

# Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

7,252,498 Incident Free Man-Hours

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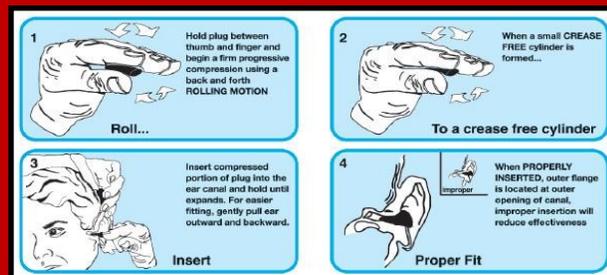


## NOISE—Hear Today, Gone Tomorrow

Most workers take good hearing for granted. Hearing loss can happen so gradually that it can go unnoticed until it's too late. Then, even a hearing aid may not help. Some assume hearing loss is the unavoidable result of getting older, yet most hearing loss is due to noise over a lifetime. While loss of hearing may result from a single exposure to a noise or explosion, such traumatic losses are rare. Most cases of hearing loss begin gradually in frequencies slightly above that of human speech and then subtly spread to lower and higher frequencies. Hearing loss can disrupt job performance, cause stress-related problems, increased heart rate, fatigue, irritability, tension and lead to unnecessary accidents or injuries on the job.

The workplace can be very noisy. Both the amount of noise and the duration of exposure determine the ability to damage hearing. Workers may be exposed to noise from many sources: equipment, vehicles, or tools, to name a few. Any of these things can damage hearing when exposure accumulates over extended periods of time. How can you tell if work is too loud and may be causing hearing damage? It's too loud if:

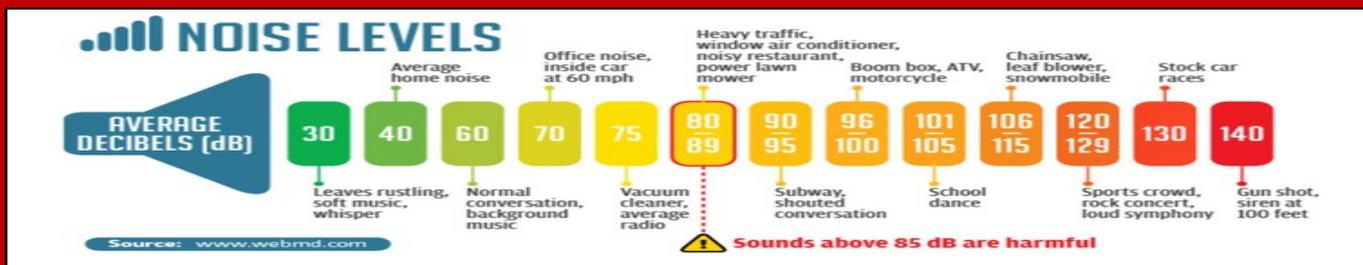
- You have to raise your voice to be heard.
- You can't hear someone less than two feet away without shouting.
- Speech around you sounds muffled or dull after you leave a noisy area.
- You have ringing in your ears after exposure to noise.



Good planning can prevent problems caused by excessive noise exposure.

Noise reduced at its source should be the first consideration. Employers should invest in noise-controlled equipment. When purchasing, employers can ask vendors if there is a "quiet" model or a noise-reducing option, such as enclosed or acoustically lined vehicular cabs and equipment. Work schedules can be adjusted so that exposure to high noise levels does not occur for the entire work day. This allows a noise recovery period to be part of the work shift. Equally important is the use of personal protection devices, such as ear plugs and ear muffs. Employers should provide training on the protection devices available and the effects of noise on hearing if workers do not use the protection. Training should include the fit, use, and care of any hearing protection device.

We can't always prevent noise, but we can lessen the chance of workers experiencing hearing loss by having them follow established safety procedures and enforcing the use of proper hearing protection.





# Health & Safety News

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



## Monthly Safety Award Winner!



Congratulations to Heath Quinn who has been selected as our first monthly safety award winner of 2022! Heath is an employee that is always planning ahead. He gets a head start on having his JSA filled out and any-time the job scope or site changes throughout the day he updates it to ensure it is correct. Heath always has his RAD safety paperwork filled out and up to date. His ability to pay attention to his surroundings, plan ahead, and always be actively involved in the safety of the project and his coworkers, demonstrates his true abilities when it comes to safety leadership!

Great job Heath!



## Safety Share Contest

Sharing safety...

Here is your chance to win the Safety Share Choice Award when you submit a safety share. To compete, share an example of one of the following:

- (1) New information you learned in this newsletter and how you implemented it on the job.
- (2) A potentially unsafe act you witnessed or experienced and how you corrected it.
- (3) Suggest a way we might improve procedures or training on safety issues.

**Please submit your entries to [Safety@sentinelintegrity.com](mailto:Safety@sentinelintegrity.com)**

**A \$50 dollar gift card will be awarded to the best safety share submitted.**



## HBR Tailgate Extravaganza

### 35th Houston Safety Excellence Awards

We are proud to announce that we were recently nominated by our client at ExxonMobil Baytown as part of the 35th Annual Houston Safety Excellence awards! Come out and join us as we celebrate at the Safety Tailgate Extravaganza. The theme is Flashback to the 90's, so dress in your retro 90's wear and celebrate the fun. Everyone is welcome and creativity is encouraged.

10AM—1pm Cookoff

11:00AM—4PM Tailgating Fun

2:00PM—Cook off Awards & HSEA Finalist Announcement



Stop by Sentinel Integrity Solutions booth for some amazing crawfish, drinks, prizes and games!

**35th HOUSTON SAFETY EXCELLENCE AWARDS** | **HBR** | **hasc**

**Flashback to the '90s**

**TAILGATE EXTRAVAGANZA**

*Flashback to the '90s*

**JOIN US TO KICK OFF THE AWARD SEASON!**  
**FRIDAY, FEBRUARY 11, 2022**

EVERYONE IS WELCOME | CREATIVITY IS ENCOURAGED

[www.hasc.com/tailgate](http://www.hasc.com/tailgate)

Pasadena Fairgrounds - Midway Lot  
7902 Fairmont Pkwy, Pasadena, TX, 77507



# SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



# Read the SDS Safety Data Sheets

## WHAT IS AN SDS?



Safety Data Sheets (SDSs) are summary documents, usually written by the manufacturer, that provide information about the hazards of a product and advice about safety precautions. SDSs provide more detailed hazard information about the product than the label. Use this information to identify the hazards of the products you use and to protect yourself from those hazards, including safe handling and emergency measures.

Formerly known as Material Safety Data Sheets (or MSDS), SDSs use a consistent, user-friendly format.

- Sections 1 through 8 contain general information that should be helpful to those that need to get the information quickly.
- Sections 9 through 11 and 16 contain other technical and scientific information.
- Sections 12 through 15 are provided to be consistent with the UN Globally Harmonized System of Classification and Labeling of Chemicals (GHS).

## SAFETY DATA SHEETS—Why they are important?

A safety data sheet (SDS), material safety data sheet (MSDS), or product safety data sheet (PSDS) is a document that lists information relating to occupational safety and health for the use of various substances and products. SDSs are a widely used system for cataloging information on chemicals, chemical compounds, and chemical mixtures. SDS information may include instructions for the safe use and potential hazards associated with a particular material



or product, along with spill-handling procedures. The older MSDS formats could vary from source to source within a country depending on national requirements; however, the newer SDS format is internationally standardized.

- How much do you know about the products that you might use while working?
- Which products suggest or require the use of personal protective equipment?
- Do any of them contain ingredients that may cause an allergic reaction?
- Do you know what to do if you accidentally splash disinfectant into your eyes?

The answers to these questions, and many more, can be found on the Safety Data Sheet (SDS) for each product being used. In compliance with OSHA's Hazard Communication Standard and the federal Right-to-Know law, SDS are provided for each product that is used.

This information is available to all employees and can be found in the site safety books or with the Corporate Safety Department.

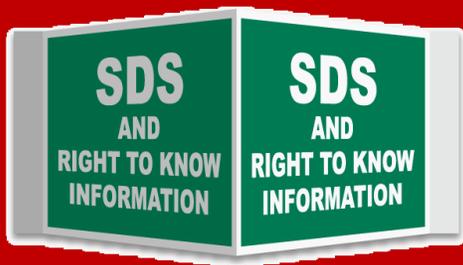
## WHEN TO USE AN SDS

Always be familiar with the hazards of a product before you start using it. You should look at an SDS, match the name of the product on the container to the one on the SDS, know the hazards, understand safe handling and storage instructions, as well as understand what to do in an emergency.

## 4 MAIN PURPOSES

You can think of the SDS as having four main purposes.

- **IDENTIFICATION:** For the product and supplier
- **HAZARDS:** Physical (fire and reactivity) and health
- **PREVENTION:** Steps you can take to work safely, reduce or prevent exposure, or in an emergency
- **RESPONSE:** Appropriate responses in various situations (e.g., first-aid, fire, accidental release)



## 16 SDS SECTIONS

- Section 1: Identification
- Section 2: Hazard(s) Identification
- Section 3: Composition/Information on Ingredients
- Section 4: First-aid Measures
- Section 5: Fire-fighting Measures
- Section 6: Accidental Release Measures
- Section 7: Handling and Storage
- Section 8: Exposure Controls/Personal Protection
- Section 9: Physical and Chemical Properties
- Section 10: Stability and Reactivity
- Section 11: Toxicological Information
- Section 12: Ecological Information
- Section 13: Disposal Considerations
- Section 14: Transport Information
- Section 15: Regulatory Information
- Section 16: Other Information

## AT A MINIMUM

- Read the name of the chemical (Section 1)
- Know the hazards (Section 2)
- Understand safe handling and storage instructions (Section 7)
- Understand what to do in an emergency (Sections 4, 5 and 6).

## Read Safety Data Sheets for Chemical Reactions



<b>Gas Cylinder</b>  • Gases Under Pressure	<b>Corrosion</b>  • Skin Corrosion/ Burns • Eye Damage • Corrosive to Metals	<b>Exploding Bomb</b>  • Explosives • Self-Reactives • Organic Peroxides
<b>Flame Over Circle</b>  • Oxidizers	<b>Environment (Non-Mandatory)</b>  • Aquatic Toxicity	<b>Skull and Crossbones</b>  • Acute Toxicity (fatal or toxic)
<b>Health Hazard</b>  • Carcinogen • Mutagenicity • Reproductive Toxicity • Respiratory Sensitizer • Target Organ Toxicity • Aspiration Toxicity	<b>Flame</b>  • Flammables • Pyrophorics • Self-Heating • Emits Flammable Gas • Self-Reactives • Organic Peroxides	<b>Exclamation Mark</b>  • Irritant (skin and eye) • Skin Sensitizer • Acute Toxicity (harmful) • Narcotic Effects • Respiratory Tract Irritant • Hazardous to Ozone Layer (Non-Mandatory)





#NBAW

# National Burn Awareness Week

FEBRUARY 6-12, 2022

## Preventing Workplace and Home Burns

Every year for National Burn Awareness week, the American Burn Association brings attention to burn injuries that result in over 40,000 hospitalizations per year. While a very large majority of these burns actually occur in the home, workplace burns are a very preventable source of injury. Awareness, hazard prevention and protection can dramatically lessen the risk of burns in the workplace.

**Thermal Burns** — Thermal burns are burns caused by the heat from liquids (called "scalding" burns), open flames, hot objects and explosions. The most important priority with thermal burns is controlling and stopping the burning process. Thermal burns can be prevented by wearing Personal Protective Equipment, using fire prevention tactics, and by having procedures and emergency action plans related to fire detection and protection.

**Chemical Burns** — Chemical burns are the result of skin or eyes coming into contact with strong acids, alkaloids or other corrosive or caustic materials that eat away or "burn" skin and deeper tissue. In the workplace, these accidents can occur after exposure to industrial cleaners (such as rust removers or drain cleaners), chemicals in laboratories or manufacturing workplaces. One of the best ways to prevent chemical burns is to make sure all workers are well-versed in Hazard Communication, which covers the symbols and labels that will communicate chemical risk. These labels will also include the important information on the steps workers can take to prevent burns if they come into contact with dangerous chemicals. Workers who will come into contact with chemicals should consider Hazard Communication training and should also take refresher courses as these standards can be updated often.

**Electrical Burns** — Current travels through body and meets resistance in tissue, resulting in heat burn injuries. To avoid burns from electrical sources, high-voltage areas and machinery should be clearly marked. Workers should also make sure to identify live wires, avoid contact with water while working with electricity, and wear the personal protective equipment necessary to avoid burns by electricity.

**Sun Exposure Burns** — While these could technically be considered a thermal burn, sun exposure burns are worthy of special consideration. Employees who work under the sun should be well versed in the sun safety practices that will keep them safe, and should take precaution to reduce hours under harsh direct sun, seek shade if possible, and wear sun-protective work clothing, hats and sunscreen to reduce the risk of burns from sun exposure.

# Burn Injuries

A burn is an injury to the skin caused by chemicals, electricity, friction, heat, or radiation. Burns range in severity from first degree burns (least severe) to fourth degree burns (most severe).

