



WESTERN XPRESS

October 2007

Inside this issue:

Stop the Fatalities	1
Make the Right Decision	2
Mine Rescue Competition	3
21st Safety Olympiad	4
Beyond the Number on the Scale Diane Watson	5
Governor's Industrial S&H Conference— Washington State	6
3rd Annual Western Regional S&H Conference	
New District Hires & Promotions	7



- S**afety is your responsibility
- T**ake time to think about the task at hand
- O**bserve and identify all hazards
- P**repare before you begin

Follow Good Safety Procedures

Since January 2, 2007, twenty-six metal and nonmetal miners have been killed. Eight of those fatalities took place in the Western District states of Alaska, California, Oregon, Nevada, and Washington. MSHA is requesting that you take time out to talk to your employees about the causes of these accidents. We need to take action now to **STOP** the Fatalities. Sharing information and discussing these recent accidents with the employees can help them to avoid these types of accidents in the future.

A significant contributing cause in most accidents is insufficient attention to the task at hand or multi-tasking. Employees must pay careful attention to what is going on around them and to the tasks they are performing.

- **Fatality #2** - January 25, 2007 - Fall of Roof or Back - Washington - Lead/Zinc Ore - Tech Cominco American Inc - Pend Oreille Mine
- **Fatality #12** - June 12, 2007- Falling Material - California - Granite(C&B) Granite Construction Co. - Felton Quarry
- **Fatality #14** - June 19, 2007- Powered Haulage - Nevada - Gold Ore Newmont Midas Operations - Midas Mine
- **Fatality #16/#17** - July 19, 2007- Machinery - Alaska - Gold Ore Alaska Gold Company - Nome Operations
- **Fatality #18** - July 24, 2007- Powered Haulage - Oregon - Sand & Gravel Delta Sand & Gravel Company - Delta Pit and Plant
- **Fatality #21** - August 28, 2007- Fall of Roof or Back - Nevada - Gold Ore Small Mine Development, LLC - Getchell Mine
- **Fatality #25** - Powered Haulage - Alaska - Sand & Gravel (Construction) Wilder Construction Company - Conrock North Pit

When **YOU** least expect it – You could get hurt. Make the right decision!

In 2007, fatal accidents at Metal and Nonmetal mines increased from 10 on May 31 to an alarming 20 fatalities by July 31. Seven of the latest fatalities involved powered haulage or machinery, and eight involved miners performing maintenance, repair, or construction work. Seven contractor employees were fatally injured at mine sites this year.



Remove Powered Haulage and Machinery Hazards to Prevent Fatalities

Miners should always:

- Identify all hazards, and potential hazards
- Examine your work area
- Be aware of people and activities in the area
- Do thorough pre-operational inspections and correct defects
- Be trained to safely operate the equipment
- Evaluate the ground stability prior to operating equipment near any drop off or edge

Contractors Have Safety and Health Responsibilities

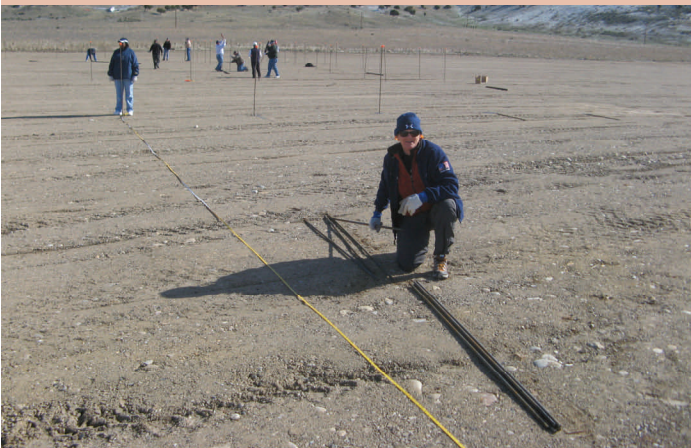


Contractors should know safe work procedures for:

- Lockout/Tagout
- Blocking against motion
- Use of fall protection
- Performing the required work
- Area and equipment safety checks



Pictured Above Left: ADM Karonica Glover and Elko Field office supervisor, Jim Fitch getting ready to set up for the 3rd Annual Underground Mine Rescue competition. Pictured Above Right: Lori Armstrong, Elko office assistant warming up after helping out in the cold.



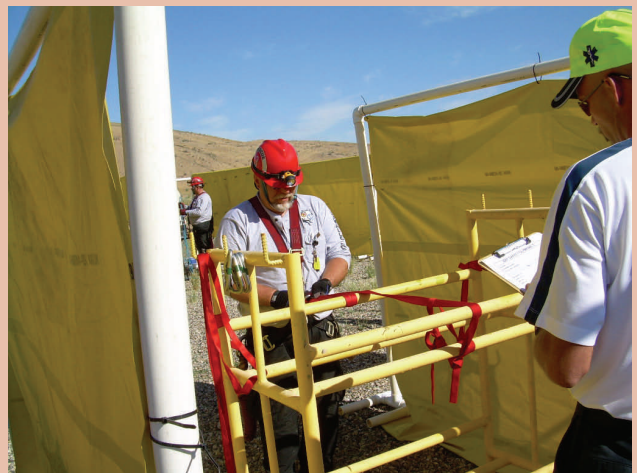
Diane Watson (Above Left), SI Supervisor is hard at work. Scott Horn (Above Right), Anchorage Field Office Supervisor came to help with the competition.

This Year's Competition had a record 17 teams competing along with 4 novice teams attending. Barrick Goldstrike sent their South African team to compete as a novice team. This was a great showing from all over the world.

Please visit <http://fireacademy.unr.edu/MineContest07.htm> for contest results.

21st Annual Safety Olympiad

The 21st Annual Safety Olympiad was held on 12 & 13 July, 2007 at the University of Nevada –Reno Fire Science Academy in Carlin, Nevada. The Olympiad is a surface mine rescue contest to test the skills of surface mine rescue teams. Teams from across the west met in Carlin for the two day event. The first day consisted of basic skills testing, such as knot tying, mass casualty, fire fighting and confined space entry. On the second the participants awed spectators with a display of high-angle rope rescue skill.



BEYOND THE NUMBER ON THE SCALE

You're eating better and exercising more, but you still haven't lost a pound, according to your bathroom scale. What gives?

"If you've lost fat and gained muscle, you may not show any weight loss on the scale, but your clothes will probably fit looser, and you'll look better", says Jeffery Jenkins, M.D., FACS, general and bariatric surgeon with Sutter Auburn Faith Hospital. "Muscle is denser than body fat. This means that pound for pound, muscle take up less space than fat."

Measuring Up

If you can't rely on your scale to tell if your weight is healthy, what can you use? The body mass index (BMI) is considered a reliable way to measure healthy body weight for most men and women older than age 20. BMI is a measure of body fat based on height and weight. How can you find your BMI? Use the Sutter Health online calculator at www.sutterhealth.org/health/bmi_calculator.html. Compare your BMI number with the chart below.

BMI Numbers	18.4 or less	underweight
	normal	
	25 - 29.9	overweight
	30 or more	obese

BMI is a less accurate measurement for athletes and older people, so they should see their doctor to determine their healthy weight.

The Bottom Line on Fat

"Having a large percentage of body fat is unhealthy regardless of how much you weigh or how thin you look. Women with more than 30 percent body fat and men with more than 25 percent are considered obese and putting their health in serious danger," says Dr. Jenkins. "The easiest way to decrease overall body fat is to eat healthy foods in smaller quantities and exercise regularly. Judge your progress by how your clothes fit and how you feel rather than by a number on the bathroom scale."

Submitted by Diane Watson

56th Annual Washington State

Governor's Industrial Safety and Health Conference

Every year the Governor's Industrial Safety and Health Conference in the state of Washington offers two days of training and education, providing the latest tools, technologies, and strategies for workplace safety and health. Alternating between the eastern and western side of the state, each year the conference attracts approximately 3,000 safety and health attendees. More than 300 volunteers, representing the diversity of industrial Washington, contribute to its success! This year Western District's Gary Hebel presented a Fatality Review to a group of 45 persons.

Mine related workshops also included the highs and lows of safe concrete delivery and one on controlling respirable dust, silica, and noise exposures.

<http://www.wagovconf.org/>



Sponsoring agencies from the mining industry, government and education present the:

3rd Annual Joint Western Regional Mine Safety and Health Conference

October 22 - 25, 2007

at the Orleans Hotel, Las Vegas, NV. This conference is designed to explore ways to improve health and safety in the mining industry.

For information about the conference, contact Jerry Kissell at 303.231.5583 or Kissell.Jerry@dol.gov or John Pereza at 707.447.9844 or Pereza.John@dol.gov.

For more information or to register online, please use visit the Fire Academy Website @

<http://www.fireacademy.unr.edu/safetyconference.htm>

WESTERN DISTRICT SAYS GOOD BYE TO SEVERAL EMPLOYEES WE WISH THEM WELL & THEY WILL BE MISSED

Karonica Glover left the agency to pursue a career with industry.
Randy Cardwell left the agency to pursue a career outside of mining.
Bill Berglof has left the agency for private industry.



Evan Church (pictured above left) came from Wallace, Id where he worked in the underground silver mines for three years before working in Iraq for Halliburton during the past two years. He is a new inspector in the Elko, NV Field Office.

Charlie Snare (pictured above right) came from Cripple Creek, CO where he worked underground for 25 years. Charlie is also newly hired for the Elko Office.

The Elko Field Office also hired Steve Holmberg (not pictured).

Jason Jenö and Edward Seaton are new hires in the Vacaville Field Office.

The Metal and Nonmetal Western District is pleased to announce the following selections:

Mr. Kevin Hirsch was selected for the position of Supervisory Mine Safety and Health Inspector in the San Bernardino CA Field Office effective September 16. Kevin was previously a Mine Safety and Health Inspector in the Elko Field Office.

Mr. Bart Wrobel was selected for the position of Supervisory Mine Safety and Health Inspector in the Boulder City, NV Field Office effective June 10. Bart was previously a Mine Safety and Health Inspector in the Rocky Mountain District, Mesa, AZ Field Office.