

Joseph A. Holmes Safety Association

BULLETIN

January/February 2005





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The Joseph A. Holmes Safety Association Bulletin contains safety articles on a variety of subjects: fatal accident abstracts, studies, posters, and other health and safety-related topics. This information is provided free of charge and is designed to assist in presentations of groups of mine and plant workers during on-the-job safety meetings. For more information, visit the MSHA Home Page at www.msha.gov.

Please Note: The views and conclusions expressed in Bulletin articles are those of the authors and should not be interpreted as representing official policy or, in the case of a product, represent endorsement by the Mine Safety and Health Administration.

Cover page: Cover provided by AVMDB/Graphics, National Mine Health and Safety Academy. If you have a potential cover photo, please send an 8”x10” print or digital image on disk at 300 dpi resolution to Donald Starr, Joseph A. Holmes Safety Association Bulletin, National Mine Health and Safety Academy, 1301 Airport Road, Beaver, West Virginia 25813-9426.

Officers of the Joseph A. Holmes Association

- President - Doug Conaway - State - West Virginia**
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- 3rd V.P. - John Riggi - Labor - Pennsylvania**
- 4th V.P. - Glenn Hood - Management - Texas**
- Secretary/Treasurer - Pat Hurley**

National Meeting Coming to St. Paul in June 2005



A rare opportunity to learn from safety and health experts from all sectors of America's mining industries will be yours when the 2005 National Meeting of the Joseph A. Holmes Safety Association (JAHSA) comes to the Radisson Riverfront Hotel from June 6 to 9, 2005.

As you know, the Minnesota Mine Safety Association (MMSA) is a State Council of JAHSAs. The JAHSA National Meeting is held in a different location every year to make it possible for people who might not be able to travel far distances to attend meetings when they take place closer to home. The last time Minnesota hosted a JAHSA National Meeting was in 1995, and those of you who attended that event remember the tremendous speakers, training workshops, vendor displays, and networking opportunities that were available to you.



The 2005 event will be bigger and better than what you may remember from 1995. In addition to great speakers, workshops, and displays, you will have an opportunity to take a two-day course from MSHA in dust and noise sampling. People who successfully complete the

course will be authorized to borrow MSHA sampling instruments. Other exciting educational opportunities in all facets of health and safety are being planned, including several that will be offered by Minnesota's own 3M Corporation, a partner with MMSA in hosting the meeting.



(See next page)

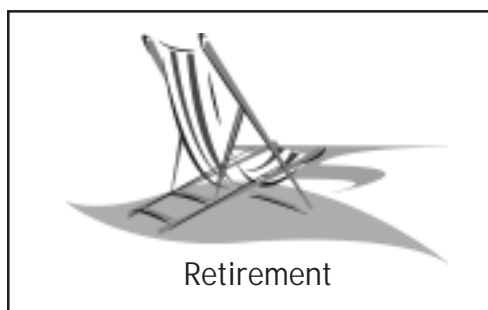
Rest assured, there will be plenty of opportunities for leisure activities as well. Golfers will be able to participate in MMSA's Ninth Annual Golf Classic, with a hole in one contest on Par three holes, a dinner, and valuable prizes. Transportation to the golf course from the hotel will be provided. If you want to participate in the Golf Classic, contact Roger Amdahl at 952-831-6200.

The Radisson Riverfront is located within walking distance of many great restaurants, shops, and night clubs, not to mention several fine museums, the Ordway Center for the Performing Arts, and several attractions alongside the Mississippi River, including parks and riverboat rides. Those who wish to venture away from the immediate area will find all the great attractions of the Twin Cities, including fine theatres, professional baseball (the Minnesota Twins and St. Paul Saints), sculptures of Snoopy and other Peanuts characters, casinos, and, of course, the world famous Mall of America.

Start making your plans now! To make reservations and receive directions to the hotel, call 651-292-1900 or 800-333-3333. The discounted hotel rate per night for guest rooms: \$102; cabana rooms: \$139; and executive floor rooms: \$149. The Radisson Riverfront will honor reservations received by May 9, 2005.

You can find additional information about the conference, including registration fees, elsewhere in this Newsletter and also online at: <http://holmessafety.org>





Dave Couillard Retires From MSHA After Nearly 32 Years of Public Service

Dave Couillard, Supervisory Mine Safety & Health Specialist with MSHA's Educational Field Services, retired on January 3, 2005 after nearly 32 years of service with MSHA and its predecessor agencies.

Dave has spent his entire career helping to improve safety and health training for miners. His early years of service were spent working out of a training center in Rosemont, Illinois. In April 1977 Dave was transferred to Duluth, Minnesota, which has been his home base ever since. You have probably encountered Dave as a speaker at MMSA sponsored workshops and seminars, a visitor to your operation, or as an author of articles published in the MMSA Newsletter and the JAHSA Bulletin. You may have attended one of his Train the Trainer or "MSHA 101" workshops, or talked to him on the phone for an interpretation of MSHA regulations or advice on how to solve a specific safety training problem.



Over the years, Dave has been relied upon by many of you as the "Go to" guy for straight answers to your questions about MSHA training requirements. As he puts it, "I know how frustrating it can be sometimes to deal with bureaucrats. I've always done my best to give you the help you need, when you need it. When I can't solve your problem myself, I'm usually able to connect you with someone who can. To me, that's what public service is all about."

Dave's retirement plans include moving to a condo in his original home town of Richfield, Minnesota, spending winter months in warmer climates, and hanging out with his wife, family, and friends. We wish him all the best.

Lifesaver Award Presented to Joe Cosgrove at Great Lakes District Council Fall Meeting

Joe Cosgrove, an employee of Halliday Sand and Gravel, St. Helen, MI received the Joseph A. Holmes Safety Association's Lifesaver Award from Fred Tisdale, Supervisor, MSHA Lansing Field Office at the Holmes Great Lakes District Council Fall Meeting at the Otsego Club Resort, Gaylord, Michigan, on October 7, 2004.

