

Training Outline for Newly Hired Employees Inexperienced

This outline meets the requirements of the MSHA approved training plan for the White Mesa Mill, Dated September 1, 2005.

Day One

7:00 A.M. Introduction:

- Introductions of instructor and employees.
- Pass around the course outline.
- Explain who the regulatory agencies are that govern our activities.
- Hand out Rulebook and sign off Sheet.
- Hand out urine sample cups and explain purpose.
- Pass around the Training Attendance Sheet.
- Brief History of the Mill.
- Explain the milling process.
- Discuss Emergency Escape & Fire Evacuation Procedures.
- Instruction in the Statutory Rights of miners

9:00 A.M. Break

9:15 A.M. Mill Tour

- Introduce the Alpha Survey and demonstrate the proper frisk.
- Go to the warehouse and get safety glasses and hard hats.
- Walk through the plant following the flow chart. Point out hazards, chemical storage, eyewash stations, fire extinguishers, and revisit the emergency evacuation procedures.

11:00 A.M. Lunch

11:30 Class: Radiation Training and Respiratory Protection

- Show the Video, Practical Radiation Safety
- Have a general discussion about radiation. Including but not limited to such topics as the health affects of radiation, benefits of radiation, types of radiation, and explain internal and external dose.
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- Explain what the radiation department's responsibility is and how we measure radiation and monitor exposures.
- Annual Exposure letter.

- Previous employment at a radiation regulated site for exposure history.
- Discuss D.A.C. and radiation postings.
- Importance of Urine samples.
- RWP's
- Define ALARA
- Explain what the employee's responsibility is in regards to radiation protection.
- Restricted Area and the alpha frisk. Sign the "Training on the Proper use of Personnel Alpha Monitor form.
- Go over and explain the importance of the exposure time cards.

1:15 P.M. Break

1:30 P.M. Class

- Respirator Protections Program. Discuss when we wear them, what limitations they may have and selecting the proper cartridge, where they are stored, how they are cleaned, and how to check them out.
- Demonstrate how to properly field inspect, don, and perform the positive and negative pressure test.
- Explain the importance of using the proper respirator and cartridge for the job and wearing only the size you are fitted for.
- Respirator care.
- Fit test employees and fill out the proper documentation. Note any need for spec kits and explain. Answer any questions, review, and then give the radiation quiz.

Note: Any women need to have the Radiation Exposure to Pregnant Women Training.

End of the first day.

Day Two

7:00 A.M. Class: Transportation Controls & Communication Systems.

- Organization Chart
- Foreman's Report of Injury.
- Reporting accidents, near miss incidents, and unsafe conditions.
- Review direct and indirect costs of accidents.

- MSDS.
 - NFPA
 - Review pages 1 & 2 of the rulebook.
- Break
- Human Resource Director or designated representative: Time Cards and explanations of benefits.

10:00 A.M. Class: Hazard Recognition

- Discuss the hazards of the mill.
- Discuss the Safe Work Permit
- Video

11:00 A.M. Lunch

11:30 A.M. Class: First Aid

- Pretest #1, Medical Emergencies in the Workplace.
- Video and review.
- Pretest #2, Choking Emergencies
- Video and review

1:15 P.M. Break

1:30 P.M. Class: First Aid continues

- Pretest #3, Control of Bleeding.
- Video, review and practice.
- Pretest #4, Shock- The silent Killer.
- Video and review.

End Second Day

Day Three

7:00 A.M. Class: First Aid-continue

- Pretest #5, Proper Treatment of Fractures.
- Video, review and practice.
- Pretest #6, Burn Emergencies.
- Video and review.
- Go through the ambulance.

9:00 A.M. Break

9:15 A.M. Class: Electrical Hazards & Ground Control, Water Hazards, Night Work, Elevated Work Areas.

- Review rulebook page 29, Electrical Safety Rules.
- Review page 3, Electrical Lock out Procedure.
- Show one of the Training videos if time allows.
- Discuss site traffic rules.
- Vehicle pre-shift inspections.
- Equipment operator training requirements.
- Safety Rules for Tails page 34.
- Ladder & Scaffolding rules page 9.

11:00 A.M. Lunch

11:30 A.M. Class: Industrial Hygiene, Health and Safety Aspects of Task to which new miner will be assigned.

- Show the Training Video 'Nurse Vera knows it all.'
- Discuss PPE
- Housekeeping page 13
- Sound Levels
- Dust Sampling
- Chemical Hazards and monitoring.

1:15 P.M. Break

1:30 P.M. Class:

- Review
- Questions & Answers.
- Collect all paper work and complete the 5000-23 form.
- Introduce employees to their supervisors. Let the employees ask specific questions about their job assignments, go get PPE, lockers, get lockers and prepare for the first day of work.

On the job Training.