

# 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 39

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

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Duration: \_\_\_\_\_

### 1) Safety Lines

- Safety lines must be worn when there is a hazard from falling
- Safety lines must be attended by a second person whenever work is being performed in a confined space and the danger exists of someone being engulfed by loose material
- Inspect safety lines for defects before each use and replace when necessary. Keep lines clean

### 2) Get Help

- Know what jobs you can safely perform alone
- Get additional help when attempting a heavy lift
- Do not let a co-worker perform a job unsafely if you know the correct safety procedure

### 3) Back Support Belt

- Adjust belt, by using the side cinch, before attempting lift
- Use proper lifting techniques, back straight and using legs
- Wear your belt loosely, unless lifting

Attendees:

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

Employees Comments: