

U.S. Department of Labor
Mine Safety and Health Administration
Educational Field and Small Mine Services



Location _____ Date _____

Competent Person _____ Duration _____ Time _____

Containers

- Containers should have their contents clearly marked. [47.41](#)
- Know the correct way to dispose of materials in your area. [56.4104](#)
- Know the first aid procedures for chemicals in your area. [47.52](#); [47.54](#); [47.55](#)
- Know the location of MSDS sheets and use them.

Backing Equipment

- If Driving, know where your co-workers are at all times, Don't go into an area where equipment is backing up.
- Make eye contact with the operators of large equipment before entering their area of operations. [56.9316](#)
- Don't park service vehicles or your private vehicle behind large equipment. Park in designated parking areas only.
- Sound an alarm before moving mobile equipment. [56.14200](#)
- Always make sure a spotter is available for backing equipment that does not have a back-up alarm. [56.14132](#)

Lifting Procedures

- Always use a back support belt when lifting..
- Keep back straight, feet should width apart, and bend at the knees.
- Get help when needed.

Fatalgrams: [56.14200](#), [56.14132](#)

Attendees: