



# Mining Contractor Guidelines

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# Disclaimer

The following document is a product of the efforts of members of the Virginia Transportation Construction Alliance (VTCA) aimed at providing both contractors and aggregate members with a better working knowledge of the responsibilities that accompany any contractor who desires to perform work on a mine site in Virginia.

The material contained in this document is not a legal interpretation of any local, state or federal requirements that contractors are required to follow when operating on a mine site in Virginia. This document offers a summary of those requirements and general guidelines for contractors operating on a mine site in Virginia.

If you have specific questions regarding regulatory requirements or your responsibility while operating on a mine site in Virginia, you should contact the appropriate facility representative or regulatory agency prior to commencing work on a mine site.

We would like to thank those members of the VTCA for their efforts in compiling this helpful document and hope you find it beneficial.

# Quick Reference Guide of VTCA Contractor Packet

## Mine Safety and Health Administration (MSHA) Items – [www.msha.gov](http://www.msha.gov)

Required information prior to working on a mine site includes:

- An approved part 46 or 48 training plan
  - The training plan must include the following:
    - New Miner Training
    - Newly Hired Experienced Miner Training
    - Annual Refresher Training
    - Task Training on All Equipment Operated
  - This training plan can be accessed at:  
[www.msha.gov/training/part 46/part 46sk.doc](http://www.msha.gov/training/part%2046/part%2046sk.doc)
- Your OSHA training plan can be tailored to fit into the MSHA training program. Contact MSHA at the number below or contact the VA Dogwood Council of the Holmes Association for assistance.
- Contractors also need to be familiar with the following documents:
  - Form 7000-1 Accident Reporting
  - Form 5000-23 Training Certification
    - Both can be accessed at [www.msha.gov/forms/forms.asp](http://www.msha.gov/forms/forms.asp)

Contractors are not required to have a Federal MSHA contractor Identification number, but it is always a good idea to have one. This number can be assigned to you over the phone immediately by calling either 1-800-746-1553 or 1-724-772-2333.

*You may also contact the MSHA Small Mines office at 202-693-9594*

## Helpful Links

[www.msha.gov/smallmineoffice/smallmineoffice.htm](http://www.msha.gov/smallmineoffice/smallmineoffice.htm)

[www.holmessafety.org/index.html](http://www.holmessafety.org/index.html)

[www.vadogwoodcouncil.org/](http://www.vadogwoodcouncil.org/)

[www.nssga.org/](http://www.nssga.org/)

## Quick Reference Guide of VTCA Contractor Packet(cont.)

### Department of Mines, Minerals & Energy – Division of Mineral Mining (DMM)

[www.dmme.virginia.gov/DMM/divisionmeralmining.shtml](http://www.dmme.virginia.gov/DMM/divisionmeralmining.shtml)

Once on the web site, look for information in the forms/downloadable materials for the Division of Mineral Mining, not the Division of Mines.

Required information prior to working on a mine site includes:

- DMM 166 – Contractor Identification Form
  
- An approved training plan, which covers:
  - Initial Training
  - General Mineral Miner Training
  - Task Training
  - Site Specific Hazard Training
  
- Once you have a completed Contractor ID, an inspector will be assigned to you. They will contact you regarding training requirements and assistance if needed. Or you may contact the Charlottesville office directly at 434-951-6310
  
- Contractors also need to be aware of the following documents:
  - DMM 104c – Accident Report
  - DMM 165 – Contractor Annual Report Worksheet
  
- Contractors will probably only have to formalize the plan they are currently using for OSHA and will only have to make minor changes to convert their OSHA training plan to an MSHA/DMME approved plan.

### Helpful Links

[www.dmme.virginia.gov/DMM/accidents.shtml](http://www.dmme.virginia.gov/DMM/accidents.shtml)

[www.dmme.virginia.gov/DMM/training&certification.shtml](http://www.dmme.virginia.gov/DMM/training&certification.shtml)

[www.dmme.virginia.gov/DMM/lawsandregulations.shtml](http://www.dmme.virginia.gov/DMM/lawsandregulations.shtml)

## **1.1 GENERAL**

All independent contractors working on a mine site in Virginia are regulated by the Virginia Department of Mines, Minerals and Energy, Division of Mineral Mining (DMM). The DMM provides specific laws, standards and regulations designed to insure the safety and health of everyone that works on a mine site in Virginia, including independent contractors. These laws and regulations can be referenced in two publications: **Safety and Health Regulations for Mineral Mining, 4VAC25, Chapters 35(Parts I & II) and 40(Parts I through XVI)** and **Mineral Mine Safety Laws of Virginia, Code sections 45.1-161.292.1 through 161:292.73**. These references can be found on line at DMM's website: [www.dmme.virginia.gov/dmm](http://www.dmme.virginia.gov/dmm). The DMM requires all independent contractors who work at a mineral mine in Virginia to be registered with DMM, comply with DMM laws/regulations, have a mineral mining safety training program/plan and to report, annually, hours worked at each mine site(including wages paid, if > \$1,000). In addition to safety and health regulations, DMM also has requirements for certain certifications for person performing specific types of activities on mine sites. All contractors performing work at a mineral mine must have a DMM contractor ID and be listed by the mine as performing work at that site.

In some instances, independent contractors working on a mine site in Virginia may be subject to inspections and additional regulations by the U. S. Department of Labor, Mine Safety and Health Administration (MSHA). Like the DMM, MSHA has their own specific safety and health standards and regulations spelled out in **30CFR Parts 46, 48, 56, 58 and 62**. The Mine Safety and Health Act of 1977 requires all contractors performing service and repair work on mine property or construction/reconstruction of mining facilities on mine property to comply with the standards and provisions of the MSHA Act. These include specific safety and health standards, accident reporting and employee training requirements, as well as meeting the general intent of the MSHA Act. Copies of the MSHA standards and requirements are available on line at [www.msha.gov](http://www.msha.gov).

Contractors should be aware that there may be other applicable federal, state and local standards that may apply as well. Some examples of these are the National Electric Code, the NFPA codes, the BOCA National Building Codes and local county/town ordinances and restrictions. If a contractor is uncertain about a certain safety or health working condition or practice, the licensed mine operator must be consulted, as well as DMM or MSHA personnel as needed.

### **1.1.2 Legislative Acts and Regulations**

Contractors and their employees shall comply with all provisions of any applicable legislation of the United States Federal Government, The Commonwealth of Virginia and any County Code, Act, Rule, or by-laws relating to the health and safety of its employees.

## **1.2 ACCIDENT REPORTING**

All Contractors working on the Mine site are required to report any accidents and all injuries no matter how minor, to the Mine Operator as soon as possible. MSHA requires Contractors to submit a Mine Accident, Injury, and Illness Report Form (7000-1) within ten (10) days of the injury producing accident that required medical treatment as well as immediate notification for certain serious accidents. DMM requires mine operators to report accidents and injuries that involves serious personal injury or death to any person on the mine property by the quickest available means (4VAC25-40-50 and §45.1-161.3, 45.1-161.294 and 45.1-161.305 of the Code of Virginia). Contractors are to submit a Mine Accident, Injury, and Illness Report Form (7000-1) within ten (10) days of the injury producing accident that required medical treatment as well as immediate notification for certain serious accidents. The Contractor is required to furnish the Mine Operator with a copy of the Workers' Compensation first report of injury and illness form and a copy of the MSHA 7000-1 form on all reportable injuries requiring medical attention. Submission of more detailed accident investigation reports are encouraged and must be made available upon request in the event of a serious accident. DMM also requires that all other medical treatment injuries (non-serious/non-fatal injuries as they occur. Acceptable forms for reporting accidents to DMM include MSHA Form 7000-1, DMM Accident Report Form DMM-104c, or other operator developed form that includes the information required in memo 01-99.

## **1.3 EMERGENCY PROCEDURES**

All Contractors will be required to make arrangements regarding emergency medical assistance, telephone numbers and communication systems in accordance with 4VAC25-40-160, 4VAC25-40-170 and 4VAC25-40-180. It is the Contractor's responsibility to ensure adequate emergency care and equipment are available for its employees including subcontractor's employees as stated in 30CFR 56.15001, 56.18010, 4VAC25-40-140 and 4VAC25-40-1690.

## **1.4 SAFETY PROCEDURES**

**As per the Department of Mines, Minerals & Energy, Safety & Health Regulations for Mineral Mining 2004, Code section 4 VAC 40 Part I - XIV:**

A certified foreman is required to conduct an examination of active workings at the beginning of each shift. This foreman will have at least 5 years mining experience or equivalent work experience approved by DMM. All other inspections will be performed by a competent person who is designated by the operator or contractor. These competent persons can perform all inspections except for the pre-shift examination. All safety hazards found shall be corrected before work is performed. All self-propelled and mobile equipment must be inspected by the equipment operator prior to being put into service for that shift. Any defect identified during the pre-shift inspection which may affect the safe operation of the equipment must be corrected in a timely manner and a written record of the inspection shall be kept on site for a period of one year.

**As per the Mine Safety & Health Administration (MSHA) Federal Metal and Nonmetallic Mine Safety & Health Standards, Ninth Edition, 30 CFR Parts 56, 57 & 58:**

A competent person designated by the contractor shall conduct a pre-shift workplace inspection of all working areas to ensure any conditions which could adversely affect health and safety are not present. The MSHA Act defines an agent of the owner as any person charged with responsibility for the operation of all or a part of a mine or the supervision of the miners. Agents inherit personal responsibility by working on a mine site and directing the activities of other people. Any agent

who knowingly carries out a violation of a health and safety standard may be assessed a civil penalty of \$60,000 for each violation. A written record of the inspection must be kept at the site and shall be available for review.

## **1.5 TRAINING**

Contractors are responsible for providing safety and health training for their employees in accordance with 30CFR 46, 30CFR 48.21 - 48.32 (MSHA waives this rule if the contractor is on mines for less than 5 days a year and only services or repairs of *equipment* on mine property.), 4VAC25-40-100, The Code of Virginia § 45.1-161.292:72 and § 45.1-161.292:73 (*There are no waivers in the Code of Virginia*). In accordance with The Code of Virginia § 45.1-161.292:28 every person commencing work in a mineral mine subsequent to January 1, 1997, shall hold a general mineral miner certificate issued by the Board of Mineral Mining Examiners. Training records may be requested at any time by the Mine Operator, DMM Inspectors and MSHA Inspectors. The Contractor must be certain that all mobile equipment operators have received adequate training prior to operating any equipment in accordance with 30CFR 48.27, 30CFR 46.7, and 4VAC25-40-100. Obtaining a GMM card or completion of the MSHA 24 hour New Miner class, does NOT mean they are an "experienced miner" who can go off and work on their own in an operating mine pit, plant or facility (See Attached Sample Training Plan)

### **1.5.1 Hazardous Communications Program (HAZCOM)**

In accordance with 30CFR 47.0 through 30CFR 47.92, all mines must have a written HazCom Program. Depending on the circumstances, if the mine operator allows an independent contractor on mine property knowing that the contractor's employees are untrained and the contractor does not have a HazCom program, both the mine operator and the contractor could be cited; therefore, the Contractor must have a HazCom Program. Under the MSHA "HazCom" standards a mine operator is responsible for sharing chemical hazard information with the contractor if the contractor's employees could be exposed to a hazardous chemical at the mine. A copy of the contractors' HazCom program is required.

### **1.5.2 Occupational Noise Exposure Program and Hearing Conservation Plan**

In accordance with 30CFR 62.100 through 30CFR 62.190, all mines must have an Occupational Noise Exposure Program and Hearing Conservation Plan. The purpose of these standards is to prevent the occurrence and reduce the progression of occupational noise-induced hearing loss among miners. This part sets forth mandatory health standards for each surface and underground metal, nonmetal, and coal mine subject to the Federal Mine Safety and Health Act of 1977. A copy of the contractors' program is required.

## **1.6 VISITOR'S POLICY**

A visitor is considered anyone not currently or regularly assigned to work on the mine. This includes but is not limited to vendors, sales persons, friends and family of workers, truck drivers, delivery drivers, inspectors, consultants, repair and maintenance technicians, and Contractor employees not on shift or regularly assigned to the mine. All visitors to the mine are required to be provided Site specific Hazard Awareness Training prior to entering all work area. Visitors to the mine must carry the copy of MSHA Form 5000-23 with them at all time while on the Site. Visitors to the site who have a current (within 12 months) mine related, Form 5000-23 may be admitted without additional training but must be escorted by an approved mine employee. At no time may a visitor be unescorted while on the mine site. Escorts are responsible for their visitor at all times and must ensure that the visitor is accounted for during an emergency or evacuation and they proceed immediately and safely to the pre-determined Assembly Areas if the need arises. At no time should a Contractor take any person on the mine site

without that individual having first received the Company Hazard Awareness Training and signing into the Visitors Log. Visitors must also sign out of the Visitors Log when leaving the mine site. All visitors must wear hard hat, safety glasses with side shields, and steel toe safety shoes while on the mine site. Additionally, visitors must obey all instructions issued by their escort, Supervisor, Mine Operator Representative, as well as abide by all safety and health rules or regulations.

## **2.1 WORK PRACTICES**

### **2.1.1 Confined Spaces**

Any work requiring entry in confined spaces shall be conducted in accordance with 30CFR 56.1600, 4VAC25-40-150 and 4VAC25-40-2550. The Contractor shall develop safe working procedures for use when confined space areas must be accessed in accordance with MSHA 30CFR 56.16002 in its entirety as well as other federal and state regulations. Such areas include but are not limited to storage tanks, process vessels, bins, boilers, ventilation or exhaust ducts, sewers, underground utility vaults, tunnels, pipelines, open topped pits, basements and temporary wood framing covered with plastic. All employees who are required to enter a confined space shall be instructed as to the nature of hazards involved, necessary precautions to be taken, and in the use of any protective and emergency equipment that is required in accordance with 30CFR 48.27.

### **2.1.2 Excavations**

The Contractor shall take into account all buried pipes, cables, lines etc. which may be in close proximity of excavations to be made in filled areas and the adverse effects that may develop as a result of this new excavation. Excavations and trenches shall be inspected daily by the Contractor and after every rainfall or change in situation to determine if they are safe. Ground conditions shall be assessed regularly by competent person designated by the Contractor in accordance with 30CFR 56.3401, 4VAC25-40-430, 4VAC25-40-450 and 4VAC25-40-460.

### **2.1.3 Hot Work**

At the location of any hot work there must be adequate fire extinguishers and/or fire blankets. The contractor must ensure all potential fuel sources and extraneous debris are removed from the area prior to beginning work in accordance with 30CFR 56.4500 and 4VAC25-40-620.

### **2.1.4 Occupational Health**

The Contractor shall ensure all employees are aware of the safeguards used to prevent heat stress and heat exhaustion. Similarly, the Contractor shall ensure all employees are aware of the safeguards used to prevent cold injury and hypothermia. The Contractor shall provide adequate potable/drinking water for employees in all areas of work in accordance with 30CFR 56.20002 and 4VAC25-40-220.

### **2.1.5 Personal Protective Clothing and Equipment**

The Contractor shall provide employees with all personal protective clothing and equipment necessary suit the particular work activities / task the employ may be assigned in accordance with 30CF 56.15006 and 56.15007. The wearing of steel toed safety shoes, safety glasses with side shields and hard hats are mandatory in all areas in accordance with 4VAC25-40-1710, 4VAC25-40-1720 and 4VAC25-40-1730. There will be tasks where additional personal protective equipment is required. Specific tasks that are potentially hazardous to safety and



health of people and mine site will require the use of special safety equipment. All work on this Project is to be performed by employees appropriately trained and adequately equipped for each assigned task. Finger rings shall not be worn while operating or working on equipment or tools in accordance with 4VAC25-40-1780.

#### **2.1.6 Emergency Evacuation Response**

Acceptable procedures for fire warning, emergency evacuation, and firefighting shall be established in accordance with 4VAC25-40-500.

#### **2.1.7 Fire Prevention**

The Contractor must provide approved firefighting equipment in adequate quantities in all work areas in accordance with 30CFR 56.4200 in its entirety and 4VAC25-40-610. Whenever a fire or its effects could impede escape from self-propelled equipment, a fire extinguisher shall be on the equipment. Whenever a fire or its effects would not impede escape from the equipment but could affect the escape of other persons in the area, a fire extinguisher shall be on the equipment or within 100 feet of the equipment in accordance with 4VAC25-40-670. The Contractor must ensure adequate training for all employees with fire fighting responsibilities in accordance with 30CFR 56.4330 and 4VAC25-40-630. All fire equipment maintained on Site by the Contractor including extinguishers, pumps, hoses, etc. must be inspected monthly by the Contractor per 30CFR 56.4201 in its entirety and 4VAC25-40-610. Additionally, all fire extinguishers must have a tag affixed denoting the monthly and annual inspection dates, the initials of the person who performed the inspection, and the condition of the equipment at the time of the inspection. Any extinguisher that is used, untagged, damaged, or not in good working order must be replaced by the Contractor immediately in accordance with 30CFR 56.4203 and 4VAC25-40-610.

#### **2.1.8 Signs, Signals, Barricades and Lights**

Signs, signals, and barricades shall be visible at all times where a hazard exists. There are two and ONLY two choices when hazards are found."Correct or barricade." Correcting can be a permanent solution or temporary mitigation. Barricades erected for warning of a fall hazard and to provide fall protection must be designed and constructed of substantial material capable of preventing a person from falling through or into the area of hazard. Barricading means more than plastic or nylon tape erected to warn of a fall hazard. Plastic or nylon tape DOES NOT meet the requirements of 30CFR 56. Areas containing safety or health hazards that are not immediate obvious to personnel shall be barricaded or posted with warning signs specifying the hazard and proper safety procedures in accordance with 4VAC25-40-260. No worker or employee shall enter a barricaded or marked area that is not a working area of their employer without the express permission of the area's representative. Exceptions to this rule are personnel conducting inspections or repairs. Signs, signals, and barricades shall be removed immediately when the hazard no longer exists. When any work is performed at night or where daylight is shut off or obscured, illumination sufficient to provide safe working conditions shall be provided at all active workings, structures, and travelways in accordance with 4VAC25-40-200. During such time period, all accesses to the place of work shall also be clearly illuminated. Contractor employees or personnel working in an area of darkness shall wear approved reflective type vests or reflective material on the hard hats in accordance with 4VAC25-40-1785.

### **2.1.9 Hand and Power Tools**

All hand and power tools, whether furnished by the Contractor or by the Contractor's employee, shall be maintained in a safe working condition per 30CFR 56.14100(b)(c). Contractors shall not issue or permit the use of unsafe hand or power tools. Electrical power tools shall have a tested and working Ground Fault Circuit Interrupter installed at the power source. Power tools may only be operated with controls requiring constant hand pressure in accordance with 30CFR 56.14116. Any electrical equipment maintained on-site by the Contractor or their employees shall be inspected prior to each use. All electrical equipment maintained on-site by the Contractor and/or employees must be inspected monthly with the appropriate color-coded tape applied to the cord prior to use per the Assured Grounding Plan. Pneumatic power tools shall be secured to the hose or whip by approved safety pins or similar device. Only properly trained Contractor employees shall operate power actuated tools. The Contractor shall maintain certification records, employee certification cards, or equivalent training documentation on-site for each employee using power actuated tools. Cords, leads and hoses shall be kept at least 7 feet off the ground where practical or whatever height is necessary to be protected from traffic and avoid tripping hazards in accordance with 30CFR 56.12004 and 56.12005. Alternative protection and warnings shall be installed where the inability to keep cords, leads, and hoses off the ground presents a potential hazard to persons or the equipment. Per 30CFR 56.12005, mobile equipment and vehicles shall not be driven over electrical conductors including extension cords and welding leads unless proper bridging or protection devices are in place and used.

