
JOSEPH A. HOLMES SAFETY ASSOCIATION
BULLETIN
November 2001
MINERAL
COAL
WINTER ALERT

Joseph A. Holmes Safety Association

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.**

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MSHA Issues Annual Winter Alert Safety Message

Increased Hazards in Underground Coal Mining During the Winter Months

ARLINGTON, Virginia. — As winter approaches, the Mine Safety and Health Administration (MSHA) is once again warning coal miners and mine operators about the additional hazards that colder weather creates. MSHA's annual Winter Alert campaign emphasizes increased vigilance underground from October through March, when the nation's most devastating mine disasters historically have occurred.

"Precautions are necessary to prevent mine explosions in all seasons, but if possible, we need to be even more vigilant in winter," said Dave D. Lauriski, assistant secretary of labor for mine safety and health.

In the wake of last month's explosion that killed 13 men at the Jim Walter Resources No. 5 mine in Brookwood, Alabama, Lauriski announced a "Stand Down for Safety" effort to raise hazard awareness at all mines across the country. The Winter Alert program, directed specifically at underground coal mines, has existed for more than 20 years. During Winter Alert mine inspectors visit underground coal mines, talk with miners and supervisors, distribute educational materials on explosion prevention, and ask mine management, labor organizations, and state mine safety agencies to help reinforce the message.

Severe drops in barometric pressure may occur during colder weather, inducing methane to migrate into the mine atmosphere, which increases the risk of an explosion. Cold,

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dry winter air results in drier conditions underground, which makes coal dust more likely to get suspended in the mine atmosphere. This also can contribute to an explosion.

Over the past 20 years, U.S. coal mine explosions have claimed more than 100 lives; more than half of these accidents occurred during Winter Alert months.

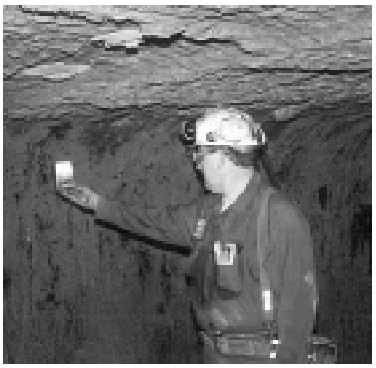
MSHA also reminds underground coal miners and operators of the following:

- Consistently follow the mine's approved ventilation plan.
- Conduct thorough pre-shift, on-shift and weekly checks for methane and other hazards.
- Keep potential ignition sources out of working areas.
- Carefully maintain bleeder systems in worked-out areas to prevent methane buildup.
- Complete rock dusting (application of powdered limestone) in all areas of the mine.
- Never smoke or carry smoking materials into an underground mine.■

This article from press release: 10/26/2001: News Release - MSHA Issues Annual Winter Alert Safety Message Increased Hazards In Underground Coal Mining During The Winter Months DOL News Release No. 01-394 Mine Safety and Health Administration Contact: Amy Louviere Phone: (703) 235-1452 Released Friday, October 26, 2001

Ventilation

Rock Dusting

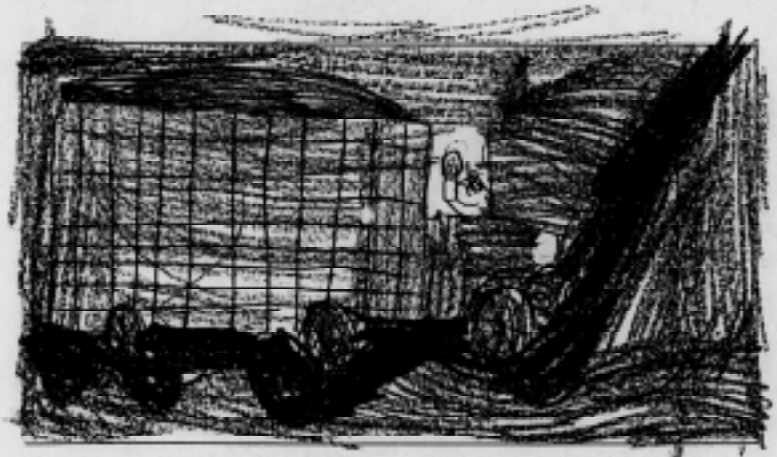


Mine Examinations

Control of Ignition Sources

Kids know the dangers of winter too…

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

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Haulage Roads

Haulage road conditions can play a big part in the safety of a mining operation. Poor road conditions can make it much more difficult to operate equipment safely.

Hazardous conditions include: grades that are too steep; roadways that are too narrow; inadequate traffic control signs; unstable slopes; poor drainage; problems due to weather conditions; inadequate sight distance at the crest of hills and around curves; and lack of adequate berms or guardrails.

These conditions can lead to loss of control of the truck, collisions with other vehicles, runaway trucks, and trucks going off the roadway and overturning.

• Important considerations for keeping haul roads safe include:

• Roadways wide enough to allow the safe passage of the largest equipment that uses the haul road.

• Adequate berms or guardrails on elevated roadways where there is a danger of a vehicle running off the road. Berms higher than axle-height should be used in more critical areas such as at steep grades and sharp curves.

• Haul road grades compatible with the capabilities of the equipment using them. Steep grades have been a factor in haulage accidents.

• Traffic signs to control traffic flow and to provide vehicle operators with information (such as speed limits, grades, and traffic patterns) to help ensure safe operation.

• Roadways that are inspected, maintained, and repaired regularly. Special checks should be made after changes in weather conditions.

• Drivers trained on any change in traffic patterns.

• It is especially important that new operators be instructed on the capabilities of the equipment they are operating, and any special driving precautions that should be taken on the mine's haul roads.

• Vehicle operators should be alert to, and anticipate, changes in road conditions, especially with changes in the weather.

• Operators should promptly inform company officials of any unusual or potentially dangerous road conditions.

Examples would be:-

⇨ Poorly drained areas; Soft shoulders;

⇨ Washed out areas, ruts and gullies;

⇨ Boulders or debris on the roadway;

⇨ Ice and snow drifts;

⇨ Cracks or unstable slopes above or below the roadway; or

⇨ Excessive dust.

Brake Systems

Modern machines have at least three brake systems: Service, secondary (emergency), and parking. Many machines are also equipped with a retarding brake system. The operator must fully understand the function and limitations of these individual brake systems as well as how and when to use them.

Before and during haulage operations, each brake system needs to be evaluated by the equipment operator for proper function. Any deviation from normal operation must be corrected.

. The service brake system is the main braking system used to stop the machine and hold it stationary.

The secondary (emergency) brake system is a back-up system in case something happens to the service brake system. (In many cases, it is of lesser braking capacity and should only be used to stop the machine in an emergency.)

•The parking brake system is a brake intended to hold a stopped machine in place. (The parking brake on some machines also serves as the secondary brake.) If the parking brake is used to stop the machine, it must always be tested for parking capacity after such an incident.

To test for parking capabilities, the machine may be loaded with a rated load on the bottom end of the maximum grade on which it was designed to park. Unless otherwise specified by the manufacturer, the maximum grade is usually 15 percent. Many operators' manuals also describe a "stall test" to evaluate the parking brake.

The retarder is a dynamic brake used to control the machine's speed while operating on downgrades. The retarder may be used as part of the service brake system to control the machine's speed down to 5 mph (or less).

The manufacturer's manual is the primary source of information for safe operation of any machine.

Brake maintenance is to be performed in accordance with the manufacturer's instructions.

Any malfunction, defect, or improper operation is to be checked by an authorized person to correct the problem.

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POST ACCIDENT INVESTIGATION REMEDIES

"Blue Light Special"

Use a flag to indicate that maintenance is being performed on equipment.

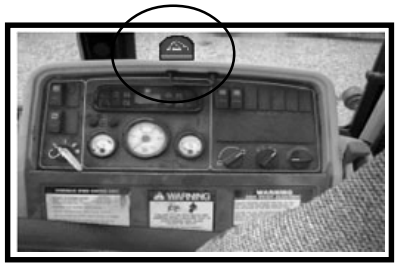
All equipment requires maintenance and repair. It is important for equipment operators to know when maintenance is being performed on equipment, and that it is unsafe to operate. This can be accomplished by the mechanic placing a blue indicator in a very prominent location at the operator's cab prior to beginning any maintenance. The purpose of the blue indicator is to notify anyone who desires to operate this equipment that maintenance is being performed and the equipment is unsafe to operate. The blue indicator, such as a flag, would remain in place until removed by the specific mechanic who placed it.

At night, a blue flashlight with a reflector could be used instead of the flag. The flashlight would have a magnetic base or clamp so it can be securely attached. The reflector would act as the indicator in cases where the flashlight batteries expired. The indicators could even include the name of the individual performing the maintenance, so that individual can be contacted with questions about the equipment. In order for this procedure to be successful, it is critical for all personnel on site to know the meaning of the blue indicator, prior to the procedure being implemented. Other colors, or types of indicators, could be substituted in cases where blue indicators have other meaning.

This procedure is especially useful for equipment without key switches. It would also keep someone with an extra set of keys from starting and moving a machine that had the keys removed during maintenance.

The mining industry is strongly encouraged to consider and adopt this suggestion. MSHA believes that unnecessary injuries and fatalities could be avoided in the future as a result. The estimated costs to implement this remedy would be approximately 25.00 dollars per mechanic to purchase a flag, reflector and flashlight.

The above safety tip was provided by Jerry Fox of Dell Rapids, S.D.



Blue flashlight with a reflector used at night for better visability.

Sandersville, Georgia Plant Making Safety a Way of Life and "Falls" in Line On Safety

"It's boring!" I've got more important things to worry about!" I haven't got time!" "Get the clay down the track!" This was the mindset that many employees had about safety. In the late fall of 1999, J.M. Huber purchased a portion of the Sandersville, GA, Washington County Kaolin operation from Imerys Co, previously known as ECCI and AACC. The facility employs 180 employees who work three shifts 24/7. The facility processes crude clay by blunging, flotation, and milling to produce a variety of products that serve the paper, plastics and adhesives industries. Finished products are packed as slurry, super sacks and 50- pound bags. This facility became the "New Kid on the Block" for J. M. Huber. They had an existing safety program but it was managed primarily by employee teams and professional safety managers who did not come with the sale.

Huber's safety program and initiatives rely on individuals taking responsibility for specific safety policies as policy controllers for the site. This would be a huge adjustment and undertaking for the plant but Huber's Management Team was sure it could be done. For about a year and seeing "some" improvement, many management changes and a lack of a strong site safety coordinator resulted in a weak safety structure and lack of accountability for safety policies or for their implementation. But the Sandersville plant would continue to strive for improvement. A new plant manager was assigned to the location in October 2000 who had a vision of making the Sandersville location a model plant. Huber has enjoyed an exemplary safety record for the past several years and has received the Georgia Mining Association's Mining Award. The new plant manager wanted a piece of the action so they again set out on the "safety trail." He would be challenged with many obstacles; gaining the trust of a group of employees that had gone through two buyouts and feared for their jobs, dealing with a culture that was very different from Huber, the Regional Environmental Manager would leave the company, the Regional Safety Manager retired shortly thereafter, and the plant was facing many safety and environmental issues.

Sandersville continued to look forward. A new position for a Safety, Health and Environmental Manager was developed for the site and the positions for the Environmental Compliance Manager and the Regional Safety Manager were filled. Sandersville began to refocus their efforts and continued pressing forward. Within six months of hiring the new plant manager and two months of hiring the new Safety, Health and Environmental Manager, the

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plant would go through its first four-day Huber Corporate Environmental Audit. One month after the environmental audit, the company would be hit again with its first two-day Corporate Safety Audit. The audits uncovered many serious environmental and safety issues in need of attention. All level I (immediate action required) findings from both audits were corrected within days and the remaining findings have been closed out or addressed in the Follow-up Action Plan (FAP). Several weeks later the plant would face a three-day MSHA inspection. The inspection was extensive and thorough but because of the hard work put forth by the Sandersville employees, the inspection ended with only two citations. The same inspector had audited the plant in 1999 and issued over 40 citations. The plant went through three inspections within the next 12 month period and the citations were reduced to nine and just recently, two. Sandersville has adopted the "Drive To Zero" motto for MSHA citations as well. We want to make safety "A Way of Life" on and off the job. As a part of the Huber Safety Score (HSS), the Sandersville plant is concentrating on culture change by focusing on employee behavior and learning. Much has been done to increase safety awareness at the Sandersville plant. Employees participate in daily pre-shift safety meetings and also attend outside presentations and seminars on safety to heighten their awareness. Safety policy controllers have been identified and trained and a safety committee has been established. Members of the safety team meet once a month to discuss areas of concern and to review policy procedures, along with inspections, all of which are encouraging employees to take initiative and responsibility for safety. Many exempt and hourly employees will go through the DuPont STOP Program starting the fourth quarter. Some of the training accomplishments that the Sandersville employees have completed in the past few months include: MSHA Refresher, Confined Space Entry, First Aid/CPR, 40 hour HAZMAT, and just recently, additional training on Fall Protection which was a result of an employee's initiative. It stemmed from his attendance to an after-work hour safety meeting sponsored by Middle Georgia Safety. The employee was so impressed with the presentation, he coordinated with representatives from Middle Georgia Safety to do an "on-site" demonstration and training on Fall Protection for our employees at no cost.

Huber has also done much to develop a good working relationship with our Federal Regulators (ie, MSHA and EPD). MSHA has conducted a courtesy inspection of the plant. Scott Kuyk, Huber's Environmental Compliance Manager, has worked diligently with the employees at Sandersville and EPD to resolve several environmental issues. Sandersville has since applied for a Title V permit and is finding ways to operate our equipment more efficiently, thereby reducing the impact to the environment.

Our employees are finding ways to improve safety and beautify the plant. Just recently, two hourly employees took the challenge of improving housekeeping in their work area by paving a 10 X 20 square feet area behind the spray dryers. This area had been an eye sore of the plant for many years and almost impossible to maintain good housekeeping, particularly when it rained. The two employees took the challenge and improved housekeeping in that area 110% and improved the looks of that

area. These same two employees are now working on another project to install sidewalks in front of the plant leading from the main office parking lot. This entire area is filled with gravel which makes a potential hazard for someone to twist an ankle. This will give anyone walking to the office an even walking surface and eliminate the hazard. A flagpole has also been installed in this area. Management highly supports the efforts of all employees in helping Sandersville become a "Model" plant in safety and environmental performance and encourages them to do more by utilizing their skills.

On October 4, 2001, John Kemp from Fall Tech came on site to do a presentation and training on Fall Protection. There were two training sessions held for the employees. Huber is also regulated by MSHA and has established a good working relationship with them. Wayne Maxwell from MSHA's Educational Field Services was also present for the demonstration and aided in answered questions surrounding MSHA regulations on fall protection. Some of the topics covered were general requirements, fall equipment specifications, anchorages, lanyards, body harnesses, connectors and deceleration devices. Inspection considerations, tie off considerations, and rescue considerations were also covered. J. M. Huber would like to thank Middle Georgia Safety and Fall Tech for their support in helping our company improve safety performance.

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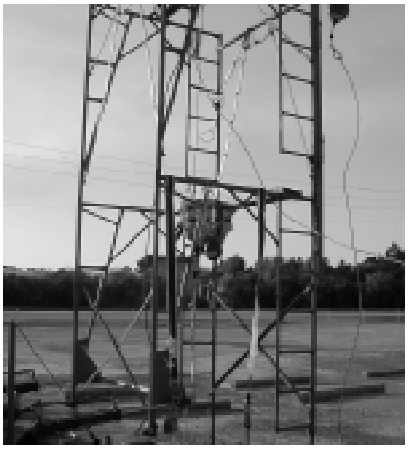
Fall Tech Rep, John Kemp, demonstrates the proper way to put on a harness and the correct position of O-Ring.

Fall Protection Training



Setup equipment for the fall protection demonstration

Huber employee, Wyman Tapley, inspects a lanyard that has been over-exerted

Practice makes perfect

Joseph A. Holmes Safety Association
Awards Program

Type "C-1" Award Mines, Companies and Organizations

Awarded to department, sections, pits, plants, etc.
4,000,000 Work-hours without a fatality or disabling injury
600,000 Work-hours without a lost workday injury
3,000,000 Work-hours combination of above

Several Year Steady Improvement in Injury Frequency Rate
Must Exclude Office Work-Hours
Mining or Related Activities, only
(All Mineral Extraction Activities)
(Metal Extraction to Casting Activities)
(Gas or Oil Drilling Through Refining Activities)

This award recognizes good safety records of companies, safety organizations, mines, quarries, groups of mines or plants (when the grouping includes all the mines or plants in the area or district), and any operating department, except clerical (office). Records must be compiled in the mining and related industries to qualify for this group award. Any operation-from extracting the mineral to casting of a metal-is eligible. This does not, however, include records in any manufacturing operations. All operations that extract crude oil and natural gas or refine petroleum products are eligible. Petrochemical processing operations are not eligible. At mineral processing plants (such as phosphate, cement, or lime plants), all concentrating, crushing, washing, grinding, drying, and storing operations are eligible for this award.

The Association uses the following criteria in considering Type "C-1" awards:

1. A minimum of 4,000,000 work-hours without a fatality or permanent total disability. The record must exceed six calendar months of operation.

2. A minimum of 600,000 work-hours without a lost workday injury. The record must exceed six calendar months of operation.

3. For underground mines, the Association considers proposals which combine injury-free records with fatal or permanent total disability records. When the fatal or permanent total disability record exceeds 3,000,000 work-hours, the Association gives separate awards.

4. The Association also recognizes improvements in injury rates, either incidence or severity measures or both. Award requirements involve steady, year after year improvement of rates over several years. The Association cannot consider improvements for one year

compared to the previous year or average of several previous years.

The recipient of this award receives a Certificate of Honor reflecting the specific accomplishment of the mine, company or organization.

Applications for this type of award must be reviewed and approved by the Safety Awards Committee. This committee meets once each year prior to the national meeting. The Secretary/Treasurer will forward all applications to the committee members for their review and comment prior to the meeting.

The Secretary/Treasurer of the Association should receive the following information by February 1:

1. Name and address of the mine, company or organization
2. Principal product
3. Name and address of the company and MSHA mine identification number, if applicable
4. Type of operation (underground, surface, preparation plant, etc.)
5. Name of immediate supervisor who directed the work, if you want his or her name on the award certificate. (The supervisor cannot receive a separate award for this same record.)
6. Date of the last fatality or permanent total disability if the record is for 4,000,000 work-hours, or date of the last injury with lost workdays if the record is for 600,000 work-hours with no lost workdays, or
7. Dates of last fatal, permanent disabling and lost workday injury if the record is for 3,000,000 work-hours
8. Beginning and ending dates (month, day, year) of the record
9. Average number of employees in the group who achieved the record during the period covered
10. Total work-hours of exposure in the period covered by the record. The Association cannot consider applications without this figure. Where the record is for steady and notable improvement of the injury rate over several years, the proper data must be submitted for each year.

Other Awards

(10/20/30 Years - Individual)

Workers who complete 10, 20, and 30 years without a lost workday injury are eligible to receive Pocket Card Certificates and the following:

30 years-Silver pin and decal bearing the insignia of the Association

20 years-Bronze pin and decal bearing the insignia of the Association

10 years-Decal bearing the insignia of the Association

Clerical or office work time cannot be counted for the 10-, 20-, and 30-year awards.

The Association will provide order forms for the purchase of the pins and decals. A copy of the approval letter must accompany the order form. Employers or individuals are responsible for the cost of the pins and decals. The Association approves only one award of each type (10-, 20-, 30-year awards) for an individual. The Pocket Card Certificates are forwarded to the employer for presentation.

The accuracy of the information is the employer's responsibility. Employers may want to contact other employers, mining institutes, State departments of mines, local or district unions, or other reliable sources if the employee's work time includes other operations.

The employer may submit applications for the 10-, 20-, and 30-year awards anytime during the year to the Secretary/Treasurer of the Association. Applications are reviewed and approved by the Secretary/Treasurer who will supply the Pocket Card Certificates and the order forms for the pins and decals.

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16 William R. Brown Recognized by the Joseph A. Holmes as an A-1 Hero

Story submitted by Don Conrad

On November 7, 2000, William R. Brown, a coal mine safety and health inspector employed at the Ruff Creek, Pennsylvania Field Office, was enroute to cast his vote in Morgantown, West Virginia.

Mr. Brown stopped at Killarney Drive when an explosion rocked his car. He rushed down Colonial Drive to where the explosion had occurred. Mrs. Halbritter, the owner of the home where the explosion had occurred, was standing outside. She was screaming, "My babies are in there, my babies are in there." Mr. Brown ran in through the garage and found the little girl buried up to her waist in burning debris. Brown rushed in, digging his way to where the little girl cried for help. The back of Brown's jeans were singed and nails from fallen house material ripped through his clothing. However, Mr. Brown was able to retrieve the little girl and exit the area as the garage roof caved in.

Mr. Brown's actions saved the life of the little girl in spite of considerable risk to his own safety and loss of his life.

Mr. Brown was recognized by the Joseph A. Holmes Safety Association and received the "A-1" Award for Act of Heroism, at the national meeting in San Antonio, Texas, in June of 2001.

The following are short excerpts from The Dominion Post, a newspaper article about the explosion, and of Inspector Brown's heroic efforts, November 7, 2000, in Morgantown, West Virginia.