On May 17, 2004, Cosgrove saved fellow miner Rex Burgard from bleeding to death after Burgard became entangled in the self cleaning tail pulley of a plant conveyor.

Because of a miscommunication with the local ambulance service concerning the location of the pit, Cosgrove had to hold a tourniquet in place & reassure Burgard for more than 40 minutes before the arrival of EMS personnel at the accident scene. He was assisted in his efforts by Ken Bailey, another Halliday employee, who obtained first aid supplies and rendered other assistance under Cosgrove's direction.

Also attending the award presentation were Joe Cosgrove's wife, Melissa, his supervisor, Brian Vaughn, and about 45 members of the Great Lakes District Council, representing JAHSAs chapters from mines, independent contractors, organized labor, MSHA, and the Michigan State Grant Program. In addition to the award presentation, meeting participants heard several speakers address a wide variety of safety and health topics.



Joe Cosgrove (right), an employee of Halliday Sand and Gravel, St. Helen, Michigan, receiving the JAHSAs Lifesaver Award from Fred Tisdale, Supervisor, MSHA Lansing Field Office.



Joe Cosgrove (left - Lifesaver Award recipient), Melissa Cosgrove (Center - Joe's wife), and Brian Vaughn (right - Joe's supervisor from Halliday Sand & Gravel).

Safety Record Set at Nevada Mine



Dave McClure Barrick GoldStrike Underground Division Project Manager congratulating Bob Anderson Meikle B-Crew Production on his receiving recognition of a Joseph Holmes B-2 award for having worked his crew 276,000 Hour with No Lost Time Accidents.

On October 29, 2004 a Safety Milestone was achieved by a Barrick Goldstrike Underground Division Supervisor & Crew at the Meikle Mine near Carlin, Nevada. Barrick is a hard rock gold mine in Nevada with approx. 1700 employees on site.

Bob Anderson was recognized for achieving with his crew 276,000 hours without any lost time accidents. This record started February, 13, 2001 and continues today. The milestone was recorded on Aug 30, 2004. Bob and his crew's commitment toward safety are unmatched in the underground. No other production or operations crew has come close to matching this record. It has taken total commitment from the crew to safe work practices and safe production to achieve this record.



Meikle B-Crew Production Crew

(From Left to Right Front Row kneeling:) Ron Christensen 5 yr., Dan Delaney 5 yr., Ishmael Perales 5 yr., Pat Gazewood 5 yr., Clay Thompson 3 yr., Fred Matthews 5 yr. (Standing Left to Right:) Ron Parkennon 5 yr., Ken Brown 5 yr., Juan Gonzales 5 yr., Oscar Sandoval 5 yr., Aaron Nevills 5 yr., Justin Petrie 5 yr., Jason James 3 yr., Kevin Boswell 5 yr., Ernie Reed 5 yr., Roger Sowers 5 yr., Ralph Bejarano 5 yr., Bob Anderson (holding JHA 276,000 hour Plaque) 5 yr., Mario Orduno 5 yr., David Sanchez 5 yr., Orie Noble 5 yr, Lawrence Spring 5 yr, Mike Russell 5 yr.

B-Crew is setting the example for the rest of the Underground division by raising the bar higher. Recently Joseph Holmes Association introduced the Professional Miner Award Program, which recognizes individual miners who are committed to Safe Mining practices. Below is a picture of total of 23 B-Crew members that have received platinum or gold JHA Professional Awards. Good safety values are the keys to achieving safe production without daily commitment from team members it would not be possible. The crew meets together before each shift to talk about safety and maintaining focus. This daily commitment is an integral component to every one going home safely at the end of the day.

Gibson Mine Crew Recognized for Safety

By Leland Payne



*From left to right; Patrick Hurley, National Sec./Treas., Jerry Matlock, President of Central Indiana Council; Roger Dailey - #3 Unit B - Crew Foreman; Charles Jones - Vice President Indiana Council.
Picture by Leland Payne*

The Vincennes Holmes Safety Council recently recognized a group of miners at the Gibson Mine, Gibson Coal LLC, in Princeton, IN for their commitment to safety. The B Crew on the No. 3 Unit, supervised by Roger Dailey, worked 1,084 days without a lost workday injury from October 5, 2001 to September 24, 2004; the day the award was presented.



*#3 Unit B-Crew Gibson Mine, Gibson County Coal, LLC
Picture by Leland Payne*

A Warning – Not a Weakness

The Role of Fatigue in Accidents

By Bill Bookshire, Lawrence Stowinski, and Matt Bertovich

Fatigue has been cited as a direct or contributing cause in many accidents in many industries. Studies have shown fatigue to be a causal factor in at least 10 percent of all accidents and maybe as high as 60 percent.

Fatigue is a general term commonly used to describe the experience of being sleepy, tired, or exhausted. It is both a physiological and a psychological experience.

Fatigue is a debilitating physical condition which results when an individual's limits are reached. It can occur through physical and/or mental exertion as well as inadequate or disturbed sleep. Fatigue is a natural human body mechanism just like hunger and thirst. Fatigue is a sign that our energy reserve is low. The human body is like a battery; we can only draw so much energy between recharges.

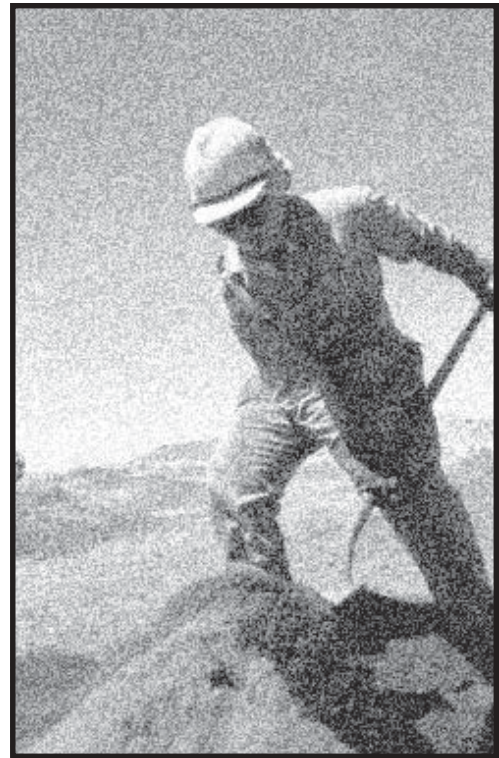
Typical symptoms of fatigue include forgetfulness, poor communication, impaired ability to make decisions, and slowed reaction time. Other fatigue-related symptoms are apathy, lethargy, reduced vigilance, moodiness or irritability, diminished concentration, drowsiness, tired or sore eyes, and yawning.

