

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety
November 2022

7,976,193 Incident Free Man-Hours

Current EMR .64 & TRIR 0.00%

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Happy Thanksgiving!

WISHING YOU A SAFE AND HAPPY HOLIDAY



Giving Thanks For Our Hard Working Teams

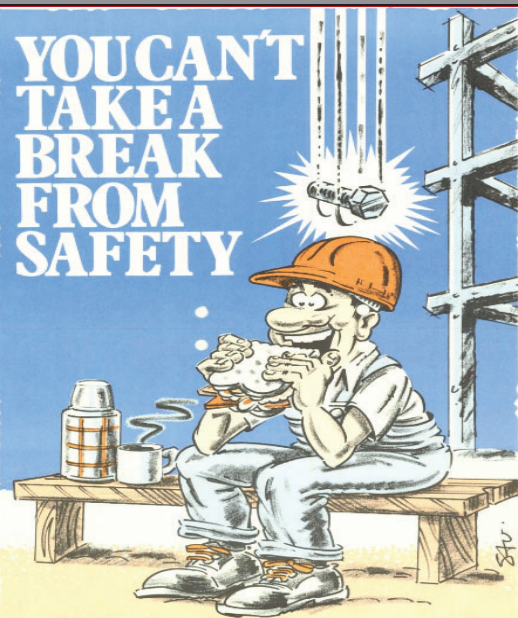
If your family is like ours, you probably spend a few moments on Thanksgiving taking turns sharing what you're grateful for and inevitably everyone ends up being thankful for each other. Well, this is a natural time to have a similar conversation with our team at work, and hopefully, they'll express the same sentiment that they feel fortunate to have one another's guidance and support on a daily basis. It is very important for us here at Sentinel, to encourage a culture and cycle of gratitude, where people not only feel thankful for each other, but also continuously work to be the kind of productive and safe employees for which others will be grateful.



You know you're doing something right, when our employees readily have each other's backs. When they volunteer to pick up the slack, complete and work on projects after hours or even take an unplanned trip, all to help out our team. Time and again over the past year, we have had many people give their time and efforts to ensure we continue to strive in keeping each other safe! The reality is that we all need each other, and we are both grateful and proud to have a team we all can count on. Thanksgiving is a time when many families travel long distances to celebrate together. If you must travel, be informed of the risks involved just to be safe during this holiday.



As always, safety not only is at work each day, but we all take it home with us as well. We want to wish everyone a safe and happy Thanksgiving!



You Can't Take A Break From Safety!

Personal safety experiences have a significant potential to prevent incidents. Safety observations or conversations and near miss reporting systems contribute to improvements in safety performance. These observations, conversations and reports create multiple opportunity to learn from others' achievements and failures, and can possibly save lives.



FLU Wants YOU!

3 Ways to Fight the Flu.



COUGH and SNEEZE into your SLEEVE.
Hands spread the disease.



WASH HANDS OFTEN!
for 20 seconds with soap and warm water



REST is BEST.
Stay home if you have flu symptoms:
• Fever, 100°F/38°C and above
• Coughing and sneezing
• Body aches
• Extreme fatigue

SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



Why Choosing The Right Glove Is Important

If there is one thing more important than ensuring our workers are wearing safety gloves, it is ensuring our workers are wearing the correct safety glove for the specific task they perform on the job. Wearing the wrong safety glove won't protect the wearer from all the potential hazards in their environment. There are some considerations that need to be made when choosing a safety glove.



For example, does the wearer need protection from thin sharps like a needle or other sharps like nail screw? By deciphering this information you can assess which glove you'll need. For example, the decision to be made is whether you require puncture resistance or chemical glove types?

Once you have assessed your needs, simply look through each range of gloves available and select the category and type of glove that meets the requirement for that specific job task.

Each year 1,000,000 employees across the U.S. are treated in the hospital emergency room for hand injuries. Gloves could reduce those injuries by 60%. That's 600,000 people. Below are some samples of different glove types that can be used.

Why don't we wear gloves when performing work that could lead to injuries? It is simple, many workers just don't see hand injuries as serious, choosing the wrong size glove and therefore find them uncomfortable and bothersome to work in.

What types of injuries could happen to your hands when you are working each day?

- Chemicals, which could be absorbed through the hands or burn the skin.
- Infectious materials, Garbage, blood, body fluids all contain bacteria or virus that could make us sick.
- Cuts, scrapes and punctures, when handling garbage or cleaning, broken glass, needles or sharp edges could cut, scrape or puncture the skin on the hands.

By using gloves when using chemicals, and collecting and emptying trash we can greatly reduce our exposure to chemicals and infectious materials; and reduce our risk of injury from cuts, scrapes and punctures.

Reasons to change gloves:

If you come in contact with feces or blood while working, remove the glove using the universal precaution method.

| | |
|--|--|
| Cotton and Disposable | |
| Cotton gloves provide very minimal protection to hands. Disposable nitrile gloves provide prevention of hydro-carbon and liquid absorption into skin | |
| Nitrile Dipped Gloves | |
| Provide excellent protection when dealing with oils, lubricants, and petroleum liquids. Can be found with a cut resistant rating. | |
| Leather Gloves | |
| Provide protection to hands from the elements as well as scrapes but seldom provide any cut resistant protection. Best used when handling such materials as wood and bricks. | |
| Cut Resistant Dexterity Gloves | |
| Available in ratings from 1-5. Should be worn any time you are handling tools or materials that could easily cut or scrape your skin. (i.e.) Using self retracting blades, handling duct work, using a saw, handling glass or working with light fixtures. (Best practice would be to wear this type always to avoid injury to hands). | |
| Remember: - Use the right glove for the task - If the tool or material you are handling could cut you, wear cut resistant gloves | |
| EN symbol used to describe performance of gloves rated for mechanical hazard protection Abrasion resistance rating Cut resistance rating Tear resistance rating Puncture resistance rating 3 4 4 1 EN 388 | |
| STOP & THINK BEFORE EVERY TASK | |

Remember that a glove can only prevent injuries and diseases if worn correctly!



Health & Safety News

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



Safety Spot Awards



There was a large release on one of the sites in which Chad Demoine works that resulted into a category 2 event (exited the fence line). At the time of this event, Levi Tenwalde and Denver Lawrence were performing work at IFF on T-1030. Levi was in a Condor lift performing MT exams while Denver was his ground watch. Several buildings surrounding IFF were on alert but IFF was not. Chad utilized the stop work authority to ensure the safety of both Levi and Denver while the event unfolded. Great catch and utilization of your stop work authority of an unsafe event. Awesome work Chad!



Safety Employee of the Quarter



Daniel Sosa has shown his commitment to safety throughout 2021. He continuously exceeds the expectations through mentorship and a true steward of the Loss Prevention System at the ExxonMobil Baytown Refinery. This quarter alone Daniel has taken Short Service Workers and mentored them to becoming onsite mature employees while completing his day to day tasks to also include a Loss Prevention Observation. His dedication to safety and being a team player is a direct influence of our OUTSTANDING safety compliance on site and a Mentor to many.

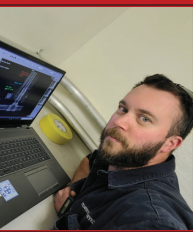
Congratulations Daniel on being our Safety employee of the 3rd quarter! Keep up the great work!

The Importance of Training



Routine work can dull alertness and a relaxed attitude can replace the caution that existed when the job was new and interesting. In many jobs the same route is traveled daily over the same roads or the same tasks are repeated with little conscious thought. Without some periodic reawakening to the ever-present hazards, lethargy deepens and the odds of an accident occurring can increase. Workers may not always recognize the importance of safety training or think of it as unnecessary because they've "been doing it for years." But an important benefit of periodic safety training is the reminder that a danger can exist and the no one is immune to accidents. Therefore, it is important for workers to understand the purpose of the training session, why it will be useful to them, and what can result from not following safety rules and procedures. Our state of the art training facility is utilized regularly for various types of safety training, meetings and other specialized events. Our safety team is instrumental in reviewing common hazards, safety techniques and after completion, our participants in training have the tools to help them create a safe work place. By identifying and anticipating hazards, we can prevent injuries and keep employees safe each and every day!

Safety Employees of the Month



Congratulations to Conrad Sorenson in our RT Houston Division for winning this month's safety award!

Conrad always has a positive attitude, while always looking to help anyone out. He is always prepared, speaks up and uses best safe work practices to make each task not only easier but Safe! Your hard work and dedication to safety never goes unnoticed.



Congratulations Conrad!

Highlighting Our Safety Team



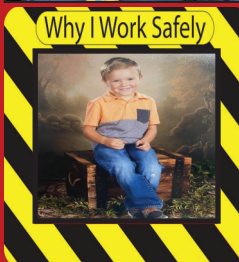
James "Brad" Bell

Position: Safety Coordinator – Corpus Christi

Hobbies: Fishing, hunting, guns and spending time with my family.

What do you enjoy the most about Sentinel:

It feels like a family! That family atmosphere is what I like the most. The reputation that Sentinel Integrity Solutions has stands out from the rest along with the great people who work here!



DEER HUNTING (SEASON SAFETY)



Deer Hunting Safety Tips

According to the national Safety Council, hunting is a safe activity. In fact, hunting results in fewer injuries per 100,000 participants than many other sports, including cycling, bowling, golf and tennis. However, as with any activity, you must always use good judgement and take responsibility for your actions. Hunters should follow safe, ethical hunting practices. An accident is the fastest way to end a hunting expedition.

