

MINER DETAILS

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BRIDGING THE COMMUNICATION GAP

From The Director's Office

Happy New Year! Once again we have started a new year, and this one is special because it starts a new century. Last year was not a successful year when compared to the fatalities of the previous two years. I ask each employee of our agency to pause and think about the families of the fatality victims. While everyone was celebrating the new millennium, these families didn't have much to celebrate.

It seems that sometimes we get into a rut concerning the way we do our job. We leave home and arrive at the mine at certain times, go through our routine, leave the mine and arrive home at the same time day after day. If we are truly going to reduce mine fatalities, we must get out of the normal routine, evaluate our purposes, and decide how we can help accomplish this goal. I'm sure that everyone would like for us to have a fatality free year. We are only kidding ourselves if we think this is going to happen without a lot of hard work.

I sometimes hear the comment after a serious accident or fatality that there was nothing anyone could have done to prevent it. We must do more to anticipate and prevent potential hazards before we can expect to have a successful year. I challenge each employee to re-evaluate his work habits and see if there is anything that we as individuals can do to make this a fatality free year.

I know we can make a difference.

Ron Harris, Director

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Agency Accomplishments



"We have a winner"

Congratulations to all those who had a roll in the production of the *Conveyor Belt Safety* video. This video recently received a prestigious national award in being named as a *Telly Finalist*. Motion Masters, the production company submitted the video for consideration. The bronze trophy names both Motion Masters and MHS&T as recipients. The Telly Awards are affiliated with the Center for Creativity, an organization involved in providing information, seminars and publications for people in the fields of creative communications. Now in its 20th year, these awards have become a well-known, highly-respected national competition for people who create commercials, films, and videos. Judges rate each entry on a 10-point scale. Entries with a score of 7.0 to 8.9 receive the bronze Telly. Entries do not compete against each other. Instead, they compete against a high standard of excellence. Judges consist of more than twenty highly qualified production

professionals from all regions of the US. Approximately 28 % of all entries receive an award. The 20th annual Telly Awards had over 11,000 entries.

National Instructors Conference

In October, the national safety instructor's conference was held at the MSHA Academy. Over 300 individuals attended from all mining states and the Navajo Nation. MHS&T was recognized as a leader in safety efforts at the conference. Our agency won the first place National Award for Instructional Materials Development. Four of our safety films were selected to be distributed nationally and internationally by MSHA. The selected films were: *Smoking Hazards*, *Conveyor Belt Safety*, *Deep Cut Miner Program*, and *Haulage*. In addition to the film awards, we also won first place for our booth display. Many requests were received for printed materials (study guides and law books) as well as videos.

For Your Information

Shopping on the 'Net

With so much merchandise being purchased on the Web, finding the best buy may be confusing and difficult. One consumer aid that may help, is a *Comparison Site*. Comparison sites give consumers a helping hand through the confusion of so many on-line retailers by comparing all aspects involved with purchasing a product. There are many such sites, but beware, not all are objective. Some list only those companies

that pay to be part of the search or which advertise on their sites.

While not endorsing the following sites, here are three that may be helpful to get you started: MySimon.com, bottomdollar.com and Dealtime.com.

Doing a little homework could save you money.

Six Ways to Build Teamwork

Teamwork is critical in any organization. To build a staff into a team that does the best possible job for the organization: *Be friendly* to staff members but don't treat them like close personal friends. They want you to be the boss and they want to be employees. It works better that way. *Tell them* everything. And expect them to tell you the same. Shared knowledge builds loyalty and trust. *Practice Pulitzer Prize* plagiarism by stealing only the best (ideas). If you need help, reach out to your professional community. Someone, somewhere, somehow will know how to help you. *Invest heavily* in loyalty. If staff members know that you're always loyal to them, they'll give you the same in return. *Realize that fairness* establishes your credibility. *Never be* too busy to laugh. Nothing gets people through a crisis like a good laugh, and a manager who's willing to enjoy it with them. Source: Gene H. Cheatham, writing in Association Source, for the Florida Society of Association Executives.

Did You Know?

Snow Shoveling Can Be Dangerous

Heart rate and blood pressure increase with any strenuous activity. Together with the constriction of coronary arteries attributable to inhaling cold air, snow shoveling can be dangerous, even to those who assume themselves to be free of heart disease.

A recent study of 10 inactive men (average age 32) with no history of

heart or lung disease or high blood pressure showed a rise in their heart rates after only 2 minutes of shoveling. This rise exceeded the upper limit set for aerobic training and continued upward.

To avoid the possibility of cardiac arrest during snow shoveling, it is recommended that you: start gradually; pace yourself and take breaks often; lift small amounts of snow at one time; cover your mouth and nose with a scarf or breathing mask to prevent breathing so much cold air, and do not indulge in a large meal, alcohol, or smoking before or after shoveling.

What's Cookin'?

Angel Biscuits

1 envelope dry yeast
¼ cup warm water
5 cups self-rising flour
3 tablespoons sugar
¾ cup shortening
2 cups buttermilk
Preheat oven to 400 degrees. Dissolve yeast in warm water and set aside. Mix flour and sugar in mixing bowl. Cut shortening into flour mixture with a pastry blender. Add yeast and buttermilk to make a soft dough. Turn out onto a floured surface and roll or pat to ½ inch thickness. Cut with a biscuit cutter, then place biscuits on an ungreased baking sheet. Let rise for 45 minutes and then bake for 15 minutes. Makes about three dozen biscuits.

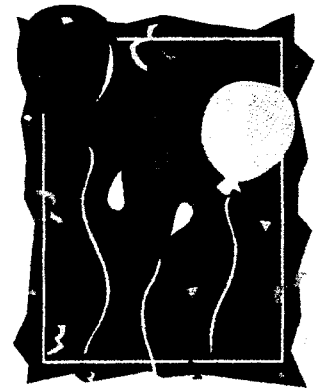
Up Close and Personal

Kenneth Frye of the Danville office spends his leisure time hunting and fishing, woodworking, watching basketball and football. Kenny is a big Logan Wildcat and Marshall Thundering Herd fan. One of his favorite hobbies is NASCAR collectibles and he claims to be Dale Earnhardt's No. 1 FAN. Ron Vance of the Danville office spends his leisure time hunting, fishing, playing and recording music. Ron enjoys attending basketball and softball games with his children

and grandchildren. Milton Smallwood of the Welch office spends his leisure time at antique shows, gardening, and coaching baseball. Milton enjoys riding 4-wheelers, hunting and fishing with his children and grandchildren. Janice Molineaux of the Welch office spends her leisure time at auctions and gardening. Janice enjoys time to just walk in the woods. Colin Simmons of the Fairmont office spends his leisure time with his children and grandchildren. He enjoys playing basketball, umpiring baseball, and walking about 15 miles a week. Colin also enjoys helping others. Ed Peddicord of the Buckhannon office spends his leisure time bow hunting, riding ATVs, water skiing, swimming, camping, and taking in a good movie with his son. Also, Ed enjoys watching, coaching, and playing football and basketball.

Retirements

Paul Brown, electrical inspector from the Oak Hill Office, retired with 22 years service on 12/ 31/ 99. Also, Charles Scarbro, district mine inspector from the Welch Office, retired with 7 years service on 10/1/99.



Celebrate 2000!

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