Many factors contribute to fatigue. Some examples of these factors are physical and/or mental exertion, sleep deficit (incidental and cumulative), shift work, long work hours or extended work shifts, and inadequate vacations. Improper nutrition, physical ailments, and disease can also lead to fatigue.



Sleep deprivation is a common condition that afflicts 47 million American adults. The brain's frontal cortex relies on sleep to function effectively; insufficient rest affects the frontal cortex's ability to control speech, access memory, and solve problems. Lack of sleep also affects a person's memory, energy level, mental abilities, and emotional mood.

The good news is that these physical reactions disappear when the subject is allowed to rest properly. Even accumulated sleep loss can be countered by a good night's rest.



(See next page)

What about shift work? Studies tell us that working night shift is more stressful on the body and mind than daylight hours, because it disrupts circadian rhythm. The circadian clock is controlled by the hypothalamus in the brain. It effectively programs people to sleep at night and be awake in the daytime. As daylight fades, the body begins to produce a chemical called melatonin which makes us drowsy and want to rest.

Reduced sleep is common among people who work on night shifts. Researchers say that approximately 75 percent of night shift workers become sleepy on every shift; an estimated 20 percent to fall asleep. Most workers revert back tonight time sleep on days off and the clock is reset. Quality of sleep is just as important as quantity.

Nutrition is important in combating fatigue. Simply put, sleep recharges the battery but food refills the gas tank. Eating small amounts every hour or two may be better than larger amounts less often where fatigue is concerned. A piece of fruit can sometimes reduce the effects of fatigue as fatigue causes low blood sugar. Studies done with foundry and factory workers found that those who ate little or no breakfast had more accidents during the morning and had lower production rates. The foundry workers, who were given a high energy drink containing glucose and salts before starting work, had fewer accidents than workers who received a drink containing salts alone. There is a definite correlation between blood sugar levels and accidents.

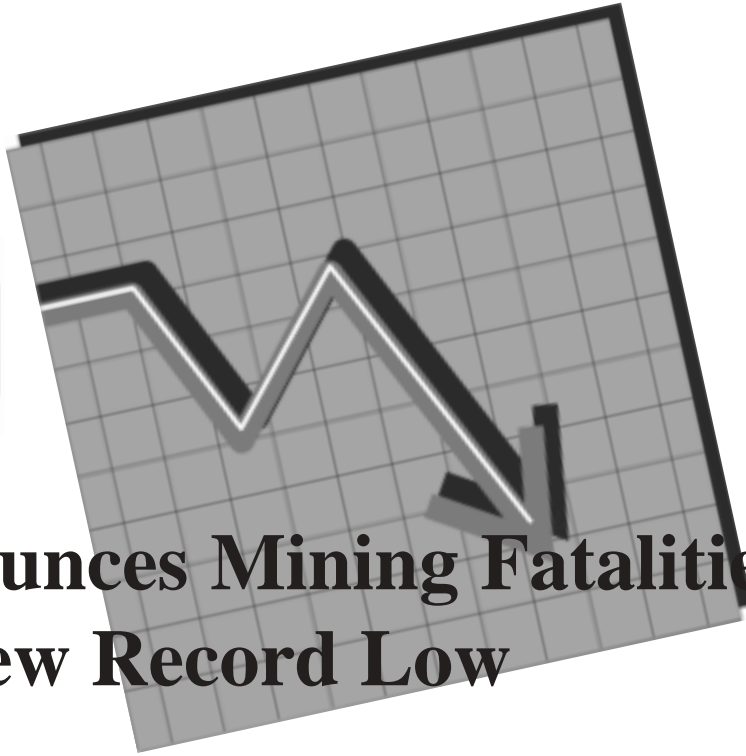


Long work hours and extended shifts are important factors. Eight hours off does not mean eight hours sleep. Americans are working more hours now than anytime since the 1920s. The Japanese have documented 10,000 cases a year of death by karoshi (overwork). Americans work on average 100 more hours a year than the Japanese. One study showed that persons who worked seven straight 50-hour weeks produced no more than persons who worked seven straight 40-hour weeks.



Vacations are of significance too. Americans take fewer days off than their counterparts in most other industrialized countries. Most Europeans average 25 days off a year; Japanese average 18 days; Americans average 10.2 days off. Europe and Japan have generally higher rates of productivity.

Fatigue is a bigger safety problem than many people realize. Fatigue can be as debilitating as alcohol or drug impairment, but there is no blood test for fatigue. We must be aware of its role in health and safety. Remember – fatigue is a warning, not a weakness.



MSHA Announces Mining Fatalities Decline to New Record Low

Mining fatalities in the United States fell to a new low in the recorded history of mining as 54 miners lost their lives in accidents on the job in 2004, according to preliminary information from the U.S. Department of Labor’s Mine Safety and Health Administration (MSHA). That record low compares with 56 fatalities nationwide in 2003, the previous record low. There were 67 fatalities in 2002 and 72 on-the-job deaths in 2001.

“Though we are reassured to see the number of accidental mining fatalities decrease, this is a bittersweet reassurance because even one death is too many, and that is why we are committed to helping the mining industry get this number to zero,” said David G. Dye, Acting Assistant Secretary of Labor for Mine Safety and Health.

Preliminary information indicates coal mining fatalities dropped to 28 during 2004, compared with 30 during 2003 and 27 during 2002. The metal and nonmetal mining industry recorded 26 fatalities on the job during 2004 – the same total reported for the industry in 2003. These numbers were down from the 42 metal and nonmetal mining deaths reported in 2002.

Of the 54 fatalities reported, 37 of those victims were killed in accidents on the surface at mining operations, while 17 miners died in underground mining mishaps. Seventeen workers were killed in accidents involving powered haulage – some type of moving vehicle at the mine site – which was the leading cause of fatal mining accidents in the U.S. during 2004. Accidents involving machinery claimed the lives of 10 miners. Roof fall accidents in underground mines, a long time safety nemesis for coal miners, killed three miners last year compared with two during 2002.

To view additional statistics, go to MSHA’s web site at www.msha.gov

WOW, Really?

From: GSA Central Fleet Program Newsletter – September 2004

Each month, three out of four drivers wash their cars while only one out of seven correctly checks their tire pressure.

Motorists rank checking tire pressure as the second most important regular vehicle safety action, but more than three times as many drivers believe regular oil changes are most important to the safe operation of their vehicles.

Only 15 percent of drivers properly check their tire inflation pressure.

To properly check tire inflation pressure:

- ◆ Check tire inflation pressure at least once a month.
- ◆ Use the correct inflation pressure recommended by the vehicle manufacturer, not the pressure listed on the tire sidewall.
- ◆ Check tires when they are cold or haven't been driven for at least three hours.

Did you know that:

More than half of drivers – 55 percent – *wrongly* believe that the correct inflation pressure is printed on the tire sidewall.

Thirty percent of drivers *wrongly* believe that the best time to check their tires is when they are warm after being driven for at least a few miles.

Nearly 1/3 of drivers *wrongly* believe that if they are taking a trip with a fully loaded vehicle that they are better off if their tires are a little bit under inflated.

Two out of three drivers don't know how to tell if their tires are bald.

Seventy-one percent of drivers do not check the tire pressure in their spare tire.



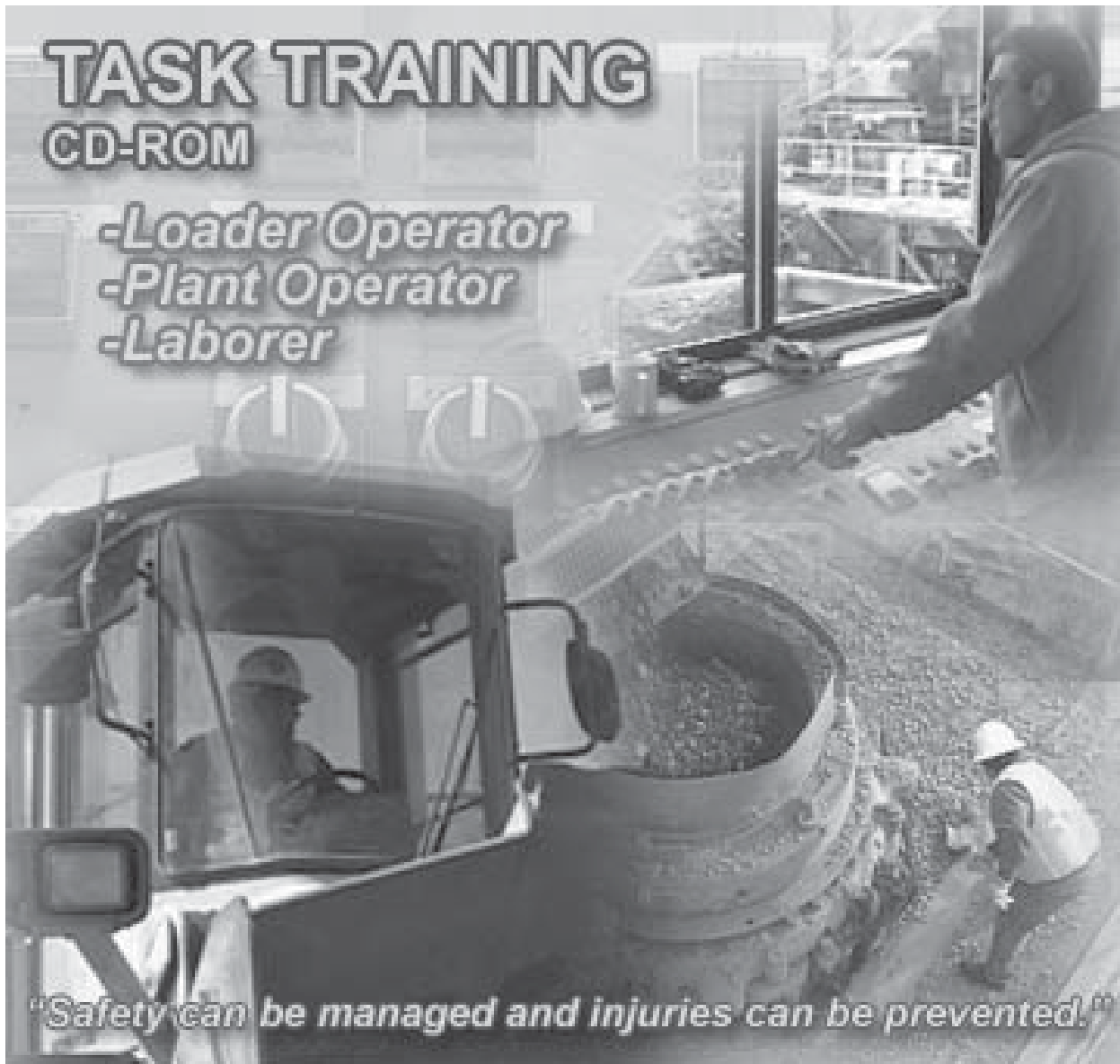
“New Council - off to a great start”

This article submitted by
Judith S. Etterer, SE District Health Specialist

The kickoff meeting for the Western Kentucky Holmes Safety Council was held July 20, 2004 at Mrs. Scarlett’s Restaurant in Grand Rivers, Ky. Twenty two individuals representing seven different companies were in attendance. The goal of this meeting was to name the council, elect officers, and determine how often to meet. The council was given the name of Western Kentucky Holmes Safety council. Officers elected were: Marty Tubbs - Vulcan (Reed Quarry)- President, Gary Jonier - Martin Marietta (Three Rivers Quarry)- Vice President, Robert Stone - IMI (Area Manager) - Secretary and Brad Morse - Rogers Group (Area Manager - Treasurer. Tom Galbreath, of the Lexington MSHA field office, presented an overview of the Joseph Holmes Safety Association and discussed what the council’s goals and expectations should be in the future. The group also discussed guarding along with other health and safety issues.

