

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

5,950,998 Incident Free Man-Hours

ISSUE 20 February 2021

Current EMR .66 & TRIR 0.00%



**WORK SAFE
LIVE SAFE
HOME SAFE**

**YOUR FAMILY
NEEDS YOU!**



This issue

Safety First—Safety Always / National Burn Week P.1
NOISE—Hear Today, Gone Tomorrow P.2
HSE Department News / SDS Importance? P.3
COVID-19 Vaccine—The Preventative Tool P.4
How to Keep a Happy, Healthy Heart P.5



#NBAW HOT TIPS

HOT TIP #1

Babies and older adults have thinner skin so they're at risk for deep burns at lower temperatures and short exposure times.



HOT TIP #2

Never carry hot liquids while holding or carrying a child. Get a lid for your coffee or tea to prevent scald burns.



HOT TIP #3

If you have to leave the bathroom while bathing a child, take them with you.



HOT TIP #4

Did you know? 62% of people treated in burn centers for scald burns are children under the age of 5.



HOT TIP #5

Never place hot liquids on low coffee tables or end tables that a young child can reach.

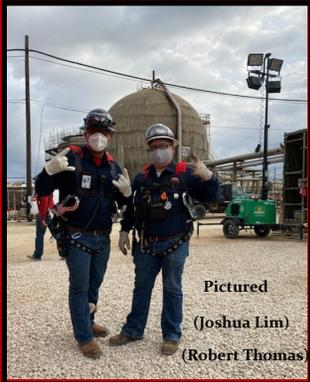


Safety First — Safety Always

At Sentinel, our goal for employee safety is clear and simple – aim for zero accidents every day. We work toward this goal by ensuring an environment where safety is a top priority for all employees. “Safety First” is an integral part of our company safety culture, and our team provides the leadership and training to make certain safety is a crucial element embraced by all employees.

We utilize one of the best behavioral-based safety programs by positively motivating safe actions and decisions by employees at all levels. This allows our employees to take ownership and directly affect minimizing and preventing workplace accidents and incidents.

History has taught us over the years that not only are unsafe acts the cause of almost all workplace accidents or incidents but, that for every accident that occurs, there are many more unsafe behaviors that are not recorded. We firmly believe that the use of behavioral psychology is the best strategy to promote safety in the workplace. Specifically, the behavior-based approach to achieving safety improvements is a process of involving our employees in defining the ways they are most likely to be injured, seeking their input, and asking them



Pictured
(Joshua Lim)
(Robert Thomas)

to observe coworkers to determine progress in the reduction of risk behaviors. Work hazard analysis and pre-task plans are just two of the strategies we use to achieve our safety goals.

Our management and staff are dedicated to not only ensuring safe working conditions, but doing all they can to protect our clients, our community and our environment as well. Leadership at every level integrates risk management principles into planning and execution of everything we do, the success of our diverse missions and the safety of our dedicated employees depend on it.

There is an important role in this program for all of us and everyone is expected to join together to make Sentinel Integrity Solutions a successful, accident-free, and safe workplace!



SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



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.

What can employers do to prevent their workers from developing hearing problems?

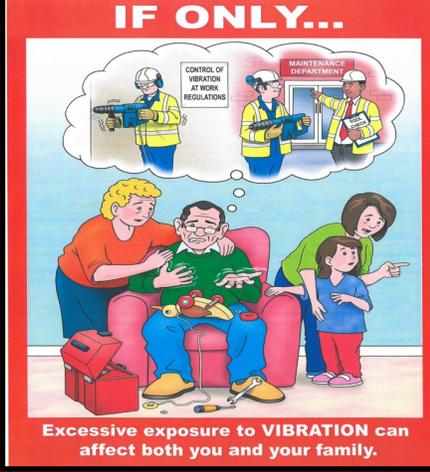
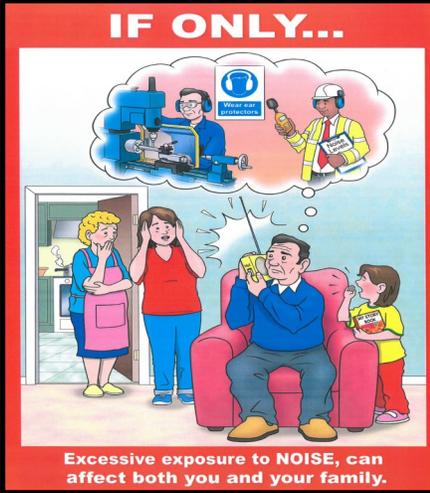
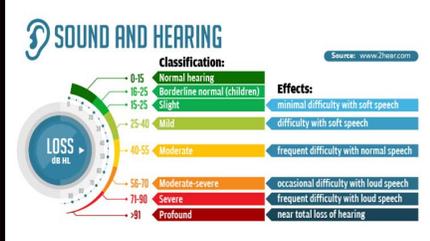
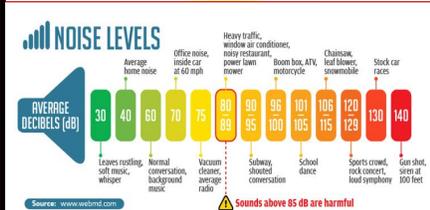
Good planning can prevent problems caused by excessive noise exposure. Noise reduced at its source should be the first consideration. Employers should invest in noise controlled equipment. When purchasing, employers can ask vendors if there is a "quiet" model or a noise-reducing option, such as enclosed 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.

