



Link Line



an update from **MASHA** on **YOUR** Mine Rescue program

Issue #2 August 2006

You named it!

Congratulations to Ron Eveson who suggested the winning name for Ontario mine rescue's newsletter. The link line, Mr. Eveson said, was introduced after the East Malartic Fire in 1947. It is what keeps the team together, and therefore seems the perfect name for this newsletter. Mr. Eveson was involved with mine rescue from 1953 to 1987, and was the senior mine rescue officer for the final ten years of that time. He now lives in Sault Ste. Marie. Ron will receive a mine rescue windbreaker for his contribution.

On the move...

The Sudbury office for MASHA and the mine rescue station are on the move this summer. The MASHA office and mine rescue HQ are moving from Ramsey Lake Road to a new spot on Notre Dame. The move is effective August 21. Phone numbers will remain the same.

The new mailing address is:
MASHA/Mine Rescue
760 Notre Dame Avenue, Unit M
Notre Dame Square
Sudbury, Ontario P3A 2T4

In case you've forgotten...

The 2006 provincial mine rescue competition took place in Timmins in June. Here are the results.

OVERALL WINNERS

- 1st Place**
Goldcorp Canada Ltd.,
Porcupine Joint Venture
- 2nd Place**
Inco Ltd., West Mines

TEAM FIRE

FIGHTING AWARD:

Falconbridge Ltd.,
Craig/TL Mine

TEAM FIRST AID AWARD:

Falconbridge Ltd.,
Craig/TL Mine

SPECIAL EQUIPMENT AWARD (Lifting Bags):

Falconbridge Ltd,
Craig/TL Mine

TECHNICIANS:

- 1st Place**
Norm Begin,
Hemlo Operations
- 2nd Place**
Jim Nault,
Falconbridge Ltd,
Kidd Mining Division
- 3rd Place**
Roger Beaulieu,
Inco Ltd., Inco East

Research will help mine rescuers take the heat

By Laura E. Young for MASHA

SUDBURY - Two Laurentian University nursing students have devised a plan to ensure that mine rescue workers are fitter and more hydrated – and thus better able to deal with the heat of mine rescues.

Diana Coulombe and Amanda Kosmerly served as interns in MASHA's Sudbury offices for an occupational health and safety placement from May to July this summer. They were working with MASHA's Technical Advisory Committee (TAC) recommendations with regards to heat stress and how to control it in mine rescue workers.

The key is to ensure that rescue workers are properly hydrated, says Coulombe.

Coulombe designed a pre-assessment questionnaire that includes a urine test to measure the hydration levels of the miners. The questionnaire takes about 15 minutes to complete. It also assesses the miner's mental and physical fatigue. "Before they go underground they can make sure they're in the best shape they can be," Coulombe says.

Research showed that people who are overweight or unfit don't tolerate heat easily. Combining nursing with her extensive background as an elite level runner and triathlete, Kosmerly devised a fitness plan for mine rescue workers that simulates the movements and weight bearing involved in a rescue or rescue training.

She chose four exercises that use several muscle groups at the same time: squats, upright row using a bike inner tube wrapped around the feet, wall pushups and the plank, which is a body core stabilizing exercise. As well, workers spend 20-30 minutes walking while carrying a backpack with weights inside. The weights increase over 12 weeks. The training can be done at home with family members: "I wanted to design a program where they don't feel they have to go to the gym," she says.

After presenting their findings, Coulombe and Kosmerly were named the top group of the 30 teams from their nursing class at Laurentian. Mine rescue expects to make their program available to mine rescue crews through the mine rescue officers this fall.

Thank you to all volunteers & staff who made this event possible.

We need you!

If you have comments about the newsletter, or suggestions for future articles, please contact Susan Haldane at MASHA, (705) 474-7233 ext. 261, or susanhaldane@masha.on.ca



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CD enhances training

Many first responders have indicated that MASHA Mine Rescue should tap into new technologies to help them improve their ability to respond to emergencies. A new interactive CD on foam generators takes a step toward filling that need.

Several individuals from the Southern district indicated they rarely get the opportunity to practice with the foam generator since their mines do not have piped water underground. MASHA worked with Norcat to develop a training CD with that would enhance a volunteer's skill at operating the high expansion foam generator. The CD has a built-in testing mechanism that maximizes operator learning.

The Foam Generator CD is an interactive training support tool intended to provide refresher training for first responders. It will give them an opportunity to brush up on the operation of the foam generator prior to using it in training or perhaps in real life. The CD is not intended to replace the initial training provided by mine rescue officers but rather to support and enhance that training.

The mine rescue technical advisory committee and mine rescue officers have viewed the CD and comments are extremely favourable.

The official launch of the product will take place this autumn at which time MASHA will be asking for feedback from end users. If the product is successful MASHA hopes to develop similar mine rescue training support products.

Where are they NOW?

Ontario mine rescue touches many people, far and wide. In this part of the newsletter, we'll help mine rescue alumni keep in touch. If you're looking for someone from your mine rescue past, or want others to know where you are now, please send us an email at susanhaldane@masha.on.ca

Jorge Paredes writes:

I was a team member for 11 consecutive years ('76-'87) while I worked at Elliott Lake and enjoyed every minute of it. I made very good friends, and would like to know their whereabouts: Frank Flynn, John Scott, Remy McLean, Hector Sanchez, etc. I'm working in mines in Chile. Thanks to the Ontario mine rescue experience!

Mine rescue volunteer recognized for distinguished action

Gaston Brosseau of Sudbury is the first-ever winner of the Ontario Mine Rescue Distinguished Action Award.

Brosseau, a mine rescue volunteer who works at Falconbridge's Fraser Mine in Onaping Falls, saved a mother and her children from a chimney fire early one morning in March 2005.

As he was driving to work at 5:30 a.m., he could not help but notice flames shooting from a chimney on a home near Highway 144 north of Sudbury. He called 911 and entered the home to awaken the family. The father had already left for work. Fire trucks arrived within 10 minutes.

City of Greater Sudbury fire chief Don Donaldson praised Brosseau's actions. The chief said that the fire was only minutes from spreading into the attic and engulfing the house in flames.

"If Gaston had not done anything the family would have died," says John Hagan, the mine rescue officer

who nominated Brosseau.

MASHA's Technical Advisory Committee launched the distinguished action award to recognize any mine rescue volunteer who saves a life either on or off the job, says Hagan.

The award recognizes the lives saved and the "tremendous" skills mine rescue volunteers have developed through their training, says Alex Gryska, manager of Ontario Mine Rescue.

"The kind of individuals we have in Mine Rescue, they're going to do what they need to do (to save some-



Brad Liddell, chair of the Mine Rescue Technical Advisory Committee, presents the Distinguished Action Award to Gaston Brosseau at the mine rescue banquet in June.

one) on or off the job."

Brosseau was presented with his award in June. Any mine rescue volunteer who saves a life is eligible for the prize.

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The information in this publication is accurate to the best of our knowledge. However, the association assumes no responsibility or liability for the accuracy or sufficiency of this information, nor does it endorse any product mentioned herein with the exception of those produced by MASHA. MASHA©2006

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