Colorado Task Training Interactive Instructional Program Honored with National Award

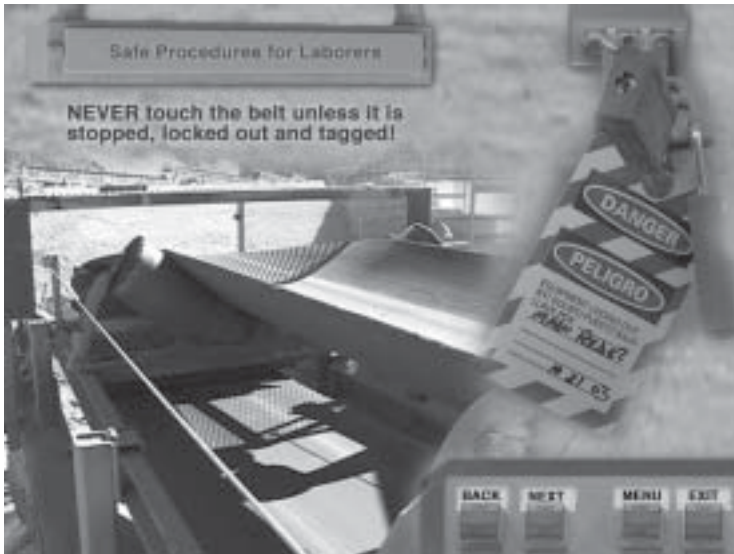
By Bill York-Feirn



JOSEPH A. HOLMES SAFETY ASSOCIATION

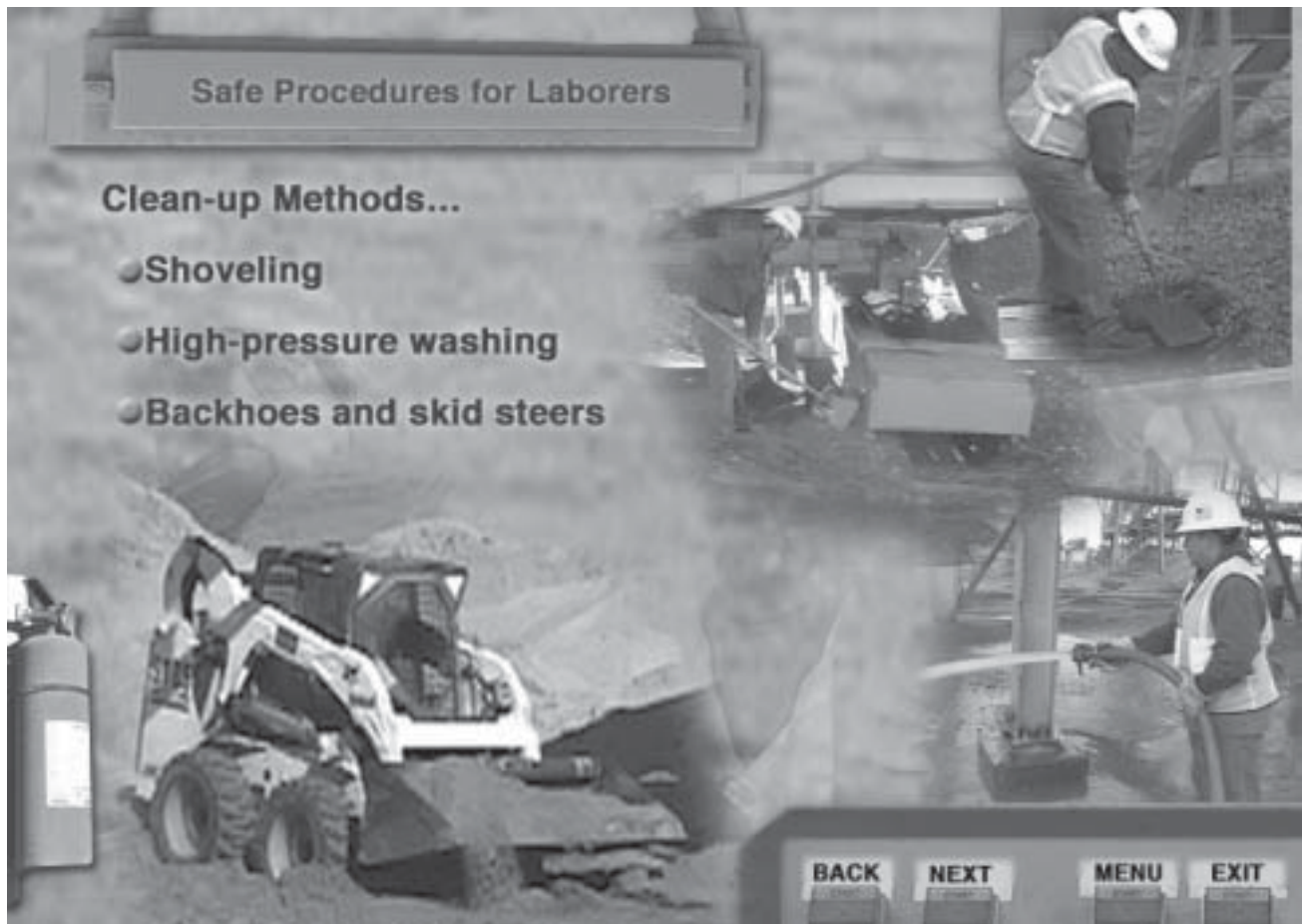
The Colorado Division of Minerals & Geology's Mine Safety & Training Program (MSTP), "*Task Training - Loader Operator, Plant Operator and Laborer*," was honored as a co-winner of the Grand Prize at the 2004 National Training Materials Competition sponsored by the U.S. Department of Labor, Mine Safety and Health Administration (MSHA).

