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The 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**.

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Hey, Kids!

Mines Are Not Playgrounds



U.S. Department of Labor
Mine Safety and Health Administration



(See next page)

The purpose of the Stay Out–Stay Alive program is to make children and adults aware of the dangers found at active and abandoned mine sites through a public safety campaign. The Mine Hazard Awareness Campaign is a partnership of over 60 Federal, state, private organizations, and businesses.

MINES ARE NOT PLAYGROUNDS

“Stay Out–Stay Alive”

An Urgent Message to Mine Operators

Public deaths on active or abandoned mine sites affect us all.

TEEN DROWNS IN LOCAL MINE PIT. . . .

This headline is a mine operator’s nightmare. Trespassing or not, a life is gone and the reputation of the mine is apt to be tarnished. Think it can’t happen to you? The statistics say otherwise. There were 24 documented public fatalities on mine properties in the year 2000.

Because there is no formal reporting system for these fatalities, it is possible that there were many more. There is no information on the number of permanently disabling injuries that happen on mine properties.

The majority of these tragedies are the result of an inherited problem: abandoned mines. There are some remediation programs in place, but the problem is huge.

Elimination of these old sites will take an unimaginable amount of time and money. Stopping the problem requires educating the public to the inherent dangers found on mine sites. MSHA recognized



this need and created the “Stay Out–Stay Alive” partnership program.

Working with the “Stay Out–Stay Alive” campaign causes me to ask the same question of every operator I meet:

“What are you doing to keep people out, besides signs and fences?” Even though modern mine operators are conscientious and responsible business people, their response is often predictable. They are aware of the problems, but there are so many other priorities for time and money.

I often hear, “Our industry has recently been inundated with new regulations. Everyone has a full plate and budgets are bursting in every direction. Moreover, once the signs and fences are installed, there’s not much more that we can or should do.”

. . .Or is there?

As business leaders in our communities, we’re often asked to address our local Lions Club, or similar organizations. Local schools are often looking for speakers to talk to the children or even the PTA. If you’re active in your community, why not add this message to your presentation? It’s so easy to remind people that the men and women working in our nations mines are required to have special

training in order to work safely in the mining environment. For the untrained and unsuspecting outdoors enthusiast, the hazards are not always apparent and often lead to serious injury or death. Most non-miners just do not understand that highwalls, stockpiles, and mine shafts can fail. They are not aware that serious outcroppings and abandoned equipment are frequently hiding under the cool, blue surface of an impoundment or water-filled pit. On a hot day, an old mine shaft looks cool and inviting. It is not recognized as a place that can contain lethal gases, unstable conditions, and confusing mazes. Non-miners just don’t know... and they may never know unless you tell them. MSHA has made it EASY to do. They offer a variety of free materials for you to distribute. There are posters, brochures, bookmarks, and stickers. Know someone at your local television station? There are even public service ads that are TV station ready.

All of these materials stress the positive and essential role of mining in our lives and offer an excellent opportunity for mine operators to improve the image of modern mining while taking a proactive position on community safety.

MSHA kicks off the annual “Stay Out–Stay Alive” campaign to coincide with Earth Day.

You can start any day and spread the message at any opportunity. Remember, any community with active or abandoned mines, quarries, or pits could become the scene of the next tragedy. Join the Partnership.

For more information on “**Stay Out–Stay Alive**” or how to become a partner in this campaign, contact the Mine Safety and Health Administration at **(703) 235-1454**, or visit MSHA’s website at www.msha.gov.

This article was written by Anne Kelhart, PHR Certified Mine Safety Trainer

Don't Die in a Quarry



Quarries are Dangerous Places to Swim

- *Extremely cold water causes fatigue and cramping*
- *Hidden rock ledges and old equipment can hurt you*
- *Steep, slippery walls can trap you*

REMEMBER...

STAY OUT – STAY ALIVE

U.S. Department of Labor
Mine Safety and Health Administration



“Swimmer or Not - Wear Your Life Jacket!”

Flotation devices, like any tool or equipment, will require replacement after a period of use. Replace it at the first sign of damage or unusual wear.

If you have a tip you would like to pass on, you can e-mail it to AccidentBusters@msha.gov.

Safety Tip: Life jackets do save lives. Wear yours.

Two miners drowned last year while working on or near water. In one case, a miner drowned at a dredging operation when the the boat he was working from sank. Although he could swim, he was not wearing a life jacket. His companion, a non-swimmer, was able to grab two small tanks that floated by him. He survived. In effect, these tanks acted as his “life jacket.”



The following practices may save your life.

- ALWAYS wear an approved personal flotation device (PFD) when working or traveling on a boat.

- A Type I device provides the most protection of common PFD’s. These are designed to turn most unconscious people face up in the water. This feature is especially important if you must work alone, even briefly.

- Inspect your PFD periodically to ensure it is in serviceable condition.



