

November 2014 Newsletter

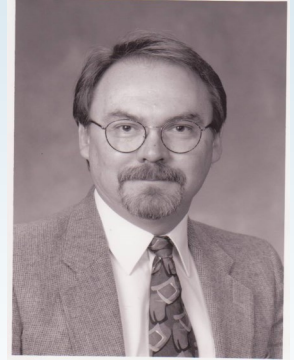
Guest Column

Mark Lipe is an Education and Training Specialist for the U. S. Department of Labor, Mine Safety and Health Administration, (MSHA) Education and Field Services (EFS), assigned to the [South Central District, in Dallas, Texas](#).

Mark has been actively involved in training and organizational development for more than twenty years during which he developed numerous experiential learning programs and exercises, specifically designed

to facilitate training of management and supervisors within businesses and industry.

Mark is a frequent presenter at TRAM, Holmes Safety Association and mine safety conferences throughout the South Central District.



How Can You Become an Approved MSHA Instructor?

To become an approved MSHA instructor you will need three basic qualifications: (1) relevant mining experience, (2) knowledge of subject matter, and (3) effective teaching skills. Prospective instructors range from professional trainers to persons with limited training experience other than safety talks or group safety meetings.

Prior to making an application for approved MSHA instructor, the individual must apply for and have a Miner Individual Identification Number (MIIN). The MIIN is used to track the miner's certifications and qualifications with MSHA. The MIIN can be applied for online from the MSHA web site under [Online Tools / Online Filing/Forms Homepage / MIIN](#).

The application process requires the individual to submit an Approved MSHA Instructor Application and resume, detailing his or her mining and training experience. You can obtain an application from most State Grants providers, State Mining Agencies or by contacting EFS via email. In New Mexico, the application and instructions for completing it are available from the Bureau of Mine Safety website at <http://bmi.state.nm.us/navTrng.htm>. The application form must be signed by the applicant.

In the South Central MSHA District, we would like to see the applicant have the following experience and credentials:

Be an Experienced Miner, as defined by 30 CFR § 48.22 (b) (1):

For Surface (IS Endorsement)

A miner who has completed MSHA-approved new miner training for surface miners or training acceptable to MSHA from a State agency and who has had at least 12 months of verifiable surface mining experience in the past three years.

For Underground (IU Endorsement)

A miner who has completed MSHA approved new miner training for underground miners, or training acceptable to MSHA from a State agency and who has at least 3 years of verifiable underground mining experience in the past five years.

Possess a verifiable and relevant level of previous training experience, especially in mining or occupational health and safety. The training experience should have relevance to the mining industry.

If the applicant has the requisite mining experience, but lacks relevant training experience, he or she may be considered for approval by providing MSHA with a verifiable and relevant academic background (undergraduate degree from an accredited educational institution) in business, education, safety, organizational behavior, etc.



(Continued from page 1)

The following credentials will also be considered for approval: relevant and current certifications, such as OSHA, CMSP, ASSE, etc.

All applicants MUST successfully complete the three day approved MSHA Instructor's Training Course. This requirement is mandated in the South Central District by the District Manager.

Mark Lipe

State Mine Inspector's Note: The Bureau of Mine Safety offers the three-day MSHA Instructor Candidate Course, taught by Chris Hefner, at a cost of \$400 per candidate. For more information, [click here](#) to view the training schedule or call Chris Hefner at 505-553-1535.

OSHA Top Ten Citation List

OSHA recently posted their top 10 citations for the first three quarters of 2014. Those with OSHA regulated sites may want to consider their compliance in these areas. Those with MSHA sites should look at the most frequently written citations on the MSHA website. You will find the list very similar. Also please note that items 3,7 and 10 from the OSHA list were covered in our October special training with Roger Montali.

Standard

1. 1926.501 – Fall Protection
2. 1910.1200 – Hazard Communication
3. 1926.451 – Scaffolding
4. 1910.134 – Respiratory Protection
5. 1910.305 – Electrical, Wiring Methods
6. 1910.178 – Powered Industrial Trucks
7. 1926.1053 – Ladders
8. 1910.147 – Lockout/Tagout
9. 1910.303 – Electrical, General Requirements
10. 1910.212 –Machine Guarding

2015 New Mexico Mine Health and Safety Conference May 4, 5 and 6

Hot off the press - we have signed a contract with John Drebingner to provide our keynote on Tuesday May 5th.

[John Drebingner Jr.](#), acclaimed international safety speaker and author has been delivering his dynamic safety presentations worldwide for the past 24 years and is known for injecting humor and passion to engage audiences to help people work safely. He is considered to be one of the most traveled and successful safety motivational speakers in the nation and was named one of Safety's "Power 101" by ISHN, the leading publication in the safety and health industry.



We continue our other planning for our 2015 NMMHSC. We plan on other exciting keynotes and informative breakout sessions. On Monday we have three pre-conference activities. Our annual golf tournament will take place on NMT's championship course, we have a 4 hour first aid course planned and Dr. Ted Boyce will conduct a special 4 hour session on "How Can YOU Make a Difference?"

Our theme for 2015 is "You Set The Standard." Each of us in our work places must set the standard of safety that will determine our success in eliminating accidents.

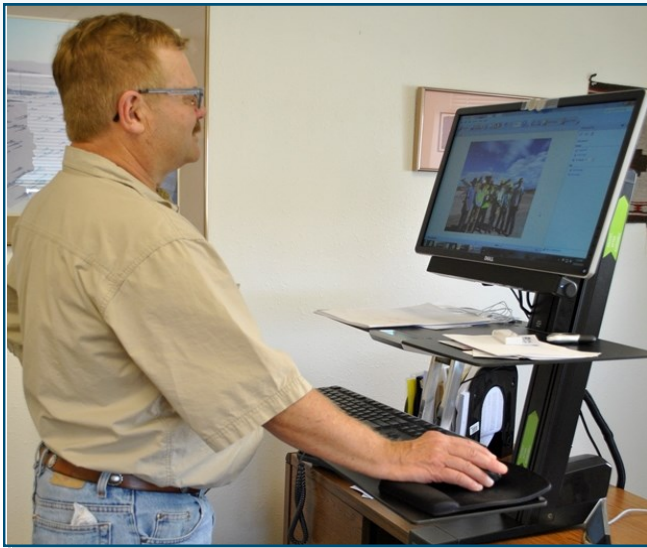
Please consider helping us plan the 2015 event that will bring New Mexico another leap closer to having the safest mines in the country. We will meet in Socorro on December 4th, 9:00 AM at the BMS office. All are welcome!

IN NEW MEXICO:



Don't Just Sit There!

Several studies over the past few years have arrived at the same conclusion: sitting too much may be bad for you. In 2010, the American Cancer Society published the results of an 18-year study that showed the death rate is higher for people who sit more than six hours per day. In fact, people who sit all day long appear to have a greater risk of a whole host of health problems, from obesity and diabetes to cardiovascular disease and some kinds of cancer.



State Mine Inspector Terence Foreback is shown using a sit-stand workstation clamped to his desk that allows him to work standing at various intervals throughout the day.

On the other hand, studies linking health to safety have shown that healthy employees are less injury-prone, recover more quickly from illness and injury than their unhealthy counterparts, and tend to be more focused and alert. So if sitting too much makes us unhealthy, and being unhealthy makes us less safe, we need to find a way to spend less time sitting.

This explains the recent popularity of the standing desk. Standing desks aren't really a new idea – Leonardo DaVinci had one, and so did Thomas Jefferson. Over the last few years, though, as a result of the American Cancer Society study and others like it, the demand for them has increased. There are now dozens of kinds of standing desks on the market.

