

U.S. Department of Labor

Mine Safety and Health Administration

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



Week 39

Location: _____ Supervisor: _____

Date: _____

Time: _____

Duration: _____

1) Safety Lines

- ☐ Safety lines must be worn when there is a hazard from falling
- ☐ Safety lines must be attended by a second person whenever work is being performed in a confined space and the danger exists of someone being engulfed by loose material
- ☐ Inspect safety lines for defects before each use and replace when necessary. Keep lines clean

2) Get Help

- ☐ Know what jobs you can safely perform alone
- ☐ Get additional help when attempting a heavy lift
- ☐ Do not let a co-worker perform a job unsafely if you know the correct safety procedure

3) Back Support Belt

- ☐ Adjust belt, by using the side cinch, before attempting lift
- ☐ Use proper lifting techniques, back straight and using legs
- ☐ Wear your belt loosely, unless lifting

Attendees:

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

Employees Comments: