

# MINER DETAILS

Volume 4 Issue 1

MINERS' HEALTH, SAFETY & TRAINING February 1999

## BRIDGING THE COMMUNICATION GAP

### From The Director's Office

With the legislative session now in full swing, it presents a busy time for all of the Charleston staff. With budget hearings and the requests for additional information, it is easy for us to get lost in the shuffle and to lose focus of our main agenda — the inspection of our mining operations and the safety messages we relay to workers. I depend on everyone in each field office to continue the good job each of you is doing. We have had one fatality and two serious roof fall injuries already this year. Let's continue to emphasize all aspects of safe mining; and continue to stress safety to miners and their need to follow safety rules.

We had our House Finance Committee budget hearing January 28. The presentation seemed to go well with several delegates asking questions about our finances. Our Senate budget hearing is scheduled for February 11. We hope to have a successful presentation. Even though we feel it will be successful, we really won't know until the session is over to see if we get what we requested. Concerning our legislative agenda, we were successful in getting sponsors for the two bills we wanted introduced.

Another worthwhile project is our new safety video. Its focus is on conveyor belt safety and should be ready soon. This video will be Volume IV in our *Pathways to Safety* series.

I again want to thank everyone for their hard work and effort.

Ron Harris, Director

### Vehicle Replacements

On January 26<sup>th</sup> the agency began receiving new Jeep Cherokees. The goal is to replace all Chevrolet Luminas. As the new vehicles arrive,

we have been working with the Inspectors-at-Large to change out the ones that are at risk for high maintenance costs. This process should take approximately four to six weeks. When the order was placed, black was the preferred color with front and rear vinyl seats, an off-road package including limited-slip differential, AM/FM cassette player, oversize fuel tank, and automatic transmissions.

Drive Safely,  
Gary Ball, Deputy Director

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### Agency Accomplishments

Recognizing the need to provide training for employees of MHS&T, each office has invited specialists that service the coal industry to help our staff learn some of the new roof support technologies. An effort is being made to communicate between our offices and share this information. Persons who are available to help with roof support training include: John Jarvis, Technical Sales Representative, Excel Mining Systems, Inc., 317 West Maple Avenue, Fayetteville, WV 25840 @ 574-2782; Joey B. Blankenship, Sales Engineer, Jennmar Corp., Wardell Industrial Park, P.O. Box 256 Pounding Mill, VA 24637 @ (540) 964-2107; Cliff McCartney, Sales and Marketing Manager, Strata Products, Inc., 400 Interstate North Parkway Suite 700, Atlanta, Georgia 30339 @ 1-(800)-691-6601; Bill Wooten, Sales Representative, Fosroc, Inc.

P.O. Box 1473, Princeton, WV 24740 @ 752-2621; Phillip E. Gramlich, Jr., Account Rep., DuPont Specialty Chemicals Anchorage Systems, 3608 Brookshire Drive Hurricane, WV 25526 @ 562-2784; Joseph P. Smith, President, X-CHEM Corporation, P.O. Box 884, South Point, OH 45680, @ (704) 377-0184; Bill Smith, Sales Representative, Sandvik Rock Tools Chemical Products Division, 1208 Overlook Drive, Beckley, WV 25801, @ 255-1909; Larry Howe, Product Manager of Mobile Roof Supports, J.H. Fletcher & Co., P.O. Box 2187 Huntington, WV 25722-2187, @ 525-7811; Allen McComas, President, Mobile Mining Supports, Inc., @ 752-5667.

### For Your Information

#### Newsletter Participation

*Miner Details* is your newsletter. We would like more employees to participate in developing ideas and articles. The newsletter team currently has five members representing two regions and the Charleston Office. We feel that we are missing good articles because we don't have input from all regions. For example, the regional members of our team recently exchanged information about instructional classes that had been conducted in their offices—neither had heard about the other class. The newsletter staff welcomes your articles and ideas. Tell us about activities in your region, (classes, hands-on training, special-emphasis inspections, or achievements). Basically, we are looking for anything you single out or feel is worthy of an article. If you don't want to write the article yourself, then send us the idea or an outline and we will take it from there. One thing to remember—be concise. We cannot publish a ten-page paper on dust and ventilation controls, but we could do a column or two.

Articles are edited to fit the newsletter format. You can e-mail your ideas or articles to the following address: [kessld@mail.wvnet.edu](mailto:kessld@mail.wvnet.edu) or you can fax or mail them to the Charleston office c/o Newsletter.

