



# Metal and Nonmetal Quarterly

## "Safety and Health are Values"

### *Man Falls While Tarping Truck*

In this Metal and Nonmetal Quarterly

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SILVER BAY, MN– A contract truck driver was fatally injured when he slipped and fell while tarping a load on a tractor/trailer. He was not using fall protection.

“His death reminds us all that climbing onto a truck without fall protection can be very dangerous.”, says Steve Richetta, North Central District Manager. “Fortunately, there are many ways to get around this for truck tarping.”

Powered truck tarping stations are available that permit tarping from ground level. On-site tarping facilities can also allow safe access to the top of the loads. Mine operators can direct drivers to the station and provide any training required.

Passive fall restraints consist of permanently-mounted hand-rails, screens, or other devices that enclose a truck on its sides. They are positioned close enough to the truck and its load

that a person will be restrained and prevented from falling should there be a slip, trip, or loss of balance. Safe access is usually accomplished by steps, walkways, ramps, or ladders.

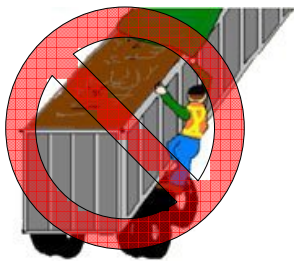
Semi-passive fall restraints are similar to those described above, but are not permanently fixed in place. They are positioned to the side of or above the truck and are lowered, pivoted, swung, or otherwise moved into position after the truck has been parked.



*What to do:*  
Top: a tarping station  
Bottom: an automatic tarper

Active fall restraints include safety harnesses or belts, fixed-length or adjustable self-retracting lanyards, overhead attachment points, cables or rails, etc.

Tarping off the mine site may result in tickets being issued and even greater hazards to the driver.



*What not to do:*  
a truck driver climbing to access the truck bed, creating a serious fall hazard

## *Summer Heat Threatens Outdoor Workers*

EVERYWHERE, USA— Summer is starting to heat up across the country. In response, Metal and Nonmetal Safety Division Chief Tom Loyd warned outdoor workers: “Hot conditions put your body under a lot of stress, and,

**“Hot conditions put your body under a lot of stress... and can result in heat-related illness and injuries.”**  
**-Tom Loyd, Metal and Nonmetal Safety Division Chief**

when combined with physical activity, loss of fluids, fatigue, and other conditions, can result in heat-related illness and injuries”.

Research shows that heat stress can occur any time the surrounding temperature is elevated, and can involve six important factors:

- temperature
- humidity
- movement of air
- radiant temperature of the surroundings
- clothing
- physical activity

There are a number of recommended methods to combat them, such as engi-

neering controls, including:

- controlling heat through use of insulation and reflective barriers
- exhausting hot air or steam away from the work area
- using air-conditioned rest areas
- using fans to circulate the air
- reducing the physical demands of the work by using mechanical equipment.

Effective administrative controls can include:

- increasing the frequency and duration of rest breaks
- scheduling tasks to avoid heavy physical activity during the hottest parts of the day
- providing cool drinking water or an electrolyte-replacement drink and encourage its consumption
- making sure everyone understands the signs and symptoms of heat stress.

Common-sense precautions, such as dressing properly for the job, include:

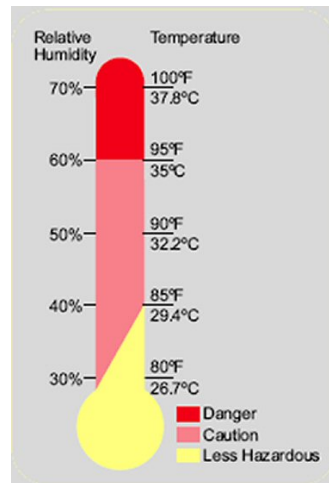
- wearing lightweight clothing

which allows moisture to evaporate quickly

- wearing reflective clothing, which can be as simple as a white shirt
- using extra caution if one is required to wear clothing on the job which limits evaporation, since this could cause one to succumb to heat stress much more quickly.

OSHA safety experts have classified a number of types of heat stress injuries, of which they say some are annoying but not very serious, but others can quickly lead to life-threatening situations:

- Heat Rashes- bumpy, red, and extremely itchy rashes, usually the result of the skin not being kept clean and dry



*Temperature and humidity can make a dangerous combination*

## *Summer Heat Threatens Outdoor Workers (from page 2)*

- Heat Cramps- painful cramps resulting from loss of salt from sweating
- Heat Fatigue- fatigue that can cause inattention and loss of motor skills
- Heat Exhaustion- exhaustion resulting from insufficient salt and water in the body. It is distinguished by heavy sweating, cool, moist skin, and a weak pulse. Nausea, headache, vertigo, weakness, thirst, and giddiness can also occur
- Heat Collapse- fainting re-

sulting from a lack of oxygen to the brain

- Heat Stroke- the worst of heat stress injuries, marked by high body temperatures, a fast pulse, and dry, hot, and red skin. Confusion, convulsions, and lack of sweating are also signs of this condition.

Loyd finished by adding that “outdoor workers should remember that the best way to combat heat stress is drinking plenty of cold water and immediately cooling the body down”. Medical attention should be sought for heat ex-

haustion, heat collapse, heat stroke, or bad cases of heat cramps. Recognizing the symptoms of heat stress is very important, particularly since the victim may not realize what is happening. If you work alone in a hot environment, develop a ‘buddy system’ so someone will check in on you periodically to look for signs of heat stress. Look for the symptoms of heat stress, and don’t hesitate to seek assistance if you suspect that you or a coworker is experiencing it.

## *Customer Truck Driver Thrown from Safety Cage*

MIDLOTHIAN, TX- James Anderson, a customer truck driver, was thrown from a safety cage attached to a stationary access platform by a pneumatic gangway and fell to his death.



*the scene of the accident*

There were no signs or warnings on the approach to the loading area or the gangway, and Anderson had received no training for the gangway.

“Customer accidents like this one are all too common,” says Metal and Nonmetal Accident Specialist Mike Hancher, “and usually result from victims not following safe procedures”.

However, many mining companies have been success-

ful in preventing customer truck driver accidents by establishing procedures for traffic patterns on their sites, for the operation of mine operator-provided truck access devices, and for the communication of customer problems to mine management. To be effective, procedures should be posted where customers will see them, customers should be trained in them, and mine personnel should monitor customers to ensure they are being followed.

## *Metal and Nonmetal Mine Rescue Contest 2004*

RENO, NV— The 2004 Metal and Nonmetal Mine Rescue Contest was a great success. Contest organizer



John Radomsky was very pleased with the event, citing one of the highest turnouts in the biannual contest's history and positive feedback from everyone involved.

Twenty-nine teams from around the country participated in this year's contest, held at the Reno-Sparks Convention and Visitors Authority in Reno, Nevada. The various events took place over July 13, 14, and 15.

Each had a written exam with questions taken from contest rules, MSHA publica-

tions, and related material such as equipment manuals. The field competition tested six-member teams on following procedures and quickness in completing tasks while responding to a simulated mine emergency. The benchman's contest rated individual competitors on repairing different models of damaged breathing equipment quickly and completely. The other individual competition

was the multi-gas instrument contest, which tested repairing and calibrating gas equipment and then taking accurate readings. The last competition was the first aid competition, which judged teams' ability to address realistic emergency medical scenarios. Finally, an "overall" prize was given to the team with the highest number of points across the events.

The contest underscores the hard work of mine rescue teams and the appreciation of everyone associated with the mining industry, including As-

sistant Secretary of Labor for Mine Safety and Health, David D. Lauriski: "I am continually awed by the commitment that mine rescue team members make to their profession and to the well-being of fellow miners. Mine rescuers unselfishly put their lives on the line to assist colleagues in distress. That effort is greatly appreciated."

Prizes were presented to the winners of the various events at the awards banquet, held on July 15 at the Peppermill Hotel.

There were also five inductees into the Metal and Nonmetal Mine Rescue Hall of Fame this year, recognizing their hard work and dedication to mine rescue efforts throughout their lives.

**"Mine rescuers unselfishly put their lives on the line to assist colleagues in distress. That effort is greatly appreciated."**

**-Dave D. Lauriski,  
Assistant Secretary of  
Labor for Mine Safety and  
Health**

## Metal and Nonmetal Mine Rescue Contest 2004 (from page 4)

Congratulations to this year's contest winners and hall of fame inductees:

# 2004 Winners

| Team Events       | Field Competition                    | First Aid Contest            | "Overall"          |
|-------------------|--------------------------------------|------------------------------|--------------------|
| National Champion | <b>OCI White</b>                     | <b>General Chemical Blue</b> | <b>WIPP Silver</b> |
| Second Place      | <b>WIPP Silver</b>                   | <b>Barrick Gold</b>          |                    |
| Third Place       | <b>Morton Salt Company Blue Team</b> | <b>Responders</b>            |                    |
| Fourth Place      | <b>OCI Blue</b>                      | <b>WIPP Blue</b>             |                    |
| Fifth Place       | <b>General Chemical Blue</b>         | <b>Intrepid Mine Rescue</b>  |                    |
| Sixth Place       | <b>General Chemical Black</b>        | <b>Solvay Silver</b>         |                    |

| Individual Events | Benchman: BG-4        | Benchman: BG-174     | Benchman: BioPak       | Multi-Gas Instrument Contest |
|-------------------|-----------------------|----------------------|------------------------|------------------------------|
| National Champion | <b>Maclane Barton</b> | <b>Garry Moore</b>   | <b>Rod Christensen</b> | <b>Rick Owens</b>            |
| Second Place      | <b>Curtis Sanders</b> | <b>Rickey Martin</b> | <b>Tom Senecal</b>     | <b>Wade Broussard</b>        |
| Third Place       | <b>Robert Robison</b> | <b>Walt Bryant</b>   |                        | <b>Bill Mehle</b>            |

# 2004 Hall of Fame Inductees

- Walter Bryant**
- William Frankom**
- Stoney Hotard**
- Mike Padilla**
- John Pennington**

Going on at a mine site near you:  
**August Sweeps 2004!**

This year's focus is on supervisors and inspections of workplaces and equipment.

Look for a recap in the next quarterly, coming out this fall.

Previous issues of the Metal and Non-metal Quarterly are available on the MSHA website at [www.msha.gov](http://www.msha.gov).



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