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SAFETY SERIES No. 15

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THE JOSEPH A. HOLMES SAFETY ASSOCIATION

The great service of the late Dr. Joseph A. Holmes to humanity is universally recognized. His death on July 13, 1915, left his life work well begun, but only begun. Appreciating the great importance of his work for better mining conditions and more friendly and co-operative relations between operator and miner and in order to keep up this good work and perpetuate his efforts and memory, the American Institute of Mining Engineers and the American Mining Congress immediately after his death appointed committees to give proper consideration to the subject.

This movement resulted in an invitation to all national organizations associated with mining and metallurgy, as well as certain other national organizations in the aims of which Dr. Holmes was intensely interested, to appoint similar committees, with the result that representatives of twenty-two national societies, named on the list attached hereto, acting together, have formed the Joseph A. Holmes Safety Association.

This organization was effected at meetings held in the city of Washington, January 15, 1916, and March 4, 1916, at the latter of which the following officials were elected:

President—Van H. Manning, Director, Bureau of Mines;

Vice-President—Charles D. Walcott, Secretary, Smithsonian Institution;

Second Vice-President—Samuel Gompers, President, American Federation of Labor,

who, together with Hennen Jennings, American Institute of Mining Engineers, and Dr. John A. Brashear, President, American Society of Mechanical Engineers, forms the Executive Committee of the organization.

Very thorough consideration and discussion of the work of the association was given at these meetings.

OBJECTS OF THE ASSOCIATION

The singleness of purpose and nobleness of character of Dr. Holmes were well stated by the President of the United States when he said:

"In the death of Dr. Joseph A. Holmes the country has lost a public servant of unusual character and of singular devotion to duty. We are often called upon to note the career of some public benefactor, but we do not often enough note the services of the devoted men who, with little compensation and little public fame, seek to advance the interest of their fellow-countrymen through services of the departments of the Federal Government at Washington. Dr. Holmes was one of the most distinguished and most serviceable of these. He devoted his whole time and thought to turning science to human and generous use."

It should be remembered that the life aim of Dr. Holmes was to increase the safety and welfare of mining men. This motive was the inspiration for his development of the Mining Department at the World's Fair at St. Louis, of the Technologic Branch of the Geological Survey of the National Bureau of Mines.

The saddest and greatest feature of his loss was that the magnitude of his plans for benefiting mining carried him beyond the limits of physical endurance. He gave his life in personally carrying out work that should have been divided among many.

At the meeting on March 4, after careful consideration of various forms of memorials, the views expressed at the previous meeting were confirmed and it was decided that, as increased safety in mining had been the great aim in the latter days of Dr. Holmes' busy life of public service, the greatest and best memorial to him would be the living one which would aid in attaining this great end. Accordingly, the following was adopted as representing the purposes of the Joseph A. Holmes Safety Association:

1. That annually there be awarded one or more medals, with honorariums, to be known as the Holmes Award for the encouragement of those originating, developing and installing the most efficient safety-first devices, appliances or methods in the mineral industry during the previous year. These awards to be the result of reports and investigations by the secretary and the representatives of the association.

2. That once a year a meeting will be held in the City of Washington at which these awards will be made and to which the recipients will be invited, the awards being announced publicly at a dinner or meeting which may be held at the time of the annual meeting of the representatives of the societies making up this association.

3. That the executive committee, at its discretion, may make awards of suitable medals for personal heroism or distinguished service or the saving of life in any branch of the mineral industry, such

medals being of small intrinsic value, but suitably inscribed with the name of the recipient and the nature of his service. These medals to be presented publicly, with appropriate ceremonies, through the medium of the field representatives of the Bureau of Mines or other suitable agency at the mining camp, town, village or city nearest the mine, smelter or other establishment in which the act of heroism or service was performed.

It is believed that the objects appeal not only to the large operator and capitalist, but also to every miner and worker in the mineral industry, which is one of the great basic industries of the country.

It is hoped that the contributions which are now being asked will be as widespread as the industry.

To this end you are asked to contribute such sum of money as you may wish to give towards this laudable purpose and such advice and help as you may be inclined to give.

It is expected that annually there will be published a report concerning contributions and giving a list of the individual contributors (unless they desire that their names be not given) and the sums, together with a report of the awards and the work conducted under the auspices of the association.

