



## MSHA's Accident Prevention Program Miner's Tip

**SAFETY  
IS A  
VALUE!**

### "Conditioning"

Category : [Back Injuries](#)

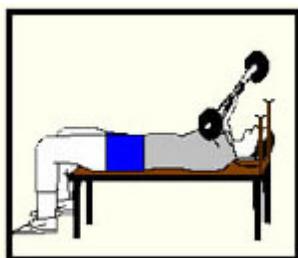
Mine Type: [All Mines](#)

Russ, a coal miner in Illinois writes:

*"Most underground coal miners in this area have back problems." He adds, "Four years ago, I lost time with a pulled muscle, by picking up a 50# bag of rock dust". "I am almost 50 years old, [and] have worked in an underground coal mine for 27 years....[I] exercise weekly in a weight room. I can work beside any 20 or 30 year old today."*

Today, he is back to work and doing well.

He suggests that back injury prevention be included in the annual training, and that mines provide an exercise program for the miners and back it up with incentives.



Proper lifting is essential, but conditioning is also important. Proper or not, you can't lift a weight that your back is not in shape to lift. As Russ says, *"We are only as strong as our backs allow"*.

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**Remember – Safety is a Value that you can LIVE with!**