The top prize this year was shared with the Virginia Department of Mines, Minerals and Energy. The award was presented on October 12, 2004, at the 2004 National Mine Instructors/TRAM Conference at the National Mine Health and Safety Academy in Beaver, WV.

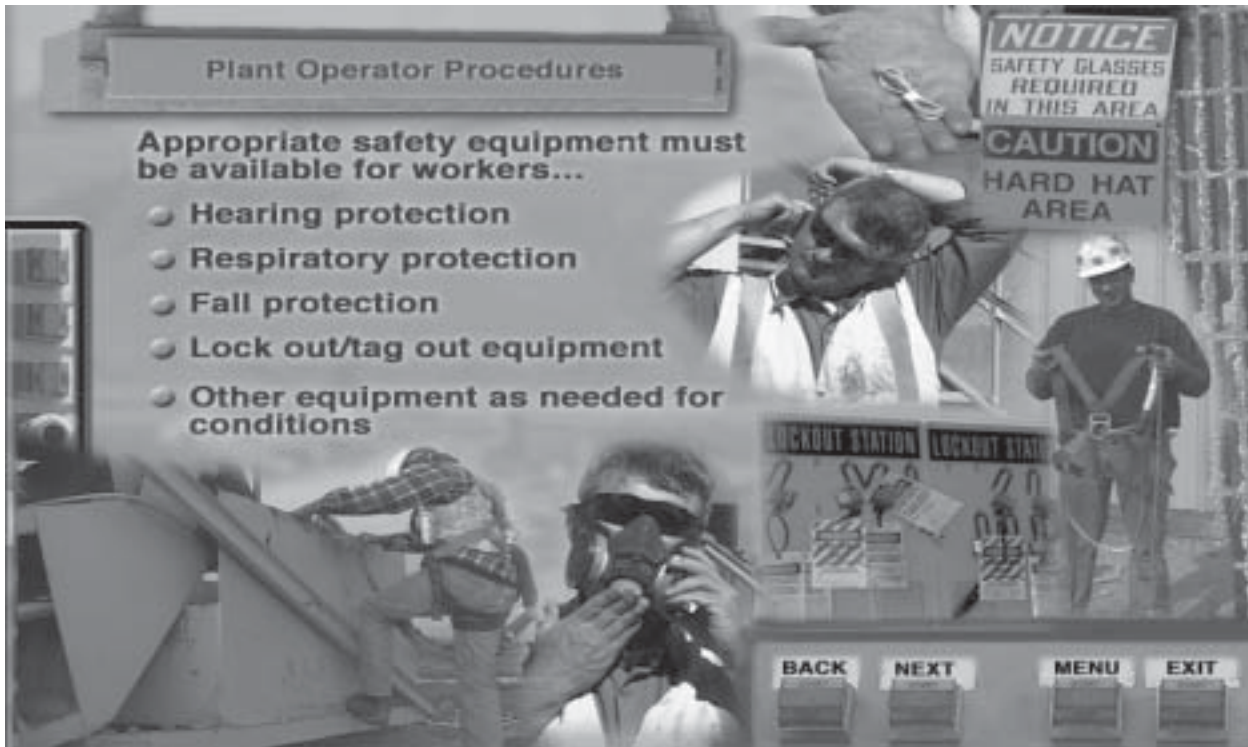


The program was produced as a cooperative effort with the Colorado Rock Products Association (CRPA) and its very experienced members of the safety and health committee. It is the first in a series of three interactive CDs designed to address safety concerns related to the most common occupations at aggregate mines.

MTSP Manager, Bill York-Feirn said, "One of the most often MSHA-cited violations at mine sites is in the area of adequate task training. With



(See next page)

