



**SAFETY  
COMES  
FIRST**

**ARRIVE SAFE**

**WORK SAFE**

**GO HOME SAFE**

## Always Go Home Safe!

You've probably seen it before: a well-meaning safety poster hanging around the jobsite or office in which you work at with something about ladder safety; complete with a catchphrase like, "While on a ladder, never step back to admire your work! Reminders like these are good for a quick laugh, but are they actually effective at raising awareness and changing behavior in any sort of sustainable way? All too often, others tend to espouse the value of safety by pasting the walls with posters and other artifacts like these, saying safety is one of their core values while meeting only the minimum requirements for safety awareness, training and personal protective equipment.

At the end of the day, creating a culture of safety is not always about catchy slogans, posters, or PSA's. At Sentinel it has become a part of our company and our employee's DNA. We truly create a culture that values safety as a key aspect of success, and we always tip the scales and find the balance between safety and culture. That is why we move meaningful, sustainable change around the importance of safety in our organization. We are most productive to actively manage behaviors that prevent incidents—not just react when incidents occur. Our leaders put their focus to preventive behaviors and change their strategy to positively reinforcing the safe behaviors. The safety leadership behaviors they want more of, those behaviors are strengthened. At the same time, our leaders are building relationships, trust, morale, and engagement.

At Sentinel Integrity Solutions, it is simple: Everyone gets home safe!

We believe that building a strong safety culture is everyone's responsibility.

Our record is proof that we follow the highest safety standards in our industry and always work toward zero incidents on all projects.



Safety is always the one business objective that employees at all levels can agree upon. Everyone wants all employees to come to work and go home in the same condition they came to work in. At Sentinel we take pride in that and knowing we have that type of safety leadership at all levels is why we have built this culture of safety that everyone strives to be the best at!

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**HAPPY LABOR DAY!**

## Labor Day Safety

The Labor Day holiday is an excellent chance to go out and have fun. An escape from the long work week grind is all good, but safety should always be on your mind. Accidents occur due to complacency and lack of care. Some tend to forget the safety concerns and go all out during the holiday. Fun is good, but sticking to these Labor Day safety tips can save your life. How to Stay Safe on Labor Day?

This is what you should be wondering instead of all the ways you can have fun and go crazy.

1. Stay hydrated. Drink plenty of fluids.
2. Take extra care when grilling. Keep kids and pets away from the grill.
3. When outdoors, be aware of mosquitoes, bees, wild animals, and other outdoor hazards.
4. Personal safety should always be the top priority. Everything else can wait.
5. Consume alcohol in moderation.

Be sure to follow these tips to have a safe, fun, and worry-free Labor Day holiday weekend!

## Labor Day Weekend Safety Briefing

### Grilling this weekend?

Have a serviceable fire extinguisher  
 Monitor your grill  
 Let coals cool before disposal

### Going Hiking this weekend?

Stay Hydrated  
 Stick to the trails  
 Tell someone where you're going and when you'll be back

### Water Activities?

Know your swimming ability  
 Swim with a buddy  
 Check water before diving

**Be careful, Be risk wise, and most of all,  
 Be back after the Labor Day holiday!**

# SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



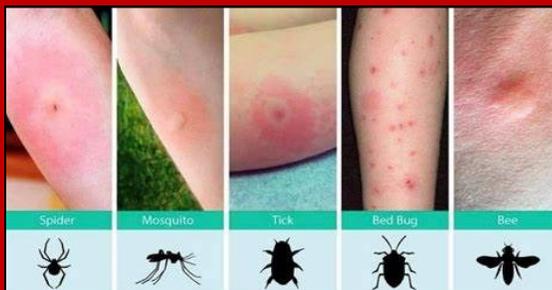
## Bye.. Bye... Insect Bites

Nearly everyone has experienced an insect bite or sting at some point in his or her life. Most of the time, these stings and bites lead to mild pain or itching, right where they occurred. Sometimes, however, people can experience more severe reactions that could be caused by an allergy to the sting or bite.

### When to Seek Emergency Care:

Call 911 or your local emergency number if the injured person experiences:

- ⇒ Difficulty breathing.
- ⇒ Swelling of the lips, eyelids, or throat.
- ⇒ Dizziness, faintness, or confusion.
- ⇒ Rapid heartbeat.
- ⇒ Hives or nausea, cramps, or vomiting.



### Take These Actions Immediately While Waiting for Medical Help:

- ⇒ Ask the person if he or she is carrying an epinephrine autoinjector (EpiPen, Auvi-Q, others) to treat an allergic attack.
- ⇒ If the person says he or she needs to use an autoinjector, ask whether you should help inject the medication. This is usually done by pressing the autoinjector against the person's thigh and holding it in place for several seconds.
- ⇒ Loosen tight clothing and cover the person with a blanket. Don't give him or her anything to drink.
- ⇒ If the person is vomiting, position him or her to prevent choking; and
- ⇒ Begin CPR if the person shows no signs of circulation, such as breathing, cough or movement.

## Scaffold Safety

- ✓ Make sure the scaffolding boards are in place and in good condition.
- ✓ The scaffold must be strong enough for the usage purpose.
- ✓ Never overcrowd scaffold with people, supplies, or equipment.
- ✓ Erect scaffold with proper access and guardrails.
- ✓ Secure scaffold adequately where required.
- ✓ Place the guardrails and toeboards firmly.
- ✓ Use safety harness and lifeline.
- ✓ Do not climb or stretch out over the guardrails.
- ✓ Incomplete scaffold must be blocked off or must display a warning notice that it must not be used.



## Bites & Stings

### A QUICK GUIDE



Pressure Immobilisation	Cold Compress	Hot Water	Vinegar
Bandage the entire limb from toes/fingers upwards	Apply a cold pack or ice directly over the site	Plunge into water no hotter than you can tolerate	Flush with vinegar for 30 seconds
Funnel-web and mouse spiders Blue ringed octopus Snakes Cone Shells Sea Snakes	Bees Wasps Ants Ticks Scorpions Centipedes Redback spiders All other spiders	Blue bottle jellyfish Bullroft fish Catfish Crown of thorns starfish Stingray Stonefish Non-tropical minor jellyfish	Box jellyfish Irukandji jellyfish Jimble jellyfish Sea anemones Tropical marine stings of unknown origin

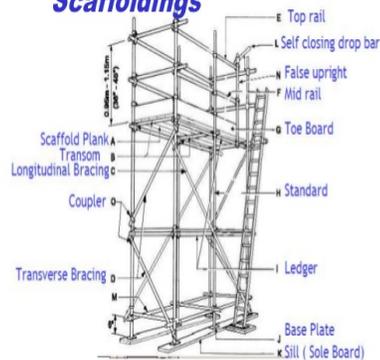
## SAFE INSECT REPELLENT?

chemicals or natural alternatives

DEET		VS	Biter Fighter <i>*made with Cedar Oil</i>	
<b>PROTECTION</b>	<b>DURATION</b>		<b>PROTECTION</b>	<b>DURATION</b>
	<b>3-4 hours</b> <small>*effective from mosquitoes with 10% DEET</small>			<b>3-4 hours</b> <small>protection from mosquitoes with 10% dosage</small>
<b>TOXICITY</b>	<b>SIDE EFFECTS</b>		<b>TOXICITY</b>	<b>SIDE EFFECTS</b>
	Up to 50% of DEET applied topically penetrates human skin & 17% absorbs into the bloodstream. Skin Irritation Cases			Nothing absorbs into the bloodstream. NO Skin Irritation Cases
<b>ODOR</b>	<b>SIDE EFFECTS</b>		<b>ODOR</b>	<b>SIDE EFFECTS</b>
	Strong Chemical Odor Nervous System Damage & Inhibited Motor Skills			Fresh Cedar or Lemongrass No side effects!

## SCAFFOLD TRAINING

### Components of Scaffolding



A SMALL INSECT STING...CAN BE A REALLY BIG THING!