May/June

*Accident Buster
Awareness Tip
From the MSHA
Website...*

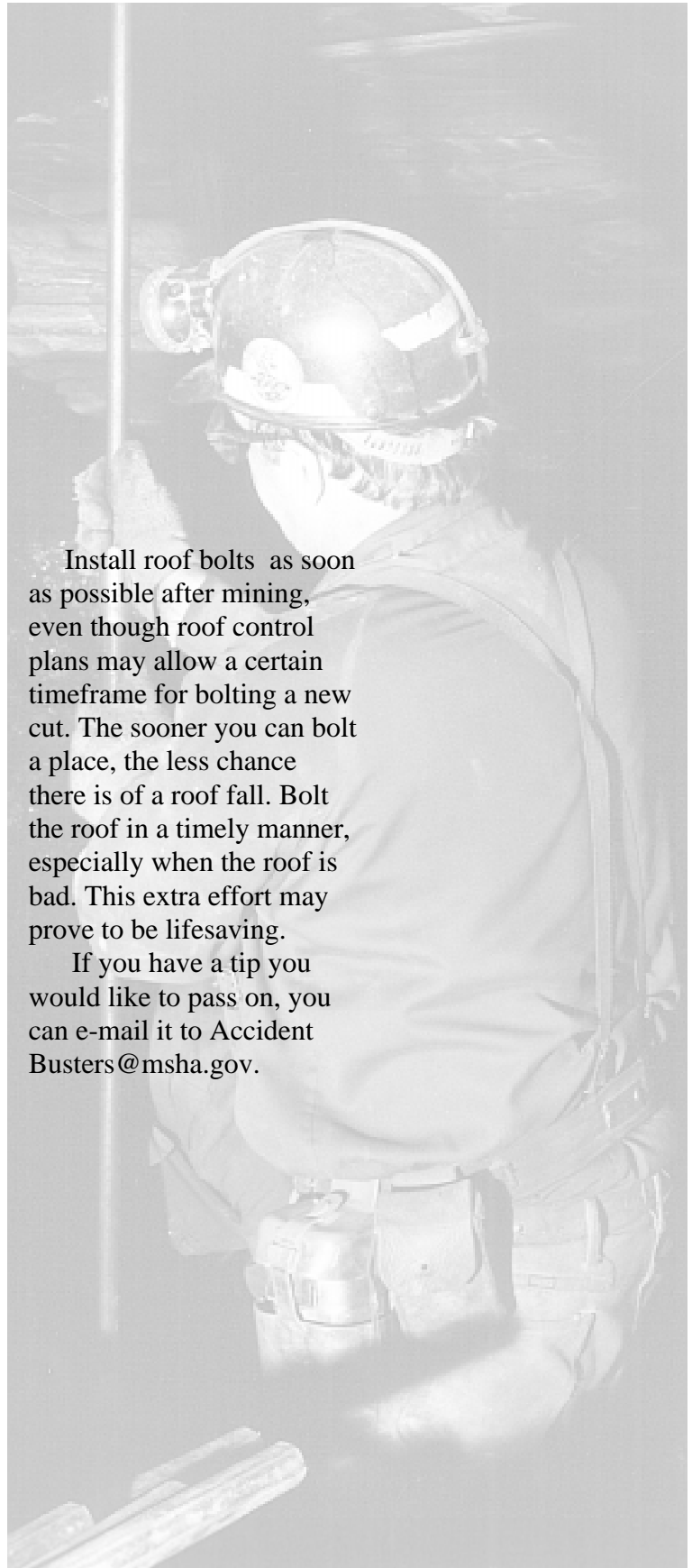
“Sooner Is Better!”

When it comes to supporting a newly-mined place, the sooner permanent roof supports are installed, the better.

Recently, a foreman was fatally injured while operating a scoop to clean up roof material that had fallen and which prevented the roof bolter operator from continuing bolt installation. As the foreman scooped the fallen material, additional roof rock fell and struck the victim in the scoop’s operator compartment. Although the place had been identified as having “bad” top, approximately 14 hours passed between mining the cut and the attempted effort to clean up the material with the scoop.

Install roof bolts as soon as possible after mining, even though roof control plans may allow a certain timeframe for bolting a new cut. The sooner you can bolt a place, the less chance there is of a roof fall. Bolt the roof in a timely manner, especially when the roof is bad. This extra effort may prove to be lifesaving.

If you have a tip you would like to pass on, you can e-mail it to AccidentBusters@msha.gov.



*Accident Buster
Awareness Tip
From the MSHA
Website...*

“Low Visibility in Low Coal”

Extra care must be taken when working in low mined heights to overcome the greater hazards that arise from reduced visibility.

Working in low coal isn't just hard on your back and knees. The reduced visibility from “duck walking” or crawling in low mining heights brings a new set of problems. When it comes to seeing — or not seeing the mine roof, poor visibility can be deadly. A NIOSH study analyzing roof falls in small mines for the time period 1990-1996 revealed that “in comparison to seams above

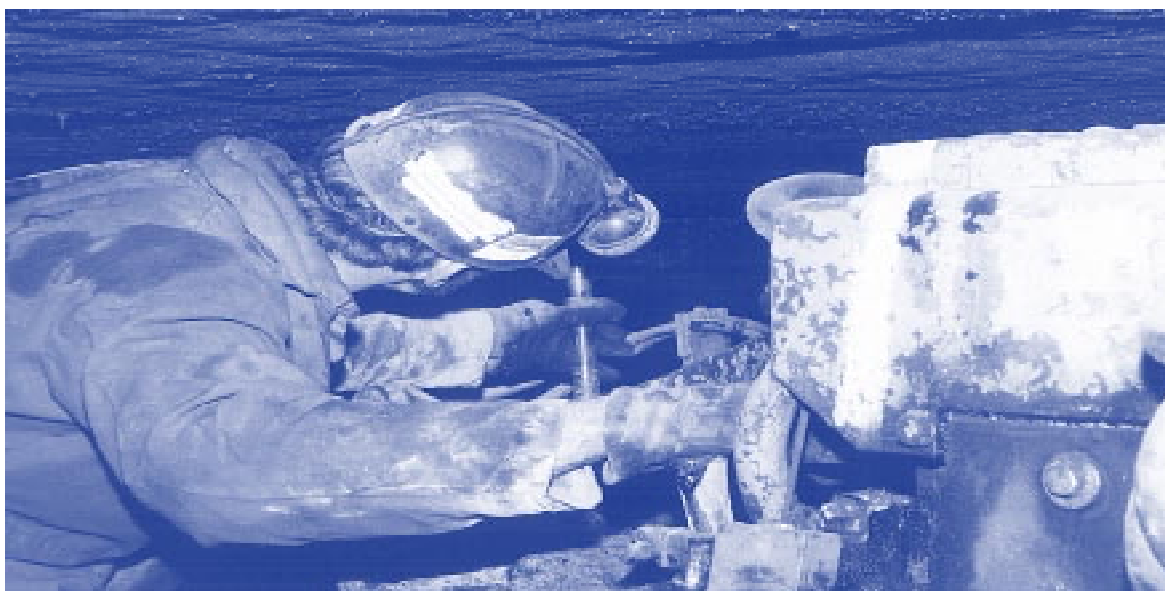
60 inches, the rate of fatalities caused by falls of UNSUPPORTED roof in lower seams is twice as high”. (Results of this study were published in the Holmes Safety Association Bulletin, July/August, 1999 edition.)

Everybody remembers the safety slogan “Inby is Out”, but when working in low coal you have to work harder at knowing where unsupported roof is. Take a good look at your required warning device marking the last row of permanent roof supports. Is it enough to catch your eye when stooped over or crawling? If not, maybe you need to make it longer — or maybe you need to hang multiple streamers to make sure this device really gets your attention. In addition, it is a good idea to hang streamers marking the last row of bolts on either side of a line

curtain. This would be helpful for someone traveling up the return entry who may not see the warning device if it was only placed on the intake side.

Also, be especially alert for the last row of bolts when you are operating equipment in low coal. Remember, the size of your vision “window” over top, or along the side of the machinery, is reduced in low coal, often making it very difficult to see the roof bolts or the marker device.

If you have a tip you would like to pass on, you can e-mail it to AccidentBusters@msha.gov.



MINE RESCUE TEAMS STAGED MOCK MINE DISASTER IN GREEN RIVER, WYOMING

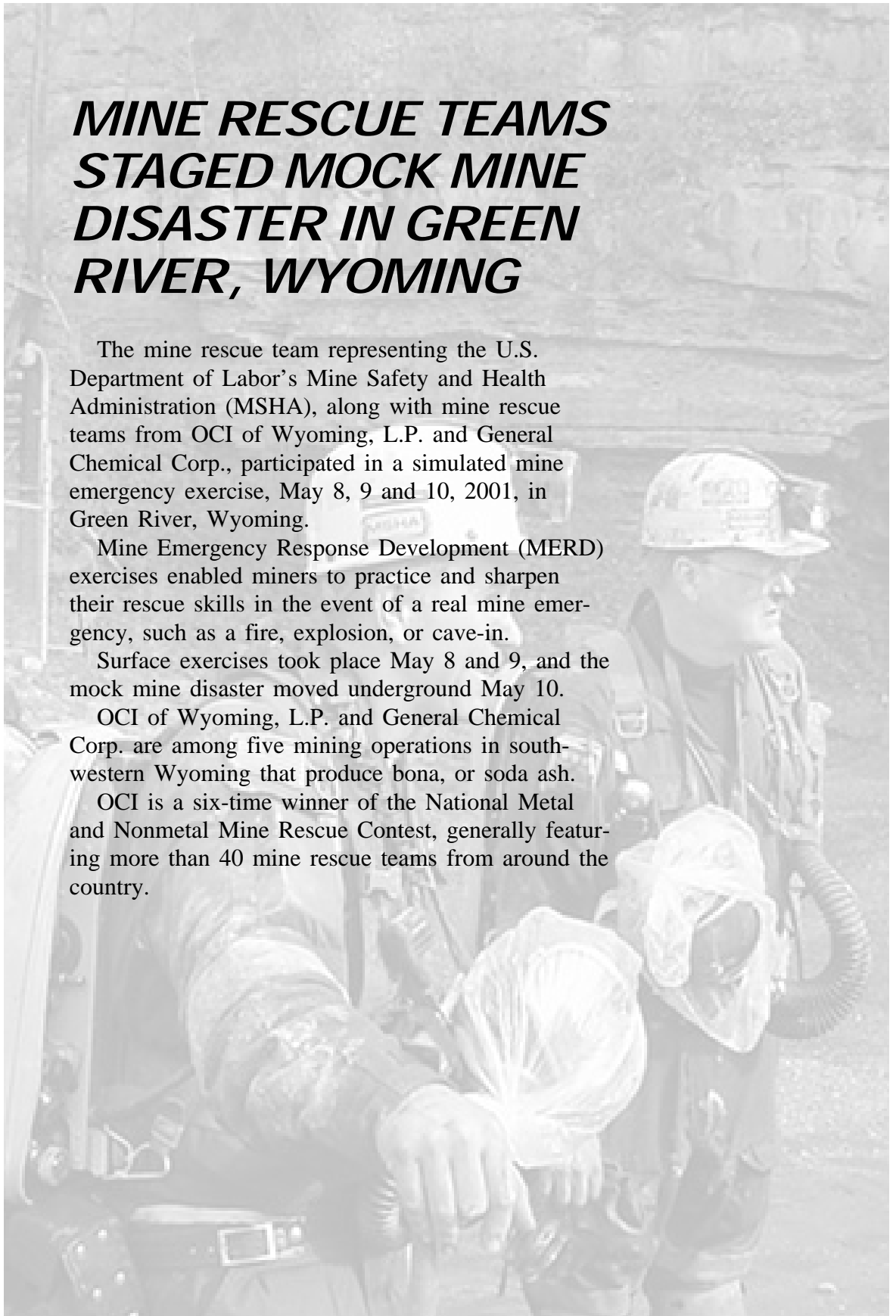
The mine rescue team representing the U.S. Department of Labor's Mine Safety and Health Administration (MSHA), along with mine rescue teams from OCI of Wyoming, L.P. and General Chemical Corp., participated in a simulated mine emergency exercise, May 8, 9 and 10, 2001, in Green River, Wyoming.

Mine Emergency Response Development (MERD) exercises enabled miners to practice and sharpen their rescue skills in the event of a real mine emergency, such as a fire, explosion, or cave-in.

Surface exercises took place May 8 and 9, and the mock mine disaster moved underground May 10.

OCI of Wyoming, L.P. and General Chemical Corp. are among five mining operations in southwestern Wyoming that produce bona, or soda ash.

OCI is a six-time winner of the National Metal and Nonmetal Mine Rescue Contest, generally featuring more than 40 mine rescue teams from around the country.



Tips for Dusty Jobs Drillers



Drillers and their helpers are exposed to more dust than the typical mine employee. Because so much drill dust has *silica* in it, you should take steps to protect yourself against a possible health hazard.

Silicosis can't be reversed...but it can be prevented.

Silicosis can be Deadly

Some dust is stopped by the body's natural defense system, but the *smallest* dust particles can penetrate deep into the lungs. The harm from dust depends on what it's made of, what size it is, and how much and how long you breathe it. If you're exposed to enough dust with silica, in time you can get a disease called *silicosis*.

Silicosis can be a disabling, even fatal, illness that can't be reversed once a person has it. Lung tissue becomes scarred and inflexible and breathing becomes harder and harder.

Working Smart

- **Never drill** without a working dust control system.
- If a wet system, **don't drill dry!!!**

Maintain dust controls:

- Keep **drill skirting** tight to contain dust.
- Keep the **water tank full**.
- If a dry system, repair all leaks in piping and collector.
- Adjust your equipment.
- **Compressed air is NOT for cleaning**—clothes or equipment.
- **Work upwind** of dust clouds or dusty areas when you can.
- Place your **cab upwind**

of the drilling when you can.

- **Report maintenance or system problems** right away.

- **Drill helpers:** stand upwind, clear of dust clouds.

The Cab

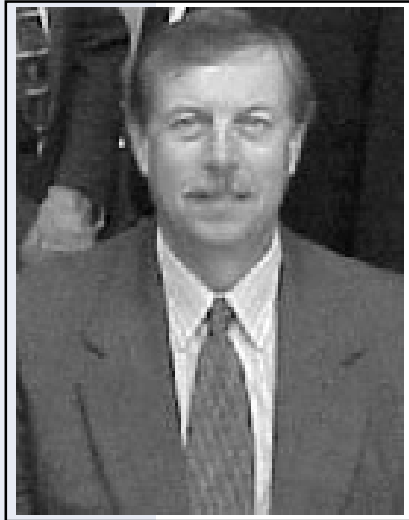
- Use a **heater and an air conditioner** with a HEPA* filter.
- Keep doors and windows **closed** for pressurizing.
- Check that **seals** are **pliable**.
- **Clean** the cab every day.

Respirators must be

- The **right type, worn right**.
- Clean
- Worn—not hung on your neck or on top of your hat.
- The **right fit** to stop dust from getting into your lungs.
- A good fit. **Beards prevent it.**

*high efficiency particulate air.

If it's Silica...It's Not Just Dust



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

Lauriski Confirmed as New Assistant Secretary for Mine Safety and Health

The new Assistant Secretary for the Mine Safety and Health Administration was confirmed on May 9 by the U.S. Senate.

Before being appointed MSHA's head Dave D. Lauriski was Chairman of the Board for the Board of Oil, Gas and Mining. He was appointed to the position by Governor Norman Bangerter of Utah. He is also the President of Lauriski & Associates, a management and safety consulting firm, located in

Price, Utah, where he was a resident.

Secretary Lauriski attended the College of Eastern Utah and Utah State University. He has more than twenty-nine years of experience in the coal industry. He has held several responsible managerial positions, including the General Manager of Energy West Mining Company. He also has extensive background in the field of mine health, safety and training.

The Secretary has also held many positions in professional coal industry organizations and has been a representative for the U.S. internationally. He has also supported, chaired, and been a committee member for several associations and is on the board of the Utah Mining Association. His dedication to the coal industry has enabled him to be the recipient of several recognition awards.



Accident Buster
Awareness Tip

Clear the Way or Crush the Way!"



A recent nonfatal accident occurred when a haul truck crushed a forklift while backing up. This accident demonstrates the importance of completing all the safety checks before backing up.

OPERATORS:

Make sure you are clear of ground personnel before moving your vehicle. Use your:

- Walk-around
- Horn signals
- Radio if needed
- Spotter if needed

Consider the value of video cameras on your mobile machines and evaluate the confines of your work area.

GROUND PERSONNEL (MECHANICS):

Never approach too close to equipment unless you have clearly communicated with the operator.

You must clearly communicate with the operator about your intentions and directions. Let him or her know when you are in the clear.

Do not approach a unit of mobile equipment unless the operator has been clearly signaled and the equipment shows absence of motion.

***Never Assume!—
Safety is
communication!***

This tip was provided to MSHA for the Accident Reduction Program by Jerry Fillingim from Healy, Alaska.

May/June

Mining History

Carnegie Hero Fund Commission History

HISTORY

"I do not expect to stimulate or create heroism by this fund, knowing well that heroic action is impulsive; but I do believe that, if the hero is injured in his bold attempt to serve or save his fellows, he and those dependent upon him should not suffer pecuniarily." — Andrew Carnegie

HEROES OF CIVILIZATION

A massive coal mine disaster in 1904 prompted ANDREW CARNEGIE to establish a commission to recognize acts of civilian heroism.

Pittsburgh steelmaker Andrew Carnegie had long held the idea that ordinary citizens who perform extraordinary acts of heroism should be recognized for their deeds. A massive explosion on January 25, 1904, in a coal mine at Harwick, Pa., near Pittsburgh, claiming 181 lives, inspired him to act...two of the victims had entered the mine after the

explosion in ill-fated rescue attempts.

Within three months of the disaster, Carnegie had set aside \$5 million under the care of a commission to recognize "civilization's heroes" ...and to provide financial assistance for those disabled and the dependents of those killed helping others.

The **CARNEGIE HERO FUND COMMISSION** carries out the founder's wishes by awarding the **CARNEGIE MEDAL** throughout the United States and Canada. Over the 97 years of its existence, the Fund has awarded 8,488 medals and \$24.8 million in accompanying grants, including scholarship aid and continuing assistance. Ten hero funds established in Europe, including Carnegie's native Scotland, carry out a similar mission.

The Hero Fund's heritage was commemorated in 1996 by the Pennsylvania Historical and Museum Commission through the issuance of a roadside marker, which was installed along Pittsburgh Street in Springdale, Pa., near the sites of both the mine and the cemetery in which many of the disaster's victims are buried. More than 1,600 such markers have been issued by the state since

the program's inception in 1946. The blue and gold signs dotting the state's highways commemorate subjects having meaningful impact and statewide or national significance.

The Harwick explosion, remaining one of the worst U.S. mining disasters of the century, claimed 179 lives. It was the deaths of the two rescuers which prompted Carnegie to act on his thoughts about civilian heroism.