### **2.1.10 Rigging Equipment**

All rigging equipment shall be free from defects and maintained in a safe working condition by the Contractor in accordance with the manufacturer's specification and labeling. All rigging evolutions shall be designed in accordance with standard safe working procedures and common sense. No person shall position himself or herself under a load or allow a load to be passed over the head of others in accordance with 4VAC25-40-2600. The Contractor shall designate a competent person or persons to inspect all rigging equipment, prior to the initial use and monthly thereafter, to ensure that it is in safe working order. The Contractor shall maintain a record of these inspections which shall be made available upon request. Tag lines shall be used to control all loads in accordance with 30CFR 56.16007(a) and 4VAC25-40-2590. The Contractor's damaged rigging equipment shall be immediately labeled "DANGER - DO NOT USE" and then removed from service and the job Site.

### **2.1.11 Scaffolds and Safe Access**

A safe means of access to the level being worked shall be maintained by the Contractor and used by the workers in accordance with 30CFR 56.11001 and 4VAC25-40-1810. Railed walkways shall be provided wherever persons are regularly required to walk alongside elevated conveyor belts. Inclined railed walkways shall be nonskid or provided with cleats in accordance with 4VAC25-40-1890. Footings or anchorage for any scaffold shall be sound, rigid, and capable of carrying the maximum intended load without settling or displacement in accordance with 30CFR 56.11027. No unstable objects such as concrete blocks shall be used to support scaffolds or planks. Any part of a scaffold weakened or damaged shall be repaired or replaced immediately. All scaffold planking shall be free of knots, cracks, etc. and shall completely cover the work platform. Scaffold planks shall be laid tight, cleated, tied at both ends, or overlapped. Overlaps are to occur directly above scaffold supports. Safe access shall be provided to the scaffold platform, specifically, a ladder with a safe means of access to the platform from the ladder in accordance with 30CFR 56.11001. Scaffolds shall be equipped with a top rail, mid rail, and toe

board in accordance with 30CFR 56.11027. Appropriate fall protection shall be used when working with scaffolds and a danger of fall exists in accordance with 30CFR 56.15005. This includes construction and de-mobilization of the scaffold structure. A safety harness with shock-absorbing lanyard and attachment device is the normal fall protection system used in this circumstance. Mobile scaffold casters shall be secured and locked prior to mounting. No personnel shall be on mobile scaffold when it is being relocated. The Contractor's employees working on swing stages, boatswain chair, floats, suspended scaffolds, and needle beam scaffolds, etc., shall wear a safety harness with shock absorbing lanyard attached to an independent lifeline.

#### **2.1.12 Ladders**

The use of ladders with broken or missing rungs or steps, broken or split rails, or other defective construction is prohibited in accordance with 30CFR 56.11003, 4VAC25-40-1830, 4VAC25-40-1840, and 4VAC25-40-1850. Any ladder with these conditions should be tagged with "DANGER - DO NOT USE," then removed from the job site as soon as possible. Ladders shall extend no less than 36 inches (3 feet) above any landing and be secured or tied off to prevent displacement in accordance with 4VAC25-40-1860. Wooden ladders shall not be painted and must be in good working order in accordance with 4VAC25-40-1870. Aluminum or metal ladders should not be used in areas of energized electrical wiring. All persons using ladders shall face the ladder and keep both hands free for holding on as per 30CFR 56.11011 and 4VAC25-40-1870. Persons using ladders should not carry materials up and down the ladder. Portable ladders are intended to provide access to and from work areas and are not designed to be work platforms.

#### **2.1.13 Compressed Gas and Cylinders**

Compressed gas cylinders shall be secured in an upright position at all times in accordance with 30CFR 56.16005 and 4VAC25-40-1250. Regulators shall be protected by approved devices in the event of exposure to overhead work or objects dropping from above as per 30CFR 56.16006 and 4VAC25-40-1260. Valves shall be in the "OFF" or "CLOSED" position at all times except when in active use in accordance with 30CFR 56.4603 and 4VAC25-40-1240. "No Smoking" signs shall be posted at storage areas, and signs shall clearly indicate contents of cylinders.

#### **2.1.14 Equipment and Motor Vehicles**

All equipment must be inspected daily prior to use by the operator in accordance with 30CFR 56.14100 and 4VAC25-40-145. Defective equipment shall be repaired or removed from service immediately in accordance with 4VAC25-40-145. All rubber tired self propelled scrapers, rubber tired front end loaders, rubber tired dozers, wheel type agricultural and industrial tractors, crawler tractors, crawler type loaders, and motor graders shall be equipped with rollover protective structures (ROPS) and seat belts. Seat belts shall be worn at all times while the equipment is in operation as specified in 30CFR 56.14130(g) and 4VAC25-40-1370. All operators of construction equipment shall be properly licensed and certified (task trained) by a competent person in accordance with 4VAC25-40-100. Copies of the certifications shall be maintained on the job Site by the Contractor and made available. All equipment with an obstructed view to the rear must have a reverse signal alarm (back up alarm) audible above the surrounding noise level, per 30CFR 56.1432 and 4VAC25-40-1580. All flammable liquid storage shall be in compliance with all applicable environmental regulations and 30CFR 56.4401, 56.4402, 56.4430, 56.4501, 56.4531 and 4VAC25-40-520.

### **2.1.15 Earthmoving and other Mobile Equipment**

Hard hats shall be worn by operators at all times when outside of an approved, rollover protected cab. Pre-shift inspections shall be performed prior to any earthmoving or mobile equipment being placed in service for that shift as per 30CFR 56.14100 and 4VAC25-40-145. Any safety defect shall be immediately reported to the certified mine foreman per 4VAC25-40-145. Operators shall always check to make certain that other workers are clear before starting the equipment as per 4VAC25-40-1340. Employees shall not jump on or off equipment as per 4VAC25-40-1910. They shall not attempt to climb on or off moving equipment as per 4VAC25-40-1450. Before repairs are made on earthmoving equipment, the operator shall ensure the motor is not running and appropriate safety tags are applied as per 4VAC25-40-1685. Motors on all equipment shall be stopped before refueling is performed as per 4VAC25-40-600. All mobile equipment parked on an incline or grade shall have the parking brake set and the wheels or tracks chocked or turned into the bank per 30CFR 56.14207 and 4VAC25-40-1510. Heavy or large mobile equipment shall be equipped with a reverse signal alarm (backup alarm) which will operate automatically with backward movement. The alarm shall give an audible signal suitable for the conditions. The signal may be continuous or intermittent, but will provide suitable alarm during the entire time of backward movement as per 30CFR 56.14132 and 4VAC25-40-1580. Berms or guards capable of restraining the largest vehicle used in the area shall be provided on the outer bank of elevated roadways as per 4VAC25-40-1410.

#### **2.1.15.1 Bulldozers and Tractors**

The condition of the equipment systems shall be checked before operation. This shall include brakes, clutches, steering mechanisms, hydraulic, and electrical systems. Powered mobile equipment shall be provided with adequate service brakes capable of stopping and holding the equipment with its typical load on the maximum grade it travels as per 4VAC25-40-1320. Mobile equipment shall be equipped with emergency brakes separate and independent of the regular braking system when generally available for a particular class of equipment as per 4VAC25-40-1330. Heavy duty mobile equipment shall be provided with audible warning devices as per 4VAC25-40-1570. Any defect shall be immediately reported to the supervisor or person responsible for maintenance to be corrected. Defective equipment is to be "DANGER" tagged out and not operated till repairs are made. When working down steep slopes, the blade should be lowered to secure a load of earth in front of it and maintain it down the slope. If the load is lost, the blade should not be jammed into the ground as a brake since this could cause overturning. At the end of a work shift, or when leaving the machine, the power shall be shut off, the brakes shall be set, blade landed, and the shift lever placed in neutral per 4VAC25-40-1510 and 4VAC25-40-1480. Dippers, buckets, loading booms, or heavy suspended loads shall not be swung over the cabs of haulage vehicles until the drivers are out of the cabs and in safe locations unless the trucks are designed specifically to protect the drivers from falling material as per 4VAC25-40-1440

#### **2.1.15.2 Scrapers**

Operators shall avoid sharp downhill turns and shall not turn top heavy with apron up in the air. When going downhill the operator shall not take the machine out of gear because increased speed will make control of equipment difficult. He shall leave the machine in gear and use his brakes to control speed as per 4VAC25-40-1390 and 4VAC25-40-1430. To prevent the scraper from slipping off the edge of a fill, the center of the fill shall be kept low and the outside edges high.

### **2.1.16 Crane Usage**

All cranes shall have written certification as being in safe operating condition by a competent person designated by the Contractor prior to using the crane on the job Site. This certification shall be maintained onsite by the Contractor and made available. All crane operators shall be properly licensed and certified (task trained) by a competent person who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees and who has authorization to take prompt corrective measures to eliminate such hazards. Certification records shall be maintained on the job Site by the Contractor and made available. Equipment shall not be operated where any of the equipment or load may come within 15 feet of electrical distribution or transmission lines. MSHA regulation 30CFR 56.12071 and DMM regulation 4VAC25-40-2500 require that when "clearance is less than 10 feet, the lines shall be de-energized or other precautionary measures shall be taken". Workers shall not be allowed to work under suspended loads in accordance with 30CFR 56.16009 and 4VAC25-40-2600. Tag lines shall be used on all loads in accordance with 30CFR 56.16007 and 4VAC25-40-2590.

