

U.S. Department of Labor

Mine Safety and Health Administration



MSHA's Small Mine Office—Serving the small mines in America

Week 16

Location: _____ Supervisor: _____

Date: _____ Time: _____ Duration: _____

1) **Operator Fitness**

- DO NOT report to work under the influence of drugs or alcohol
- If you are taking medication (e.g. cold or flu), for your safety and your co-workers, please inform your supervisor
- Bring a good positive mental attitude to work – leave personal problems at home
- Get plenty of rest between work shifts
- Stay in shape, strengthen your back to avoid injury, use proper lifting techniques

2) **Cleaning with Water or Fire Hoses**

- Grip hose firmly and turn on pressure gradually
- Never aim water nozzle up or down stairs, with a hose under pressure, or at a person
- Do not travel up or down stairs with a hose under pressure
- Use two people to handle unwieldy high pressure hoses
- Do not hose electrical equipment

3) **Safe Access**

- Always use designated walkways, platforms, ladders, or manlifts when servicing or inspecting equipment
- Use a manlift and/or safety harness/belt when required to work outside of walkways
- Use approved ladders, always secure them or have someone stabilize them
- Never stand on handrails

Attendees:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Employees Comments: