

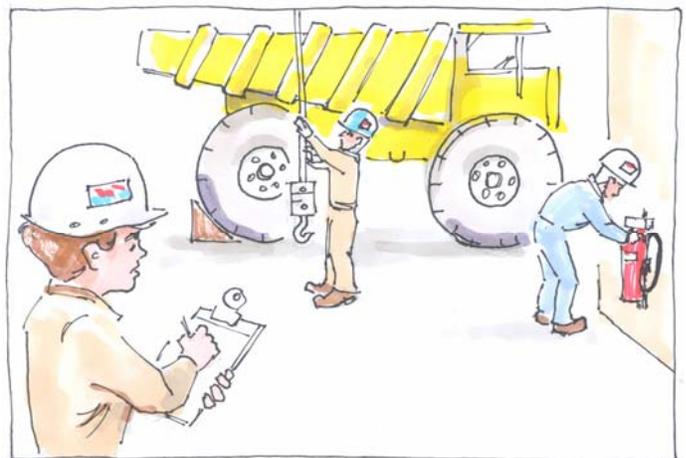


Jack Cottle

The Dinner Bucket

"Don't Let SAFETY SLIP"

Workplace Examinations Eliminate Hazards



Am I exposing myself to RISKS?
Am I aware of the hazards around me?



Safety Creed

We Believe

...That every man or women bears the unalterable responsibility for keeping out of harm's way. This he or she owes to him or herself, their family, their fellows and his or her job.

...that no man or women lives or works entirely alone. He or she is involved with all men and women, touched by their accomplishments, marked by failures. If he or she fails the man or women beside them, they fail themselves, and will share the burden of that loss. The true horror of an accident is the realization that a man or woman has failed themselves -and more- that his or her fellows have failed them.

...that accidents are conceived in improper attitudes, and born in moments of action without thought. They will cease to be only when the proper attitude is strong enough to precede the act - when the right attitude creates the awareness that controls the act.

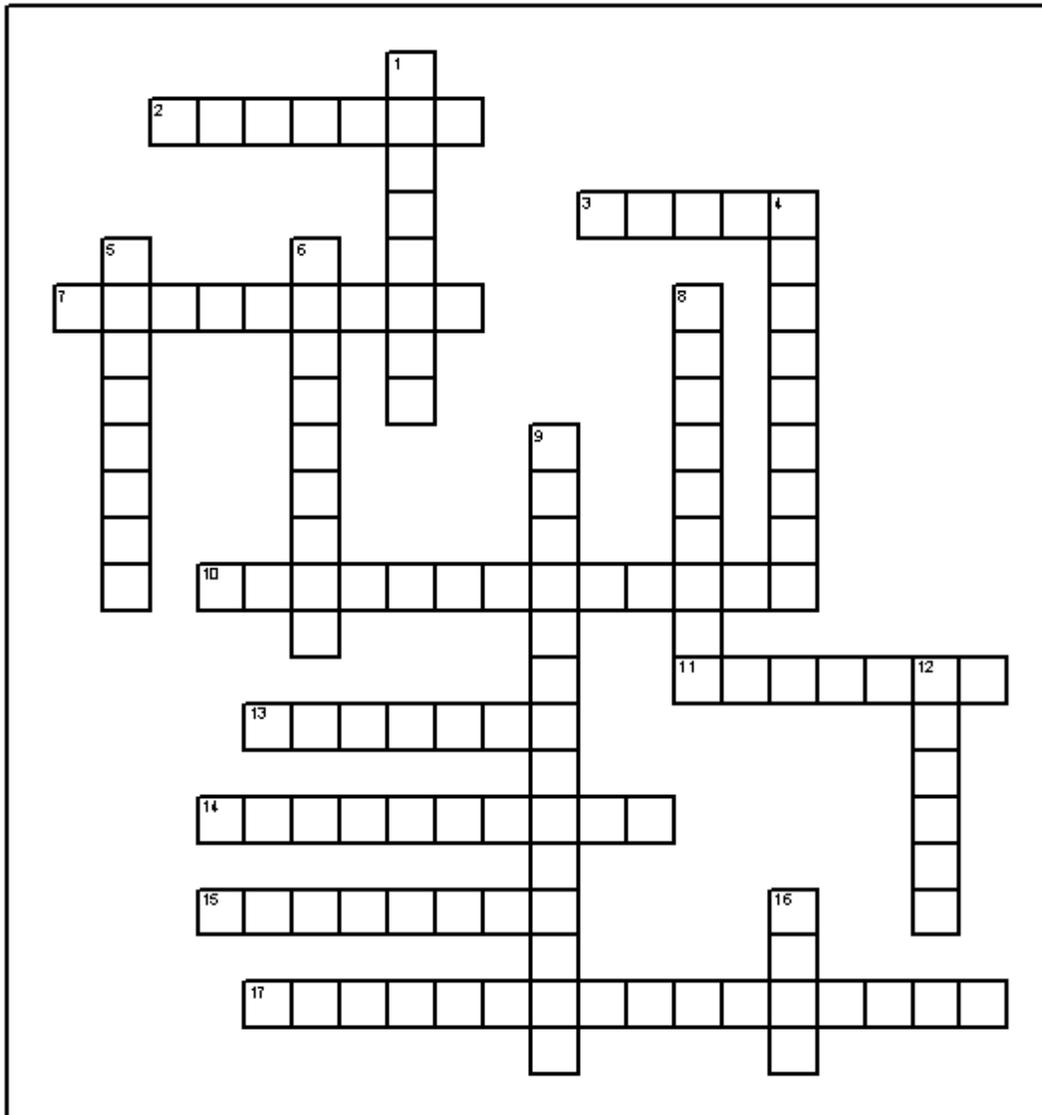
...that the prevention of accidents is an objective which crosses all levels of ranks, organization and procedure.

...that freedom from harm is not a privilege but a goal to be achieved and perpetuated day by day.

... that the elimination of injury and pain through accidents is a moral obligation upon which the final measure of our performance directly depends.

Author Unknown

Back Safety Basics



Across

2. A common factor contributing to back problems.
3. Bend these instead of your back when lifting.
7. Don't lift objects more than this (2 wds).
10. The coordination of body parts to product motion and maintain equilibrium (2 wds).
11. What to do when the load is too heavy for one person -usually more than 50 pounds (2 wds).
13. Common activity done by healthcare workers causing repeated back stress.
14. The second leading cause of lost work time in the US (2 wds).
15. Natural curve of the neck.
17. Strengthening these can help prevent back problems (2 wds).

Down

1. Don't bend forward with your legs in this position.
4. Ears, _____ and hips should be maintained in a straight line for good back posture.
5. Natural curve of the middle back.
6. Turn this instead of twisting from the waist (2 wds).
8. A common posture mistake when sitting.
9. Two common actions often done incorrectly that may lead to back stress (2wds).
12. Natural curve of the lower back.
16. Move things this way rather than pulling whenever possible.

Answers will be in the next quarterly.