

# Certificate of Training

U.S. Department of Labor  
Mine Safety and Health Administration



Approved OMB Number 1219-0009, Expires August 31, 2014.

This certificate is required under Public Law 91-173 as amended by Public Law 95-164. Failure to comply may result in penalties and other sanctions as provided by sections 108 and 110, Public Law 91-173 as amended by Public Law 95-164.

|  |   |
|--|---|
| <p>→ Issue Certificate Immediately Upon Completion of Training</p> | <p>Serial Number (for operator's use)<br/>FA Industrial</p> |
|--|---|

1. Print Full Name of Person Trained (first, middle, last)

*Brian James Lassila*

2. Check Type of Approved Training Received:

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Annual Refresher                    | <input type="checkbox"/> Experienced Miner                  | <input type="checkbox"/> Hazard Training |
| <input checked="" type="checkbox"/> New Task (specify below) | <input type="checkbox"/> Newly Employed Inexperienced Miner | <input type="checkbox"/> Other (specify) |

| Date     | Task            | Initials                          | Date | Task | Initials |
|----------|-----------------|-----------------------------------|------|------|----------|
| 9/4/2014 | Fall protection | Instr: <i>BL</i> Studt: <i>BL</i> |      |      |          |
| 9/4/2014 | Confine space   | <i>BL</i> <i>BL</i>               |      |      |          |
|          |                 |                                   |      |      |          |
|          |                 |                                   |      |      |          |

3. Check Type of Operation and Related Industry:

- |                                     |  |                                      |  |
|-------------------------------------|--|--------------------------------------|--|
| A. <input type="checkbox"/> Surface | <input checked="" type="checkbox"/> Construction | <input type="checkbox"/> Underground | <input type="checkbox"/> Shaft & Slope |
| B. <input type="checkbox"/> Coal    | <input type="checkbox"/> Metal                   | <input type="checkbox"/> Nonmetal    |  |

4. Date Training Requirements Completed

9/4/2014

Check if not completed and go to item 5, below.

→ If completed, go to item 6, below.

5. Check Subjects Completed (Use only for partially completed training):

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Introduction to Work Environment   | <input type="checkbox"/> Roof/Ground Control & Ventilation                                  | <input type="checkbox"/> Health                  |
| <input type="checkbox"/> Hazard Recognition                 | <input type="checkbox"/> Mine Map; Escapeways; Emergency Evacuation; Barricading            | <input type="checkbox"/> Electrical Hazards      |
| <input type="checkbox"/> Emergency Medical Procedures       | <input type="checkbox"/> Cleanup; Rock Dusting  | <input type="checkbox"/> First Aid               |
| <input type="checkbox"/> H&S Aspects of Tasks Assigned      | <input type="checkbox"/> Mandatory Health & Safety Standards                                | <input type="checkbox"/> Mine Gases              |
| <input type="checkbox"/> Statutory Rights of Miners         | <input type="checkbox"/> Authority & Responsibility of Supervisors & Miners Representatives | <input type="checkbox"/> Explosives              |
| <input type="checkbox"/> Self-Rescue & Respiratory Devices  |   | <input type="checkbox"/> Prevention of Accidents |
| <input type="checkbox"/> Transport & Communications Systems |   | <input type="checkbox"/> Other (specify)         |

6. False certification is punishable under section 110 (a) and (f) of the Federal Mine Safety & Health Act (P. L. 91-173 as amended by P. L. 95-164).

I certify that the above training has been completed  
(signature of person responsible for training)

*Bradley Nelson*

7. Mine Name, ID, & Location of Training (if institution, give name & address)

Humboldt Mill Mine 20-00420  
Eagle Mine LLC  
4547 Co RD 601 Champion Mi. 49814

8. Date

9/4/2014

I verify that I have completed the above training  
(signature of person trained)

*B. J. Lassila*

Brian Lassila  
9-4-14

## Fall Protection Quiz

1. At what height are workers required to wear fall protection according to the MSHA standard?

6 feet    9 feet    12 feet    When there is a danger of falling

2. What are the three (3) components of a Personal Fall Arrest System?

Anchor/Anchorage Connector, Body Wear (Harness) and Connecting Device (Lanyard or Retractable)

Body Wear (Harness), Hard Hat and Steel-Toed Boots

Body Wear (Harness), Connecting Device (Lanyard or Retractable) and Sturdy Ladder

Hard Hat, Safety Glasses and Safety Training

3. An Anchor Point must be capable of supporting how many pounds per attached worker?

300 lbs.    2,000 lbs.    5,000 lbs.    10,000 lbs.

4. After selecting a proper Anchor Point, you can ensure a compatible anchorage connection by:

Joining multiple lanyards together to reach an anchorage point

Loop a rope around the anchor point.

Make sure the anchorage connection will cause a load to be applied to the snap hook keeper gate or snap hook lock.

Use an anchorage connector such as a cross arm strap, beam anchor or a shock absorbing lanyard specifically-designed for tie-back use to maintain a compatible connection with the anchor point.

5. When wearing a full body harness, the fall forces must be limited to a maximum of:

900 lbs.    1,000 lbs.    1,200 lbs.    1,800 lbs.

6. The use of body belts for fall protection during construction activity was outlawed in 1998, however, the use of a body belt for positioning is still acceptable?

True  False

7. Who is responsible for inspecting all components of a Personal Fall Arrest System?

Only a Competent Person

Safety Director

The person wearing the Personal Fall Arrest System

The Manufacturer

8. A properly adjusted full body harness should:

Be loose and easy to take off

Fit like a comfortable jacket

Fit snug but allow for full range of movement

Accommodate many users

9. When using a 6 ft. shock-absorbing lanyard as part of your Fall Arrest System, how do you calculate the necessary fall clearance?

Height of Worker + Length of Lanyard + Distance to next level

Height of Worker + Length of lanyard + Shock Absorber Deceleration/Free-Fall Distance + Three (3) ft. Safety Factor

Height of Worker + Distance to next level + Three (3) ft. Safety Factor

Distance to next level minus the Height of Worker

10. After a fall, a shock-absorbing lanyard that has been deployed must be:

Inspected before the next use

Cut into small pieces

Sent back to the manufacturer

Taken out of service

**11. The maximum deceleration distance of a 6' lanyard (elongation once deployed) is:**

3 feet    3.5 feet   4 feet   Unlimited

**12. Lanyards used in a Personal Fall Protection System cannot be shorter than 6 feet.**

True    False

**13. A retractable lifeline is defined as:**

- Connecting Device
- Anchor Point
- Body Wear
- Shock-Absorbing Lanyard

**14. What is the definition of Arresting Force?**

- Force exerted on the body while stopping a fall
- Force at the anchorage connection
- Impact on the body when fall protection is not used
- Secret unit of the U.S. military

**15. What is the proper procedure, with regard to the fall protection equipment, to follow after a fall has occurred.**

- Stay quiet and hope your supervisor doesn't find out
- Go back to work and act like nothing happened
- Do not re-use and take all of the equipment out of service
- Exchange the equipment but don't tell anyone

**16. At what height are workers required to wear fall protection according to OSHA standards?**

6 feet   9 feet   12 feet   Bare feet

Brian Lassila  
9-4-14

1. A confined space is defined as having limited egress, can be bodily entered, and is not designed for Continuous ~~Occupancy~~.
2. All confined spaces must be permit-required. True or False
3. The three hazards that must be tested for in a confined space are or content, combustibility and flammability, and toxic atmospheres.
4. Since entrants will view the hazards while in the space, it is not necessary that they know or review the hazards prior to entry. True or False
5. If a chemical storage tank is empty, it would not be considered a confined space. True or False
6. Two examples of typical non-permit-required confined spaces are open trench and Closets.
7. Confined space entry is a leading cause of occupational fatalities in the United States. True or False
8. Annual <sup>Emergency</sup> Rescue drills are required by the OSHA Confined Space Standard.
9. An attendant should be available to be the first person into the space to conduct a rescue. True or False
10. An entrant should exit a confined space if ordered to do so, unknown exposures are encountered, communication is lost, or Alarm sounds.