

# U.S. Department of Labor

## Mine Safety and Health Administration



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

# Week 5

Location: \_\_\_\_\_ Supervisor: \_\_\_\_\_ Date: \_\_\_\_\_

## 1. Heat Exhaustion

- Drink plenty of fluids when working in hot weather
- Occurs when your body is depleted of fluids
- Symptoms are dizziness, nausea, and feeling weak
- Wear light colored clothing on hot sunny days to aid in keeping cool

## 2. Housekeeping

- Put Trash in proper receptacles (with lids)
- Clean up grease and spills.
- Keep your equipment cabs free from trash, bottles and debris that can create a hazard

## 3. Overhead Power Lines

- Keep all equipment at least 10 feet away from power lines
- Inspect the route you must travel and ensure clearance is adequate
- “Mark the Lines” and provide signs warning drivers of the existence of power lines

Attendees:

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

Employee Comment: