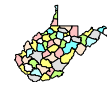




MINER DETAILS



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BRIDGING THE COMMUNICATION GAP

Agency Accomplishments

Pinnacle Mine Fire Update

Methane gas ignited and exploded in the Pinnacle No. 50 mine near Pineville in Wyoming County on Labor Day weekend. Fortunately the mine was idled for the holiday with no employees in the mine. The resulting fire was discovered as the mine was being pre-shifted. Several subsequent explosions have occurred and 450 employees are unemployed as a result. MHS&T employees from the Welch, Oak Hill, and Danville regions are working seven days a week and around the clock to help bring the fire under control. Currently, the jet-engine method of smothering the fire is being used, similar to that method used during the Loveridge mine fire discussed in the June 2003 issue Miner Details.

New Law books

A new edition of the full size law book has been developed that includes changes in the regulations made since 2001. The table of contents has been simplified and includes two new sections, Title 37, Series 1 (Procedures before the Board of Appeals) and Title 37, Series 2 (temporary suspension of certifications). Senate Bill 179 which gave the director authority to impose a special assessment is reflected in 22A-1-21, and new assessment point conversion tables are provided in Title 56, Series 12. Reporting requirements for independent contractors (Title 56, Series 10) and rules governing trailing locomotives and assistants for operation of track locomotives is included (Title 36, Series 25). Also, the standards for certification of electricians (Title 48, Series 7) have been updated. The new law book is available for the first time on cd for those computers that have

Word Perfect 7,8,9,or 10. The new law book will have a blue cover with gold ink. A supply of these will be sent to each Regional Office in the near future. The cost of these books may be increased, so please be on the watch for updates in the fee schedule.

Web site name

Our agency website name has recently changed. It is now: www.wvminesafety.org. When we registered this site we also registered the ".com" and ".net" with the same "wvminesafety" name. This will prevent those names from being used by undesirables.

Publications Update

A new version of the *Electrical Calculations Booklet* has been posted on our website and is available for download. There is no charge for this booklet.

Contractors Online Reporting

Independent contactors may now file their monthly reports on line. The new system is still being fine-tuned, but we are accepting new users every day. Contractors who may wish to report on line may apply for a user account by going to our website and clicking the appropriate link.

State Fair Update

In August, WVMHST took part in the WV State Fair. Our booth was visited by thousands of fairgoers who went away with fans, pencils and magnets. Hopefully, some learned a bit about mine safety as well. Each year we try to build upon the previous event and make the presentation interesting. This year we had a mannequin dressed as a miner with full equipment.

- *Agency Accomplishments*
- *Did You Know?*
- *For Your Information*
- *Up Close and Personal*

Did You Know?

Health Coverage for Students

Be aware that PEIA automatically discontinues health coverage when your child reaches their 18th birthday. You must have a "student verification" form on file with PEIA to continue coverage for your child past high school and into the college years. This form must be completed by the school registrar and renewed annually or your college student will loose coverage. For further information, contact Marti Sigmon in our Charleston Office.

Antioxidants.

New research suggests that antioxidant vitamins (i.e., vitamins E, C, and beta carotene) may reduce your risk of Chronic Heart Disease. Vitamin E is found in most whole grain breads and cereals. One of the best sources of vitamin E is peanuts. Specifically, several comprehensive studies have shown that diets high in antioxidant vitamins reduce the risk of arteriosclerosis. The mechanism to explain this observation is reduction by these antioxidants of the buildup of LDL (bad) cholesterol on arterial walls.

While it appears that a diet high in antioxidants may reduce your risk of CHD, the optimal intake of these antioxidant vitamins remains controversial. Most studies showing protective effects of antioxidants have used vitamin supplements at doses above the recommended daily allowances (RDA). This has raised concern by many nutritionists who argue that

Inside this Newsletter:

high doses of these vitamins may result in toxic side effects. Until additional research is performed, the best advice is to eat plenty of fresh fruits and vegetables to obtain as many antioxidants as possible from your diet. For more information see this site: <http://www.aw-bc.com>

For Your Information

Wire Ropes

In and of itself, wire rope is a machine. The geometry or configuration of its cross-section and the method and material of its manufacture are precisely designed to perform "in some predetermined manner and to some desired end." Hence, as befits any useful machine, it is imperative that the rope's potential use be fully recognized, that its functional characteristics be understood, and that procedures for proper maintenance be scrupulously adhered to. By giving active recognition to these generally accepted concerns, the user can be reasonably certain that maximum service life and safety will be realized for every rope installation or application. It is of special importance that the user becomes familiar with the particular characteristics of the various constructions in order to make the right selection for a given function. Fabricated to close tolerances, wire rope is inspected at all significant manufacturing intervals to assure the user of a uniformly high quality product. Immediately after manufacture, wire rope care becomes an absolute necessity. At no time can a proper regard for care and maintenance be neglected. This rule must be observed in handling, shipping, storage and installation procedures. After the rope is placed in operation, approved maintenance practices and rigorous inspection (of both the rope and its associated equipment) must be carried out on a continuing basis. Only through strict adherence to these care and maintenance procedures, can there be positive assurance that the rope will perform with optimal safety and efficiency throughout its entire

life span. Wire rope consists of three basic components. While few in number, these vary in both complexity and configuration so as to produce ropes for specific purposes or characteristics. The three basic components of a standard wire rope design are: 1) wires that form the strand, 2) multi-wire strands laid helically around a core, and 3) the core. Wire, for rope, is made in several materials and types: steel, iron, stainless steel, monel, and bronze. The most widely used material is high-carbon steel. Wire rope manufacturers select the wire type that is most appropriate for requirements of the finished product. Grades of wire rope are referred to as traction steel (TS), mild plow steel (MPS), plow steel (PS), improved plow steel (IPS), and extra improved plow steel (EIP). The plow steel strength curve forms the basis for calculating the strength of all steel rope wires. The tensile strength (psi) of any steel wire grade is not constant, but varies with the wire diameter and is highest in the smallest wires. The core is the foundation of a wire rope. The core is made of materials that will provide proper support for the strands under normal bending and loading conditions. Core materials include fibers (hard vegetable or synthetic) or steel. A steel core consists either of a strand or an independent wire rope. The three most commonly used core designations are, fiber core (FC), independent wire rope core (IWRC), and wire strand core (WSC). Catalog descriptions of the various available ropes always include these abbreviations to identify the core type. To summarize, a wire rope consists, in most cases, of three components wires, strands, and a core. To these may be added what can be considered a fourth component, the rope's lubricant, a factor vital to the satisfactory performance of most operating ropes. Watch for future articles that will describe in more detail the different types of ropes, their construction, and maintenance.

Mine Inspectors Examination

Applications are being accepted for inspector and safety instructor positions. Application forms are available on our web site. Completed applications should be submitted to our Charleston Office no later than November 14th, 2003. The examination is scheduled for January.

Up Close and Personal Public Employee Recognitions

Several MHS&T employees were recently honored for 20, 25 and 30 years of public service. Each received a certificate of recognition and a service pin. **Thirty-Year Recognition:** Alice Palmer. **Twenty-five Year Recognitions:** Donald Dickerson, Harry Linville, James Whetsell, Gilbert Witt, Michael Rutledge and Kathy Sloan. **Twenty-Year Recognitions:** James Ashby, Denny Ballard, Terry Casto, and Kenneth Frye.

Gene Kirk has been hired as a district inspector in the Welch Regional Office. Welcome aboard Gene!



*This newsletter is published bimonthly by
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Visit the agency's website at:*

www.wvminesafety.org