### **2.1.17 Electrical**

All electrical work including installation and wire capacities shall be in accordance with applicable MSHA, federal, and state regulations as well as standard safe working practices. Electrical equipment and circuits shall be installed in accordance with the standards in the National Electrical Code All work on electric systems performed in accordance with the National Electrical Code and this part shall be done by, or under the supervision of, a certified electrical repairman certified by the Board of Mineral Mining Examiners and governed by the Certification Requirements for Mineral Mining, 4VAC25 Chapter 35 or other appropriately licensed electrical repairman as per 4VAC25-40-2015. The Contractor shall establish an assured grounding inspection program to include color code marking.

### **2.1.18 Housekeeping**

All active workings, structures, and travel ways shall be kept free of debris and scrap material to the extent practical according to 4VAC25-40-210. All work areas shall be cleaned at least daily with all extraneous debris and material removed and disposed of properly. Containers shall be provided by the Contractor for the collection and separation of waste trash, oily and used rags, and other refuse. Containers must be used and emptied promptly. Garbage and other waste shall be disposed of at frequent and regular intervals in a manner approved by the Mine Operator Representative. The Contractor is reminded that food and food product waste attracts vermin, reptiles, and insects when not disposed of properly. All food product waste must be disposed of in a container with a cover according to 30CFR 56.20013 and 4VAC25-40-240. The containers must be kept in clean and sanitary conditions.

**DMM/MSHA TRAINING PLAN  
FOR  
TRAINING AND RETRAINING OF MINERS**

(Sample DMM Plan to Follow)

# **DMM/MSHA Training Plan**

ABC Const. Co., Inc.  
MSHA ID# X001  
VA Contractor ID# 0009999

**DMM/MSHA TRAINING PLAN  
FOR  
TRAINING AND RETRAINING OF MINERS**

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3. Newly Hired Experienced Miner Training
4. Task Training
5. Annual Refresher Training
6. Hazard Awareness Training
7. General Mineral Miner Training Records
8. General Mineral Miner Exemption Training Records
9. Task Training Plans (one plan for each different piece of equipment or different model of same equipment 988E/ 988F)
  - a. Truck Operator
  - b. Loader Operator
  - c. Dozer Operator
  - d. Chainsaw Operator
10. New Task Training Records
11. Work Place Inspections
12. Mobile Equipment Pre-Operation Inspections





**DMM/MSHA TRAINING PLAN  
FOR  
TRAINING AND RETRAINING OF MINERS**

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**Company:** ABC Construction Co., Inc.  
**Mine or Independent Contractor Name:** \_\_\_\_\_  
**MSHA ID#:** X001  
**Virginia Permit or Contractor #:** 0009999  
**Mailing Address:** 10221 Construction Road  
Anywhere, VA 12345  
\_\_\_\_\_

**PERSON RESPONSIBLE FOR HEALTH & SAFETY TRAINING**

**Name:** Tammy Safety      **Title:** Safety Officer      **Phone #:** 804-555-3421

***PERSONS OR ORGANIZATIONS PROVIDING TRAINING:***

David Cress  
Last Chance Mining Company  
  
James T. Safety, Sr.  
Tammy B. Safety

***SUBJECT AREAS COMPETENT TO INSTRUCT:***

GMM and Refresher training  
Emergency Procedures, Work Environment and Site Specific Hazards  
Task Training, Mobile equipment training  
First Aid, Health and Safety

***PERSONS OR ORGANIZATIONS PROVIDING TRAINING:***

Best Loader Dealer Representative(s)  
Best Equipment Dealer Representative(s)  
Best Farm Tractors Dealer Representative(s)  
Best Positrack Dealer Representative(s)  
Best Chainsaw Dealer Representative(s)  
David Cress  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***SUBJECT AREAS COMPETENT TO INSTRUCT:***

Task training - loaders  
Task training - dozers, tractors, excavators, backhoe  
Task training - tractors  
Task training - Positrack  
Task training - chainsaw  
First Aid & CPR  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**PROGRAM OF INSTRUCTION: NEW MINER**

<b>Approx time</b>	<b>SUBJECT</b>	<b>OBJECTIVES</b>	<b>INSTRUCTION METHODS</b>	<b>COURSE MATERIALS</b>	<b>EVALUATION METHODS</b>	<b>INSTRUCTOR</b>
✓-8 hrs.	<p>VA General Mineral Miner Certification Training</p> <ul style="list-style-type: none"> <li>Review Mineral Mine Laws</li> <li>Overview of DMM H&amp;S Regs.</li> <li>1<sup>st</sup> Aid intro/overview</li> </ul> <p>Review Emergency Procedures applicable to mine (to include):</p> <ul style="list-style-type: none"> <li>Medical</li> <li>Fire warning/Firefighting</li> <li>Escape / Emergency Evacuation</li> </ul> <p>Rules and Procedures for Reporting Hazards</p>	<p>New miner will demonstrate basic knowledge of VA Mineral Mine Law, Health &amp; Safety regs, and Into. First Aid methods</p> <p>New Miner will explain and demonstrate knowledge with regard to obtaining medical assistance, fire response, and other emergencies</p> <p>New miner will explain how to get hazardous situations addressed and what to do if corrective actions are not taken</p>	<p>Lecture Discussion Demonstration</p> <p>Discussion and Demonstration</p> <p>Lecture Discussion</p>	<p>DMM General Mineral Miner Course Guide &amp; A-V materials Current VA MM Law (copy to each participant) DMM H&amp;S Regs MSHA First Aid Booklet #3</p> <p>DMM regulations Co. Procedures &amp;/or Action Plans Fire Extinguisher</p> <p>VA Regulations and Co. Procedures MSHA Guidelines</p>	<p>Written Exam or Demonstration of Skills</p> <p>Oral Response</p> <p>Oral Response</p>	<p>VA Certified Mineral Mine Foreman or MSHA Approved Instructor (per DMM reqmmts.)</p> <p>Competent Person</p> <p>Competent Person</p>
2-4 hrs.	Introduction to work environment (mine tour)	New miner will recognize potential hazards and demonstrate a knowledge of active areas of mine	Walk-around tour and Observation of Mining Methods Lecture Discussion	Mine Permit Map Posted signs Company safety rules	Oral Response	Competent Person

\* These courses must be completed prior to New Miner beginning work

▲ These courses may be completed up to 60 days after new miner assuming job

**DMM/MSHA TRAINING PLAN  
FOR  
TRAINING AND RETRAINING OF MINERS**

**PROGRAM OF INSTRUCTION: NEW MINER**

<b>Approx time</b>	<b>SUBJECT</b>	<b>OBJECTIVES</b>	<b>INSTRUCTION METHODS</b>	<b>COURSE MATERIALS</b>	<b>EVALUATION METHODS</b>	<b>INSTRUCTOR</b>
*30 mins.	Miner's Rights and Responsibilities Authority & responsibilities of supervisors and miner's representatives	New miner will be able to explain MSHA's and miner's responsibilities & roles in mine safety and their rights under Federal Mine Health & Safety Act	Lecture Discussion	MSHA Miner's Rights booklet Company Organization and Mgmt. Chain	Oral Response	Competent Person
▲ 1 hr.	Use, care, and maintenance of respirators	New miner will demonstrate appropriate use, care, and maintenance of applicable respiratory protective equip.	Lecture Demonstration Discussion	Manufacturer's instructions	Oral Response Demonstration	Competent Person
▲ 4 hrs. (in adt. to intro in Va. GMM)	First Aid methods	New miner will be provided in-depth instruction on first aid response and methods	Lecture Demonstration Hands-on practice	MSHA First Aid Booklet #3	Oral Response Participant demonstration	Competent Person
✓-6.5 hrs.	Health and Safety Aspects and Safe Work Procedures specific to task(s) assigned  Closely Observed Practice of Task Assignments	New miner will be able to identify and explain safety and health considerations and safe procedures related to assigned tasks  New miner will demonstrate ability to perform task(s) safely with discussion /feedback on both operational procedures and health and safety aspects	Lecture Discussion  On job training with practice, observation, correction	Applicable State & Fed. Regs. Job Procedures MSDS's (where applicable)  Job Procedures Operating Machinery or Equipment Operating Manuals	Oral Response  Observation Oral Response Demonstration	Competent Person  Competent Person

\* *These courses must be completed prior to New Miner beginning work*

▲ *These courses may be completed up to 60 days after new miner assuming job*

# DMM/MSHA TRAINING PLAN FOR TRAINING AND RETRAINING OF MINERS

## PROGRAM OF INSTRUCTION: NEWLY HIRED EXPERIENCED MINER

Approx time	SUBJECT	OBJECTIVES	INSTRUCTION METHODS	COURSE MATERIALS	EVALUATION METHODS	INSTRUCTOR
✓½hrs.	Introduction to Work Environment	Newly hired experienced mineral will recognize potential hazards and demonstrate a knowledge of active areas of mine	Walk-around tour & Observation of Mining Methods Lecture Discussion	Mine Permit Map Posted Signs Company Safety Rules	Oral Response	Competent Person
✓½hrs.	Recognition and Avoidance of Electrical and Other Hazards at the Mine	New miner will recognize and demonstrate knowledge of potential hazards in mine work environment	Walk-around tour & Observation Discussion and Hands-on Demonstration	Lock-out devices On-site Equipment Actual Work Environment	Demonstrate knowledge of hazards by oral responses	Competent Person
1-✓½hr.	Review Emergency Procedures applicable to mine (to include): <ul style="list-style-type: none"> <li>• Medical</li> <li>• Firewarning/Firefighting</li> <li>• Escape / Emergency Evacuation</li> </ul>	New Miner will explain and demonstrate knowledge with regard to obtaining medical assistance, fire response, and other emergencies	Discussion and Demonstration	DMM Regulations Co. Procedures and/or Action Plans Fire Extinguisher	Oral Response Demonstration	Competent Person
1 - ✓ hr.	Health & Safety Aspects of Assigned Task(s)	Newly hired experienced miner will be able to explain safe work procedures and H&S hazards of assigned tasks	Lecture Demonstration Practice under close supervision	Mfgr.'s Operating instructions, guides, and handouts State & Fed. Regs. Applicable	Oral Response Observation Demonstration	Competent Person
*30 mins.	Miner's Rights and Responsibilities Authority & Responsibility of Supervisors and Miners Representative	Newly hired experienced miner will be able to explain MSHA's and Miner's responsibilities & roles in mine safety and their rights under Fed. Mine Health & Safety Act	Lecture Discussion	MSHA Miner's Rights Booklet	Oral Response	Competent Person

\* These courses must be completed prior to Newly-Hired Experienced Miner beginning work

▲ Courses must be completed within 60 days of Newly-Hired Experienced Miner beginning work

NOTE: Persons with no previous work experience at a mineral mine in Virginia must be trained & certified as General Mineral Miners prior to beginning work. When a newly-employed experienced miner returns to the same mine following an absence of 12 months or less, the miner will receive training on any changes that occurred during the miner's absence that could adversely affect miner's health and safety. Also, these miners must be provided any annual refresher training topics missed during their absence within 90 days of resuming work.

# DMM/MSHA TRAINING PLAN FOR TRAINING AND RETRAINING OF MINERS

## PROGRAM OF INSTRUCTION: NEWLY HIRED EXPERIENCED MINER

<b>Approx time</b>	<b>SUBJECT</b>	<b>OBJECTIVES</b>	<b>INSTRUCTION METHODS</b>	<b>COURSE MATERIALS</b>	<b>EVALUATION METHODS</b>	<b>INSTRUCTOR</b>
*30 mins.	Rules and procedure for reporting hazards	Newly hired experience miners will explain how to get hazardous situations addressed and what to do if corrective actions are not taken	Lecture Discussion	VA Regulations and Co. Procedures MSHA Guidelines	Oral Response	Competent Person
▲ 30 mins.	Use, Care, and Maintenance of Respirators in use at mine	Newly hired experienced miners will demonstrate appropriate use, care and maintenance of applicable respiratory protective equip.	Lecture Demonstration Discussion	Manufacturer's instruction	Oral Response Demonstration	Competent Person

\* These courses must be completed prior to Newly-Hired Experienced Miner beginning work

▲ Courses must be completed within 60 days of Newly-Hired Experienced Miner beginning work

NOTE: Persons with no previous work experience at a mineral mine in Virginia must be trained & certified as General Mineral Miners prior to beginning work. When a newly-employed experienced miner returns to the same mine following an absence of 12 months or less, the miner will receive training on any changes that occurred during the miner's absence that could adversely affect miner's health and safety. Also, these miners must be provided any annual refresher training topics missed during their absence within 90 days of resuming work.

## DMM/MSHA TRAINING PLAN FOR TRAINING AND RETRAINING OF MINERS

### PROGRAM OF INSTRUCTION: TASK TRAINING (per DMM4 VAC 25-40-100 and MSHA Pt. 46.7)

- These subjects must be covered prior to miner performing new task

Approx time	SUBJECT	OBJECTIVES	INSTRUCTION METHODS	COURSE MATERIALS	EVALUATION METHODS	INSTRUCTOR
■ ½ -1 hr.	Overview of DMM and Co. Safety Regulations applicable to assigned tasks	Employee will be able to identify and explain regulations/rules applicable to assigned tasks	Discussion	DMM Hlth. & Safety Regs. Company Safety Rules Job Procedure Outlines	Oral response	Competent person
■ ½ -1 hr.	Health and Safety Aspects and Safe Work Procedures Specific to Task Assigned	Employee will recognize and be able to explain safety and health considerations and safe procedures related to assigned task	Discussion	Job Procedure Outlines MSDS's where applicable	Oral Response	Competent Person
1 hr. – 5 days	Closely Observed Practice #	Employee will demonstrate ability to perform task safely with discussion/feedback on both operational procedures and health & safety aspects	<b>ON-THE-JOB TRAINING</b> Discussion Observation Practice	Job Procedure Outlines Job Steps Lists Machinery or Equipment Operating Manuals	Observation Oral Response Demonstration	Competent Person

# Close observation means that competent person is in immediate vicinity of the miner (trainee) and is watching their actions to assure that they are performing the task in a safe and healthful manner

# DMM/MSHA TRAINING PLAN FOR TRAINING AND RETRAINING OF MINERS

## PROGRAM OF INSTRUCTION: ANNUAL REFRESHER TRAINING

(Participants to receive 8 hrs training at 12 month intervals)

<b>Approx Time</b>	<b>SUBJECT</b>	<b>OBJECTIVES</b>	<b>INSTRUCTION METHODS</b>	<b>COURSE MATERIALS</b>	<b>EVALUATION METHODS</b>	<b>INSTRUCTOR</b>
15-30 mins.	Changes at the Mine within Past 12 Months Affecting Health and Safety	Participants will be made aware of changes that could impact miner's health and safety	Lecture Discussion Demonstration	Handouts and/or A-V slides	Oral Response	Competent Person
2-3 hrs.	First Aid Review	Participants will perform scene size-up, surveys, and ABC skills relative to First Aid	Lecture Discussion Demonstration	MSHA First Aid Booklet A-V Supplements	Demonstration of proficiency	Competent Person
½-1hr.	Review of Mine Emergency Response Plan (Medical, Fire, Spill, etc.)	Participants will identify correct procedures to follow in event of Emergencies	Discussion Role Play Scenarios	Company Plans Scenario Problems	Oral Response	Competent Person
1½-2 hrs.	Accident Prevention Topics <ul style="list-style-type: none"> <li>• Pre-Operational Checks</li> <li>• Work Place Examinations</li> </ul>	Participants will be provided Accident Prevention information and safety procedures	Lecture Discussion Practical Demonstration	Handout Materials on Subjects Info from 30 CFR /DMM H&S Regs. and Operator's Record Bk.	Oral Response Practical Demonstration	Competent Person
30-45min.	Traffic Patterns and Controls	Participants will review and identify traffic patterns and right-of-way specifics on mine haul roads	Discussion Practical demonstration	Permit Map Handout materials on subject A-V slides	Oral Response	Competent Person
½-1 hr.	Ground Control and Conditions	Participant will review and identify potential Ground Control hazards and control measures	Discussion Visual Demonstrations	MSHA Trng. module DMM Safety Regs. A-V supplements	Oral response	Competent Person

<b>Approx time</b>	<b>SUBJECT</b>	<b>OBJECTIVES</b>	<b>INSTRUCTION METHODS</b>	<b>COURSE MATERIALS</b>	<b>EVALUATION METHODS</b>	<b>INSTRUCTOR</b>
1-2 hrs.	Mobile Equipment and Haulage Safety	Participant will review and identify potential hazards and safety measures on subject	Discussion Visual Demonstrations	Acc. Case Reviews DMM Safety Regs. MSHA training module A-V Supplements	Oral Response Group discussion participation	Competent Person
½ -1 hr.	Safety Issues in Maintenance and Repair Work	Participant will review and recognize safe/unsafe procedures relating to subject	Discussion Visual Demonstrations	Acc. Case Reviews Manufacturers Materials A-V Supplements	Oral Response Group discussion participation	Competent Person
½ -1hr.	Health/Personal Protective Equipment	Participant will review possible health hazards in mineral mining and appropriate PPE	Discussion Visual Demonstration Practical Hands-on methods	MSHA training module DMM Safety Regs A-V Supplements Mine Plans/procedures	Oral Response Demonstrate use of PPE	Competent Person
45mins.- 1 hr. (where applies)	Blasting Safety	Participants will review blasting procedures, safety signals, and precautionary measures	Discussion Visual Demonstration	MSHA training module Mine plans/procedures DMM Safety Regs. A-V Supplements	Oral Response	Competent Person



# DMM/MSHA TRAINING PLAN FOR TRAINING AND RETRAINING OF MINERS

## PROGRAM OF INSTRUCTION: HAZARD AWARENESS TRAINING

Approx time	TRAINING APPLICABLE TO:	OBJECTIVES	INSTRUCTION METHODS	TRAINING MATERIALS	EVALUATION METHODS	INSTRUCTOR
5 mins.- 1 hr.	<p>Persons who will typically require Hazard Awareness Training include construction workers, maintenance or service workers and other independent contractor employees who do not work at the mine for frequent or extended periods. Per MSHA Part 46 requirements, this training is to also be provided to miners / mining crews (such as drillers and blasters) who may move from one mine to another (while remaining employed by the same mining company or independent contractor). Mine (Production) Operators have primary responsibility for insuring that Hazard Awareness Training is provided to employees of independent contractors required to have such training. Production Operators must provide information to each independent contractor who employs persons at the mine on site-specific mine hazards. Independent contractors, in turn, will inform the production operator of any hazards that they may create in the performance of their work activities at the mine. (Excludes mining company employees who regularly work at the mine)</p>	<p>Contract Workers and others coming on mine site will be informed of the specific hazards associated with the areas of the mine to which they are exposed</p>	<p>Inform and Explain specific potential hazards that may be encountered</p>	<p>Handout Materials with Descriptive Narrative, Diagrams, etc. Signs Checklists</p>	<p>Oral Response</p>	<p>Competent person</p>

Site-specific Hazard Training is not required for any person who is accompanied at all times by an experienced miner who is familiar with hazards specific to the mine.





