SAMPLE WITH EXAMPLE DATA. NOT A REAL TRAINING RECORD.

30 CFR PART 46 · §46.8 ANNUAL REFRESHER TRAINING · ONLINE PORTION

Annual Refresher Training Record

STATUS
Online portion complete

ONLINE TIME	MODULES PASSED	ONLINE SESSIONS	COMPLETED
8 h 05 min meets 8 h	**10 of 10**	**3**	**Oct 21, 2026**

MINER'S PRINTED FULL NAME Sample Miner	COMPANY Example Sand & Gravel Co.	MINE ID OR CONTRACTOR ID 00-00000 (sample)
MINER'S EMAIL sample.miner@example.com	MINE NAME AND LOCATION Example Pit, Anytown, CA	TYPE OF TRAINING Annual refresher training, §46.8
COMPETENT PERSON (ONLINE) J. Ortega	COMPETENT PERSON'S EMAIL j.ortega@example.com	WHERE ONLINE MODULES WERE TAKEN Company office, Anytown, CA
STARTED ONLINE COURSE Oct 19, 2026	8 HOURS REACHED ONLINE Oct 21, 2026	RECORD GENERATED Oct 23, 2026

1. TRAINING BY SUBJECT

The Online column shows the time and date of each online module. Changes at the mine are covered in person. Competent person: fill in the in-person columns and have the miner initial each row.

§46.8 SUBJECT	ONLINE	IN PERSON	DATE	TOTAL	INITIALS
§46.8(B) · CHANGES AT THE MINE · IN PERSON					
(b) Changes at the mine that could adversely affect the miner's health or safety In person: Every change since the last refresher. The miner's list is under Written activities.	In person				
§46.8(C) · OTHER HEALTH AND SAFETY SUBJECTS · ONLINE MODULES					
(c) Refresher basics, miners' rights, task training, MSHA rule changes In person: Where to find the mine's mobile equipment safety program	45 min Oct 19, 2026				
(c) Mandatory standards, workplace examinations, maintenance and repair In person: Pre-shift form, workplace exams, and blocking procedures	55 min Oct 19, 2026				
(c) Transportation controls, communication, traffic, mobile equipment In person: Haul road and traffic changes, radio channels, horn signals	55 min Oct 19, 2026				
(c) Conveyors, crushers, machine guarding, and lockout In person: Lockout procedure, crusher jam procedure, conveyor changes	48 min Oct 20, 2026				
(c) Ground control, highwalls, falls, water hazards, and night work In person: Highwalls, stockpiles, ponds, and fall protection anchors	35 min Oct 20, 2026				
(c) Electrical hazards In person: Overhead lines, qualified persons, ground-fault rules	35 min Oct 20, 2026				
(c) Emergencies, escape and evacuation, firefighting, and explosives In person: Alarms, escape routes, extinguishers, blast signals	47 min Oct 20, 2026				
(c) Health: silica, noise, heat, chemicals, HazCom, respirators In person: Sampling results, new chemicals and SDSs, PPE rules	40 min Oct 21, 2026				
(c) First aid In person: First aid kits, AED, eyewash, and trained persons	41 min Oct 21, 2026				
(c) Prevention of accidents In person: Accidents and near misses at this mine this year	1 h 23 min Oct 21, 2026				
Refresher training total Online time alone meets the 8-hour minimum. In-person time on changes at the mine adds to it.	**8 h 05 min**				

2. ONLINE SESSIONS

Active online time for each day the miner worked in the course. Record each session on your §46.9 form.

Oct 19, 2026 **2 h 55 min** Oct 20, 2026 **2 h 50 min** Oct 21, 2026 **2 h 20 min**

3. WRITTEN ACTIVITIES

What's changed at your mine · Module 1	
Equipment that's new, rebuilt, or moved	New wheel loader at the face. The old one went to the stockpile yard.
Areas, roads, or traffic patterns that changed	North haul road was rerouted around the new pond. Customer trucks now line up east of the scale.
Procedures or rules that changed	New lockout tags with photos. Radio channel 2 is now for the plant only.
Accidents, injuries, or near misses you know about, and what changed because of them	A customer truck backed into a berm at the scale in June. Spotters were added at load-out after that.

Your mine's emergency information · Module 7	
How to call for help in an emergency (radio channel or phone number)	Radio channel 1, or call the scale house at the number on the posted sign.
What the evacuation alarm sounds like	Three long blasts on the plant horn.
Where the assembly area is	Gravel lot next to the scale house.
Where the nearest first aid kit and AED are	First aid kit and AED in the scale house. Second kit in the shop.
Who on your shift is first aid trained	J. Ortega and the shop foreman.

SLAM a task · Module 10	
The task	Clearing a jam at the secondary crusher feed chute.
Look: hazards in the work area, including what can move, fall, or start up	The feeder and crusher can start, material can drop when the jam lets go, and the platform has an open edge.
Analyze: what could go wrong	Someone starts the plant while I'm at the chute, or the jam releases and I fall or get struck.
Manage: the controls you'd put in place before starting	Lock and tag out the feeder and crusher, block the chute, tie off on the platform, and use a bar from the side.

Fatality report review · Module 10	
Report you read (type of mine and date)	Surface sand and gravel operation, 2025.
What happened	A miner cleaning spillage near a conveyor tail pulley was caught when the belt started.
The root causes MSHA found	The conveyor wasn't locked out and the guard was off for cleaning.
What you'll do differently at your mine because of it	I clean around the screen plant conveyors, so I'll lock out every time, even for a quick job.

Second fatality report review · Module 10	
Report you read (type of mine, accident type, and date)	Surface crushed stone operation, haulage accident, 2025.
What happened	A haul truck went over a dump point edge where the berm was low.
Warning signs or shortcuts that came before it	The berm had been worn down and wasn't rebuilt, and the dump point wasn't examined that shift.
How it applies to your work	I'll report low berms right away and won't back up to an edge without a proper berm.

4. TRAINEE QUESTIONS

Module 3	The new scale house moved the truck line. Which side do customer trucks queue on now?
Module 8	Can I see my last noise sampling result?

Answered by competent person: Initials _____ Date _____

5. STATEMENT AND SIGNATURES

“I completed this training myself and answered the knowledge checks on my own.” Confirmed by the miner in the course on Oct 21, 2026.

MINER SIGNATURE _____ DATE _____

COMPETENT PERSON SIGNATURE _____ DATE _____

This course record supports the §46.9 training record. It isn’t the certified record by itself. Record each session on MSHA Form 5000-23, MSHA’s Annual Refresher Training Record, or your own form with the same information, signed by the person your training plan names as responsible for health and safety training. Generated Oct 23, 2026 by Part 46 Annual Refresher Training.