2012 MSHA Safety & Health Annual Refresher Training

| Date: | Instructor: |
| Time: 8:00 AM – 4:30 PM | Contact: |
| Location: | Contact Phone: |

**AGENDA**

**MINER RIGHTS**

The Statutory Rights of Miners and Their Representatives 15 - 30 Minutes

**MSHA REGULATIONS – Update and Overview**

Training, Safety and Health Regulations 15 - 30 Minutes

**SAFETY**

**Hazard Awareness Training-Review** 15 - 30 Minutes
- Companies responsibility in discussing changes at mine site
- Recognition & avoidance of Hazards that may affect the miner’s Health & Safety

**Accident Prevention– Determine Means of Minimizing or Eliminating Hazards** 15 - 30 Minutes
Review of fatal grams and causes of accidents.

**Electrical Hazards** 15 - 30 Minutes
- Recognition and Avoidance of Electrical Hazards
- Authorized and Affected Employees
- Other Forms of Hazardous Energy
- Lockout / Tagout Procedures
- Limitations of Tags
- Alternative Safety Procedures

**Hazard Communication Standard - Employee Right-To-Know-Review** 15 - 30 Minutes
- MSDS
- Bloodborne Pathogens
- Labels

**Machinery Guarding-Review** 15 - 30 Minutes
- Construction of Guards
- Proper Maintenance Safety Procedures
- Working Around Moving Objects

**Confined Space Review** 15 - 30 Minutes
- Permit Required
- Monitoring
- Safety Precautions Taken

**Ground Control-Review** 15 - 30 Minutes
- Recognition and Avoidance of Unsafe Conditions
  - Highwalls
  - Water Hazards
  - Pits
  - Stockpile
  - Spoilbanks
  - Berms

**Transportation Controls and Communication System** 30 - 60 Minutes
Recognition and understanding of mine communication systems, warning signals, and directional signs.
- Hazard Recognition
- Conveyor Safety
- Haul Trucks
- Defensive Driving
- Signage
- Pre/Post Shift Inspection
- Traffic Pattern and Control
- Material Handling & Rigging
- Operation of Earth-Moving Equipment

**Explosives** 10 - 15 Minutes
- Review and give instructions on the hazards related to explosives
  (unless there are no explosives used or stored on the mine property)

**Escape and Emergency Evacuation Plans – Review mine escape system** 15 - 30 Minutes
- Companies responsibility in discussing changes at mine sites
- Emergency Evacuation Plans
- Reporting Accidents
- Fire Warning and Fire Fighting Procedures
- Severe Weather, i.e., tornadoes
HEALTH – Mandatory Health and Safety Standards

Recognition, Evaluation, and Treatment of the following: (Review)  15 - 30 Minutes
Self-rescue and respiratory devices
- Types
- Maintenance
- Dust-Silicosis
- Fit Tests
- Substance Abuse in the Workplace
- Other Health Issues

Back Safety/Lifting Techniques-Review  15 - 30 Minutes
- Problems With Current Lifting Techniques
- New or Alternative Approaches

Hearing Conservation-Review  15 - 30 Minutes
- Noise Monitoring
- Engineering Controls
- Hearing Protection
- TWA's
- Audiometric Testing
- PEL's

First Aid - Meets Requirements of 56.18010  150 - 180 Minutes
- Scene Safety
- Patient Assessment
  - Airway Obstruction
  - Breathing Problems
  - Circulation
  - Sunburn
- Heat Related Injuries
- Shock Management
- Control Bleeding
- Care of Burns
- Care of Wounds
- Artificial Respiration – AED Demo
- Musculoskeletal Injuries
- Cold Related Injuries

Summary and Evaluation  60 - 120 Minutes
- Review and evaluation of information imparted throughout the course of instruction will consist of verbal, visual and interactive feedback exercises
- All information contained in this course is disseminated via a mix of “hands on” training, PowerPoint presentations and group activities.
- Site specific training on each company or job site is not satisfied by this training course – ensure that all applicable training requirements, per 30 CFR part 46 or 48, are completed prior to the commencement of mining activities.

Please note: While your CPR card and First Aid card are good for two years, MSHA Annual Refresher training is required every year.

Retain document for your records.