Prolonged standing, however, has its own health risks, including varicose veins and other circulatory system

New Mexico Mining Safety Board

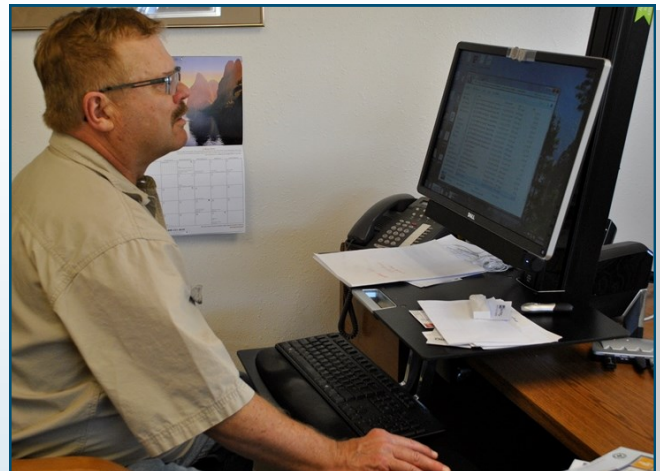
There is a position open on the Mining Safety Board for a Non-Management Member. Contact State Mine Inspector Terence Foreback by phone at (505) 553-1532 or MSB Chair Randy Logsdon by telephone (575) 234-3622 to suggest a potential nominee.

The next Mining Safety Board meeting will be held on:

January 16, 2015 @ 1 PM
Elephant Butte Inn
401 Highway 195
Elephant Butte NM

For more information, visit the Bureau of Mine Safety website at <http://bmi.state.nm.us/navMSB.htm>.

problems. As with any activity, it's good to have a balance. One option is a workstation that can be raised and lowered to allow frequent changes from sitting to standing and back again. Another good idea is to invest in an anti-fatigue mat to reduce stress on your feet and legs for those periods of standing.



The workstation can easily be adjusted with one hand when it's time to sit for a while.

If a sit-stand workstation isn't right for you, don't forget to take frequent breaks from your desk during the day to stretch and walk about the building.

It only takes a second

Many of us take risk because we think that “it will only take a second”. A co-worker at a mine many years ago was laying sewer pipe into a ditch that was 8-10 feet deep. He and his partner were told at the beginning of the shift to use the trench box if working in the ditch. They did all their work from the top until the last connection to the bathhouse needed to be made. Rather than going to the trouble of using the trench box the employee decided “it would only take a second”. He climbed into the ditch which collapsed before he could take any action. I was on the rescue team that dug him out and tried unsuccessfully to resuscitate him.



Never take a risk, period. And never take one because you think that exposure time to risk will protect you. “It only takes a second” to die. This accident that recently occurred is another example of that.

COAL MINE FATALITY- On Tuesday, October 7, 2014, a 31-year-old utility worker, with 13 years of mining experience, was killed after he crawled 37 feet into an entry mined with a highwall mining machine to retrieve a broken cutter-head-chain from the mining machine. A rock, 8 feet wide, 6 feet long, and 16 inches thick fell on him.

Holiday Safety

Once again, here come the holidays. We all need to focus on safety in all our daily activities and not on all the holiday “noise” that will be surrounding us. I know you’ve heard it all before:

- Make sure the turkey is cooked, not straight from the freezer to the oven
- Don't leave the leftovers set out unrefrigerated until the dog won't eat them
- Keep those live trees watered and get them out of the house when there are more needles on the floor than on the tree
- Don't use the fireplace as the wrapping paper incinerator
- And don't forget the Clark Griswold [ladder scene](#) from Christmas Vacation. Actually the whole movie is a study of what not to do during the holidays.



Remind everyone of the hazards of the season and that safety is always our most important area on which to stay focused. We have lots of holiday safety information and the internet has more than you can handle. Please read last [December's Newsletter](#) regarding the devastating effects of fatalities on families.

Temperature Versus Tire Pressure

With the dropping temperatures, it is important to check the pressure in your vehicle tires, both at home and on the mine site.

[Goodyear experts explain that air pressure in a tire typically goes down 1-2 pounds for every 10 degrees of temperature change.](#)

Proper tire pressure is important since under-inflated tires can cause steering difficulty and can also overheat and blow out. Under-inflation also drops fuel efficiency.



And once again the “Safety Santa” picture for our friends in eastern New Mexico. Use your zoom to read the captions.