

### CONTENTS

- 1 Keeping Current with Safety
- 2 Safety Everyday - HealthTips
- 3 Tip Your Hardhats
- 4 Inspector Insight
- 5 Safety Everyday - Safety Tips
- 6 MSHA Safety Alert
- 7-8 Notes from TMSHP
- 9 Upcoming Events

## Keeping Current with Safety

### Swine Flu Alert

In partnership with the Centers for Disease Control and Prevention (CDC), the National Safety Council is reaching out to its members and other employers for help in the current swine flu outbreak. Businesses play a vital role.

#### To contain the possibility of an outbreak among your employees:

Review your organization's emergency and communication plans. Plans should establish policies about:

- employee compensation and sick-leave absences unique to a pandemic, including policies on when a previously ill person is no longer infectious and can return to work after illness. Even during the most severe pandemics, most people completely recover. Recovered workers will have immunity to the illness and can safely return to work.

- flexible worksites (telecommuting) and flexible work hours.

- employees who have been exposed to the flu, are suspected of being ill or become ill at the worksite.

Promote cough and sneeze hygiene.

Clean and disinfect work surfaces and office hot spots during the workday. Office hot spots may include shared office equipment such as faxes and microwaves, light switches, pens, time clocks, etc.

Encourage frequent hand-washing to prevent the spread of germs.

#### NSC Emergency Alert Network Activated

Sunday, an alert message was sent to NSC members regarding the swine flu outbreak through the NSC Emergency Alert Network. (The network is a NSC member benefit; learn more on our membership page). The NSC will issue updates in coordination with the CDC as new information is available.

2009 National Safety Council

Here are NSC and CDC resources that can assist employers:

#### CDC Resources

FAQs on Swine Influenza (Swine Flu) and how to protect yourself

A Swine Flu video podcast

A checklist for large businesses that identifies important, specific activities they can do now to prepare for an influenza pandemic

CDC Emergency Preparedness and Response information on Twitter, <http://twitter.com/CDCemergency>

CDC eHealth information on Twitter, [http://twitter.com/cdc\\_ehealth](http://twitter.com/cdc_ehealth)

#### National Safety Council Resources Preventing Seasonal Influenza

[http://downloads.nsc.org/pdf/Flu\\_Planning\\_Guide.pdf](http://downloads.nsc.org/pdf/Flu_Planning_Guide.pdf)

#### Prescription for the Flu

This 2-hour program reflects the latest OSHA Guidance document (#3327-02N 2007) on preparing workplaces for an influenza pandemic. The course is intended for employees or volunteers of all organizations, community members, students - anyone who may be affected by a potential pandemic.

<http://shop.nsc.org/Search.aspx?k=Prescription+for+the+flu>

#### Prescription for the Flu Participant Guide

This 28-page participant guide is used with the 2-hour Prescription for the Flu program. Sold in packs of 10.

<http://shop.nsc.org/Prescription-for-the-Flu-Student-Workbooks-sold-in-packs-of-10-P1991.aspx>

## Safety Everyday - Health Tips

### Protect Yourself from the Sun

Summer is a great time to have fun outdoors. It's also a time to take precautions to avoid sunburns, which can increase your risk of skin cancer.

Skin cancer is the most common form of cancer in the United States. Exposure to the sun's ultraviolet (UV) rays appears to be the most important environmental factor involved with developing skin cancer. During the summer months, UV radiation tends to be greater.

To help prevent skin cancer while still having fun outdoors, regularly use sun protective practices such as

- **Seek shade**, especially during midday hours (10 a.m.–4 p.m.), when UV rays are strongest and do the most damage.
- **Cover up** with clothing to protect exposed skin. A long-sleeved shirt and long pants with a tight weave are best.
- **Get a hat** with a wide brim to shade the face, head, ears, and neck.
- **Grab shades** that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- **Rub on sunscreen** with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.

It's always wise to choose more than one way to cover up when you're in the sun. Use sunscreen and put on a shirt... Seek shade and grab your sunglasses... Wear a hat, but rub on sunscreen too. Combining these sun protective actions helps protect your skin from the sun's damaging UV rays.

UV rays reach you on cloudy and hazy days, as well as bright and sunny days. UV rays will also reflect off any surface like water, cement, sand, and snow. Additionally, UV rays from artificial sources of light, like tanning beds, cause skin cancer and should be avoided.

Most forms of skin cancer can be cured. However, the best way to avoid skin cancer is to protect your skin from the sun. For more information, please visit [Basic Information about Skin Cancer and Skin Cancer Questions and Answers](#).

### Protecting Children from the Sun

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful UV rays whenever they're outdoors. Parents, help your children play it safe in the sun and protect your own skin as well. You're an important role model. For more information on how to protect children, visit [Play It Safe in the Sun: A Guide for Parents](#).

Children need protection from the sun when they're at school, too. Two publications are available to help schools minimize UV exposure during childhood:

- The brochure [Sun Safety at Schools: What You Can Do \(PDF-245KB\)](#) explains how school administrators and staff, parents, and community healthcare service providers can promote sun safety.
- [Shade Planning for America's Schools \(PDF-1.2MB\)](#) is a manual to help school communities create and maintain a physical environment that supports sun safety by ensuring that school grounds have adequate shade.

For more information on how schools can help prevent skin cancer, visit [Guidelines for School Programs to Prevent Skin Cancer](#).

Remember, when in the sun, seek shade, cover up, get a hat, wear sunglasses, and use sunscreen!

# Tip Your Hardhats!

## First Aid in Mining Filming, Helotes, TX

by John Henderson

Vulcan Materials



In this issue we would like to give thanks and recognition to the Vulcan Materials Company in Helotes, TX plant and Mat Hissa, Plant Manager, for allowing us to use their facility to update our First Aid in Mining video with the most current changes in First Aid/CPR.

On May 14, 2009 the TMSHP crew along with a filming crew and an MSHA representative were allowed to go into Vulcan Materials to take care of this. We were greeted by one of Vulcan's best and brightest, Mike Shutter-Safety and Health Representative for South Texas from Vulcan Materials Southwest Division. He made sure we all received our site specific training and led us on our way. We did our filming in one of the cleanest maintenance shops we had ever seen.

The TMSHP is always looking for new video topics and mine locations to shoot them at, if you have an idea or can volunteer a location please email John Henderson at [jhenderson@austin.utexas.edu](mailto:jhenderson@austin.utexas.edu) with your suggestions. You can expect to see a copy of the updated video around mid August.



## Inspector Insight

By Ralph Rodriguez, MSHA San Antonio Field Office Supervisor

# San Antonio's Newest Additions



Left to right.. Hap Pricer, Ralph Rodriguez, Brandon Olivier, and Jason Hoermann

San Antonio has three new hires! I am really excited about them; they all have industry experience and are eager to learn. Please bear with them as they learn all about the regulations and how to help keep your mine working in a safe productive manner.



Brandon Olivier-was born in New Iberia, Louisiana. He is married and has 2 kids, Londyn 3 and Mason 8 months. He was previously employed by Cargill Deicing Technology and has 2 ½ years of underground mining experience. Prior to that he worked at Carbo Ceramics for 1 year. His hobbies include fishing, watching football and just playing with the kids.



Jason Hoermann was born in San Antonio TX, but grew up in Jarrell TX. he received a degree from ITT Technical Institute in Austin TX. and currently has 6 years of mining experience with the last five years working for Alamo Concrete Products at the Weir Quarry in Georgetown TX.



Holmer "Hap" Pricer was born in Waco TX, and grew up in a small town named Axtell. he has been working in the construction/mining industry for Knife River Corp. since 2003. While at Knife River he received his CSHO( Certified Safety and Health Official) in both construction and general industry from the Texas Engineering Extension Service. His hobbies include working out, running, scuba diving and hunting.

These are our new hires in San Antonio and I expect big things from them, they are young and ready for the work ahead.

## Safety Everyday - Safety Tips

### Poison Prevention

#### The Overdose Epidemic

Poisoning – particularly from overdoses of over-the-counter, prescription and illicit drugs – has surpassed falls to become the nation’s second-leading cause of unintentional death, after motor-vehicle collisions. With an 80 percent increase from 2001 to 2006, poisoning is the fastest-rising cause of accidental death in the United States.

#### Unintentional Poisoning from Overdoses

While most people think of poisoning as a childhood issue, adults are overwhelmingly to blame for the steep recent increase in unintentional poisoning deaths.

Between 1993 and 2003, there was a 107 percent increase in the unintentional poisoning death rate from overdoses among Americans ages 20 to 64. In Washington state and the District of Columbia, overdoses have surpassed motor vehicle crashes to become the leading cause of unintentional death.

