

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

7,060,863 Incident Free Man-Hours

ISSUE 29 November 2021

Current EMR .64 & TRIR 0.00%

Wishing
You A

Safe & Happy!
Thanksgiving!



Giving Thanks For Our Hard Working Teams

If your family is like ours, you probably spend a few moments on Thanksgiving taking turns sharing what you're grateful for and inevitably everyone ends up being thankful for each other. Well, this is a natural time to have a similar conversation with our team at work, and hopefully, they'll express the same sentiment that they feel fortunate to have one another's guidance and support on a daily basis. It is very important for us here at Sentinel, to encourage a culture and cycle of gratitude, where people not only feel thankful for each other, but also continuously work to be the kind of productive and safe employees for which others will be grateful. You know you're doing something right, when our employees readily have each other's backs. When they volunteer to pick up the slack, complete and work on projects after hours or even take an unplanned trip, all to help out our team. Time and again over the past year, we have had many people give their time and efforts to ensure we continue to strive in keeping each other safe! The reality is that we all need each other, and we are both grateful and proud to have a team we all can count on. Thanksgiving is a time when many families travel long distances to celebrate together. If you must travel, be informed of the risks involved just to be safe during this holiday. As always, our safety not only is at work every day, but we all take it home with us as well. We wish everyone a safe and happy Thanksgiving!

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SUPPORT CARBON MONOXIDE AWARENESS MONTH



HOW TO PROTECT YOUR FAMILY FROM CARBON MONOXIDE

MAINTENANCE IS THE KEY!

- Make sure that all fuel-burning appliances such as furnaces, fireplaces, gas stoves and water heaters are well maintained and working properly.
- Have your appliances inspected by a professional at least once a year
- Got a gas stove? Use a ventilation hood.

LEAVE IT OUTSIDE!

- Never use a barbecue indoors or in your garage.
- Don't use kerosene or oil lamps in enclosed areas unless they are specifically designed for indoor use.

NO IDLING INDOORS!

- Don't let vehicles idle in the garage, especially when the garage door is closed.
- Keep the doors between your house and the garage closed.
- Never run gas-powered lawnmowers, trimmers or snow blowers in the garage.

GET A CARBON MONOXIDE DETECTOR!

- Purchase a certified CO detector with a visible mark, such as CSA or ULC.
- Place it where you can hear the alarm while sleeping.
- Remember to replace the batteries and test it often.
- If the alarm goes off, get out of the house and call 911.

NO SMOKING PLEASE!

- Tobacco smoke is a source of carbon monoxide, don't let people smoke indoors.



When we say that safety is a priority, we mean it.
Seven MILLION
safe man hours
7,000,000



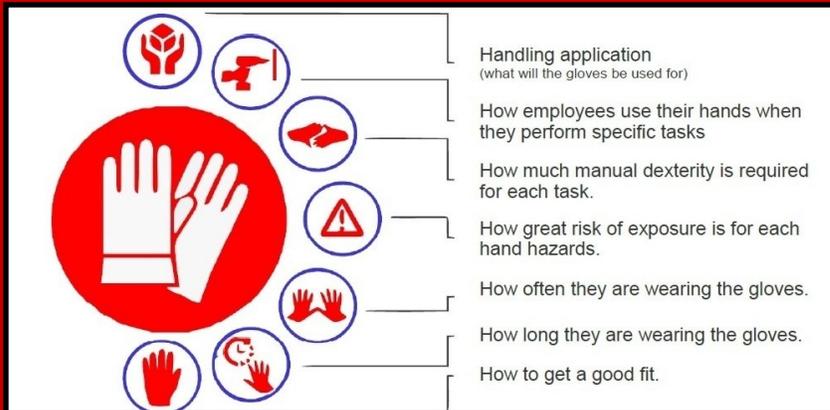
SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



Why Choosing The Right Glove Is Important

If there is one thing more important than ensuring our workers are wearing safety gloves, it is ensuring our workers are wearing the correct safety glove for the specific task they perform on the job. Wearing the wrong safety glove won't protect the wearer from all the potential hazards in their environment. There are some considerations that need to be made when choosing a safety glove.



For example, does the wearer need protection from thin sharps like a needle or other sharps like nail screw? By deciphering this information you can assess which glove you'll need. For example, the decision to be made is whether you require puncture resistance gloves or stick type?