Within three months of the explosion, Carnegie established a \$5 million trust and appointed a 21-member commission to carry out his wish that "heroes and those dependent upon them should be freed from pecuniary cares resulting from their heroism." Further, the heroic acts were to be recognized by the granting of a medal.

Ninety-seven years later, the Carnegie Hero Fund Commission continues to carry out those goals. Grants in excess of \$24 million have been distributed throughout the United States and Canada to the 8,488 recipients of the Carnegie Medal or to the dependents of the posthumous awardees. From its start, the Hero Fund was well received, leading Carnegie to establish the European funds. The Carnegie Hero Fund Trust



for Great Britain was set up in 1908 and was followed a year later by the Foundation Carnegie in France. In quick succession came hero funds in Germany, Norway, Switzerland, the Netherlands, Sweden, Denmark, Belgium, and Italy. All but the German fund are active currently.

WHAT IS A HERO?

The Commission’s definition of a hero has been largely unchanged since 1904: A civilian who knowingly risks his or her own life to an extraordinary degree while saving or attempting to save the life of another person. The cases submitted for consideration—in excess of 75,000 to date—are scrutinized by a full-time staff before formal review by the Commission itself. Persons selected for recognition receive a bronze medal and a grant of \$3,500, and each becomes eligible for scholarship aid. Those disabled in their heroic acts or the dependents of those killed are eligible for additional benefits, including ongoing aid to meet living expenses.

Approximately 20 percent of the awards are made posthumously, reflecting a verse from the New Testament embossed on each medal: “Greater

love hath no man than this, that a man lay down his life for his friends” (John 15:13).

A HEROIC AGE

“We live in a heroic age,” Carnegie wrote in 1904 in the opening lines of the fund’s deed of trust. “Not seldom are we thrilled by deeds of heroism where men or women are injured or lose their lives in attempting to preserve or rescue their fellows; such the heroes of civilization. The heroes of barbarism maimed or killed theirs.”

Similar thinking first surfaced in 1886, when Carnegie donated toward the cost of a marker honoring a 17-year-old boy who drowned in a rescue attempt in Carnegie’s native Scotland. The philanthropist’s thoughts on heroism are chiseled into the youth’s stone marker in a cemetery in Dunfermline, Carnegie’s boyhood home.

The deaths of the Harwick rescuers 18 years later provided impetus for Carnegie to act on his peace-loving convictions, and he took great satisfaction in the establishment of the Hero Fund. Carnegie biographer Joseph Frazier Wall (Andrew Carnegie, Oxford University Press, New York), writes, “Every other philanthropic fund that Carnegie had ever established had been

proposed to him—often forced upon him—by others. The Hero Fund came out of his own head and heart, and it delighted him.”

THE HARWICK DISASTER

According to the report of the state’s Department of Mines to Gov. Samuel Pennypacker, a company-appointed commission concluded that the explosion was caused “primarily by a blown-out shot, which ignited a small quantity of gas in the entry. The concussion resulting from this ignition...raised the dust in the entry which, igniting in turn, and with the constant addition of dust, caused the complete explosion of the entire mine.”

“The entire population of the village was in an uproar,” the report continued, “and the utmost excitement prevailed. The explosion had been one of terrific force. The tibble, which was built of iron, was wrecked, the cages were blown out of the shaft, and a mule that had been at the bottom of the shaft was caught by the force of the explosion and blown out and over the tibble, a distance of about 300 feet. The accident had destroyed the organization

(See next page)

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that existed among the officials, as the mine foreman and the fire boss as well as almost all the employees had been killed. The officials who were present and had escaped the disaster seemed to be dazed and without confidence in themselves.”

The report’s toll of the explosion’s victims: 121 identified by name, 56 unidentified, and two killed outside the mine. The youngest victim was only 15.

The count would not be final, as attempted rescue of any survivors proved deadly.

When news of the explosion in Harwick, 12 miles north of Pittsburgh along the Allegheny River, reached Carnegie, then living in New York, he was deeply touched. “I can’t get the women and children of the disaster out of my mind,” he wrote, duplicating \$40,000 in public donations for relief efforts. Carnegie then instructed the local relief committee to have prepared, at his expense, two gold medals “in commemoration of the acts of heroism displayed by Mr. Selwyn M. Taylor and Mr. Daniel Lyle, wherein they sacrificed their lives in an endeavor to save their fellowman.”

THE HEROES OF

HARWICK

Neither Taylor nor Lyle was on site when the Allegheny Coal Company’s Harwick Mine exploded at 8:15 a.m. on that bitter-cold Monday.

Mining engineer Selwyn M. Taylor of Pittsburgh, and Daniel A. Lyle of Castle Shannon, Pa., perished in rescue attempts, raising the toll to 181 victims. Andrew Carnegie instructed the Cheswick Relief Committee to have prepared, at his expense, two gold medals to commemorate their heroism, “wherein they sacrificed their lives in an endeavor to save their fellowmen.”

Selwyn M. Taylor, 42, of Pittsburgh, an eminent mining engineer, responded to Harwick within hours. After arranging for repair of a ventilation fan, he and a rescue party descended the main shaft at 6:00 p.m. They found one man alive at the bottom of the shaft. Adolph Gunia, 17, severely burned, was the disaster’s sole survivor. Believing that others might be alive, Taylor advanced farther into the mine but was overcome by “afterdamp,” an asphyxiating gas, the byproduct of the explosion. He died early the next day, leaving a widow and stepson.

Coal miner Daniel A. Lyle, 43, of Castle Shan-

non, was staying near Leechburg when he answered an appeal for rescue workers, responding to the mine the day after the explosion. From the Pittsburgh Press of January 27, 1904: “(Lyle) worked yesterday afternoon and most of the night in the mine with the rescue party...he went into the mine before daybreak this morning and started to prepare the bodies to be brought up on the cage. While out in the mine farther than the others of the party, in search for more (miners), Lyle was overcome with afterdamp...The accident cast a decided gloom upon the rescuing party.” Of the reports Carnegie received on the tragedy, perhaps the one concerning Lyle’s death was the most poignant. “Lyle made a valiant effort to rescue entombed men.

