



Sentinel Integrity Solutions

Monthly Newsletter of Health & Safety

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7,120,045 Incident Free Man-Hours

Current EMR .64 & TRIR 0.00%

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Deck the Halls with Safety and Holiday Cheer

The most wonderful time of year can quickly turn hazardous as holiday stressors increase the risk for preventable injuries. “Even though the “to do” list seems to grow as the days count down, let’s not forget about the importance of making the holidays injury free! The holidays are an exciting yet potentially dangerous time of year. We become distracted and forget to pay attention to what’s happening around us, especially in our homes.

Accidental injuries often occur right under our noses. As we are still celebrating the holidays during what seems to be a forever pandemic brings about other health concerns. Traditional holiday activities carry a high risk for spreading both COVID-19 and seasonal flu germs.

Potential household dangers involve more than just health concerns. Many people, especially those who are not used to worrying about the curious minds of small children or pets, often forget some of the things we carry with us pose a real danger if used in the wrong way or by the wrong person.

Things like medicine, certain foods, and even personal care products can be dangerous in the hands of the wrong person (or animal). So, what kind of Grinch-like dangers lurk this time of year? Here are a few to put on your radar screen so you can get through the season safe, sane and unscathed.

Beware the mistletoe and holly: Though not as dangerous as previously believed, they still pose a threat to young children and pets if ingested. And those ever-present poinsettias can be mildly toxic as well. Some of the signs include vomiting, diarrhea and drooling.

Decorating disasters: Climbing on rooftops may come natural for Santa, but it's not a good idea for novices. And teetering on a ladder to string lights or hang holiday decorations without a helper standing by is a recipe for disaster. Better yet, hire a professional.

Toxic Toys: Most manufacturers put warnings on products these days. But the hazard deserves a seasonal reminder. Infants and toddlers can easily choke on small parts. Be aware of the dangers associated with coin lithium batteries.

Stress and sleep: We get too much of one and not enough of another during the holidays. That can lead to depression and anxiety. Try to get enough shut-eye and stay on an even keel, even with all the distractions swirling around you, pay attention to those early signs of the blues in you or loved ones.

The holidays are supposed to be fun, don't let the pitfalls ruin the festive season. Stay focused and use common sense. Be safe and smart and you'll be making good memories, not landing in a hospital.

FOLLOW THESE RULES FOR Christmas Tree Safety THIS YEAR!

Choose a tree with fresh, green needles that do not fall off when touched.

Always turn off Christmas tree lights before leaving home or going to bed.

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Use lights that are listed by a qualified testing laboratory. Some lights are only for indoor or outdoor use. Never use candles to decorate the tree.

Did You Know?

- One quarter of home Christmas tree fires are caused by electrical problems.
- Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- A heat source too close to the tree causes roughly one in every four of the fires.

SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS

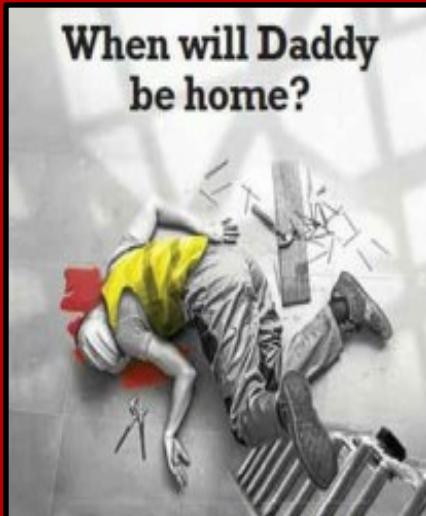


LADDER SAFETY CHOOSING THE RIGHT LADDER

When it comes to safety, either on the job, in the home or on the go, it isn't something to take lightly. The same is true for ladder safety. At times we get complacent with working on ladders. Something as simple as changing a light bulb or as hard as climbing to work off of a roof, it's all about the mindset when using one. At some point, you may have used a ladder incorrectly, even if it was only something you did as a child. Over the past year we have made it a priority to improve training regarding ladder safety to help keep others safe. Why? Because using a ladder incorrectly can come with a steep cost: injury or even death. If you aren't using your ladder the right way, you put yourself and others at risk.

So, to simplify the learning curve, we have narrowed down the basics of ladder safety, which includes:

- Having the right ladder for the job
- Maintaining three points of contact
- Not over reaching
- The 4-1 ratio
- Ladder leveling
- Ladder inspection
- Electrical conductivity
- Watching your step



Having the Right Ladder for the Job

You wouldn't use a step stool to reach a roof, and you wouldn't use an extension ladder to reach a standard doorframe, so why would you use the wrong ladder for any other task? It's important to familiarize yourself with your ladder, its size and its use, so you can work safer and more efficiently. If at any point during the project, you realize that you are using the wrong kind of ladder, stop use and find one that is appropriate for the task at hand.

Furthermore, if you find yourself reaching for something that isn't a ladder when climbing, like a chair, shelf or cabinet, stop and grab the proper ladder for your job. Remember, no amount of inconvenience in grabbing a different ladder is ever worth risking your safety.

Your family and your friends will thank you for it!



15 Ladder Safety Tips



THE RIGHT WAY TO USE A LADDER



1. Read And Follow The Instructions On The Ladder



2. Properly Inspect Your Ladder Prior To Use



3. Three Points Of Contact



4. Be Conscious Of Ladder Weight Limits



5. Not To Carry Heavy Items



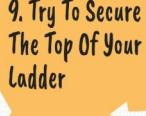
6. Try Not To Step Onto The Top Three Rungs



7. To Make Calculated Movements



8. Take Extra Precautions While Closing To Electricity



9. Try To Secure The Top Of Your Ladder



10. Wearing Shoes To Keep A Grip



11. Try To Wear Clothes That Fit You Well



12. Avoid Using A Ladder While Children Or Pets Are Around



13. Avoid Using A Ladder When Home Alone



14. Be Updated About Weather



15. Check In With Yourself



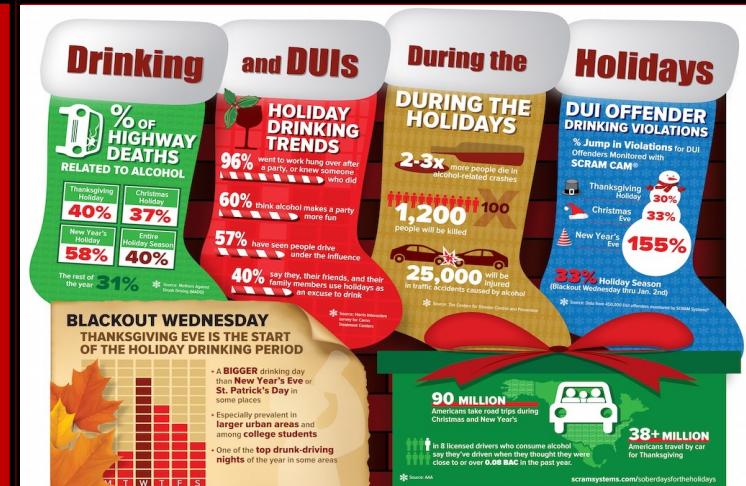
Health & Safety News



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

The Two D's That Can Ruin Your Holiday!

The holiday season is here. More of us will enjoy alcoholic beverages, going out with friends and attending Christmas parties. This adds up to higher odds of getting arrested for driving while intoxicated! The National Highway Traffic Safety Association reports that alcohol-related traffic fatalities increased during the holiday season. Always remember, any DUI offense is serious, but some are particularly grave, including intoxication manslaughter or intoxication assault. Always stay safety minded, and never drive if you have been drinking. There are so many ways you can find a way back home from a friend, family member, uber or lyft services. Don't spoil your holiday season with a mistake that could affect the rest of your life! "BE SMART - DON'T DRINK AND DRIVE"



Safety Employee of the Month

Congratulations to Chad Demoines from our Tubing Division who is currently working a project out at DuPont Michigan. Chad has a willingness to step in when he sees something that is unsafe and be a leader in making sure work environments are safe. Even if he is not assigned to that specific task, Chad makes sure to give his input and will volunteer for additional tasks, if he thinks his coworkers may struggle in getting a job done. His diligence is a perfect example of a true safety champion.

He continues to go above and beyond as one of our best leaders! Great work Chad!

Be a
-SAFETY-
Leader



November 3, 2021, Todd Shaffer was permitted by Utilities Operations to perform visual inspection of piping on an FB-3301 Boiler. at one of our client sites. While preparing to begin the inspection, both Todd Shaffer and Thomas Bean noticed a very slight odor of Mercaptan/Natural Gas. While climbing the stairs on the north side of FB-3301, and on the forth deck, the smell became much stronger and Todd's LEL meter triggered an alarm at 23 on the Combustibles scale. At that time, they both located operations and let them know what was happening. The source was then identified as a lifted PSV at FB-7301. There was no steam at the atmospheric vent and the natural gas was not dissipating to the atmosphere. Instead it was forming "pockets" of natural gas. The easterly winds were blowing the "pockets" to the FB-3301 Boiler. Operators manually closed the valve allowing the PSV to reset and the source of the gas was stopped. This was a life saving catch! Great work guys!



Sentinel's HSE Management Software

We are pleased to announce that the HSE team will launch a new HSE management software - Safety Web Plus, uniquely tailored for the organization's business needs. The software will allow us to manage our HSE performance more effectively and efficiently, managing risks and increasing operational performance as well as holding all data in one location for real time data analysis and tracking of issues and helping improve our employees safely. The cloud based system we be available on desktop and mobile app for the entire Sentinel group, making it accessible to all staff, at any time, in any location. This comprehensive system will allow us to train our staff, track training requirements, log audit/inspections, manage incidents, capture employee safety meeting attendance, analyze trends and even check compliance in the field.

Be on the lookout as we are set to launch in January 2022!





SAFETY Is The Best Present

Shoppers are pouring into stores for the big deals and searching for the perfect holiday gifts as they always do during this holiday season. However, this is also the time of year when the bad guys are looking for that perfect opportunity to steal those gifts. Don't let your guard down and remember to practice some of these safety tips when out shopping for gifts.

- ⇒ Make sure you secure your wallet and your purse so that you're not a risk for a theft, and later down the line possibly identity theft.
- ⇒ You want to make sure you're locking your vehicle. Put purchases out of sight in the trunk or covered up in your backseat, however you do it so it's not obvious that you have purchases in that vehicle.
- ⇒ With many people buying big ticket items, it's important everyone properly throw away holiday trash, because thieves could target your houses for your items.
- ⇒ You don't want a huge tv box sitting out on the curb letting people know you just purchased a brand new flat screen TV, so make sure it's put into a black garbage bag, tied up securely, so that it's not attracting attention to your home, that may prevent someone from trying to break in.

We hope this short list of holiday shopping safety tips will be useful to you and your loved ones both this time of year and in the long run as well. Remember to call 911 if you are the victim of pickpocketing, burglary, or other felonies. Also, be sure to get informed and find out more about the authorities in your area and if they are able to tackle issues such as card fraud or identity theft.

Stay safe for the holidays



Pet Safety

THROUGH THE HOLIDAYS

AVOID THESE FOODS



POULTRY
SKIN + BONES



ONIONS
+ GARLIC



BEER +
ALCOHOL



YEAST DOUGH
+ SWEETS



GRAPES
+ RAISINS



MACADAMIA
+ WALNUTS

DECORATE WITH CARE



ANCHOR TREE
+ COVER WATER



AVOID TOXIC PLANTS



NEVER LEAVE LIT CANDLES



NO TINSEL + RIBBONS



WATCH LIGHTS + EXPOSED WIRES

PLAN YOUR TRAVEL



CHECK WITH
YOUR VET



PACK A
PET BAG



RIDE SAFELY
IN VEHICLES



UNPLUG
WHEN GONE



WATCH THE
EXITS



GIVE PETS
SPACE

GIVING BACK TO THE COMMUNITY THIS HOLIDAY SEASON

CHRISTMAS Angels



Sentinel Integrity Solutions Is Giving Back This Holiday Season!

Whether you're buying gifts for a family in need or volunteering, giving back during the holiday season is incredibly impactful. We tend to call this time, "the most wonderful time of the year", but it's often easy for us to forget that for a lot of people and families in our own community, it's not. While you may be rushing around to make sure you get your child the right color bicycle, or deciding which pair of name-brand boots to buy for your spouse, let's not forget those who may not be so fortunate. It's important to remember that many families go without gifts during the holiday season, and sometimes even without a hot meal or a warm place to sleep. It's easy to fall victim to the commercial nature of the holiday season, but the true spirit of the holiday comes from giving back, giving thanks and lending a helping hand to those in need.

At Sentinel Integrity Solutions, we have the amazing opportunity this year to partner with Bates Collision in their 'Wishes For Wheels' program which gives away a car to a local family in need and fills the car up with groceries and toys for the kids. By us donating wrapped or unwrapped gifts, fuel cards or even donation money, we can help a family in need! Not only does giving back make us feel amazing, but doing so also is a huge part of how our company functions. There are plenty of ways you can help make the world a brighter place this holiday season, even if you start out small.

*Making Wishes
for Wheels Come True*

WISHES FOR WHEELS
23 YEARS 1998-2021
Playing the way to success

Here are 3 ways you can help:

1. Purchase items off the below "needs" list and drop them off wrapped or unwrapped at the Houston Office
2. Donate gift or fuel cards
(no amount is too small, even \$10 donations can add up fast)
3. Donate money & they will do the shopping

Drop off: Houston Office – Front Lobby

Ship: To the Houston Office

Attn: Teresa Cook
6606 Miller Road 2
Houston, Texas 77049



Let's help Bates Collision fill up the cars this Holiday season!

Collecting items and donations through December 9th, 2021.

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