**DMM/MSHA TRAINING PLAN  
FOR  
TRAINING AND RETRAINING OF MINERS**

TASK TRAINING LESSON PLAN

TRUCK OPERATOR

OBJECTIVE: EMPLOYEE WILL DEMONSTRATE SAFE OPERATING PROCEDURES FOR THE ASSIGNED TASK

TRAINING MATERIALS: COPY OF DMV'S COMMERCIAL DRIVER'S MANUAL  
COPY OF DMM HEALTH AND SAFETY REGULATIONS

TRAINING METHODS:

1. REVIEW THE FOLLOWING SECTIONS OF DMV'S COMMERCIAL DRIVER'S MANUAL AND DMM REGULATIONS WITH EMPLOYEE ASSIGNED TASK:

(DMV'S MANUAL)	(DMM HLTH/SAFETY REGS.)
-PERSONAL PROTECTION REGULATIONS	-PROVIDE OVERVIEW OF APPLICABLE
- Ground Control	from Part 2 (General Safety Provisions),
-FIRE PREVENTION AND CONTROL	PART 3 (GROUND CONTROL), PART 4 (FIRE
-MOBILE EQUIPMENT, TRANSPORTATION, AND TRAFFIC SAFETY	PREVENTION AND CONTROL), PART 5 (AIR
PART 6	QUALITY AND PHYSICAL AGENTS),
-ELECTRICAL HAZARDS (EQUIPMENT),	(EXPLOSIVES), PART 9 (MOBILE
-GENERAL SAFETY PRACTICES FOR ALL WORK AREAS AND PART 10 (PERSONAL PROTECTION).	

2. DISCUSS/DEMONSTRATE THE FOLLOWING TRUCK OPERATOR JOB RESPONSIBILITIES AND DUTIES AND THE HAZARDS ASSOCIATED WITH OPERATION:

- A. PERFORMANCE OF WALK-AROUND INSPECTION AND PRE-OPERATIONAL CHECKS
- B. MOUNTING/DISMOUNTING TRUCK
- C. LOCATION AND OPERATION OF GAUGES AND CONTROLS
- D. STARTING PROCEDURES
- E. SAFE OPERATION BASICS
- F. PARKING TRUCK AT END OF SHIFT
- G. PERFORMANCE OF MAINTENANCE AND REPAIRS ON TRUCK
- H. LOADING TRUCKS
- I. TRAVEL TO/FROM STOCKPILE AREAS, OR WASTE DUMP LOCATIONS
- J. DUMPING PROCEDURES

3. THE REMAINDER OF THE TASK TRAINING WILL BE ACCOMPLISHED THROUGH THE EMPLOYEE (TRAINEE) PRACTICING THE OPERATIONAL STEPS WHILE BEING CLOSELY OBSERVED BY A COMPETENT TRUCK OPERATOR EXPERIENCED IN PERFORMING THE TASK. WHEN THE COMPETENT PERSON STATES THAT THE NEWLY-ASSIGNED EMPLOYEE HAS DEMONSTRATED

PROFICIENCY IN PERFORMING THE TASK SAFELY, THE TASK TRAINING PROGRAM WILL BE CONSIDERED COMPLETE.

- a. YOU MUST PROVIDE ANY MINER WHO IS REASSIGNED TO A NEW TASK IN WHICH HE OR SHE HAS NO PREVIOUS WORK EXPERIENCE WITH TRAINING IN THE HEALTH AND SAFETY ASPECTS OF THE TASK TO BE ASSIGNED, INCLUDING THE SAFE WORK PROCEDURES OF SUCH TASK, INFORMATION ABOUT THE PHYSICAL AND HEALTH HAZARDS OF CHEMICALS IN THE MINER'S WORK AREA, THE PROTECTIVE MEASURES A MINER CAN TAKE AGAINST THESE HAZARDS, AND THE CONTENTS OF THE MINE'S HAZCOM PROGRAM. THIS TRAINING MUST BE PROVIDED BEFORE THE MINER PERFORMS THE NEW TASK.
- b. IF A CHANGE OCCURS IN A MINER'S ASSIGNED TASK THAT AFFECTS THE HEALTH AND SAFETY RISKS ENCOUNTERED BY THE MINER, YOU MUST PROVIDE THE MINER WITH TRAINING UNDER PARAGRAPH (A) OF THIS SECTION THAT ADDRESSES THE CHANGE.
- c. YOU ARE NOT REQUIRED TO PROVIDE NEW TASK TRAINING UNDER PARAGRAPHS (A) AND (B) OF THIS SECTION TO MINERS WHO HAVE RECEIVED TRAINING IN A SIMILAR TASK OR WHO HAVE PREVIOUS WORK EXPERIENCE IN THE TASK, AND WHO CAN DEMONSTRATE THE NECESSARY SKILLS TO PERFORM THE TASK IN A SAFE AND HEALTHFUL MANNER. TO DETERMINE WHETHER TASK TRAINING UNDER THIS SECTION IS REQUIRED, YOU MUST OBSERVE THAT THE MINER CAN PERFORM THE TASK IN A SAFE AND HEALTHFUL MANNER.
- d. PRACTICE UNDER THE CLOSE OBSERVATION OF A COMPETENT PERSON MAY BE USED TO FULFILL THE REQUIREMENT FOR TASK TRAINING UNDER THIS SECTION, IF HAZARD RECOGNITION TRAINING SPECIFIC TO THE ASSIGNED TASK IS GIVEN BEFORE THE MINER PERFORMS THE TASK.
- e. TRAINING PROVIDED UNDER THIS SECTION MAY BE CREDITED TOWARD NEW MINER TRAINING, AS APPROPRIATE.

4. COMPLETE RECORD OF TASK TRAINING APPROPRIATELY.

## TASK TRAINING LESSON PLAN

TASK: LOADER OPERATOR

OBJECTIVE: EMPLOYEE WILL DEMONSTRATE SAFE OPERATING PROCEDURES FOR THE ASSIGNED TASK

TRAINING MATERIALS: COPY OF OWNER'S INSTRUCTION MANUAL  
COPY OF DMM HEALTH AND SAFETY REGULATIONS

TRAINING METHODS:

1. REVIEW THE FOLLOWING SECTIONS OF OWNER'S INSTRUCTION MANUAL AND DMM REGULATIONS WITH EMPLOYEE ASSIGNED TASK:

(OWNER'S MANUAL)	(DMM HLTH/SAFETY REGS.)
-PERSONAL PROTECTION REGULATIONS	-PROVIDE OVERVIEW OF APPLICABLE
-GROUND CONTROL PROVISIONS),	FROM PART 2 (GENERAL SAFETY
-FIRE PREVENTION AND CONTROL	PART 3 (GROUND CONTROL), PART 4 (FIRE
-MOBILE EQUIPMENT, TRANSPORTATION, AND TRAFFIC SAFETY	PREVENTION AND CONTROL), PART 5 (AIR
PART 6	QUALITY AND PHYSICAL AGENTS),
-ELECTRICAL HAZARDS EQUIPMENT),	(EXPLOSIVES), PART 9 (MOBILE
-GENERAL SAFETY PRACTICES FOR ALL WORK AREAS AND PART 10 (PERSONAL PROTECTION).	

2. DISCUSS/DEMONSTRATE THE FOLLOWING LOADER OPERATOR JOB RESPONSIBILITIES AND DUTIES AND THE HAZARDS ASSOCIATED WITH OPERATION:

- A. PERFORMANCE OF WALK-AROUND INSPECTION AND PRE-OPERATIONAL CHECKS
- B. MOUNTING/DISMOUNTING LOADER
- C. LOCATION AND OPERATION OF GAUGES AND CONTROLS
- D. STARTING PROCEDURES
- E. SAFE OPERATION BASICS
- F. PARKING LOADER AT END OF SHIFT
- G. PERFORMANCE OF MAINTENANCE AND REPAIRS ON LOADER
- H. LOADING TRUCKS
- I. TRAVEL IN WORK AREA
- J. LOADING/UNLOADING DOZER ON TRAILER AND ATTACHMENT OF STABILIZATION DEVICES

3. THE REMAINDER OF THE TASK TRAINING WILL BE ACCOMPLISHED THROUGH THE EMPLOYEE (TRAINEE) PRACTICING THE OPERATIONAL STEPS WHILE BEING CLOSELY OBSERVED BY A COMPETENT LOADER OPERATOR EXPERIENCED IN PERFORMING THE TASK. WHEN THE COMPETENT PERSON STATES THAT THE NEWLY-ASSIGNED EMPLOYEE HAS DEMONSTRATED

PROFICIENCY IN PERFORMING THE TASK SAFELY, THE TASK TRAINING PROGRAM WILL BE CONSIDERED COMPLETE.

- a. YOU MUST PROVIDE ANY MINER WHO IS REASSIGNED TO A NEW TASK IN WHICH HE OR SHE HAS NO PREVIOUS WORK EXPERIENCE WITH TRAINING IN THE HEALTH AND SAFETY ASPECTS OF THE TASK TO BE ASSIGNED, INCLUDING THE SAFE WORK PROCEDURES OF SUCH TASK, INFORMATION ABOUT THE PHYSICAL AND HEALTH HAZARDS OF CHEMICALS IN THE MINER'S WORK AREA, THE PROTECTIVE MEASURES A MINER CAN TAKE AGAINST THESE HAZARDS, AND THE CONTENTS OF THE MINE'S HAZCOM PROGRAM. THIS TRAINING MUST BE PROVIDED BEFORE THE MINER PERFORMS THE NEW TASK.
- b. IF A CHANGE OCCURS IN A MINER'S ASSIGNED TASK THAT AFFECTS THE HEALTH AND SAFETY RISKS ENCOUNTERED BY THE MINER, YOU MUST PROVIDE THE MINER WITH TRAINING UNDER PARAGRAPH (A) OF THIS SECTION THAT ADDRESSES THE CHANGE.
- c. YOU ARE NOT REQUIRED TO PROVIDE NEW TASK TRAINING UNDER PARAGRAPHS (A) AND (B) OF THIS SECTION TO MINERS WHO HAVE RECEIVED TRAINING IN A SIMILAR TASK OR WHO HAVE PREVIOUS WORK EXPERIENCE IN THE TASK, AND WHO CAN DEMONSTRATE THE NECESSARY SKILLS TO PERFORM THE TASK IN A SAFE AND HEALTHFUL MANNER. TO DETERMINE WHETHER TASK TRAINING UNDER THIS SECTION IS REQUIRED, YOU MUST OBSERVE THAT THE MINER CAN PERFORM THE TASK IN A SAFE AND HEALTHFUL MANNER.
- d. PRACTICE UNDER THE CLOSE OBSERVATION OF A COMPETENT PERSON MAY BE USED TO FULFILL THE REQUIREMENT FOR TASK TRAINING UNDER THIS SECTION, IF HAZARD RECOGNITION TRAINING SPECIFIC TO THE ASSIGNED TASK IS GIVEN BEFORE THE MINER PERFORMS THE TASK.
- e. TRAINING PROVIDED UNDER THIS SECTION MAY BE CREDITED TOWARD NEW MINER TRAINING, AS APPROPRIATE.

4. COMPLETE RECORD OF TASK TRAINING APPROPRIATELY.

## TASK TRAINING LESSON PLAN

### TASK: DOZER OPERATOR

OBJECTIVE: EMPLOYEE WILL DEMONSTRATE SAFE OPERATING PROCEDURES FOR THE ASSIGNED TASK

TRAINING MATERIALS: COPY OF OWNER'S OPERATORS MANUAL  
COPY OF DMM HEALTH AND SAFETY REGULATIONS

#### TRAINING METHODS:

1. REVIEW THE FOLLOWING SECTIONS OF OWNER'S OPERATORS MANUAL AND DMM REGULATIONS WITH EMPLOYEE ASSIGNED TASK:

(OWNER'S MANUAL)	(DMM HLTH/SAFETY REGS.)
-PERSONAL PROTECTION REGULATIONS	-PROVIDE OVERVIEW OF APPLICABLE
-GROUND CONTROL PROVISIONS),	FROM PART 2 (GENERAL SAFETY
-FIRE PREVENTION AND CONTROL	PART 3 (GROUND CONTROL), PART 4 (FIRE
-MOBILE EQUIPMENT, TRANSPORTATION, AND TRAFFIC SAFETY	PREVENTION AND CONTROL), PART 5 (AIR
PART 6	QUALITY AND PHYSICAL AGENTS),
-ELECTRICAL HAZARDS (EXPLOSIVES),	PART 9 (MOBILE
EQUIPMENT),	EQUIPMENT),
-GENERAL SAFETY PRACTICES FOR ALL WORK AREAS	AND PART 10 (PERSONAL
PROTECTION).	PROTECTION).

2. DISCUSS/DEMONSTRATE THE FOLLOWING DOZER OPERATOR JOB RESPONSIBILITIES AND DUTIES AND THE HAZARDS ASSOCIATED WITH OPERATION:

- A. PERFORMANCE OF WALK-AROUND INSPECTION AND PRE-OPERATIONAL CHECKS
- B. MOUNTING/DISMOUNTING DOZER
- C. LOCATION AND OPERATION OF GAUGES AND CONTROLS
- D. STARTING PROCEDURES
- E. SAFE OPERATION BASICS
- F. PARKING DOZER AT END OF SHIFT
- G. PERFORMANCE OF MAINTENANCE AND REPAIRS ON DOZER
- H. TRAVEL IN WORK AREA
- I. LOADING/UNLOADING DOZER ON TRAILER AND ATTACHMENT OF STABILIZATION DEVICES

3. THE REMAINDER OF THE TASK TRAINING WILL BE ACCOMPLISHED THROUGH THE EMPLOYEE (TRAINEE) PRACTICING THE OPERATIONAL STEPS WHILE BEING CLOSELY OBSERVED BY A COMPETENT DOZER OPERATOR EXPERIENCED IN PERFORMING THE TASK. WHEN THE COMPETENT PERSON STATES THAT THE NEWLY-ASSIGNED EMPLOYEE HAS DEMONSTRATED



PROFICIENCY IN PERFORMING THE TASK SAFELY, THE TASK TRAINING PROGRAM WILL BE CONSIDERED COMPLETE.

- a. YOU MUST PROVIDE ANY MINER WHO IS REASSIGNED TO A NEW TASK IN WHICH HE OR SHE HAS NO PREVIOUS WORK EXPERIENCE WITH TRAINING IN THE HEALTH AND SAFETY ASPECTS OF THE TASK TO BE ASSIGNED, INCLUDING THE SAFE WORK PROCEDURES OF SUCH TASK, INFORMATION ABOUT THE PHYSICAL AND HEALTH HAZARDS OF CHEMICALS IN THE MINER'S WORK AREA, THE PROTECTIVE MEASURES A MINER CAN TAKE AGAINST THESE HAZARDS, AND THE CONTENTS OF THE MINE'S HAZCOM PROGRAM. THIS TRAINING MUST BE PROVIDED BEFORE THE MINER PERFORMS THE NEW TASK.
  - b. IF A CHANGE OCCURS IN A MINER'S ASSIGNED TASK THAT AFFECTS THE HEALTH AND SAFETY RISKS ENCOUNTERED BY THE MINER, YOU MUST PROVIDE THE MINER WITH TRAINING UNDER PARAGRAPH (A) OF THIS SECTION THAT ADDRESSES THE CHANGE.
  - c. YOU ARE NOT REQUIRED TO PROVIDE NEW TASK TRAINING UNDER PARAGRAPHS (A) AND (B) OF THIS SECTION TO MINERS WHO HAVE RECEIVED TRAINING IN A SIMILAR TASK OR WHO HAVE PREVIOUS WORK EXPERIENCE IN THE TASK, AND WHO CAN DEMONSTRATE THE NECESSARY SKILLS TO PERFORM THE TASK IN A SAFE AND HEALTHFUL MANNER. TO DETERMINE WHETHER TASK TRAINING UNDER THIS SECTION IS REQUIRED, YOU MUST OBSERVE THAT THE MINER CAN PERFORM THE TASK IN A SAFE AND HEALTHFUL MANNER.
  - d. PRACTICE UNDER THE CLOSE OBSERVATION OF A COMPETENT PERSON MAY BE USED TO FULFILL THE REQUIREMENT FOR TASK TRAINING UNDER THIS SECTION, IF HAZARD RECOGNITION TRAINING SPECIFIC TO THE ASSIGNED TASK IS GIVEN BEFORE THE MINER PERFORMS THE TASK.
  - e. TRAINING PROVIDED UNDER THIS SECTION MAY BE CREDITED TOWARD NEW MINER TRAINING, AS APPROPRIATE.
4. COMPLETE RECORD OF TASK TRAINING APPROPRIATELY.

## TASK TRAINING LESSON PLAN

### TASK: STIHL CHAINSAW OPERATOR

OBJECTIVE: EMPLOYEE WILL DEMONSTRATE SAFE OPERATING PROCEDURES FOR THE ASSIGNED TASK

TRAINING MATERIALS: COPY OF OWNER'S OPERATORS MANUAL  
COPY OF DMM HEALTH AND SAFETY REGULATIONS

#### TRAINING METHODS:

1. REVIEW THE FOLLOWING SECTIONS OF OWNER'S OPERATORS MANUAL AND DMM REGULATIONS WITH EMPLOYEE ASSIGNED TASK:

(OWNER'S MANUAL)	(DMM HLTH/SAFETY REGS.)
-PERSONAL PROTECTION REGULATIONS	-PROVIDE OVERVIEW OF APPLICABLE
-GROUND CONTROL PROVISIONS),	FROM PART 2 (GENERAL SAFETY
-FIRE PREVENTION AND CONTROL	PART 3 (GROUND CONTROL), PART 4 (FIRE
-MOBILE EQUIPMENT, TRANSPORTATION, AND TRAFFIC SAFETY	PREVENTION AND CONTROL), PART 5 (AIR
PART 6	QUALITY AND PHYSICAL AGENTS),
-ELECTRICAL HAZARDS EQUIPMENT),	(EXPLOSIVES), PART 9 (MOBILE
-GENERAL SAFETY PRACTICES FOR ALL WORK AREAS	AND PART 10 (PERSONAL
PROTECTION).	

2. DISCUSS/DEMONSTRATE THE FOLLOWING CHAINSAW OPERATOR JOB RESPONSIBILITIES AND DUTIES AND THE HAZARDS ASSOCIATED WITH OPERATION:

- A. PERFORMANCE OF PRE-OPERATIONAL CHECKS
- B. STARTING PROCEDURES
- C. SAFE OPERATION BASICS
- D. STORING CHAINSAW AT END OF SHIFT
- E. PERFORMANCE OF MAINTENANCE AND REPAIRS ON CHAINSAW
- F. TRAVEL IN WORK AREA WITH CHAINSAW

3. THE REMAINDER OF THE TASK TRAINING WILL BE ACCOMPLISHED THROUGH THE EMPLOYEE (TRAINEE) PRACTICING THE OPERATIONAL STEPS WHILE BEING CLOSELY OBSERVED BY A COMPETENT CHAINSAW OPERATOR EXPERIENCED IN PERFORMING THE TASK. WHEN THE COMPETENT PERSON STATES THAT THE NEWLY-ASSIGNED EMPLOYEE HAS DEMONSTRATED PROFICIENCY IN PERFORMING THE TASK SAFELY, THE TASK TRAINING PROGRAM WILL BE CONSIDERED COMPLETE.

- a. YOU MUST PROVIDE ANY MINER WHO IS REASSIGNED TO A NEW TASK IN WHICH HE OR SHE HAS NO PREVIOUS WORK EXPERIENCE WITH TRAINING IN THE HEALTH AND SAFETY ASPECTS OF THE TASK TO BE ASSIGNED, INCLUDING THE SAFE WORK PROCEDURES OF SUCH TASK, INFORMATION ABOUT THE PHYSICAL AND HEALTH HAZARDS OF CHEMICALS IN THE MINER'S WORK AREA, THE PROTECTIVE MEASURES A MINER CAN TAKE AGAINST THESE HAZARDS, AND THE CONTENTS OF THE MINE'S HAZCOM PROGRAM. THIS TRAINING MUST BE PROVIDED BEFORE THE MINER PERFORMS THE NEW TASK.
  - b. IF A CHANGE OCCURS IN A MINER'S ASSIGNED TASK THAT AFFECTS THE HEALTH AND SAFETY RISKS ENCOUNTERED BY THE MINER, YOU MUST PROVIDE THE MINER WITH TRAINING UNDER PARAGRAPH (A) OF THIS SECTION THAT ADDRESSES THE CHANGE.
  - c. YOU ARE NOT REQUIRED TO PROVIDE NEW TASK TRAINING UNDER PARAGRAPHS (A) AND (B) OF THIS SECTION TO MINERS WHO HAVE RECEIVED TRAINING IN A SIMILAR TASK OR WHO HAVE PREVIOUS WORK EXPERIENCE IN THE TASK, AND WHO CAN DEMONSTRATE THE NECESSARY SKILLS TO PERFORM THE TASK IN A SAFE AND HEALTHFUL MANNER. TO DETERMINE WHETHER TASK TRAINING UNDER THIS SECTION IS REQUIRED, YOU MUST OBSERVE THAT THE MINER CAN PERFORM THE TASK IN A SAFE AND HEALTHFUL MANNER.
  - d. PRACTICE UNDER THE CLOSE OBSERVATION OF A COMPETENT PERSON MAY BE USED TO FULFILL THE REQUIREMENT FOR TASK TRAINING UNDER THIS SECTION, IF HAZARD RECOGNITION TRAINING SPECIFIC TO THE ASSIGNED TASK IS GIVEN BEFORE THE MINER PERFORMS THE TASK.
  - e. TRAINING PROVIDED UNDER THIS SECTION MAY BE CREDITED TOWARD NEW MINER TRAINING, AS APPROPRIATE.
4. COMPLETE RECORD OF TASK TRAINING APPROPRIATELY.

**DMM/MSHA TRAINING PLAN  
FOR  
TRAINING AND RETRAINING OF MINERS  
NEW MINER TRAINING RECORD/CERTIFICATE**

Miner's Full Name (Print) \_\_\_\_\_

Mine or Contractor Name			ID#		
Subject 30 CFR Part 46.5	Course Length	Date	Competent Person	Location (Name & Address if Institution)	Miner's Initials
<i>The miner received no less than 4 hours training in the following, before beginning work:</i>					
(b)(1) Introduction to work environment, mine tour, mining method/operation					
(b)(2) Instruction on recognition and avoidance of electrical and other hazards					
(b)(3) Emergency procedures, escape, and firefighting					
(b)(4) Health and safety aspects of tasks assigned					
(b)(5) Instruction on statutory rights of miners and their representatives					
(b)(6) Authority & responsibility of supervisors and miners representatives					
(b)(7) Introduction to your rules and procedures for reporting hazards					
<i>No later than 60 days:</i>					
(e)(1) Self-rescue, respiratory devices, if used					
(e)(2) First aid					
<i>No later than 90 days (balance of 24 hours including the following subjects):</i>					

**False certification is punishable under section 110 (a) and (f) of the Federal Mine Safety and Health Act**  
I certify that the above training has been completed

\_\_\_\_\_  
(Signature of person responsible for health and safety training)

\_\_\_\_\_  
(Date)

## NEWLY-HIRED EXPERIENCED MINER TRAINING RECORD/CERTIFICATE

Miner's Full Name (Print) \_\_\_\_\_

Mine or Contractor Name \_\_\_\_\_ ID# \_\_\_\_\_

Subject 30 CFR Part 46.6	Course Length	Date	Competent Person	Location (Name & Address if Institution)	Miner's Initials
<i>The miner has received the following training before beginning work:</i>					
(b)(1) Introduction to work environment, mine tour, mining method/operation					
(b)(2) Instruction on recognition and avoidance of electrical and other hazards					
(b)(3) Emergency procedures, escape, and firefighting					
(b)(4) Health and safety aspects of tasks assigned					
(b)(5) Instruction on statutory rights of miners and their representatives					
(b)(6) Authority & responsibility of supervisors and miners representatives					
(b)(7) Introduction to your rules and procedures for reporting hazards					
<i>No later than 60 days:</i>					
(c) Self-rescue, respiratory devices, if used					

**False certification is punishable under section 110 (a) and (f) of the Federal Mine Safety and Health Act**

I certify that the above training has been completed

\_\_\_\_\_  
(Signature of person responsible for health and safety training)

\_\_\_\_\_  
(Date)

# NEW TASK TRAINING RECORD/CERTIFICATE

Miner’s Full Name (Print) \_\_\_\_\_

Mine or Contractor Name \_\_\_\_\_ ID# \_\_\_\_\_

New Task 30 CFR Part 46.7	Competent Person	Date	Location (Name & Address if Institution)	Miner’s Initials
<i>The miner received the following training before performing a new task, or a change occurred in an assigned task that affects health and safety risk:</i>				

**False certification is punishable under section 110 (a) and (f) of the Federal Mine Safety and Health Act**  
 I certify that the above training has been completed

\_\_\_\_\_  
 (Signature of person responsible for health and safety training)

\_\_\_\_\_  
 (Date)

## ANNUAL REFRESHER TRAINING RECORD/CERTIFICATE

Miner's Full Name (Print) \_\_\_\_\_

Mine or Contractor Name \_\_\_\_\_ ID# \_\_\_\_\_

Subject <b>30 CFR Part 46.8</b>	Subject Length	Date	Competent Person	Location (Name & Address if Institution)	Miner's Initials
<i>The miner received no less than 8 hours of annual refresher training in the following:</i>					
Instruction on changes at the mine that could adversely affect the miners health or safety					
Health and safety subjects relevant to mining operations at the mine					
<i>(For recommended subjects see 46.8 (c))</i>					

**False certification is punishable under section 110 (a) and (f) of the Federal Mine Safety and Health Act**  
 I certify that the above training has been completed

\_\_\_\_\_  
 (Signature of person responsible for health and safety training) \_\_\_\_\_  
(Date)

### SITE-SPECIFIC HAZARD AWARENESS TRAINING RECORD/CERTIFICATE

**Miner's Full Name: (Print)** \_\_\_\_\_

**Mine or Contractor Name:** \_\_\_\_\_ **ID#** \_\_\_\_\_

Mine Site Location: \_\_\_\_\_

Length of Training: \_\_\_\_\_

Date Training Provided: \_\_\_\_\_

Competent Person Providing  
Training: \_\_\_\_\_

Miner's Initials: \_\_\_\_\_

**False certification is punishable under section 110 (a) and (f) of the Federal Mine Safety and Health Act**  
I certify that the above training has been completed

\_\_\_\_\_  
(Signature of person responsible for health and safety training)

\_\_\_\_\_  
(Date)



**DMM/MSHA TRAINING PLAN  
FOR  
TRAINING AND RETRAINING OF MINERS  
CERTIFIED MINE FOREMAN'S PRE-SHIFT EXAMINATION RECORD**

This record is required by DMM safety regulation 4VAC25-40-130, and must be kept for at least one year. The pre-shift examination must be performed at the beginning of each shift prior to miners starting work.

Name of Company: \_\_\_\_\_ DMM Permit # \_\_\_\_\_

Date of examination: \_\_\_\_\_ Shift: \_\_\_\_ Shift start/end time: \_\_\_\_\_

Work Areas Examined and Conditions Found:

**Quarry Pit:**

roads & safety berms \_\_\_\_\_ drillers work area \_\_\_\_\_ miners work area \_\_\_\_\_  
walls & benches \_\_\_\_\_ blasters work area \_\_\_\_\_ post-blast exam \_\_\_\_\_  
miners pre-operational inspection of assigned equipment \_\_\_\_\_ contractors \_\_\_\_\_  
other areas (specify) \_\_\_\_\_

Hazards found or reported & disposition:

\_\_\_\_\_  
\_\_\_\_\_

Foreman signature: \_\_\_\_\_ SF# \_\_\_\_\_ Time: \_\_\_\_\_

**Crushing Plant/ Stockpiles/ Shop/ Other Areas:**

roads, signs & safety berms \_\_\_\_\_ stockpiles & overhead power lines \_\_\_\_\_  
primary crusher \_\_\_\_\_ secondary/tertiary crushing equipment \_\_\_\_\_  
electrical equipment \_\_\_\_\_ other processing/load-out equipment \_\_\_\_\_  
miners pre-operational inspection of assigned equipment \_\_\_\_\_  
contractor personnel & work areas \_\_\_\_\_  
other areas (specify) \_\_\_\_\_

Hazards found or reported & disposition:

\_\_\_\_\_  
\_\_\_\_\_

Foreman signature: \_\_\_\_\_ SF# \_\_\_\_\_ Time: \_\_\_\_\_

**Mobile Equipment Pre-Operation Inspection**

Equipment \_\_\_\_\_ Date \_\_\_\_\_

Tires, linkage, u-joints • worn, cracked, bent, cut \_\_\_\_\_

Handholds, ladder, steps - clean, bent, broken \_\_\_\_\_

Door - latches properly \_\_\_\_\_

ROPS - labeled, defective \_\_\_\_\_

Mirrors - broken, dirty \_\_\_\_\_

Seat belt - clean, latches properly \_\_\_\_\_  
Lights, wipers, gauges –operational \_\_\_\_\_  
Windshield, cab glass - good visibility, cracked \_\_\_\_\_  
Reverse alarm, horn • operational \_\_\_\_\_  
Service/foot brake - stop loaded on maximum grade \_\_\_\_\_  
Parking brake - hold stopped vehicle \_\_\_\_\_  
Steering - excessive play \_\_\_\_\_  
Comments \_\_\_\_\_

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