Drug-related poisonings are often due to overdose or misuse of opioid analgesics initially prescribed to treat chronic pain, such as oxycodone, methadone, hydrocodone, fentanyl and buprenorphine. While the greatest number of these deaths is occurring among white men ages 45 to 54 – up nearly 6,000 in a decade – poisoning death rates are increasing fastest among white women – up more than 300 percent.

The National Safety Council has issued a report on “Trends in Unintentional Poisoning Deaths and Death Rates” that details the steep increase in these deaths. [Click here for the 2008 summary.](#)

#### Call to Educate

A survey conducted in fall 2007 by the National Safety Council revealed that most Americans (81 percent) still believe that children are at greatest risk for poisoning. Less than 4 percent said adults, though data shows that less than one percent of fatal poisoning deaths in 2004 affected children (ages 0-5) and more than 96 percent involved adults (19 years and older).

The need for public education is clear. When asked to rank potential causes of poisoning in the Council’s fall 2007 survey, 53 percent of people surveyed said household chemicals were most commonly associated with fatal poisoning while just 34 percent named drugs and medicine.

#### Poisoning and Children

While children rarely die today from unintentional poisoning, non-fatal poisonings remain a childhood concern. About 50,000 children under the age of 4 are injured by unintentional poisonings every year.

This is testament to the success of national awareness efforts, such as poison prevention campaigns and child-resistant packaging.

#### What Poisons?

In addition to drugs, accidental poisonings can be caused by:

##### Household Chemicals and Medicines

- Dangers of inhalants
- Children and poisons
- Pesticides
- Illegal pesticides
- Misuse/abuse of medications

##### Environmental

- Lead poisoning
- Carbon monoxide poisoning
- Dangerous plants

## MSHA Safety Alert



### Failure to Operate Boom Trucks Safely Using Proper Procedures

In recent years there have been two fatalities and one near miss due to the inappropriate use of boom trucks. In the two fatalities, the victims were in the bucket when it was being used improperly, resulting in their ejection from the bucket. In the most recent serious accident, the operator attempted an improper lift, severely overloading the boom which broke away from the truck and struck the victim in the head.

### Best Practices

- o Learn and follow safe operating procedures, using equipment for its intended purpose and within the design specifications of the manufacturer.
- o Ensure that equipment operators are properly trained and know the rated capacity, limitations, and appropriate use of the equipment.
- o Conduct pre-operational checks on equipment prior to operation, and ensure that outriggers and equipment are ready for intended use.
- o Wear safety belts and lines where there is a danger of falling.
- o Size ropes/slings for maximum load applications and protect them from being cut when a load is applied.

## Notes from TMSHP

by Sylvia Ortiz

### TRAINING UPDATES



#### First Aid/CPR Classes...

Is your company in need of first aid training? The Texas Mine Safety & Health Program can work around your company's schedule, help you meet MSHA requirements and maybe help you save a life by knowing a few first aid procedures. Remember...the life you save may be your own.

First Aid classes can be conducted in **two different ways**:

1. An 8 hour class of Basic First Aid and CPR, which will help you, meet the MSHA requirement of "one person per shift trained in First Aid."

- Certification is good for 3 years
- 7-15 people per class
- English or Spanish class
- Cost is \$400.00 per class (Monday – Friday)
- Saturday classes are \$600
- We provide all the training material
- Students will receive
  - First Aid Book
  - First Aid card
  - A hardhat sticker (that says "First Aid Trained")
  - First Aid emergency pack

2. Or we can do refresher First Aid classes that would be tied into your annual refresher training 1/2- 4 hours.

- 7-25 people per class
- English or Spanish
- Cost is \$400.00 per eight hour day
- Saturday class is \$600
- We provide all of the material

#### 3. First Aid/CPR/AED class

For all of you who currently have an AED (Automated External Defibrillator) machine at your facility. This is a Six hour class full of hands- on exercises. Participants taking this class must have previous First Aid training (within the last year).