He left a widow and five children. What a tragedy that his life had to go with his deed! He was a hero.”





George Horwarth, Who Went into the Harwick Mine With Selwyn Taylor.

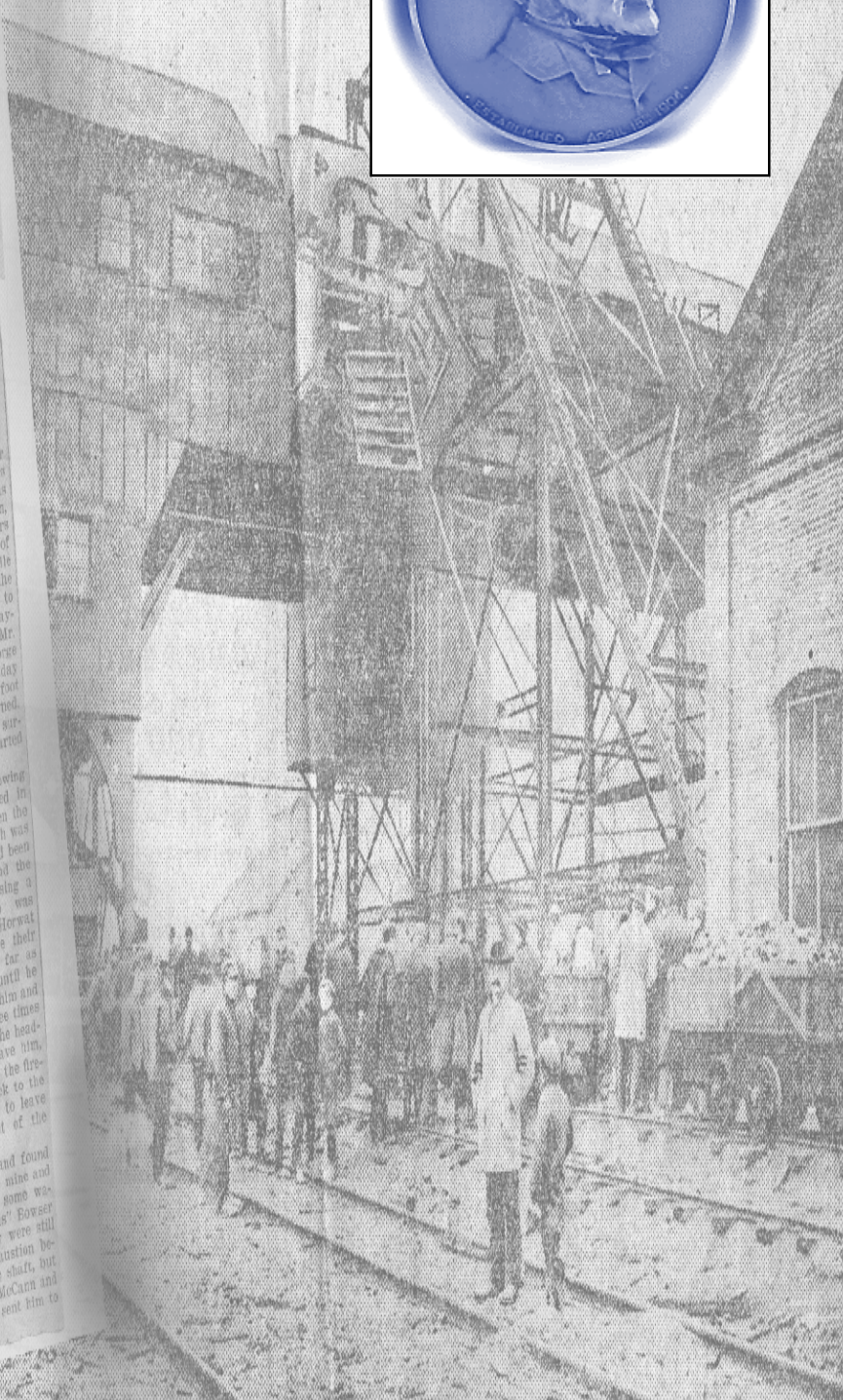
DESCRIBES MANNER IN WHICH TAYLOR MET DEATH

Man Who Was With Him When He Led Rescue Party Relates Graphic Story.

The way in which Selwyn M. Taylor met his death in the Harwick mine was described in a graphic manner by Thomas W. Wood, aged 21 years, of Evansston, Ind., who was one of the first volunteers to enter the mine under the leadership of Taylor. He was overcome by gas while with Taylor, but managed to reach the foot of the shaft and later returned to guide the rescue party to where Taylor was lying. In company with Mr. Jar was lying. In company with Mr. Taylor, James McCann, North and George Horwat, Wood entered the mine Monday afternoon. They found Gonia at the foot of the shaft, alive but terribly burned. Leaving McCann to take him to the surface, Taylor and the other three started toward the southern air shaft.

Taylor lighted a cigar, and, by blowing the smoke into the air, determined in which way the air was going. When the party had gone some distance, North was sent back for some plans which had been left at the foot of the shaft, and the other three went on. After passing a travel-in overcast, the fire-damp was found to be worse, and Wood and Horwat suggested that the party retrace their steps. Taylor wished to go as far as possible, however, and went on until he began to stagger. Wood caught him and tried to lead him, but he fell three times, and Wood dragged him toward the head-ling, where he was forced to leave him, as he was becoming affected by the fire-damp. He assisted Horwat back to the overcast, where he was forced to leave him and started for the foot of the shaft to get assistance.

He turned the wrong way and found himself in another part of the mine and discovered two men lying in some water. He said they were "Chris" Fowler and Harry Butler, and they were still living. Wood fell from exhaustion believing reaching the foot of the shaft, but his cries had been heard by McCann and North, who rescued him and sent him to the top.



May/June



Wellness

CARDIOVASCULAR EXERCISE

Exercising in Hot Weather

To understand how your body deals with hot weather, it is important to keep the following points in mind:

1. Your body is always trying to maintain a constant internal temperature. To accomplish this, the body must rid itself of any excess heat that it generates.
2. Heat flows from warmer areas to cooler areas.
3. Body fluids serve as the medium by which your body transports heat and dissipates it.

Heat Gain

Your body gains heat in one of two ways. First, it produces its own heat all the time from your metabolism, the basic chemical processes required to maintain life and to produce energy. Any time

you work or exercise, your metabolism accelerates, producing more heat.

The other way your body gains heat is from the environment. If the temperature of the air around you is higher than your skin temperature, heat radiates into your body. Your body also receives direct heat by absorbing sun light—the brighter the sun, and the more direct its rays, the more radiant heat your body will gain.

Heat Dissipation

When your body builds up heat, blood flow increases to the skin. Warm blood loses its heat at the skin and cooler blood is returned. The main way in which your body dissipates this heat is through the evaporation of sweat. As sweat evaporates, the body is cooled.

Sweat is produced all the time, but you usually don't see it because it evaporates instantly, keeping you cool. For sweat to evaporate properly, the surrounding air must be low in moisture content (low humidity) so that it can accept more moisture in the form of evaporation.

When the surrounding air already has a high moisture content (high humidity), sweat can't evaporate readily, and sweat beads up on the skin until it drips off. Sweat

that drips off does not cool the skin because sweat must evaporate to have a cooling effect. If it can't evaporate due to high humidity, it doesn't cool you.

As a result, high temperature and high humidity make it difficult for your body to dissipate heat. Of the two, high humidity is the most dangerous. It is very common for people to become overheated on days with high humidity, even when the air temperature is not particularly warm.

The clothing you wear is also an obstacle to heat loss. Your skin must be exposed to the air in order for sweat to evaporate effectively. The more skin you cover, the less surface area is available for evaporation. Tight-fitting clothes in particular don't allow air to circulate over the skin.

Preventing Overheating

During warm and/or humid weather, it is very common for people to become overheated. Sometimes, this can become a very serious and life-threatening situation.

The most critical factor causing someone to overheat is their volume of body fluid. Once your body loses too much fluid, you can't cool yourself properly until that fluid is replaced.



Whenever you sweat, whether that sweat evaporates or drips off your skin, you are losing fluid. This fluid comes from the blood that circulates throughout your body. Circulating blood acts like the coolant in your car. If you lose too much fluid from your blood-stream, you become “dehydrated” and can overheat, just like your car will overheat if the water level in the radiator is too low.

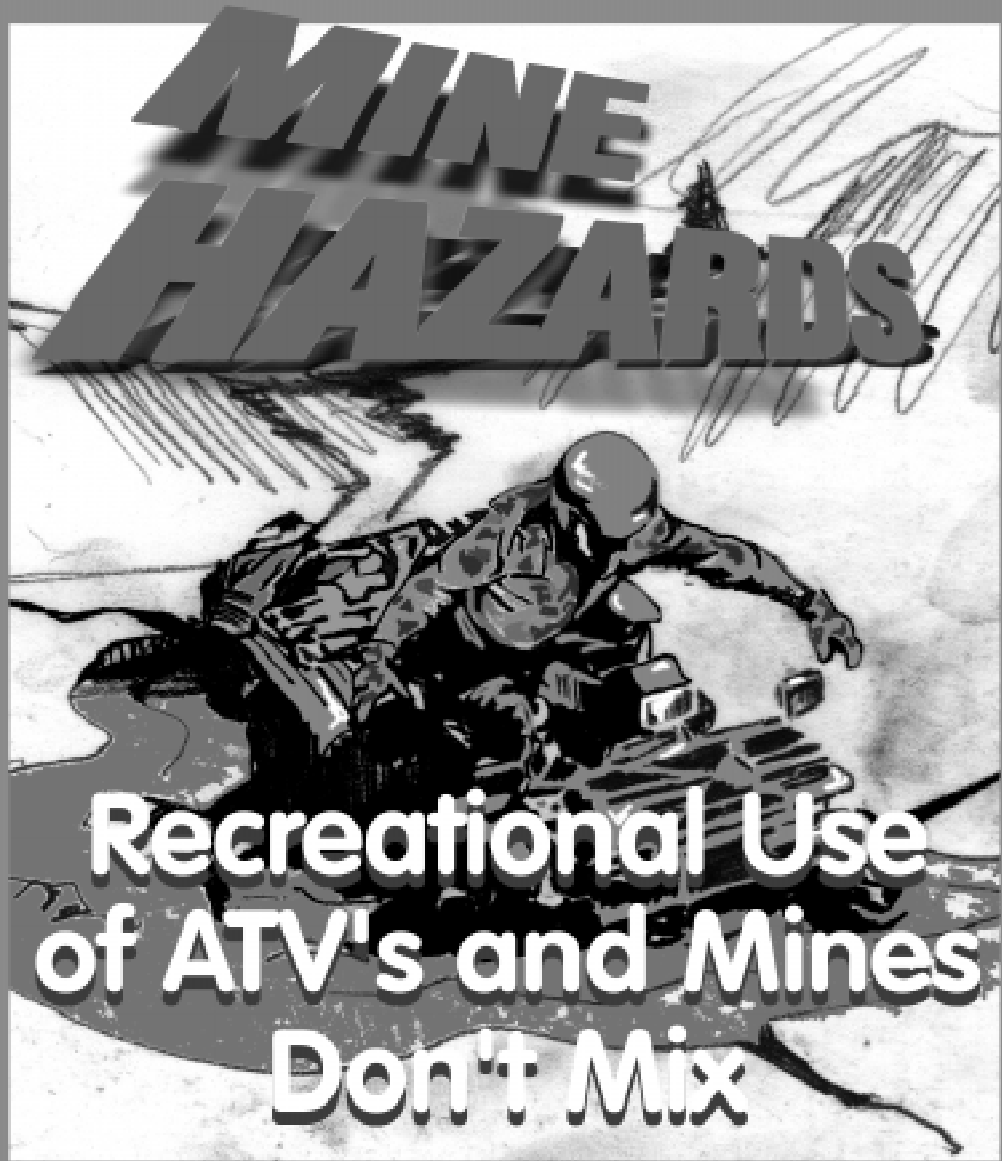
The good news is that overheating is completely preventable—simply make sure your body has plenty of fluid at all times. To do this, you must drink plenty of plain cold water. Plain water is the most essential factor to maintaining body fluid volume at its proper level.

