# 2022 MSHA Annual Refresher Training Plan

**Date:**
**Time:**
**Location:**

**Competent Person:** Customized Workforce Education

**Responsible Person:**
**Phone:**

## MINER RIGHTS
1. The Statutory Rights of Miners and Lines of Authority **15 - 30 Minutes**

## MSHA REGULATIONS – Update and Overview
2. Training, Safety and Health Regulations Relevant to Mining Operations **15 - 60 Minutes**

## CHANGES AT THE MINE SITE
3. Changes That Could Adversely Affect Workers Health and Safety **15 - 30 Minutes**

## SAFETY
4. Accident Prevention – Hazard Awareness **30 - 120 Minutes**
   - Risks
   - Awareness
   - Prevention
   - Hazards

5. Machinery and Equipment Service - Repair - Maintenance **15 - 60 Minutes**
   - Recognition and Avoidance of Electrical Hazards
   - Other Forms of Hazardous Energy
   - Lockout / Tagout
   - Alternative Safety Procedures

   - Company policy
   - SDS
   - Labels

7. Machinery Guarding **15 - 60 Minutes**
   - Construction of Guards
   - Types of Guards
   - Working Around Moving Objects

8. Fall Protection **15 - 30 Minutes**
   - Types
   - Limitations
   - Requirements

9. Ground Control **15 - 60 Minutes**
   - Recognition and Avoidance of Unsafe Conditions
     - Illumination
     - Highwalls
     - Water Hazards
     - Surge pile
     - Stockpile
     - Berms

10. Transportation Controls and Communication System **30 - 90 Minutes**
    Transportation of Miners and materials, 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
    - Operation of Earth-Moving Equipment

11. Explosives **15 - 30 Minutes**
    - Review and instruction on hazards related to explosives as applicable

12. Escape and Emergency Evacuation Plans - **15 - 30 Minutes**
    - Severe Weather Reporting
    - Emergency Evacuation Plans
    - Reporting Accidents
    - Firefighting Equipment and Procedures
HEALTH – Mandatory Health and Safety Standards

13. Respiratory Hazards 15 - 60 Minutes
• Respirator Types
• Maintenance and Testing
• Dust Disease of the Lungs
• Controls

• Noise Monitoring
• Controls
• Hearing Protection
• TWA’s
• Audiometric Testing
• PEL’s

15. Review of First Aid Methods Acceptable to MSHA 30 - 60 Minutes
• Scene Safety, Patient Assessment and CPR review
  ▪ Control Bleeding
  ▪ Care of Wounds/Burns
  ▪ Artificial Respiration
  ▪ Shock Management
  ▪ Musculoskeletal Injuries
  ▪ Heat Related Illness

Summary and Evaluation
• 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 all applicable training requirements, per 30 CFR parts 46,48 are completed prior to the commencement of mining activities.

Please note: MSHA Annual Refresher training is required every year.

Annual Refresher documents must be kept on file for at least 2 years.

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