- Certification is good for 2 years
- 6-10 people per class
- English or Spanish class
- Cost is \$400.00 per class
- Saturday classes are \$600
- We provide training material

- Students will receive-First Aid Book
- First Aid/CPR/AED card
- A hardhat sticker (that says "First Aid Trained")
- First Aid emergency pack

#### OTHER TOPICS IN HIGH DEMAND ARE:

Working Around Water

Slip Trips & Falls

Snake Safety

Alcohol and Drug Abuse (this is a fun class with a lot of hands-on)

#### Planning your Training Calendar

As you plan your training for the upcoming year we ask that you please pencil us in your calendar at least six months prior to your expiration date. This allows us to send you the instructor you have selected, the instructor has plenty of time to prepare or conduct research on any of your selected topics, and this also allows our administrative staff ample time for packing the training material for your company. Once we have your selected dates on our TXMSHP calendar we can always change or modify your training dates; if you have to cancel and reschedule your training for a later date. By scheduling your classes in advance allows us to better serve you, make sure you get the instructor you have requested and better utilize our grant dollars. If you forgot to plan for the year and you need training we suggest that you give us at least two weeks noticed.

#### Heat Stress

It's that time of year when it gets real hot and employees get ill because of heat stress or heat exhaustion. **Do not** ignore heat-related warning signs. Symptoms of heat-related emergencies often get worse if left untreated. Mild heat-related signs are a warning that the victim may develop heatstroke unless you take action.

#### Actions for Heat-Related Emergencies

1. Move the victim to a cool or shady area.
2. Loosen or remove tight clothing.
3. Encourage the victim to drink small amounts of water.
4. Sponge or spray the victim with cool water (not ice water) and fan the victim.
5. Call 9-1-1.
6. If the victim becomes unresponsive, start CPR.

#### DO NOT:

- **DO NOT** wait to begin cooling the victim until EMS arrive. Every second counts!
- **DO NOT** continue cooling after the victim's mental state has improved. Unnecessary cooling could lead to hypothermia.
- **DO NOT** use rubbing alcohol to cool the victim.
- **DO NOT** give the victim anything to eat or drink if the victim cannot swallow or is vomiting.

## Notes from TMSHP

by Jim Murray

### Texas Old Salts Compete in Southern Mine Rescue Contest.

Morton Salt's Team Texas from Grand Saline and the United Salt team from Hockley competed against twelve of the finest underground mine rescue teams in the country held at New Iberia, Louisiana during the annual Southern Regional Underground Mine Rescue Contest, April 28 thru 30. Eddie Stanley of Morton Salt took third place in the Benchman's contest and United Salt's team came in fifth place in the First Aid contest. Morton and United came in fifth and eighth respectively in the overall standings but more importantly all came away from the contest with improved skills and a chance to fellowship with the of the bravest and most skilled miners in the country.



Texas Mine Safety & Health Program  
The University of Texas at Austin  
P.O. Box 7518  
Austin, TX 78713-7518

Phone:  
John Henderson 512-232-2238 office  
512-590-5444 cell

Fax:  
512-232-6126

E-mail:  
[jhenderson@mail.utexas.edu](mailto:jhenderson@mail.utexas.edu)

Web:  
[www.utexas.edu/cee/txmshp](http://www.utexas.edu/cee/txmshp)

*TMSHP Helps You Move in the . . .  
SAFE Direction!*



## UPCOMING EVENTS

May 18-21, 2009	The International Society of Mine Safety Professionals 2009 Critical Issues Conferences Daytona, Fl
May 19-20, 2009	NIOSH OMSHR Communications & Tracking Workshop Charleston, West Virginia
May 27, 2009	ROOF CONTROL SEMINAR National Mine Health and Safety Academy Auditorium 1301 Airport Road Beaver, WV
May 28, 2009	Costal Bend Holmes Meeting Portabella' s Italian Grill 11:30-12:45 PM
June 2-4, 2009	National Holmes Meeting Indianapolis, Indiana
July 2009	North Central Holmes Meeting Location and date TBD
June 23-24, 2009	Alcohol and Drug Misuse In and Out of the Mines 3rd Annual Conference for the Mining Industry University of Utah
August 5-6, 2009	Western Mine Blasting Safety and Application Seminar Mine Safety and Health Administration National Mine Health and Safety Academy Denver, CO
August 25-26, 2009	Surface Haulage Safety Workshop U.S. Department of Labor Mine Safety and Health Administration National Mine Health and Safety Academy
June 23-25, 2009	National Sand and Gravel Association Diesel Particulate Matter Seminar Weeping Water, NE
September 15-17, 2009	National Sand and Gravel Association Noise & Dust Workshops Indianapolis, IN