Any time you are working or exercising in a hot or humid environment, be sure that you allow yourself access to plenty of cold water before, during, and after the activity. The water should be cold because this factor speeds the emptying of your stomach so that the water can be absorbed into your system.

Substances dissolved in the water only slow down the absorption rate, so avoid the use of so-called “sports drinks” or sugared drinks such as sodas to replace lost body fluid.

Alcoholic beverages (such as beer) are to be avoided, since alcohol promotes (rather than prevents) fluid loss.

Never rely on your sensation of thirst to tell you when you need to drink water. Quenching your thirst will only supply about half the fluid that your body actually needs. So drink cold water frequently on hot or humid days, even if you don’t feel thirsty. It’s almost impossible to drink too much water.



MINE HAZARDS

Recreational Use
of ATV's and Mines
Don't Mix

Stay Out – Stay Alive

U.S. Department of Labor
Mine Safety and Health Administration

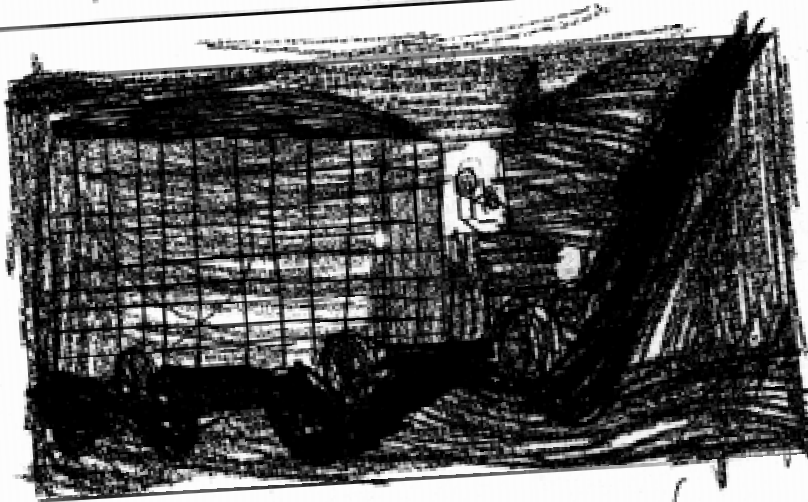




Messages of Love



I want my Daddy to work safely because:
 He drives a coal truck and goes up and down very steep hill. In the winter it is very wet and slick. I am scared he will turnover and get hurt. And I Love my Daddy very much.



Student: Keasha Hope Browning Age: 6
 School: Gilbert Grade Grade: 1
 Teacher: Mrs. Lowe Date: 11-10-98

Miners Be Safe!

(See next page)



Messages of Love

HOLMES SAFETY ASSOCIATION

I want my Dad to work safely because:
I want my dad to work
safely in the mines so
the wood will not break
that holds up the wall. Also
that it would not fall
and kill them. I would cry.



Student: Matt Tolley Age: 7 1/2
School: Gilbert Grade Grade: 2nd
Teacher: Mrs. Ellis Date: Nov. 16,



Miners Be Safe!



Allergies Self-Defense

If you are bothered by sneezing and itchy, watery eyes, this time of year, consider this strategy.

Avoid allergy triggers

It is tough to escape pollen and molds - a single ragweed plant may release one million pollen grains in just one day. However, there is much you can do to lessen exposure.

Suggestions: Keep windows closed and use air conditioning. Clean air conditioning systems regularly to avoid mold growth. Don't hang laundry outdoors to dry, as pollen may cling to the sheets and towels. Avoid early morning activities, since the pollen count is highest between 5:00 and 10:00 a.m. Wear a dust mask when mowing the lawn or working in the garden.

Consider medication

New prescription antihistamines provide relief without causing drowsiness, a major drawback with over-the-counter antihistamines. Another class of medicine, corticosteroid nasal sprays are especially effective at relieving symptoms such as congestion, sneezing, itching, and postnasal drip.

Warning: Avoid nonprescription antihistamines whenever safety requires you to stay alert.

Talk to an expert

Consult your doctor or an allergy specialist about allergy medications, possible side effects, and other options. These include allergy shots that can help increase your body's resistance to allergy triggers. One way or another, relief may be just around the corner.

Article provided by
Charles I. Hochman
MSHA



May/June

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ACADEMY SEMINARS/ WORKSHOPS

The following seminars/workshops are available through MSHA's Mine Health and Safety Academy:

Blasting*

August 7-9, 2001

Technical Coordinator: Kenneth Scott

Tuition: \$210.00

Introduction to Mining*

July 31 - August 2, 2001

Technical Coordinator: Jimmy Shumate

Tuition: \$210.00

Mine Elevator Inspection Program

Training Module I*

July 31 - August 2, 2001

Technical Coordinator: Roy Milam

Tuition: \$210.00

Respirable Dust and Silica Sampling and Control

July 31 - August 2, 2001

Technical Coordinator: William McKinney

Tuition: \$210.00

Surface Haulage Safety Seminar

August 21-23, 2001

Technical Coordinator: John Tyler

Tuition: None

***Scheduling at worksite available upon request.**

For additional information on these seminars, please contact the technical coordinator at (304) 256-3100 or Jan Keaton at (304) 256-3234.

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NOTICE: We welcome any materials that you submit to the Holmes Safety Association Bulletin. For more information visit the MSHA Home Page at www.msha.gov. If you have any color and black/white photographs that you feel are suitable for use on the front cover of the Bulletin, please submit them to the editor. We cannot guarantee that they will be published, but if they are, we will list the contributor(s). Please let us know what you would like to see more of, or less of, in the ***Bulletin***.

Reminder: The District Council Safety Competition for 2001 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
Holmes Safety Association Bulletin
P.O. Box 4187
Falls Church, Virginia 22044-0187**





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