# Health & Safety News

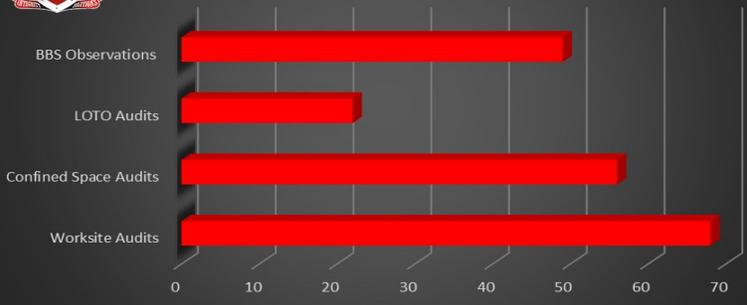
Sentinel has one of the best safety records in our industry!



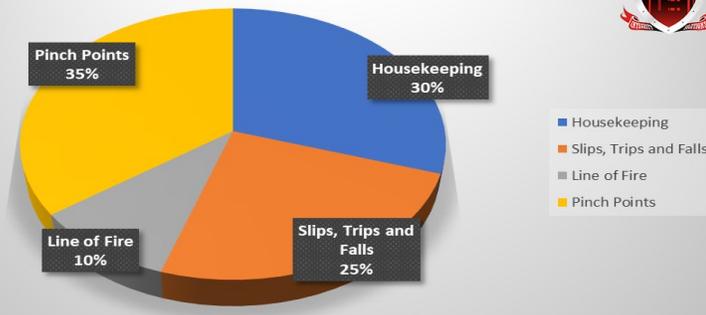
## Monthly Safety Award Winner

Congratulations to Brandy Bihm for being selected as this month's safety award winner! She continues to show her safety leadership while working at ExxonMobil Baton Rouge. By taking the lead on site for tracking LPSA conversations, she has been able to effectively communicate with our team and client through this process. She effectively advises employees on helpful safety precautions and demonstrate creativity when developing solutions to workplace safety issues. Her willingness to help her co-workers and as a safety leader, she has a natural steward of safety. Those values she possess in the workplace and her model for appropriate workplace behavior lead others to imitate.

## Safety Metrics August

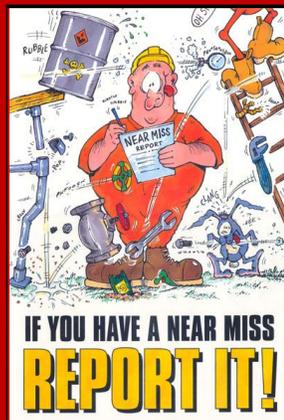


## High Hazard Observations



## Importance of Near Miss Reporting

Near miss reporting is a safe work procedure that aims to eliminate potential incidents by ensuring that close calls or near accidents are proactively reported to facilitate swift actions that prevent its recurrence. Near miss reporting reinforces our safety culture by promoting active participation in reporting close calls, enables early interventions and provides leading indicators to reduce workplace fatalities. A near-miss is defined by OSHA as an unplanned event that does not result in injury, illness, or damage – but had the potential to do so. Near-miss is essentially a non-accident that due to a fortunate break in the chain of events caused no damage or injury to human life and property. Near misses is a result of unsafe acts caused by human errors and unsafe conditions from faulty processes or systems.



We strive to build and communicate a set of near miss reporting guidelines that one should follow when they witness a near miss.

1. Report the near miss incident, no matter how small.
2. Make sure the scene of the incident is secured as fast as possible.
3. Communicate the incident to supervisors and the safety department.
4. Fill out a near miss reports with the exact details of the incident.
5. Follow up and actively participate in investigative procedures
6. Ensure that fellow employees are aware of the hazard.

## Throw It Away Thursdays

The safety department will begin hosting a new housekeeping event at the Houston office called "Throw It Away Thursdays" on the last Thursday of each month, starting 9/25/22. This event will be an important part of our new housekeeping initiative together as a TEAM! Workplace housekeeping is an important element of our health and safety program, as it identifies hazards and ensures workspaces are clean, organized and clutter-free. This program can continue to reduce illnesses/injuries, boost safety awareness, team moral and promote positive safe behaviors.

Our safety team will be giving out blue raffle tickets that will be used to select recipients for monthly prize drawings for everyone who participates in this monthly event.

SENTINEL

THROW IT AWAY Thursday

Sentinel Integrity Solutions will begin hosting a new housekeeping event called "Throw It Away Thursdays" on the last Thursday of each month @ 10:30AM - 11:00AM, starting September 29th. Our slogan will be "A Clean Sweep to end the Week!" This event will be an important part of our housekeeping initiative as a TEAM! This includes ALL Sentinel employees. The safety department will ensure this is communicated and carried out monthly. An all-call via email or office alert will announce when the clean-up commences. We will provide gloves, trash tool and bags.