Once you have assessed your needs, simply look through each range of gloves available and select the category and type of glove that meets the requirement for that specific job task.

Each year 1,000,000 employees across the U.S. are treated in the hospital emergency room for hand injuries. Gloves could reduce those injuries by 60%. That's 600,000 people. Below are some samples of different glove types that can be used.

Why don't we wear gloves when performing work that could lead to injuries? It is simple, many workers just don't see hand injuries as serious, choosing the wrong size glove and therefore find them uncomfortable and bothersome to work in.

What types of injuries could happen to your hands when you are working each day?

- Chemicals, which could be absorbed through the hands or burn the skin.
- Infectious materials, Garbage, blood, body fluids all contain bacteria or virus that could make us sick.
- Cuts, scrapes and punctures, when handling garbage or cleaning, broken glass, needles or sharp edges could cut, scrape or puncture the skin on the hands.

By using gloves when using chemicals, and collecting and emptying trash we can greatly reduce our exposure to chemicals and infectious materials; and reduce our risk of injury from cuts, scrapes and punctures.

Reasons to change gloves:

If you come in contact with feces or blood while working, remove the glove using the universal precaution method.

Throw the gloves in the regular trash, wash your hands with warm water and soap for at least 30 seconds.

Cotton and Disposable
Cotton gloves provide very minimal protection to hands. Disposable Nitrile gloves provide prevention of hydro-carbon and liquid absorption into skin.

Nitrile Dipped Gloves
Provide excellent protection when dealing with oils, lubricants, and petroleum liquids. Can be found with a cut resistant rating.

Leather Gloves
Provide protection to hands from the elements as well as scrapes but seldom provide any cut resistant protection. Best used when handling such materials as wood and bricks.

Cut Resistant Dexterity Gloves
Available in ratings from 1-5. Should be worn any time you are handling tools or materials that could easily cut or scrape your skin. (i.e.) Using self retracting blades, handling duct work, using a saw, handling glass or working with light fixtures. (Best practice would be to wear this type always to avoid injury to hands).

Remember:
- Use the right glove for the task
- If the tool or material you are handling could cut you, wear cut resistant gloves

EN symbol used to describe performance of gloves rated for mechanical hazard protection

Abrasion resistance rating
Cut resistance rating
Tear resistance rating
Puncture resistance rating

CE 3 4 4 1 EN 388

STOP & THINK BEFORE EVERY TASK

Remember that a glove can only prevent injuries and diseases if worn correctly!



Health & Safety News



Sentinel has one of the best safety records in our industry!

Safety Spot Awards



While working on site for one of our clients, Cory Rucker was completing inspections around a Caustic Scrubber. Upon doing so, an active leak was discovered at a 3” nozzle above the transition section of the vessel. A vapor cloud and active seepage (dripping) of product residue was observed and was immediately reported to Operations. The leak was evaluated by Operations and was determined to be leaking H₂S and Caustic. A safety stand down was issued and all work permits were canceled the remainder of the day until repairs could be completed. Great catch Cory!



While sketching piping, Danny Rodriquez, Level II on a project had discovered an active seep at a body flange of 16” valve off of nozzle top side of an E-401 exchanger on top deck of the structure. Product residue was present on the equipment and was dripping through the grading. He had already inspected the piping circuit in question and did not note this leak during his inspection. When he looked back at the pictures of this circuit and the product residue was not present at the equipment shell or the grading below during his inspection. Great catch Danny!



Safety Employee of the Quarter

Shain Mullens has shown his commitment to safety throughout 2021. He continuously exceeds the expectations through mentorship and a true steward of the Loss Prevention System at the ExxonMobil Baytown Refinery. This quarter alone Shain has taken (2) Short Service Worker’s and mentored them to becoming on-site mature employees while completing his day to day tasks to also include a Loss Prevention Observation. His dedication to safety and being a team player is a direct influence of our OUTSTANDING safety compliance on site and a Mentor to many.

Congratulations Shain on being our Safety employee of the 3rd quarter! Keep up the great work!



CPR/First Aid Training

We are conducted a CPR/First Aid course for our employees. The goal of first aid training is to alleviate a person’s condition and to prevent the possibility of a fatality.