Brown, on his way to cast his vote, stopped at Killarney Drive when the explosion literally rocked his car. He rushed down Colonial Drive to where Halbritter, the mother of several children trapped in the home, was screaming frantically.

"She was screaming, 'My babies are in there, my babies are in there,"'

Brown said, slowly shaking his head in disbelief. "I ran in through the garage area and the little girl was buried up to her waist in burning debris."

Brown rushed in, digging his way to where the little girl cried for help. The back of Brown's jeans were singed, as nails from the fallen house ripped through his shirt. Soon after he snatched the girl, the garage roof caved in.

"It just blew everything apart," he said. "When you hear kids screaming there are no second thoughts. I'm just glad we got the kids out."

"It is absolutely amazing that anyone got out of there alive," Morgantown Fire Chief David Fetty, said. "This is the worst residential explosion I've ever seen. And it's one of the luckiest situations I've ever seen in my 24 years with the department." ■

Reading right to left, standing: Robert Simpson, Tony Matney, Dwight Miller, Don McDavid. Reading right to left, sitting: Dan Perkins, George Belcher, Carroll Green.

TRAM Training Material Competition

Below, are this years winners of awards for the TRAM Conference Training Material Competition.

Academia

lst Place (Coal) Oklahoma Miner Training Institute: LaDell Smith.

Presentation: Posters and calendar pages. A series of posters highlighting different safety concerns. The calendar pages stress the importance of safety training and communications.

1st Place (General) Oklahoma Miner Training Institute: LaDell Smith.

Presentation: First Aid CD. First aid training topics in an easily navigable format.

1st Place (Metal/Nonmetal) Pennsylvania State University: Dr. R. V. Ramani/Mark Radomsky.

Presentation: Fall Protection book and CD. Shows different kinds of fall hazards. Program content stresses: hazard recognition, avoidance, and prevention measures.

State and Other Government

1st Place (Coal) Commonwealth of Virginia Carroll Green.

Presentation: Underground Foreman Continuing Education Program book and CD.

A manual and CD (with animations) designed to increase knowledge and skills for underground mine foremen. Topics covered include: accident prevention, ventilation, weekly examinations, continuous miner operator safety, roof control, emergency procedures, and foreman responsibilities.

1st Place (Metal/Nonmetal) State of North Carolina: William Gerringer.

Presentation: Instructor Fundamentals Institute for Part 46 Training Requirements book and ZIP disk.

An extensive collection of instructional and reference materials designed to review and discuss Part 46 training requirements, and to help instructors prepare and present classes that address Part 46 requirements.

1st Place (General) State of Nevada: Skip Flanagan.

Presentation: First Aid book, CD, and video.

Comprehensive first aid course that includes instructor, student, and reference material. The program is complemented by the video "Venomous Reptiles of Nevada" which reinforces hazards that occur in the state's mining environment.

Industry

1st Place (Coal) San Juan Coal Company: Carolyn Durga.

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Presentation: Vehicle Safety Inspection video.

A video intended for company security personnel. Shot on site, the program content clearly explains company vehicle safety rules and procedures, and shows how to do a complete vehicle safety inspection.

1st Place (Metal/Nonmetal) Morton Salt: Bruce Blakemore.

Presentation: Underground and Surface Orientation videos and booklets.

The videos and booklets explain the company's safety rules and procedures, and introduce users to the working environment at Morton's underground and surface operations.

1st Place (General) Morton Salt: Henry Charpentier.

Presentation: Annual Refresher Training book.

This notebook describes Morton Salt's annual refresher training program. It contains ideas that can be used by other trainers to prepare and present annual refresher training at their mines.

Mine Blasting Safety and Application Seminar

January 23-25, 2002

This seminar is designed for company managers, blasting engineers, blasters, State and Federal mine inspectors (coal and metal/nonmetal), and others involved with the planning, design, and the use of explosives in the mining industry. The most recent blasting techniques, trends, and developments will be discussed, as well as the ability to share ideas in small group session There is no tuition fee.

Contents:

- Vibration Analysis/Seismographs/Efficient Blasting Techniques
- Storage of Explosives
- Handling and Use of Explosives
- Silica Dust and Toxic Gas Hazards in Blasting
- Blasting Agents and Emulsions

To enroll contact:

National Mine Health and Safety Academy
Student Services Branch
1301 Airport Road
Beaver, West Virginia 25813-9426
or call:
(304) 256-3252
Fax: (304) 256-3251

What Is Stress?