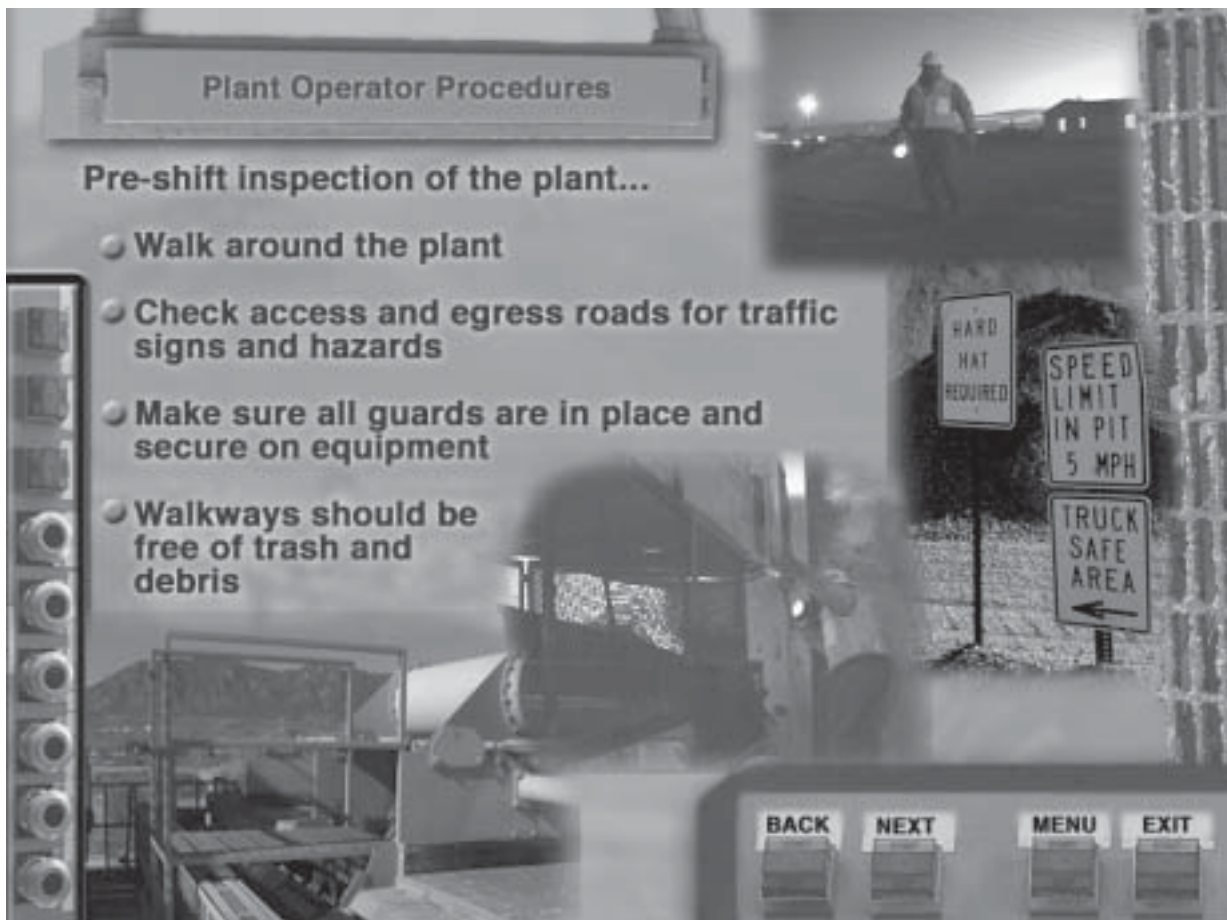


this program, we hope to assist mine operators and contractors in providing more effective training not only to avoid these citations, but more importantly, to protect the health and safety of these mine employees.”

The program is designed as an interesting, interactive, and self-paced method of delivering effective training for a single miner or a group. The program is divided into three modules for each occupation. Each module contains helpful exercises and a quiz to test the trainee’s retention of the material. A certificate of completion can be printed at the end of each module as a record of training.

The task training CD has three easily-navigated modules that contain extensive video and audio clips. The Loader Operator section includes detailed information on safe work procedures for proper operation of loaders and pre- and post- shift inspections of the equipment. The Plant Operator section reviews plant startup and shutdown proce-





dures as well as proper inspection and maintenance practices. The last module provides detailed information for laborers on working safely, recognizing potential hazards or problems, accident prevention, conveyor safety, lock-out/tag-out, maintenance, and plant cleanup procedures.

Copies of this exciting program can be purchased from the Colorado Rock Products Association by calling 1-800-877-0785. The prices are: \$30 for CRPA members, \$75 for mines in Colorado, and \$120 for mines outside of Colorado. Please add \$ 5.00 for shipping and handling.

Upcoming training materials projects include: Task Training CD-ROM that covers Excavator Operators, Scraper Operators and Haul Truck Drivers and an Underground Mine Foreman Certification Study Guide DVD.

For a complete listing of training materials available and a description of each, go to www.mining.state.co.us and click on 'Mine Safety' or contact Kim Harvill at 303-866-3913 or kim.harvill@state.co.us

2004 TRAM Safety Materials Competition Held at National Mine Health and Safety Academy

The 2004 TRAM (Training Resources Applied to Mining) Safety Materials Competition was held during the National Mine Instructors Conference at the National Mine Health and Safety Academy on October 12 – 14, 2004. Annually, the Safety Materials competition offers a unique forum for health and safety professionals to share and compare the efforts they have made during the year.

In 2004, a variety of entries were received from health and safety trainers in three divisions:

- Academia (College, universities, vocational programs, etc.)
- Public (State government)
- Industry (Mining companies, trade associations, labor organizations, and contract trainers)

There are three categories in each division:

- Coal mining (surface and underground)
- Metal/nonmetal mining (surface and underground)
- General mining

Entries were evaluated by safety experts using several criteria including purpose, objectives, delivery system, content, and format. Awards were presented for each division and category and then an overall Grand Prize Winner was selected from winning entries.

Grand Prize Winners are presented with a traveling trophy provided by MSHA which can be displayed at their location until the next competition. Names of winning entries from each year are engraved on a wall plaque kept on permanent display at the National Mine Health and Safety Academy.



Each year the variety and quality of entries in the competition continue to grow. Entries for 2004 included not only written materials, handouts, and posters but also interactive DVDs, websites, videos, and PowerPoint presentations.

All materials entered in the competition were displayed in the MSHA Technical Information Center throughout the conference. Contact information was provided to assist trainers in sharing and acquiring information.

The presentation of awards was a main feature of the TRAM opening ceremony which was attended by approximately 500 participants in the conference. The 2004 awards ceremony also featured a special showing of the winning video entries.

Anyone interested in entering the 2005 TRAM Safety Materials Competition should contact Melody Bragg at the email address or telephone number below to be added to the mailing list of entry packets.

Email: bragg.melody@dol.gov

Telephone: (304) 256-3556



Pictured with former Assistant Secretary of Labor, Mine Safety and Health Administration, Dave Lauriski are Co-Grand Prize Winners for the Training Materials Competition representatives from Virginia Department of Mines, Minerals, and Energy and Colorado Division of Minerals and Geology.

2004 TRAM Training Materials Competition Winners

Co- Grand Prize Winners

Organization: Virginia Department of Mines, Minerals, and Energy
Title: The Right Choice – Remote Control Miner Operator Safety Course

Organization: Colorado Division of Minerals and Geology
Title: Task Training – Loader Operator, Plant Operator & Laborers

Coal Prize Winners

Coal – Industry

Organization: Motion Masters
Title: 2004 WV Fatalities Video

Coal – Academic

Organization: West Virginia University Mining Extension Service

(See next page)



