

U.S. Department of Labor

Mine Safety and Health Administration



MSHA's Small Mine Office—Serving the small mines in America

Week 6

Location: _____ Supervisor: _____ Date: _____

1. Guards

- Lockout/Tagout the equipment when repairing guards.
- After repair or maintenance, replace guards before restarting machinery or equipment.
- Report broken or inadequate guards.

2. Lifting

- Get help when lifting or moving heavy objects
- Wear and properly cinch your back support belt when lifting
- When lifting spread your feet, use your legs, keep back straight and bring object close to your body.

3. Report Injuries

- All injuries, regardless of how minor, should be reported to your supervisor.
- We want to provide immediate medical attention for you.
- Remember some accidents and injuries are reportable to MSHA and Workers Compensation.

Attendees:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Employee Comment