## Complications Linked to Burn Injuries:

- |  |               |
|--|---------------|
| Depression                               | Infection     |
| Post-traumatic stress disorder (PTSD)    | Scarring      |
| Respiratory problems including pneumonia | Disability    |
| Organ damage including kidney failure    | Disfigurement |
| Wrongful death                           |               |

## Burn Statistics in the United States:

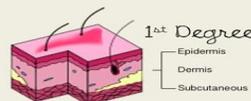
Jan - Dec  
1 - 31

Every year  
1.1 Million People  
seek medical treatment  
because of burn injuries



4,500 People Die  
due to burn injuries and  
10,000 More  
people die from burn-related  
infections

50,000  
are hospitalized  
each Year



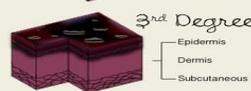
1<sup>st</sup> Degree

Epidermis  
Dermis  
Subcutaneous



2<sup>nd</sup> Degree

Epidermis  
Dermis  
Subcutaneous



3<sup>rd</sup> Degree

Epidermis  
Dermis  
Subcutaneous

## Severity of Burns:

First degree burns are injuries which only affect the outer layer of skin. They cause redness without blisters. These burns are painful to touch but they usually heal within a week.

Second degree burns are injuries which affect several layers of the skin causing redness and blisters. These burns are painful and take longer to heal. Patients should make sure the wound is treated properly in order to avoid infection and scarring.

Third degree burns are injuries that extend to every layer of skin. These burns cause the skin to turn black or white and can even destroy nerve endings. These burn injuries may require skin grafts and can take months to heal.

Fourth degree burns are injuries that not only damage the skin but also damage tissue and bone. These burns are very serious and can result in amputation, disability, or death.

In just one year fire departments  
around the country respond to

1.3 Million Fires  
which cause over

\$11 Billion  
in property damage



20,000  
have burns affecting more than  
25% of their Body



FEBRUARY IS

# American HEART HEALTH Month



## February is American Heart Month - Here's How to Keep a Happy, Healthy Heart

Have you checked on your heart lately? February is American Heart Month and now's a good time to brush up on your awareness to maintain good health and reduce the risk of heart-related illnesses. It's all about creating a healthy lifestyle and staying in the know when it comes to your health. Here are a few quick tips, facts and suggestions to help keep your heart beating strong. There are many ways to keep your heart pumping strong. Start with creating a healthy lifestyle with the right nutrients, exercise and self-care. Here are some easy ways to get started:

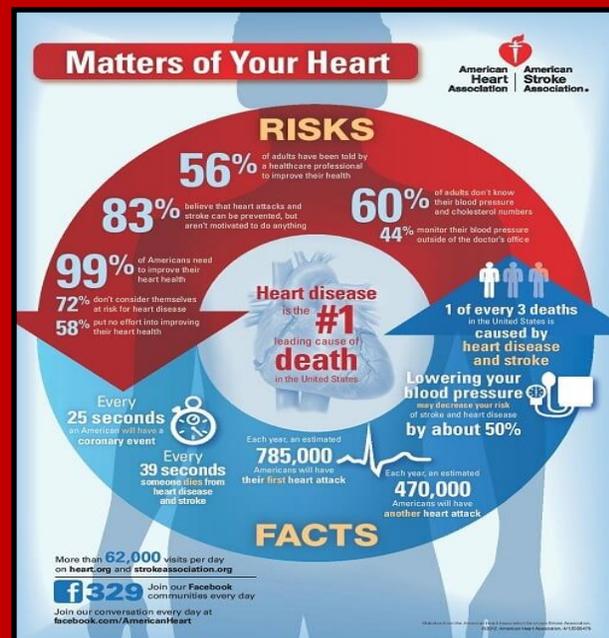
- **Move it** - Staying active can help maintain and healthy weight and heart. Get in a walk, run or find a fun exercise for at least 30 minutes daily.
- **Eat well** - Trade bad fats and sodium in for fruits and vegetables. Excessive saturated fats and processed foods can increase your risk of heart-related issues.
- **Limit stress** - Make time for meditation, yoga or whatever relaxes you. Too much stressing can increase the risk of heart disease, high blood pressure and other conditions.
- **Know your levels** - It's important to know your blood pressure and cholesterol levels to know if they're too low or high. Schedule regular doctor appointments to stay in the know.

Checking your heart rate is easy. According to the American Heart Association, it's best to put a finger over your pulse and count the total number of heartbeats in one minute. Experts say you can also check your pulse from the side of your neck, top of your foot, wrists and inside the elbow.

A normal heart rate can range from 60 to 100 beats per minute (bpm) when resting. Your heart rate can vary based on a number of factors – age, weight, fitness and more. It's best to consult with your doctor to determine your heart rate and contributing factors.

Your heart health is affected by a number of other health diseases and concerns such as diabetes and high cholesterol. Experts say that those with diabetes are more likely to develop heart disease or other heart-related issues such as strokes. People with high cholesterol have a high chance of having clogged arteries, leading to blood clots and a higher risk for heart attacks and strokes. If you have these or other related concerns it's best to manage your glucose and cholesterol levels with doctor-recommended medication, a balanced diet and regular exercise.

Live a heart healthy lifestyle. Heart disease is the #1 leading cause of death!



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