Title: Superior Highwall Safety Training

Coal – Public

Organization: Virginia Department of Mines, Minerals, and Energy

Title: The Right Choice – Remote Control Miner Operator Safety Course

Metal/Nonmetal Prize Winners

Metal/Nonmetal – Industry

Organization: Morton Salt Weeks Island Facility

Title: Forklift Operator Training Program

Metal/Nonmetal – Public

Organization: Colorado Division of Minerals and Geology

Title: Task Training – Loader Operator, Plant Operator & Laborers

Metal/Nonmetal – Academic

Organization: Michigan Technological University

Title: Manual for Surface Mine Supervisors



General Category Prize Winners

General – Academic

Organization: West Virginia University Mining Extension

Title: Shaft Construction Training Program

General – Industry

Organization: Morton Salt Weeks Island Facility

Title: TLC For Safety

General – Public

Organization: Ohio Department of Natural Resources – Division of Mineral Resources Management

Title: Safety Is Up to You

Certificates of Participation

Associated General Contractors of Vermont

Bridger Coal Company

Maine Aggregate Association

Maine Department of Labor Workplace Safety and Health Division

Mountain Empire Community College

NIOSH – Pittsburgh Research Laboratory

Sandersville Technical College

State of Illinois Department of Mines and Minerals – Mine Safety and Training Division

TILCON New York

University of Nebraska at Kearney Safety Center

West Virginia Office of Miners Health Safety and Training

Registration Information

2005 National Meeting

The 2005 National Meetings of the Joseph A. Holmes Safety Association, Mine Safety Institute of America, and National Association of State Mine Inspection and Training Agencies will be held together in St. Paul, Minnesota, during June 6-9, 2005. This meeting will provide a variety of Safety and Health workshops presented by experts from around the U.S. and representing all sectors of mining.

The meeting will be held at the Radisson River Front Hotel. To make reservations and receive directions, call 651-292-1900 or 800-333-3333. The discounted hotel rate per night for guest rooms: \$102, cabana rooms: \$139, and executive floor rooms: \$149. The hotel will honor reservations received by May 9th, 2005.



St. Paul Has Many Attractions

There will be planned outings scheduled for spouses and guests. St. Paul Attractions:

- Great restaurants within walking distance
- Mall of America & Camp Snoopy
- Grand Avenue Shopping
- Excel Center
- Walker Art Museum
- Minnesota Children's Museum
- Minnesota History Museum
- Science Museum of Minnesota
- Ordway Center for Performing Arts
- Historic A. Ramsey and J. Hill Houses
- The Wabasha Street Caves
- Harriet and Raspberry Islands
- Cathedral of St. Paul
- Minnesota Twins & St. Paul Saints
- The Guthrie Theater
- Snoopy / Peanuts Sculptures
- Rice Park, Live Jazz, & Mississippi River

BUSINESS MEETINGS

June 5, 2005 – 3:30 p.m. - National Association of State Mine Inspection and Training Agencies NASMITA

June 6, 2005 – 3:00 p.m. – MSIA Officers/Directors Meeting

June 9, 2005 – 3:00 p.m. - Mine Safety Institute of America Annual Membership Meeting (MSIA)

June 9, 2005 – 3:30 - JAHSA Executive Committee Annual Meeting

WORKSHOPS

Dust & Noise Instrumentation:

Upon successful completion of this two day course,
you will be authorized to borrow / use MSHA
instruments to obtain health samples.

Power Lift Introduction

Personal Protective Equipment

Safety Management:

Sharing ideas of innovative approaches

New Approaches to Task Training (JTA)

New MSHA Assistance Programs

(See next page)

WORKSHOPS (Cont.)

Behavioral Safety
Nuts and Bolts to Safety:
Guarding
Fire Suppression
New MSHA Standards
Haulage
Blasting
Electrical

SPECIAL EVENTS

MMSA Golf Classic: Join in the fun at the Minnesota Mine Safety Association's 9th Annual Golf Classic. Flight prizes, Hole-in-One contest on four par three holes, other contests, Dinner and Raffle prizes. Transportation from hotel will be provided.

Contact Roger Amdahl: 952-831-6200

Vendors Reception
HSA Awards Banquet

QUESTIONS?

For more information contact:

Al Simonson

Telephone: 507-625-9084

Cell: 507-351-2381

Email: sineun@hickorytech.net

or

Belinda Parsons

Telephone: 515-955-1829

Email: parsons.belinda@dol.gov

2005 Registration Form

Name

Name for Badge

Company/Affiliation

Address

Telephone

Email Address

GuestName

Advance Conference Registration - **\$200**
(must be made by May 6, 2005)

On-Site Conference Registration - **\$225**

Spouse and Guest Registration - **\$125**

Registration fee includes all social functions except the Golf Classic.

No Refunds for cancellations after May 25th

Enclose check or money order payable to:
"Joseph A. Holmes Safety Association"

MAIL COMPLETED FORM AND CHECK TO:

Minnesota Mine Safety Association
Al Simonson
P.O. Box 2073
North Mankato, MN 56003.

Come Join Us

Apply for Membership...

Membership is free. Your organization can become a Joseph A. Holmes Safety Association Chapter by completing a membership application and submitting it to the Holmes Safety Association.

Contact Person: _____ Phone No: _____

Company Name: _____

Street/P.O. Box: _____ City: _____

State: _____ Zip: _____ E-Mail Address: _____

MSHA ID Number: _____

Type of Product: _____

Type of Operation: Coal _____ Underground _____ Surface _____ Mill _____ Other _____

Name you would like to call the chapter being established: _____

Name and organization of person assisting in recruiting this application: _____

Signature of Applicant: _____ Date: _____

Send to:

Joseph A. Holmes Safety Association

P.O. Box 9375

Arlington, VA 22219

or

Telephone: (202) 693-9574

Fax: (202) 693-9571

**For address changes, comments, suggestions
and new subscription requests:**

Contact:

Bob Rhea

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Please address any comments to:

Steve Hoyle

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National Mine Health and Safety Academy
1301 Airport Road
Beaver, WV 25813-9426
Please call us at 304/256-3264
or Fax us at 304/256-3461
E-mail: hoyle.stephen@dol.gov



Reminder: The District Council Safety Competition for 2005 is underway - please remember that if you are participating this year, you need to mail your quarterly report to:

**Mine Safety & Health Administration
Educational Policy and Development
Joseph A. Holmes Safety Association Bulletin
P.O. Box 9375
Arlington, Virginia 22219**

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