The nonspecific response of the body to any demand made on it"

Hans Selye, M.D.

Stress is tension–the kind you feel when facing a situation that is new or unpleasant or disturbing. As Bete describes it, in its most basic sense, stress is an automatic reaction to a danger or a demand. Muscles tighten; blood pressure rises; the heart speeds up; extra adrenaline rushes through your system.

The stress reaction is a survival response. Our body is giving us the extra strength to fight the danger or to flee from it. To primitive man, this extra strength could mean the difference between life or death. Today, we usually do not feel the need to fight or flee but the reaction often gives us needed energy and alertness.

Different things to different people

People think about stress in different ways.

For some, stress is a *set of feelings*

(restlessness, anxiety, depression).

For others, it is a *series of stressful events*

(loss of a job, added responsibilities, financial worries).

Some people think of stress as a *lifestyle*

(intense, competitive, aggressive).

Others think of stress as *physical symptoms*

(headaches, ulcers, high blood pressure).

Good stress and bad stress

It is impossible to live without stress. Tension is a fact of life; everyone feels it. A certain amount of stress can be good because it is a motivator. It keeps us responding to our environment. It energizes us.

But too much stress can harm you–physically and mentally. Distress is our body's way of telling us there are too many demands being made upon it. It is a message that our well-being is threatened. Distress does not energize. It paralyzes.

The trick is learning to control stress so that it doesn't control you.■

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Sixth Mine Health and Safety Seminar January 16, 2002

Pennsylvania State University Miner Training Program will host the Sixth Mine Health and Safety Seminar on January 16 at the Days Inn and Conference Center, Allentown, PA. Co-sponsored by PA BDMS, MSHA, NIOSH, and industry, this year's seminar will feature a competent person workshop on January 15. Contact Kathy Johnstonbaugh at 814-865-7472 for more information.

Joint National NASMIA, MSIA and JHSA Meeting Scheduled in June 2002

The 2002 Joint National Meeting of the National Association of State Mine Inspection Agencies, Mine Safety Institute of America, and the Joseph A. Holmes Safety Association will be conducted June 3-6, 2002, in Virginia Beach, Virginia.

Make plans now to attend what promises to be one of 2002's most exciting and informative mining industry meetings at a great location in the Southeast. More detailed information about program activities will be released by the Virginia Host Committee early in 2002.

Meeting accommodations will be at the Holiday Inn Sunspree Resort, 3900 Atlantic Avenue, Virginia Beach, Virginia 23451 (Telephone: 757-428-1711)

Watch for further details and register early!!!

Call For Papers

Anyone interested in making a presentation at the meeting should contact Richard Wood at (304) 256-3240. We are particularly interested in the following issues: Hazardous Communications; Workforce Issues/Aging Workforce; Compliance Issues; New Technology for Health and Safety; Power Haulage; and Human Behaviors (Factors). However, any topic which could contribute positively to miner health and safety will be considered. You will be asked to provide a paper by January 15, 2002.

Safety Seminar for Underground Stone Mines

December 5, 2001

Events

7:00 a.m. Registration
7:30 a.m. **Welcome: Don Walker,** KCSA
7:45 a.m. MSHA Update
Earnest Teaster, MSHA

8:15 a.m. **Morning Session**

Safety Pays
Jud Patterson, Colliers & Associates

Underground Mine Safety Practices
Jeff McIntosh and Barry Benson Martin
Marietta Aggregates

Solving Roof Control Problems
Frank Kendorski, Agapito Associates

Perimeter Blasting for Ground Control
Brian Loader, Slurry Explosives

Diesel Particulate-How to Comply
William McKinney, MSHA

10:00 a.m. **Break**

10:15 a.m. **Morning Session-Continued**

Update on Diesel Particulate Matter
Christopher Kolbash, NSSGA

Status of NIOSH Diesel Related Research
ALex Bugarski, NIOSH

Diesel Particulate Filters
Joe Aleixo, DCL International

Redeveloping "Old" Mines for Ventilation
Kot F. v. Unrug and Andrew Wala, University of Kentucky

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Safety Seminar for Underground (Cont.)

