

# U.S. Department of Labor

## Mine Safety and Health Administration



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

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## Week 52

Location: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Duration: \_\_\_\_\_

1) **General Safety Rules**

- Never attempt any job if you are in doubt about your safety or the safety of others. Ask your supervisor for help
- Do not get on or off equipment while it is moving
- “Think Safety in Every Way”
- Always de-energize equipment before performing work on it—“Lock and Tag Out”

2) **General Safety Rules**

- Stand on a dry insulating mat when operating an electrical disconnect
- Always wear personal protective equipment (PPE)
- Never place your fingers, hands or other body parts in or on moving/rotating parts of equipment.
- Do not apply belt dressing to a moving belt conveyor unless you are using an aerosol type dressing from a safe distance from moving parts
- Never touch a moving cable – or a stationary cable unless locked/tagged out that is within 10 feet of passing through a sheave or being wound around a drum and wear gloves when do so

3) **General Safety Rules**

- Shut off all engines and allow a cool down time before refueling
- Do not work on or from raised equipment unless it has been securely blocked
- Anyone required to ride moving railroad cars should wear a full body harness attached to the rail car at all times while it is in motion
- Always lift with your legs-not your back!! Do not over lift – get help!!

Attendees:

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Employees Comments: