§ 57.17010 Electric lamps.
Individual electric lamps shall be carried for illumination by all persons underground.

Subpart Q—Safety Programs
SURFACE AND UNDERGROUND
§ 57.18002 Examination of working places.
(a) A competent person designated by the operator shall examine each working place at least once each shift for conditions which may adversely affect safety or health. The operator shall promptly initiate appropriate action to correct such conditions.
(b) A record that such examinations were conducted shall be kept by the operator for a period of one year, and shall be made available for review by the Secretary or his authorized representative.
(c) In addition, conditions that may present an imminent danger which are noted by the person conducting the examination shall be brought to the immediate attention of the operator who shall withdraw all persons from the area affected (except persons referred to in section 104(c) of the Federal Mine Safety and Health Act of 1977) until the danger is abated.

§ 57.18006 New employees.
New employees shall be indoctrinated in safety rules and safe work procedures.

§ 57.18009 Designation of person in charge.
When persons are working at the mine, a competent person designated by the mine operator shall be in attendance to take charge in case of an emergency.

§ 57.18010 First aid.
An individual capable of providing first aid shall be available on all shifts. The individual shall be currently trained and have the skills to perform patient assessment and artificial respiration; control bleeding; and treat shock, wounds, burns, and musculo-skeletal injuries. First aid training shall be made available to all interested miners.

§ 57.18012 Emergency telephone numbers.
Emergency telephone numbers shall be posted at appropriate telephones.

§ 57.18013 Emergency communications system.
A suitable communication system shall be provided at the mine to obtain assistance in the event of an emergency.

§ 57.18014 Emergency medical assistance and transportation.
Arrangements shall be made in advance for obtaining emergency medical assistance and transportation for injured persons.

SURFACE ONLY
§ 57.18020 Working alone.
No employee shall be assigned, or allowed, or be required to perform work alone in any area where hazardous conditions exist that would endanger his safety unless he can communicate with others, can be heard, or can be seen.

UNDERGROUND ONLY
§ 57.18025 Working alone.
No employee shall be assigned, or allowed, or be required to perform work alone in any area where hazardous conditions exist that would endanger his safety unless his cries for help can be heard or he can be seen.

§ 57.18028 Mine emergency and self-rescuer training.
(a) On an annual basis, all persons who are required to go underground shall be instructed in the Mine Safety and Health Administration approved course contained in Bureau of Mines Instruction Guide 19, “Mine Emergency Training” (September 1972). The instruction shall be given by MSHA personnel or by persons who are certified by the District Manager of the area in which the mine is located.
(b) On an annual basis, all persons who go underground shall be instructed...