Please focus your housekeeping efforts in all Sentinel areas like:

- Side of buildings / Office and hallways
- Parking lots
- Along landscaping
- Fence lines
- Around vehicles
- Especially look for water bottles, trash, paper, debris, etc.

Be sure to watch your footing and minimize any Slip, Trip, & Fall Hazards.

GOOD HOUSEKEEPING PROMOTES SAFETY  
DO YOUR PART... PICK UP - CLEAN UP





# RESPIRATORY PROTECTION WEEK

Coming Soon...

SEPTEMBER 6-9, 2022



## Respiratory Protection Week

The National Institute for Occupational Safety and Health (NIOSH), National Personal Protective Technology Laboratory (NPPTL) announces its annual Respiratory Protection Week. The observance will take place September 6th - 9th, 2022.

During the observance, NIOSH will host two webinars related to respiratory protection via Zoom. On September 6th from 1-2 p.m. EST, NIOSH will present on the future of respiratory protection and personal protective equipment (PPE). The webinar will also provide insight into the new role of PPE in non-traditional settings and closing PPE gaps for underserved populations. First launched in 2012 as N95 Day and then expanded to Respiratory Protection Week in 2019, this observance provides NIOSH an opportunity to share research findings and release educational tools to help promote proper respiratory protection practices. This year, NIOSH developed new products to help address frequently asked questions. A specific focus will be placed on educating participants on the role NIOSH and other federal agencies play in protecting workers who rely on respiratory protection.

### Why Respiratory Protection Week?

Respiratory protection has always been a key component of personal protective equipment.

How can you participate in Respiratory Protection Week at Sentinel? We will be hosting activities within through training sessions, educational messages pertaining to our specific workplace hazards, and best of all fun pictures on social media of our Sentinel staff showing off their proper respiratory protection practices (and general love of a safe workplace). Like you have seen recently, we will be active on our social media platforms promoting information and new resources. If you have a passion for respiratory protection like we do, we encourage you to join the conversation, just reach out to our safety department and join in on the fun!

### NIOSH RESPIRATOR FILTER CLASSES

NIOSH classifies the filtering media in respirators based on its resistance to oil and its particle filtering efficiency. The resistance to oil is designated as "N", "R", or "P". Particle filtering efficiency is designated "95", "99", or "99.97".

N SERIES	R SERIES	P SERIES
<b>NOT RESISTANT TO OIL</b>	<b>SOMEWHAT RESISTANT TO OIL</b>	<b>STRONGLY RESISTANT TO OIL/OIL PROOF</b>
<b>N95, N99, N100</b>	<b>R95, R99, R100</b>	<b>P95, P99, P100</b>
Filters at least 95%, 99%, or 99.97% of airborne particles	Filters at least 95%, 99%, or 99.97% of airborne particles	Filters at least 95%, 99%, or 99.97% of airborne particles

**OILS**  
When products containing oil (like fuel, lubricating or hydraulic oils, solvents, paints, and pesticides) are sprayed or used in processes producing aerosols or droplets, the oil component may become airborne.

## TYPES OF RESPIRATORY PROTECTION



**Elastomeric Half Facepiece Respirators** are reusable and have replaceable cartridges or filters. They cover the nose and mouth and provide protection against gases, vapors, or particles when equipped with the appropriate cartridge or filter.



**Elastomeric Full Facepiece Respirators** are reusable and have replaceable canisters, cartridges, or filters. The facepiece covers the face and eyes, which offers eye protection.



**Filtering Facepiece Respirators** are disposable half facepiece respirators that filter out particles such as dusts, mists, and fumes. They do NOT provide protection against gases and vapors.



**Powered Air-Purifying Respirators (PAPRs)** have a battery-powered blower that pulls air through attached filters, canisters, or cartridges. They provide protection against gases, vapors, or particles, when equipped with the appropriate cartridge, canister, or filter. Loose-fitting PAPRs do not require fit testing and can be used with facial hair.



