

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: