



MINER DETAILS



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BRIDGING THE COMMUNICATION GAP

Agency Accomplishments

The Cedar Project

Cedar (Coal Education Development and Resources) of West Virginia is a partnership between the coal industry, business community, and educators. Cedar of Southern West Virginia's goal is to form a factual and unbiased opinion of the coal industry. Cedar sponsored a Coal Fair May 12 through 16 at the Larry Joe Harless Community Center in Gilbert. Students from 15 various schools throughout Mingo and Logan Counties displayed 230 projects that demonstrated their understanding of how coal is formed, mined and transported, as well as how the industry affects their daily lives. Our agency had a booth at the fair where a mine rescue apparatus was exhibited and door prizes were awarded. Approximately 2,500 persons visited our display.

Network Upgrades

Due to cost considerations and security issues, West Virginia State Government is upgrading many of its computer networks. For its part, MHS&T will be installing new firewalls and network switches in each office. These items have been purchased and will be installed in the near future, by employees from IS&C (state computer services). Also, our communications network (leased data circuits) are being re-aligned in accordance with new state policies. The overall effect of these upgrades should provide us with a more efficient, secure and cost effective network.

New Desktop PC's

In July, MHS&T was authorized to purchase 18 new desktop PC's. These new Dell PC's are currently being installed in all offices. They

represent a major leap forward in technology. Each machine is equipped with a 40 or 80 gigabyte hard-drive, a minimum 256 megabytes of memory, and eight of the machines have CD burners. All of the PC's come with flat-screen monitors. Windows 2000 is the installed operating system.

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Did You Know?

Dietary Fiber

Dietary fiber includes a variety of plant-derived compounds, which are not digested. Fiber is composed of a variety of materials that are often categorized as insoluble or soluble in boiling water. Fiber is neither digested nor absorbed in the small intestine but is fermented by bacteria in the colon. On a typical American diet, about 75% of ingested fiber is fermented. While there is no absolute requirement for dietary fiber, it is almost certainly needed for normal bowel function. Adequate fiber clearly prevents constipation, diverticular disease of the colon, and hemorrhoids. Many other physiologic effects have been attributed to fiber. Consumption of diets high in fiber may prevent a variety of conditions including obesity, diabetes, gallstones, coronary artery disease, or colon cancer. Epidemiological studies show fairly clearly that diets high in fruits, vegetables and cereal grains are associated with decreased risk of developing these diseases. Current average fiber intake is estimated at about 12 g/day. Many health organizations

recommend 20-35 g/day but there is no level set in the current recommended dietary allowances. Foods that are rich in dietary fiber include whole grains (particularly the bran portions), legumes, and some fruits and vegetables. Examples of foods rich in insoluble fiber are wheat bran, nuts and barley; soluble fiber is found in oat bran, melons, and dried fruits. Beans are good sources of both fiber types. Cooking does not decrease the amount of fiber in food.

Source:

<http://www.nutrition.org/nutinfo/>

Lightning In the United States,

There are an estimated 25 million cloud to ground lightning flashes each year. While lightning can be fascinating to watch, it is also extremely dangerous. During the last 30 years, lightning killed an average of 73 people per year. This is more than the average of 68 deaths per year caused by tornadoes and the average of 16 deaths per year caused by hurricanes. Because lightning does not cause the mass destruction left in the wake of tornadoes or hurricanes, lightning generally receives much less attention than the more destructive weather related killers. While documented lightning injuries in the United States average about 300 per year, undocumented injuries caused by lightning are likely much higher. In July, 2003, a severe lightning storm passed through Logan County. During the storm a roof bolter operator was shocked underground when he laid a piece of drill steel back on the machine even though underground power had been off for approximately 5 minutes. The other roof bolt operator began to laugh and said you laughed at me yesterday. When questioned it was

learned that two days in a row a lightning storm had shocked two miners. When electrical inspectors were questioned about the shocks that the miners received during the lightning storm it was stated that this is a common event around coal mines. If during an electrical storm the power knocks, it would be wise to stay away from equipment during electrical storms until the electric power is restored.

For Your Information

Trouble shooting full grout resin rods

A small amount of resin should drop on the roof bolt plate just before the plate contacts the mine roof. If you do not see the resin come from the drill hole and there was no separation of strata detected when the hole was drilled: 1. Measure the length of the roof bolt and compare to the depth of the next drill hole. The depth of the drill hole should not exceed ½” the length of the bolt. Over drilling is the most common error. If this does not correct the problem, 2. Check the size of the drill bit, resin cartridge and roof bolt to be certain they are compatible. If this does not correct the problem, contact the resin and roof bolt manufactures. After the bolt has been properly installed, all the current resin manufacturers recommend that approx. 150 ft.lbs. of torque be applied to the head of the bolt to see if the bolt will rotate. Click type torque wrenches are recommended. If more than 150 ft.lbs. is applied, a spring type action will occur. When this happens, the resin cracks and breaks from around the roof bolt, which lessens the effectiveness of the roof bolt. One way to look at this is if you spend \$5.00 on a bolt, because of improper installation you only get \$3.00 worth of work from the bolt. Storage of the resin will affect the installation. If the resin is stored on the surface during cold weather, time for the resin to warm up to the mine temperature should be allowed. If the resin is frozen, you may not be able to insert the roof bolt, but if you can get the bolt into the roof the set time will take longer for the cold

resin. If the resin is stored in a location that caused the resin to over heat, the resin will set up much quicker; and you may not be able to get all of the bolt in the mine roof before the resin sets up. Resin roof bolts are very good roof support, but as in all roof bolts proper installation is a must!

New website name?

Don't be surprised if in the near future the name of our website changes. Most, if not all state websites hosted on the WV state web server will have their names changed. This is because of the unprecedented growth and use of the internet. The state went from a single web server (one machine) housing web pages to a “server farm” concept with multiple machines. The way these computers are organized requires a web site name change. Be watching for further developments.

Some Things To Remember

Our preparations, training and experience as inspectors, prepares us against that day when some dreaded mine flood, fire or fatality occurs. We each should carry a packet containing the required phone numbers, information forms, check-in sheets, and interview forms. Here are some reminders that may help you the next time you're called upon to conduct an accident investigation. 1. Notify the Inspector-at -Large or his assistant of the accident and request assistance and camera equipment. 2. Go to the accident scene and lend assistance if needed. 3. Issue a control order to preserve the accident scene. 4. Start a check-in sheet to keep a record of all assisting with the investigation. If possible, assign someone to take notes and sketch the accident scene and related equipment. 5. Present victim information, mine information, and contractor (if applicable) information forms and request some mine official to provide the needed information. 6. Have someone prepare mantrips for approximately 20 persons. 7. Check and copy preshift/onshift records and electrical exam records for the affected area and

equipment. 8. Wait for investigation teams to arrive at the mine but do not be delayed or stopped from going to the accident scene if necessary. Training records and certifications can be obtained later.

Mine Rescue Vehicle

The mine rescue vehicle chassis has arrived from General Truck. The chassis has been sent to Morgan PA., where the truck body is being added.

Up Close and Personal

Jim Berry received his retirement in July. Our best wishes go to Jim.

Marvin Given has been hired as a Underground Inspector in the Welch Region. Welcome to the agency Marvin.

“A happy heart makes the face cheerful.” Proverbs



West Virginia State Fair August 8-16, 2003

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