## Osteoporosis

Osteoporosis is an insidious medical condition that drains away bone, the supporting material of the body. It happens slowly over the years, so that often neither doctor nor patient is aware of weakening bones until one breaks unexpectedly. It's why osteoporosis is called the "silent thief". It is the primary cause of hip fracture, which can lead to permanent disability, loss of independence, and sometimes death. Osteoporosis, which means "porous bones," is caused by a combination of genetic, dietary, hormonal, age, and sedentary lifestyle factors. Women tend to face osteoporosis more so than men do. Some women lose half their skeletal mass by age 65. Although some bone loss is expected as people age, osteoporosis is no longer an inevitable consequence of aging. There is no cure for the condition, but onset can be delayed, and the severity diminished.

The Food and Drug Administration has recently approved drugs that are proven to preserve or increase bone mass and maintain bone quality. You can reduce your chances of developing osteoporosis by being sure you get enough calcium and vitamin D, exercise, stop smoking, and don't drink much alcohol. Calcium intake in children and young adults is critical to achieving peak adult bone mass up to age thirty. Your family is likely to get the most calcium from dairy products (the FDA recommends at least 1000 mg daily). Other good sources of calcium include broccoli, dark-green leafy vegetables like kale, canned fish, tofu, and fortified breads and cereals.

## Did You Know?

### Mountaineer Guardian Awards

Those mining companies with exceptionally good safety records for 1998 were given special recognition in January at the Mountaineer Guardian Awards Banquet. The

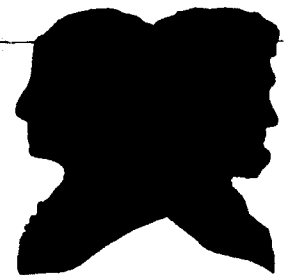
banquet is held in Charleston and recognizes mining workplaces where employees have accumulated certain amounts of production without a fatal accident. Each year, one exceptional mining operation is singled out for special recognition and is awarded the "Barton B. Lay Jr. Milestones of Safety Award." The 1998 Award was presented to Evergreen Mining Company, located near Cowen in Webster County.

## Computer Technology Grants Available

Full or matching fund grants for obtaining computers or systems are available for many types of organizations. Local libraries, school systems, special projects, humanities oriented and many non-profit organizations can benefit from these grants. For example, the Gates Library Foundation has as a goal, the Internet connection capability of every library in the nation. Several millions of dollars have been earmarked for this project. We understand that all libraries in WV, except two, have now or will shortly receive funds from this foundation. Finding available grants involves a little effort, but is worth the time and energy spent. Criteria for these grants vary, but there are likely several for which your organization could qualify. A good starting point would be a search of the Internet. Typing "grants" will produce thousands of possibilities, which can be narrowed down to match the qualifications or requirements of the applying organization. The numbers of grants available fluctuate during the year in relation to those that have been awarded and the funds available. This same search of the Web can also lead to other grants available that are not computer technology related. A trip to your local library may produce much needed information for or about the grants available, such as that contained in the "Directory of Associations". Examples of these include the Claude Worthington Benedum Foundation located in Pittsburgh, PA. Contact: Mountain Resource Conservation and Development Area Inc., 204½ West Maple Avenue, Fayetteville, WV 25804 @ 547-3036. Another possibility might be the WV

Humanities Council at 346-8500 or at [www.wvhc.com](http://www.wvhc.com). RESA @ [resa2.k12.wv.us](mailto:resa2.k12.wv.us), or the Budget Digest (see your local legislative representative) are other possibilities. Once you narrow your options, the application process is simple but lengthy, if the grant application is not as it should be, therefore be clear and concise. State exactly the reason(s) for the monies requested and don't forget incidentals - wiring, jacks, software, printers, scanners, etc. The information on the forms should be typewritten and complete. Provide pertinent addendums and note them on the corresponding section of the form, bold and italicize key issues, and highlight statistics. Be sure to use statistics to your advantage. Do you live in an economically depressed area? The percentages of free or reduced price school lunches are often a determining factor in obtaining grants. The educational level percentages of the local population could be important. Are you in an empowerment zone or enterprise zone? Be creative but not too extravagant. Be ready to provide additional information if requested and keep separate file copies of your grant applications and related materials. Be prepared to discuss your grant application with source personnel - so have the facts ready and at hand. Be organized in your application and don't give up if at first you don't succeed!

**PRESIDENT'S DAY -  
FEBRUARY 15, 1999**



**ENJOY YOUR HOLIDAYS.**

*This newsletter is published bimonthly by the WV Office of MHS&T*

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