Correct Fitting of an Ear Plug

- Roll...** Hold plug between thumb and finger and begin a firm progressive compression using a back and forth ROLLING MOTION. When a small CREASE FREE cylinder is formed...
- To a crease free cylinder**
- Insert** Insert compressed portion of plug into the ear canal and hold until expands. For easier fitting, gently pull ear outward and backward.
- Proper Fit** When PROPERLY INSERTED, outer flange is located at outer opening of canal, improper insertion will reduce effectiveness.

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.

Don't risk losing a worker's hearing on the job. Silence may be a great thing, but not when its permanent.





Health & Safety News

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



Monthly Safety Award Winner!

Congratulations to Steve Baque who has been selected as our first monthly safety award winner of 2021! Steve is an employee that is always planning ahead. He always gets a head start on having his JSA filled out and anytime the job scope or site changes threw out the day he updates it to ensure it is correct. In reference to Radiation Safety, he always has his RAD safety paperwork filled out and up to date. He never stops using his survey meter to insure his source is shielded after an exposure.

His ability to pay attention to his surroundings and plan ahead shows his true abilities when it comes to safety leadership! Great job! Keep up the great work!



Safety Share Contest

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.

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



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).

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)

SAFETY DATA SHEETS—WHY THEY ARE IMPORTANT?

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.



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).

COVID-19 Vaccine Information



COVID-19 Vaccine: The Preventative Tool

It's hard to imagine a time when we didn't know COVID-19 existed. Now when people say "virus," we know what they mean. The impact of COVID-19 on our lives, our work, our activities, and our freedom has affected us all.

Across the country, the COVID-19 pandemic is having devastating effects. We appreciate how much you have already done to adapt during this challenging time. As you know, we have been taking preventive measures against COVID-19 for the past several months to help keep you, our entire staff, your families, and our customers safe. We have worked under some uncertain and often stressful conditions, and you have helped make it possible for us to continue our essential operations. You've kept Sentinel Integrity Solutions running through one of the most challenging times in our history.

The responsibility is ours, as a community, to help stop this virus. As you know there is now a new, safe, and effective tool to help us do that—COVID-19 vaccines. Getting vaccinated adds one more layer of protection for you, your coworkers, your family, and your loved ones. It's important that essential workers like you consider the possibilities of getting vaccinated because of your role in maintaining critical infrastructure operations. Essential workers are at increased risk of getting COVID-19 and spreading it to others because work-related duties must be performed on site and involve being in close contact (within 6 feet for a cumulative total of 15 minutes in a 24-hour period) with coworkers.

Here are some things you should know about COVID-19 vaccination:

What to expect before, during, and after COVID-19 vaccination

Before

- Learn about COVID-19 vaccines.
- See if COVID-19 vaccination is recommended for you.

During

- Read the fact sheet that tells you about the specific COVID-19 vaccine you receive.
- Receive a vaccination record card.

After

- Expect some side effects.
- Enroll in v-safe. V-safe will remind you if you need a second shot.
- Continue using all the measures to protect yourself and others.

V-safe: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html>



We all want the pandemic to be over. We want you all to feel safe at work and in your community and to be able to shake hands with your coworkers again without the fear of spreading COVID-19. We all play a part in this effort, and you are key. If you have questions about vaccination clinics please contact the Safety and HR departments for more information.

If you have questions about COVID-19 vaccine, please visit CDC's FAQs web page:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>.

Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.



Vaccines & Immunizations
CDC - Vaccines and Immunizations Home

COVID-19 Vaccination

Clinical Resources for Each COVID-19 Vaccine

Find information for COVID-19 vaccination administration, storage and handling, reporting, and patient education for each specific vaccine

Product information by US Vaccine

General Vaccine Administration | Storage and Handling Toolkit | ACIP Recommendations | COVID-19 Vaccine EUAs



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:

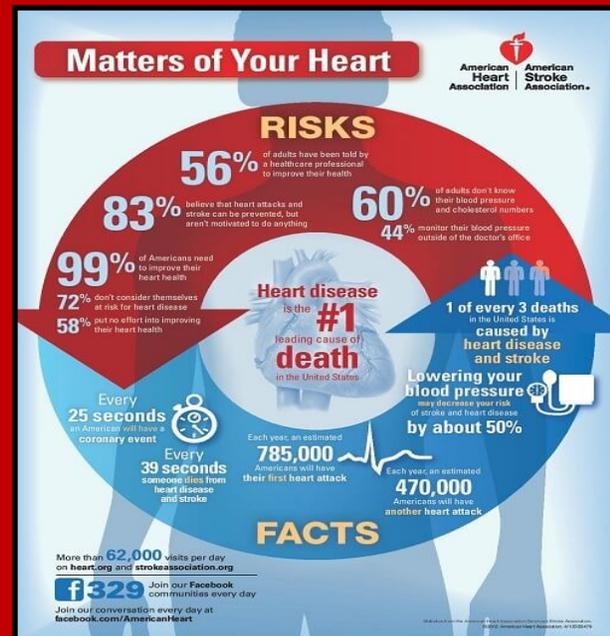
- **Move it** - Staying active can help maintain and healthy weight and heart. Get in a walk, run or find a fun exercise for at least 30 minutes daily.
- **Eat well** - Trade bad fats and sodium in for fruits and vegetables. Excessive saturated fats and processed foods can increase your risk of heart-related 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!



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