December 5, 2001

Events

Drop Raise Blasting
Paul Sterk, Homestake Mining Company

12:30 p.m. **Lunch**

1:45 p.m. **Afternoon Session**
(Two Concurrent Workshops)

Workshop 1
(Target audience–engineers, managers, and those involved with mine ventilation)
Practical Mine Ventilation: Presented by Tom Mucho and Roy Grau, NIOSH

Workshop 2
(Target audience–mine workers, safety officials, and coordinators
Health and Safety Risk Factors: Presented by Fred Turin and Lisa Steiner, NIOSH
(This will be a training type, hands-on workshop that will be limited to two 30-person groups)

4:45 p.m. **Adjourn**

For more information, contact: Lou Prosser, NIOSH
P.O. Box 18070
Pittsburgh, PA 15236-0070
Phone: 412-386-4423 Fax 412-386-6891

Join Today! and Grow with 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 4187
Falls Church, VA 22044-0187
or
Telephone: (703) 235-8264
Fax: (703) 235-9412

New Membership or Address Changes?

For address changes and new subscription requests, contact: Bob Rhea
Joseph A. Holmes Safety Association Bulletin Mailing List
MSHA-US DOL
4015 Wilson Blvd.
Rm. 523A
Arlington, VA 22203-1984
703/235-1400
Fax: 703/235-9412
e-mail: rhea-robert@msha.gov

Please address any comments to:
Donald Starr
Joseph A. Holmes Safety Association Bulletin
MSHA-US DOL
National Mine Health and Safety Academy
1301 Airport Road
Beaver, WV 25813-9426
Please call us at 304/256-3283 or
Fax us at 304/256-3524
e-mail: starr-donald@msha.gov

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
Joseph A. Holmes Safety Association Bulletin
P.O. Box 4187
Falls Church, Virginia 22044-0187

Joseph A. Holmes Safety Association

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2001-2002

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Joe Main	Labor	DC
L.C. Richards	Labor	TX
John Riggi	Labor	PA
Alan Vozel	Labor	PA
Mike White	Labor	DC
Walt Wise	Labor	DC

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November

Management

Lloyd Armstrong	Mgmt.	MN
Robert Biggams	Mgmt.	PA
H.L. Boling	Mgmt.	AZ
Richard Burns	Mgmt.	WY
Jim Dean	Mgmt.	WV
Dave Pfile	Mgmt.	TX
Larry Harshburger	Mgmt.	IN
Andrew Hewitson	Mgmt	PA
Matt Hindman	Mgmt.	PA
Glen Hood	Mgmt.	TX
Dennis Johnson	Mgmt.	TX
Rae Johnson	Mgmt.	TX
Joe Kinnikin	Mgmt.	NM
Brian Luby	Mgmt.	NM
Ernest Marcum	Mgmt.	WV
Scott McKenna	Mgmt.	NY
Gerald E. Morris	Mgmt.	MT
Bill Moser	Mgmt.	WV
Arturo Munoz	Mgmt.	TX
Greg Oster	Mgmt.	MN
Francis Petty	Mgmt	TX
David Rebuck	Mgmt.	PA
Subash Sethi	Mgmt.	NM
Cheryl Suzio	Mgmt.	CT
Ed Tucker	Mgmt.	TX
Penny Traver	Mgmt.	MI
Tim Williamson	Mgmt.	CT

State

Mary Bauer	State	IL
Ron Cunningham	State	OK
Steve Dunn	State	MO
Larry Frisbie	State	WA
William Garay	State	PA
Lee Graham	State	KS
Tony Grbac	State	WV
Ben Hart	State	FL
Paul Hummel	State	PA
D.J. Johnson	State	IL
Phillip Johnson	State	KY
Douglas Martin	State	AZ
Gibert Miera	State	NM
Dick Mottershaw	State	IL
Bob Novello	State	TX
Joseph Sbaffoni	State	PA
Thomas Shumaker	State	PA
Bill Sanders	State	IL
Ed Sinner	State	OR
Richard Stickler	State	PA
Bonita Stocks	State	AR
Ron Umshied	State	MT
Kim Underwood	State	IL
Athony Whitworth	State	GA

Contractor

Tanya Cox	Contractor	TX
John Hoffman	Contractor	TX

Supplier

Steve Lipe	Supplier	AZ
Steve Walker	Supplier	WV

Insurance

Bruce Krug	Insurance	PA

Academia

D.J. Johnson	Academia	IL

Emeritus

Vern Demich	Emeritus	PA
George Krug	Emeritus	
Nancy Stalcy	Emeritus	
Al Simonson	Emeritus	MN
Harry Thompson	Emeritus	PA
Sam Vancil	Emeritus	

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