Very respectfully yours,

DAVID T. DAY,
Secretary,

THE JOSEPH A. HOLMES SAFETY ASSOCIATION.

There is nothing costs so little and goes so far as courtesy.

PNEUMONIA

February is one of the worst months for this dread disease which kills so many people every year. To avoid it—

1. Do not drink alcoholic liquors.
2. Dress warmly, but not too thickly.
3. Do not needlessly expose yourself.
4. Have abundant fresh air in your living and sleeping rooms.
5. Do not have rooms too hot and then go into the open air unprotected by wraps.
6. Avoid over-eating and keep your bowels open.
7. Keep your feet warm and your head cool.

—KANSAS HEALTH BULLETIN.

Wise men change their minds, but fools never.

THE DRINKS THAT JACK TOOK

These are the drinks that Jack took.

This is the kick that lurked in the drinks that Jack took.

This is the haze that followed the kick that lurked in the drinks that Jack took.

This is the jag that emerged from the haze that followed the kick that lurked in the drinks that Jack took.

This is the fight that came from the jag that emerged from the haze that followed the kick that lurked in the drinks that Jack took.

This is the club in the hectic fray that stopped the fight that came from the jag that emerged from the haze that followed the kick that lurked in the drinks that Jack took.

This is the cop with the crude, harsh way that swung the club in the hectic fray that stopped the fight that came from the jag that emerged from the haze that followed the kick that lurked in the drinks that Jack took.

This is the cell in which Jack lay that was locked by the cop with the crude, harsh way that swung the club in the hectic fray that stopped the fight that came from the jag that emerged from the haze that followed the kick that lurked in the drinks that Jack took.

This is the morning so cold and gray that dawned in the cell in which Jack lay that was locked by the cop with the crude, harsh way that swung the club in the hectic fray that stopped the fight that came from the jag that emerged from the haze that followed the kick that lurked in the drinks that Jack took.

This is the job that he lost next day that followed the morning so cold and gray that dawned in the cell in which Jack lay that was locked by the cop with the crude, harsh way that swung the club in the hectic fray that stopped the fight that came from the jag that emerged from the haze that followed the kick that lurked in the drinks that Jack took.

And thus was started the slow decay that began with the end of the job next day that followed the morning so cold and gray that dawned in the cell in which Jack lay that was locked by the cop with the crude, harsh way that swung the club in the hectic fray that stopped the fight that came from the jag that emerged from the haze that followed the kick that lurked in the drinks that Jack took.

The most useless and in the long run the most unhealthy individual is the man with nothing to do.

LOSING A GROUCH

Perhaps you overslept a few moments this morning; perhaps you were out late last night; perhaps you lost your temper yesterday and the toxic poison then generated spoiled your night's rest; anyway, you started the day with a full-sized grouch.

You did not have time to shave and take your limbering-up exercise, so you cut out your morning breathing stunts. Your breakfast did you little good and you left the house feeling very dissatisfied with the good old world.

It is two blocks to the street car line and when you reached the corner the car was half a block away. You are pursued by fate, but—

Did you ever try this: Walk to the next corner and take the car there; or, better, walk two blocks. This, together with the distance to the car line will give you a chance to get the grouch-poison out of your system before you reach the office.

The office boy can tell you the athletic record for 100 yards—about a city block—can you approximate your time for the same distance? You are too dignified to run, even if your lung power is sufficient for the distance, so you walk. How do you walk? Erect, shoulders back, taking up the jar by using the muscles of the legs as springs? Or do you just walk?

You should be able to cover the block in 60 seconds. If you pay attention to your breathing you can cover the distance in twelve breaths; after a little practice, in six. That is, inhale for five or six steps and then exhale for the same distance. Soon you will be able to count ten steps for the intake and ten steps for the exhaust. This makes a game of walking. Try it. Your work will be a game all morning, and, better still, you will smile while you are hitting the hard spots.

Do this and the morning flirtation with My Lady Nicotine will be postponed till the luncheon hour. Not much use advocating exercise during the noon hour, although a walk around the block is a valuable addition to your preparedness program.

In the evening you should walk a mile before supper. If you live too far away to walk the entire distance from the office to your home, you can, at least, walk part way. Walk rapidly, but do not strain the body or the lungs—work up to it gradually. If you are really tired when you reach home, rest a few moments before starting your supper. Don't hurry over this meal. Afterward, rest for a time before you take further exercise, either doing chores about the house or in the open air.