“This is one reason why first aid training and CPR courses are invaluable; it shows the importance of handling the emergency correctly and how not to make things worse by lessening the reluctance of people to help. Here at Sentinel, we take extreme pride on keeping our employees educated and trained.”

-Marty Bowles – Corporate Safety Director



Safety Employees of the Month

Congratulations to Alec Thibodeaux at our Delek, Krotz Springs site for winning this months safety award!

Alec always has a positive attitude, while always looking to help anyone out. He is always prepared, speaks up and uses best safe work practices to make each task not only easier but Safe! Your hard work and dedication to safety never goes unnoticed.

Congratulations Alec!



Get To Know A Member Of Our Safety Team

James “Brad” Bell

Position: Safety Coordinator – Corpus Christi

Hobbies: Fishing, hunting, guns and spending time with my family.

What do you enjoy the most about Sentinel:

It feels like a family! That family atmosphere is what I like the most. The reputation that Sentinel Integrity Solutions has stands out from the rest along with the great people who work here!





Deer Hunting Safety Tips

According to the national Safety Council, hunting is a safe activity. In fact, hunting results in fewer injuries per 100,000 participants than many other sports, including cycling, bowling, golf and tennis. However, as with any activity, you must always use good judgement and take responsibility for your actions. Hunters should follow safe, ethical hunting practices. An accident is the fastest way to end a hunting expedition.

- ⇒ Carry a flashlight while walking through the hunting area before or after daylight.
- ⇒ Don't rely on your gun's safety. Treat all firearms as if they're loaded and ready to fire.
- ⇒ Never cross a fence, climb a tree or stand or jump a ditch with a loaded gun.
- ⇒ Never hoist a loaded firearm into a stand.
- ⇒ Never load or carry a loaded firearm until you are ready to use it. Always unload firearms before riding in any vehicle, including ATVs.
- ⇒ Wear hunter orange so you can be seen. A blaze orange hat and at least 400 square inches of hunter orange above the waistline must be worn during all gun deer seasons. It must be worn at all times, not taken off once in the stand.
- ⇒ Keep guns and ammunition separately and in locked storage.
- ⇒ Don't shoot unless absolutely sure of your target and what is beyond it.
- ⇒ Know the range of your firearm. Remember, even a .22 rim fire can travel over 1-1/2 miles.
- ⇒ Always be sure your gun barrel and action are clear of obstructions and only carry ammunition specifically intended for the firearm you're using.

Although experienced drivers, Paul and Patsy can always benefit from driving tips on how to avoid driving hazards, such as deer.

DEER SAFETY TIPS:

- Deer are most active at dawn and dusk, but can appear at any time.
- Watch for the telltale glow of a deer's eyes in the dark.
- Watch for warning signs that indicate heavy deer traffic areas.
- Deer travel in groups and in single file so, if you see one, be prepared for more to follow.
- If you see a deer, slow down, tap your brakes to warn others and sound your horn to move the deer.
- Deer fixate on headlights - flashing them may cause the deer to move out of harm's way.

REMEMBER: DEER ARE UNPREDICTABLE. BE ALERT!

BE A HUNTER, NOT A STATISTIC.

TSSA NEARLY 1 IN 10 FALLS RESULT IN DEATH

*BASED ON A REPORT BY TSSA EXECUTIVE DIRECTOR, DR. GLEN MAYHEW. STATS COMPILED BETWEEN 7 STATES FROM 2008-2015

WHEN DO FALLS OCCUR

8%	SETUP/TEAR DOWN
13%	TRANSFER
18%	DESCENT
21%	ASCENT
41%	ON THE STAND

AVG FALL HEIGHT

16.97'

AVERAGE AGE OF TREE STAND FALL VICTIMS

46.2 YEARS OLD

WHAT CAUSES TREE STAND FALLS

182	BALANCE/LOST GRIP
31	STAND SHIFT
23	STAND BREAK
140	STRAP LOOSE/BREAK
13	BOTTOM FELL
20	HUMAN ERROR
13	LIMB BREAK
13	CHAIN/CABLE BREAK
16	LADDER FAILURE
7	FELL ASLEEP
6	ALCOHOL
10	OTHER

TSSA #STAYCONNECTED

How to Carve Up Your Thanksgiving Calories



Stuff your turkey, not yourself.

Here's How to Have a Healthy Thanksgiving (Enjoy Every Second of It)

Thanksgiving is upon us and there are parties, food and sweets every where you turn. Many people feel they have to put their healthy lifestyles on pause from Halloween through New Year's Day. But is that really necessary? In short, no! You can have a healthy Thanksgiving and practice a 90/10 rule with consistent, balanced, and healthy meals so you can enjoy more indulgent foods or drinks in moderation rather than giving in and giving up entirely. Eating toxic candy all day on Halloween and making yourself sick on Thanksgiving from overeating is not something you have to do. Just like choosing to workout, choosing to pass on dessert, or choosing to cook more meals at home, you can choose to make balanced, healthy choices each holiday and at social gatherings. Overeating, consuming excess sugar, alcohol, and missing out on a regular workout or sleep schedule can have a major impact on your immune system and inflammation levels, and can also lead to weight gain. Now is the perfect time of year to be prioritizing your self-care and making sure that when you can choose healthy, nourishing foods and habits, you do! Enjoy a Healthy Thanksgiving instead of chalking it up to the holidays and planning to "start over" in January. You only get one body. Take care of yourself now, and always! November doesn't have to be the month you experiment with a cleanse or lose the 20 pounds you have been thinking about for the past 6 months. But November is the perfect time to maintain healthy lifestyle habits so you have the energy and immune system to keep up with all this busy season has to offer!

LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

- NATURAL
- NOSEY
- FREE RANGE
- ORGANIC
- FRESH
- FROZEN

*For more information about each type of turkey, visit foodsafety.gov

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

- Refrigerator:** Safe to store the turkey for another 1-2 days in the refrigerator. This is the USDA recommended thawing method. How to thaw: Allow approximately 24 hrs. for every 4-lbs of bird.
- Cold Water:** Cook immediately after thawing. How to thaw: Submerge the bird in cold water & change every 30 mins.
- Microwave:** Cook immediately after thawing. How to thaw: Use defrost function based on weight.

For more information on safe thawing methods, visit foodsafety.gov

DID YOU KNOW? It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils, Plates, Countertops, Cutting boards SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPA RATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature:

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

- Safe in fridge:** 3-4 days
- Safe frozen:** but use within 2-6 months for best quality.
- Leftover Thanksgiving leftovers are safe from the fridge.
- Be sure to pack leftovers in a cooler if traveling.
- Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION: Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregateleatKaren.gov for questions in Spanish.

wobble before you GOBBLE

CIRCUIT WORKOUT - KATRINAELLE.COM

WARM-UP - 60 seconds each

- Arm Circles Forward / March
- Arm Circles Backward / Butt Kick
- Finger Touch Jumping Jacks
- Jog in Place
- Low Squat Jab Punches

WORKOUT: 20 seconds each exercise, then a 30 second recovery, 3-5 sets before stretching

- Low Squat Side Shuffles
- 1 Pushup / 1 Shoulder Tap
- Power Squat (Jump)
- Wide Sumo Burpees to Pushup

Thousands Will Be Injured or Killed on Thanksgiving.

According to the Centers for Disease Control and Prevention (CDC), each year thousands of people end up in hospital emergency rooms due to injuries on Thanksgiving.

- Dangerous Driving**

NHTSA accident reports show that Thanksgiving Day is the most dangerous driving day of the year.

Reasons:

 - Snow and Ice on the roads
 - Speeding Drivers
 - Drunk Motorists
- Kitchen Fires and Burns**

Severe burns and even deaths can be caused on Thanksgiving.

Reasons:

 - Outdoor gas grills
 - Deep-frying a turkey
 - Explosions and Fires
 - Grease fires in the kitchen
- Serious Cuts and Injuries**

Serious cuts can take place while:

 - Carving the turkey
 - Chopping of vegetables and fruits
- Slip & Falls**

Slip-and-fall accidents result in injuries like sprains, fractures, broken bones, back and neck injuries and head trauma.

Reasons:

 - Cold temperatures
 - Freezing rains
 - Snow and ice
- Heart Attack and Strokes**

Coronary deaths increase by 33% during the Thanksgiving holidays.

Reasons:

 - Increased food and salt intake
 - Alcohol consumption
 - Rise in stress while travelling

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