

Lesson 5

13 Steps to Barring

Bar Down Loose Rocks – Barring Technique

Specific Outcome 3: Bar Down Loose Rocks – Barring Technique

SO 3 – AC 3.1 Range Item: Barring Techniques:

So far in this training manual we have discussed the range requirements covering the specific hazards to be evaluated and the warning and removal of persons during barring. WE have also made a specific investigation of what precautions and actions the person barring needs to take as well as how to identify loose rocks. Now we will discuss the various aspects of the actual barring activity as laid out in the 13 steps to barring below:

NOTE:

- Where there is no inclination there will not be an up-dip side.
- You must stand at a safe supported area whilst barring.
- Clear people and equipment from the place to be barred before barring.
- Look out for pipes, be careful when doing barring.
- Sound the hanging and sidewall with the pinch bar before barring.
- Don't bar with the pinch bar in front of your body – turn your body and bar to the side of your body.

Each point must be discussed in detail.

Safe Barring is
YOUR
Responsibility!

13 STEPS TO BARRING – Step 1

The 13 Steps to Barring are Critical!

- 01 **P.P.E must be available and used at all times.**
- 02 Water down to expose bad hanging from a safe and supported area.
- 03 Always have a co-worker with you (Buddy Barring), who observes the barring.
- 04 Use the correct length of pinch-bar, sharp at both ends with a piece of hose covering the sharp end not in use, and a gasket.
- 05 Ensure the area where you are standing is safe, and that you have a clear escape route.
- 06 Ensure that you have firm footing.
- 07 Remove all other persons to a safe area.
- 08 For Stoping, bar down from the top of the panel towards the bottom. (From up-dip side).
- 09 Bar for two meters, then turn around and examine for hidden slips.
- 10 Sound test hanging to ensure it is solid/safe.
- 11 On failing to bar down, a second pinch bar must be utilized
- 12 If rock still cannot be barred down, barricade-off or place a guard and report.
- 13 Never work under loose or suspected hanging and side walls.

Facilitator – start by asking the class to answer the following viewpoint question to encourage personal application of the safety principles.)



**P.P.E.
must be
worn in
this area**

PPE is compulsory underground

**SAFETY HELMET
MUST BE WORN
IN THIS AREA**



1. PPE must be available and used at all times

First, take a minute to write down very briefly why you think wearing the correct PPE is important.

Note to Facilitator – this is a viewpoint question only, to encourage personal application of the safety principles.

PPE is compulsory underground. The following PPE must be worn when conducting barring:

Hardhat

You must wear a Hardhat to protect your head from injuries.

Remember, that it cannot protect against the fall of heavy objects.

You need to check that:

- ✓ Your hardhat has no cracks.
- ✓ The inner lining is in good condition.
- ✓ The lamp attachments are in place, functioning and facing forward.

Eye Protection/Safety Goggle

You must wear Eye Protection/Safety Goggles to protect your eyes against injury.

Remember, they are not designed to protect your eyes against severe conditions.

Check that:

- ✓ They are safe, clean and you can see clearly through them.
- ✓ The attachments/straps holding them on your eyes are intact.
- ✓ They fit firmly and snugly on your face.



**EYE PROTECTION
MUST BE WORN**



**Wear ear
protectors**



Reflective Clothing

Everyone must wear Reflective Clothing that is in good condition and clearly visible.

Remember, this clothing only makes you more visible. It is your responsibility to be alert to prevent traffic accidents.

Hearing Protection

Wearing Hearing Protection to protect your ears against hearing loss is compulsory.

Remember, Hearing protection is not designed to protect your ears against severe conditions.

Check that:

- ✓ You **wash** your hearing protection daily.
- ✓ The attachment holding it together is in place and in good condition.

Wearing hearing protection:

- ✓ Push the one side of the earplug slightly into the opening of your ear
- ✓ Pull the lobe of your ear slightly downwards and insert the earplug fully.
- ✓ With muffs, place them over your ears with the securing attachment between them over the hardhat.



Wear gloves



Gloves

You must wear Gloves to protect your hands and fingers.

Remember, Gloves do not protect against the fall of heavy objects and sharp objects.

Check that:

- ✓ They are not damaged.
- ✓ They are clean and dry on the inside.
- ✓ They are Slip free on the outside.
- ✓ You've got the correct glove on each hand.

Wearing gloves:

- ✓ Push your hand in the glove and pull it upwards towards the elbow.



Knee guards

Knee guards are required to protect the knees from injury. This is especially important when you are barring from a kneeling position.

Remember, worn knee guards will not give the required protection.

Check that:

- ✓ There are no tears or cuts.
- ✓ Straps are not broken or torn.
- ✓ They are the appropriate size.
- ✓ They are not worn.



Seat protector

It may be necessary to use a Seat protector when you are barring in a Stope. They are designed to protect you when you are seated on the ground.

Remember, worn seat protectors will not give the required protection.

Check that:

- ✓ There are no tears or cuts.
- ✓ Straps are not broken or torn
- ✓ They are the appropriate size.
- ✓ They are not worn.

Self-Contained Rescuer

A Self-Contained Rescuer is a personal breathing device that is designed to be used to escape from emergencies such as when there are fires with thick smoke and lack of oxygen or when there are poisonous gases in the air.

Remember, these are to be used in emergencies only.

Check that:

- ✓ It is the required approved type
- ✓ It is not damaged or broken.
- ✓ It has been tested for operation

Wear the self-contained rescuer:

- ✓ At the required position on your body
- ✓ At the specified areas.
- ✓ At the specified times.



Safety Boots

You need to wear Safety Boots to protect your feet from injury.

Remember, Safety boots are not designed to protect your feet against heavy falling objects or sharp objects.

Check that:

- ✓ Ensure they are in good condition
- ✓ Ensure the soles are not smooth or slippery.
- ✓ It has been tested for operation

Wearing Safety Boots:

- ✓ Wash your boots daily and hang them upside down to dry out.



**FOOT PROTECTION
MUST BE WORN
IN THIS AREA**





**RESPIRATORS
MUST BE WORN**



Facilitator – Mandla Miner is a character who will be used to illustrate various situations including short animations)

Respirator

You will need to wear a respirator which is a mask that assists with breathing.

Remember, It must be the right type of respirator for the present working environment.

Check that:

- ✓ It is an approved type.
- ✓ It is the right type of respirator for the present working environment.
- ✓ There are no signs of damage to the respirator.
- ✓ The securing straps are in position and undamaged.

Wearing the respirator:

- ✓ The respirator must be securely adjusted to fit firmly over the nose and mouth.

Here is Mandla Miner

Can you spot which item of PPE he has forgotten?

Now give him a short explanation of why he needs to wear it, using reasoning that would persuade you to do so if you were in his place.



Extras:

Here is a short video showing a team leader checking that his buddy/observer is wearing all the required PPE. Watch the video and see if you can complete the quiz afterwards.

Additional activity if learners have personal access social media:

If your Facilitator has set up an Instagram account or Whatsapp chat for the class, use your phone to take a picture of a worker wearing the required PPE incorrectly. Post your photo to the account. Next, the whole class should compare the photos and identify who is making the worst mistakes and who is making the most common mistake