**Supplied-Air Respirators** are connected to a separate source that supplies clean compressed air through a hose. They can be lightweight and used while working for long hours in environments not immediately dangerous to life and health (IDLH).



**Self-Contained Breathing Apparatus (SCBAs)** are used for entry into or escape from environments considered to be IDLH. They contain their own breathing air supply and can be either open circuit or closed circuit.



**Combination Respirators** can be either a supplied-air/SCBA respirator or supplied-air/air-purifying respirator. The SCBA type has a self-contained air supply if primary airline fails and can be used in IDLH environments. The air-purifying type offers protection using both a supplied-air hose & an air-purifying component and cannot be used for entry into IDLH environments.

# LOCKOUT TAGOUT

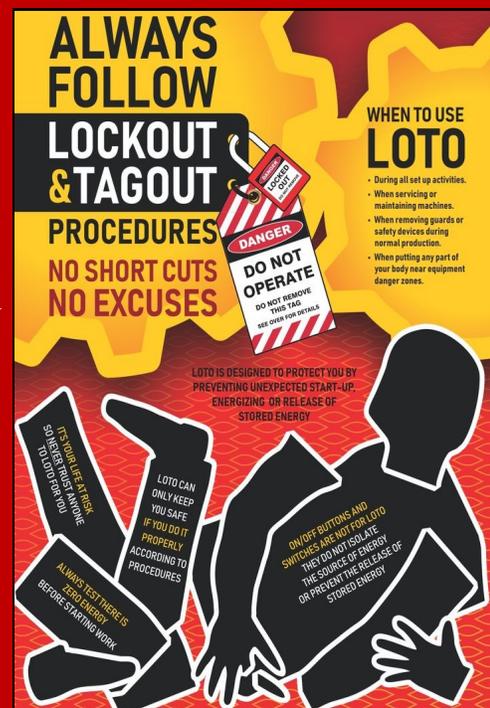


## Control of Hazardous Energy

Lockout/tagout (LOTO) is a set of procedures that are used to ensure that equipment is shut down, inoperable, and (where relevant) deenergized. This allows maintenance and repair work on the system to be performed safely. Any workplace scenario involving equipment that could lead to the inadvertent release of hazardous energy requires the use of lockout/tagout procedures. In this context, “hazardous energy” includes not only electricity but other forms of energy such as pneumatic pressure, hydraulic pressure, and gas. The purpose of LOTO procedures is both to prevent direct exposure to this energy, as well as to prevent harm caused by any machinery or objects that could be moved by that energy (e.g., a pneumatic press accidentally being activated).

Lockout involves placing a lock and tag on an energy-isolating device in accordance with an established procedure. This indicates that the device is not to be operated until the authorized individual removes the lock and tag. This procedure controls hazardous energy by isolating it from the system – a machine, piece of equipment, or process – and locking the system in a safe mode. Tagout specifically refers to the labeling process that must be used when a lockout is required. This is a compulsory part of the LOTO process. It involves attaching an indicator (generally a standardized label) with the following information:

- The **reason** for the lockout (repair, maintenance, etc.)
- The **time** the lock and tag was applied
- The **name** of the authorized person who attached the lock and tag to the system
- The only person authorized to remove the lock and tag is the same person who attached them. This ensures that the system is not restarted without the knowledge of the person who initiated the lockout.




At Sentinel, it’s critical that we develop and enforce LOTO policies and clearly communicate them to all affected workers. Offering ongoing training and ensuring all equipment and machines have LOTO capabilities help us to ensure the safety of anyone who works around them. Through our written LOTO policy and effective use of LOTO audits we are able to identify employees that are exposed to hazardous energy while servicing and maintaining equipment and machinery. It is critical that we always be proactive to mitigate any safety issues that could arise from this hazardous energy.

**“ A LOCK AND A KEY, KEEP YOU ACCIDENT FREE”**

### Houston

6606 Miller Road 2  
Houston, Texas 77049

(281) 457-2225

### Louisiana

1954 West Shore Avenue  
Port Allen, Louisiana 70767

(225) 421-8640

### Corpus Christi

3038 Leopard Street  
Corpus Christi, Texas 78408

(361) 887-2014

### Nederland

8900 A First Street  
Nederland, Texas 77627

(409) 790-7426