Rest again for a little while before retiring. Be careful not to lose your temper—this generates a poison which adversely affects your body.

Keep your temper; exercise enough to protect your health (10 minutes a day will do); keep the body clean inside and out, and live the Biblical span.

Safety requires watchfulness.

WATCH YOUR TEETH

Your stomach has no teeth. If you don't chew your food before you swallow it you make your stomach do work that it isn't made for. It may do it for a time, but sooner or later it will go on a strike. Then you will have stomach trouble. You can't chew your food unless you have good teeth. Take a look at your teeth. How many need repairs? Go to a man who repairs them. A little attention now may save a tooth that otherwise will be lost in a month or two. Keep your teeth in good condition. Do you know what makes teeth decay? Much decay is caused by allowing small pieces of food to stick in and around the teeth and by allowing germs to stay there by not cleaning the teeth well. Get a toothbrush and clean your teeth well every day.

Give your stomach a chance.

Before you eat wash your hands and face. Don't eat dirt. Sit down, make yourself comfortable, take your time, and chew your food well. Eat slowly; your stomach will do better work if it is not speeded up. Don't drink too much water when you are eating. Don't drink a lot of cold water at once; it chills the stomach and may cause cramps. Drink a little water at a time and drink many times. Don't drink water that is too cold.

Do not use tools with mushroomed heads.

SAFETY OF A MINER'S PLACE OF WORK

The legal principle that an employer is bound to use a reasonable degree of care to see that the places where his employees are required to work are kept reasonably safe does not apply to case where the employees are engaged in making the place of work, as where miners and trammers are engaged in taking ore from a stope; and hence, in such a case, the mining company is not liable for injury to a miner on the theory of failure to provide a safe place of work. (Michigan Supreme Court, Kochin vs. Superior Copper Co., 148 Northwestern Reporter 252.)

ARE CHANGE HOUSES POPULAR?

It has been stated that the miners would not and do not take advantage of wash and change houses after they have been erected. Companies holding back because of this belief can have reasonable assurance that a modern wash and change house will be used by a large percentage of the men. Information that has been obtained concerning several thousand miners who were provided with wash and change house facilities shows that an average of about 85 per cent of the total number on pay roll used the wash and change houses daily. In a large number of the cases reported there was a fee, varying from 50 cents to \$1 per month for the use of the wash and change house. One company making a charge of 50 cents a month for the use of lockers and the bath privileges claims that the charge causes the men to make better use of the facilities provided. At the outset there will be some who will not use it, as miners, particularly the older ones, take slowly to innovations. The users steadily increase.

Some of the earlier wash and change houses were not kept clean or properly maintained, and so fell into disfavor. Their equipment was such as to breed and spread vermin. Warm water was not always available, and fixtures were often out of repair or so inadequate that much time would be wasted in taking a bath.

Facilities at the wash and change house should be such as to cause the miner no more delay than is necessary. There is necessarily going to be some additional time used.

Charges have also been made that the wash and change houses have been abused and subjected to all kinds of vandalism by the users. Such reports are said to have discouraged some companies who have introduced the houses from extending them to their other operations. This condition is unfortunate, and, as with many other privileges, the misdeeds of a few cause numerous innocent ones to suffer. An attendant should always be in charge of a wash and change house, so that the acts of vandalism of a few—perhaps four or five out of a hundred—can not discredit the large number that appreciate and are benefited by this worthy improvement.

There is no success without loyalty. The man who is disloyal to his work, to his employer, or to his fellow-man, is disloyal to himself and to all that is good in him—and therefore cannot succeed.

CARE OF THE FEET.

BY ROBERT ANSLEY, M. D.

Few people seem to understand the great importance of proper care of the feet. Often severe pains in the limbs, fatigue and nervousness are due to diseased, deformed or neglected feet. It is essential that feet be bathed frequently and it is very beneficial to bathe them daily.

Shoes should fit well, being neither tight, loose nor short. They should be kept in good repair and have heavy soles to provide protection from the weather and prevent injury to the feet due to nails running into them, etc. High shoes support the ankles and are preferable to low shoes. The alternate wearing of two pairs of shoes and frequent changing of stockings is highly desirable. Men working with molten metal or other hot materials should wear Safety Congress shoes which can be easily removed—Sheet Mill men should wear guards on their shoes to prevent sheets cutting their feet.

