



*Wishing you a  
Safe & Happy Holiday!*

## Navigating The Holidays Safely In The Era Of COVID

When the country shut down back in March, you likely thought 'Oh, a two-week quarantine? I've got this.' But as your spring, summer, and fall plans were eventually canceled, you likely realized that social distancing, mask-wearing, and state-wide restrictions were going to be a fact of life for much longer. The past year has ushered in Zoom weddings and drive-by birthday parties. And now, with the end of 2020 (finally) around the corner, this holiday season promises to be unlike any other as many people opt to stay at home or drastically limit the size of their gatherings. This could have negative psychological impacts, especially for people who are isolated due to relationship status, health issues, or strict social-distancing preferences.

Still, some people may welcome the change of pace. For people with difficult family dynamics or trauma histories, COVID-19 will allow them to create boundaries around the holidays that they might have not felt empowered to do before. While you may be

bummed to be sitting Christmas out this year, even those gatherings that *are* still happening will come with their own stressors. Not only is this a hostile election year, but disagreements within families on how to safely gather are also bound to cause conflict. If you're feeling more "bah humbug" than "joy to the world" about the 2020 holiday season and how it will impact your annual celebrations, know that

you're not alone. Try focusing on making memories instead of focusing on what's different or missing. With this approach, you'll be able to spend your time and energy on the positive while looking forward safely!



### FOLLOW THE STEPS BELOW TO PROTECT YOURSELF FROM COVID-19



## FOLLOW THESE RULES FOR Christmas Tree Safety

THIS YEAR!

Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights, and that the tree is not blocking an exit.

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.

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.

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.

## 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



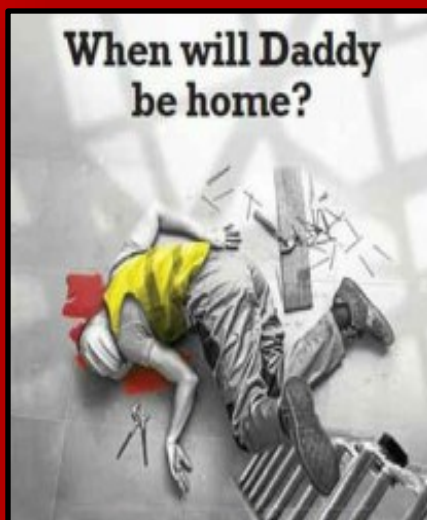
## LADDER SAFETY

### 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



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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

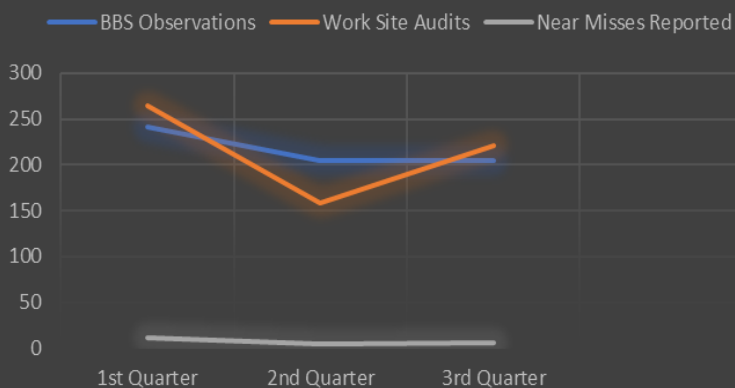


# Health & Safety News

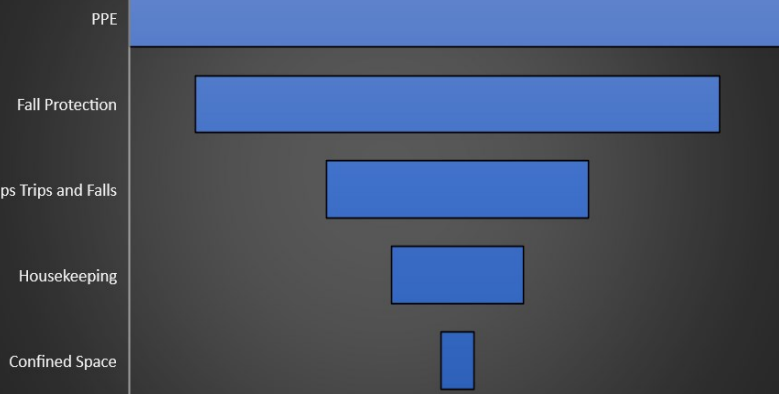
Sentinel has one of the best safety records in our industry!



## Quarterly Safety Statistics



## Hazard Assessment



## Safety Employees of the Month

Justin Grobe has been selected as our Safety award winner for the month!

He is always focused on performing his job safely along with his crew working beside him. As one of our safety leads currently working at CCR Citgo Facility, he is always making sure everyone on site is following the procedures we have in place while also maintaining a healthy and safe working environment.

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

Be a  
**-SAFETY-  
Leader**



## Join our new Safety Committee Team!

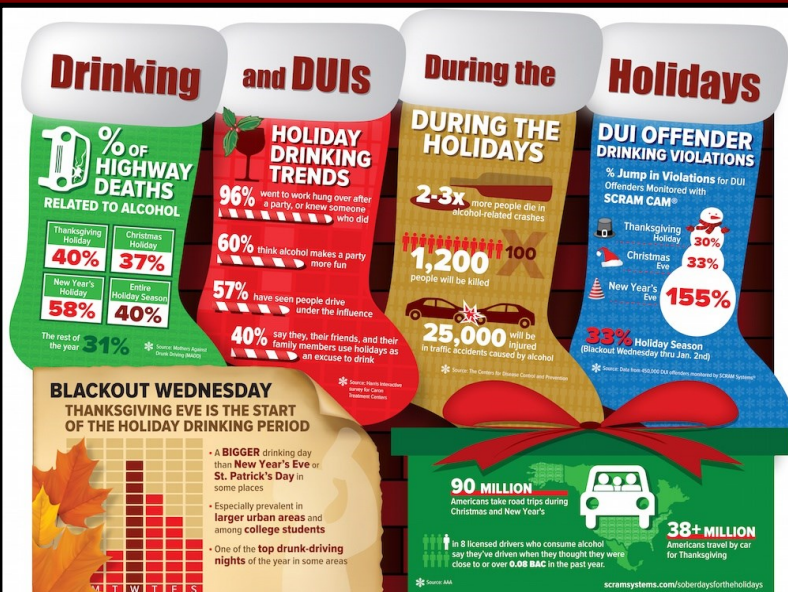
Join us starting in January 2021, as we form our new safety committee team! Some of our duties include delivering safe work practices, facilitating and improving safety training, sharing best practices and reviewing findings that we have come across at all levels! The committee has a mission of promoting a positive safety culture within the company.

We achieve this by providing new and improved ways of training to management, supervisors and employees by means of awareness geared toward the prevention of workplace accidents. Contact the safety department directly if you are interested in joining us. You won't want to miss this!



## 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 by making a mistake that could affect the rest of your life.





# Holiday Shopping

## Safety Tips



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



### DECORATE WITH CARE



### PLAN YOUR TRAVEL





# Giving Back DURING THE Holiday Season



## 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 'Hope for the Holiday' program which gives away a car to a local family in need a 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.



(Photo Courtesy of Bates Collision)

### 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 13th, 2020.\*

#### 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