Flat foot, causing pains similar to rheumatism, is due to a breaking down of the arch of the foot. It is caused by ill-fitting shoes, lifting heavy weights, standing a long time in the same position, etc. Persons having flat foot and those whose work might cause same, or men whose shoes absorb a great deal of grease and thus furnish no support to the arch, should wear arch supporters.

Corns and callouses are caused by friction and pressure and will disappear when the cause is removed. Razors used to pare corns should be sterilized and care should be taken to avoid infections.

Ingrowing toe nails are caused by cutting away the side of the nails. When cutting nails avoid cutting sides of nails. The only way ingrown nails can be cured is by a slight surgical operation.

The best treatment for sweaty and ill smelling feet and also to relieve tired aching feet is to bathe them daily in a weak solution of alcohol.

Small neglects are apt to cause serious accidents.

DUTY OF EMPLOYEE.

The wisdom of guarding and protecting dangerous features in the industrial plants is very apparent from the viewpoint of the employer and should also be endorsed and assisted in by the employee. For while pecuniary compensation relieves the injured workmen and his dependents from actual want, and prevents them from becoming a

burden on society, it does not restore a life or rebuild a broken frame. Prevention of the accident is far better than any possible assistance after the accident has occurred. Precaution is less burdensome than regret. There is beyond the question of "Safety Provisions" a pronounced obligation on the part of the employee to reduce or eliminate the possibility of preventable accidents. To the workman the preservation of life and limb should be an ever present influence to stimulate caution. This should be a personal matter with thoughtful men in every kind of employment. Familiarity with danger too often results in the relaxation of caution, with the result that accidents happen that could easily have been avoided. The employee should at all times be cautious, with mind and thought constantly alert to prevent the accidents which so often occur from thoughtlessness and carelessness.—(REPT. MONT. IND. ACCIDENT BOARD.)

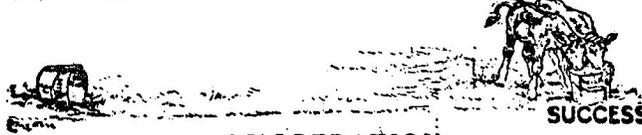
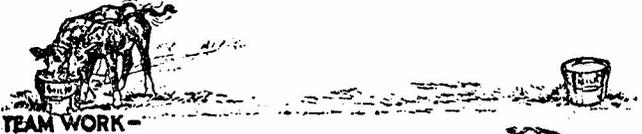
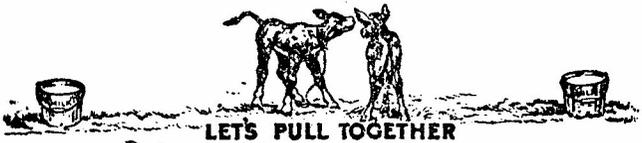
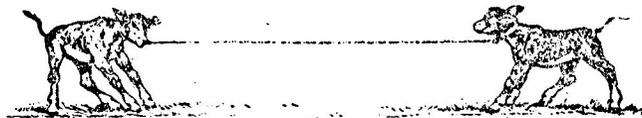
You have no right to take a chance. The other fellow may have to take the consequences.

ACCIDENT PREVENTION SCORE BOARD

An interesting and novel plan for stimulating interest in the safety first movement is used at the plant of the Dodge Mfg. Co., Mishawaka, Ind. It consists primarily of a contest between foremen as to which shall make the best monthly and annual showing from a safety viewpoint, and its outstanding feature is a score board 24 feet long, standing just inside the main gate of the factory, on which are shown the departments, foremen, percentages for month and year, and rank of the various competing divisions. The starting point is 1000, both for year and month, and each division is penalized according to its accidents, minor accidents of less than one day's absence not being considered. Each day's absence bears a percentage charge in proportion to the total number of "man-days" per month per division.

The use of this scoreboard has resulted in the fostering of great interest among individual employees and foremen. Department loyalty has shown itself to be the foundation upon which the whole plan rests. Although it was originated for the use of an industrial concern, there seems to be no good reason why it could not be applied to mine, mill and smelter organizations.

We can't all be learned and great; but all of us should be wise enough to keep clean.



CO-OPERATION
[Courtesy of Armour & Co.]