- ⇒ Carry a flashlight while walking through the hunting area at all times.
- ⇒ Don't rely on your gun's safety. Treat all firearms as if they're loaded.
- ⇒ Never cross a fence, climb a tree or stand or jump a ditch with a loaded gun.
- ⇒ Never hoist a loaded firearm into a stand.
- ⇒ Never load or carry a loaded firearm until you are ready to use it.



- ⇒ Wear hunter orange so you can be seen. A blaze orange hat and at least 400 square inches of hunter orange.
- ⇒ Keep guns and ammunition separately and in locked storage.
- ⇒ Don't shoot unless absolutely sure of your target and what is beyond it.
- ⇒ Know the range of your firearm. Remember, even a .22 rim fire can travel over 1-1/2 miles.
- ⇒ Always be sure your gun barrel/action are clear of obstructions and only carry ammunition specifically intended for use.

Safety Tip

Outdoor Safety During Hunting Season



If you hear shooting, call out to alert nearby hunters to your presence.



Wear high visibility clothing near hunting grounds.



While walking in the woods, whistle/sing/talk so others know you aren't wild game.



Please review firearm safety before your hunt, and use fall protection in a stand.



Although experienced drivers, Paul and Patsy can always benefit from driving tips on how to avoid driving hazards, such as deer.

DEER SAFETY TIPS:



- Deer are most active at dawn and dusk, but can appear at any time.
- Watch for the telltale glow of a deer's eyes in the dark.
- Watch for warning signs that indicate heavy deer traffic areas.
- Deer travel in groups and in single file so, if you see one, be prepared for more to follow.
- If you see a deer, slow down, tap your brakes to warn others and sound your horn to move the deer.
- Deer fixate on headlights - flashing them may cause the deer to move out of harm's way.

**REMEMBER:
DEER ARE UNPREDICTABLE.
BE ALERT!**



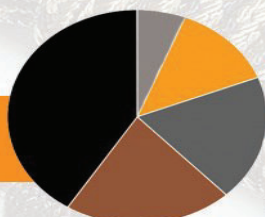
BE A HUNTER, NOT A STATISTIC.

TSSA
TREE STAND SAFETY AWARENESS

NEARLY 1 IN 10 FALLS RESULT IN DEATH

*BASED ON A REPORT BY TSSA EXECUTIVE DIRECTOR, DR. GLEN MAYHEW. STATS COMPILED BETWEEN 7 STATES FROM 2008-2015

WHEN DO FALLS OCCUR?



**AVG FALL
16.97'
HEIGHT**

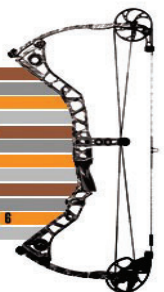
BALANCE/LOST GRIP 182

WHAT CAUSES TREE STAND FALLS



TSSA
TREE STAND SAFETY AWARENESS
#STAYCONNECTED

AVERAGE AGE OF TREE STAND FALL VICTIMS
46.2
YEARS OLD



How to Carve Up Your Thanksgiving Calories

Stuff your turkey, not yourself.



Here's How to Have a Healthy Thanksgiving

(Enjoy Every Second of It)

Thanksgiving is upon us and there are parties, food and sweets every where you turn. Many people feel they have to put their healthy lifestyles on pause from Halloween through New Year's Day. But is that really necessary? In short, no! You can have a healthy Thanksgiving and practice a 90/10 rule with consistent, balanced, and healthy meals so you can enjoy more indulgent foods or drinks in moderation rather than giving in and giving up entirely. Eating toxic candy all day on Halloween and making yourself sick on Thanksgiving from overeating is not something you have to do. Just like choosing to workout, choosing to pass on dessert, or choosing to cook more meals at home, you can choose to make balanced, healthy choices each holiday and at social gatherings. Overeating, consuming excess sugar, alcohol, and missing out on a regular workout or sleep schedule can have a major impact on your immune system and inflammation levels, and can also lead to weight gain. Now is the perfect time of year to be prioritizing your self-care and making sure that when you can choose healthy, nourishing foods and habits, you do! Enjoy a Healthy Thanksgiving instead of chalking it up to the holidays and planning to "start over" in January. You only get one body. Take care of yourself now, and always! November doesn't have to be the month you experiment with a cleanse or lose the 20 pounds you have been thinking about for the past 6 months. But November is the perfect time to maintain healthy lifestyle habits so you have the energy and immune system to keep up with all this busy season has to offer!

HAVE A SAFE THANKSGIVING
~REMEMBER TURKEY!~



T U R K E Y

T
Thaw turkey at a safe temperature - 40°F or below



U
Use extra caution when frying a turkey and oil-free fryers if possible



R
Remember to clean all cooking surfaces regularly



K
Keep children away from hot foods and surfaces, and kitchen utensils



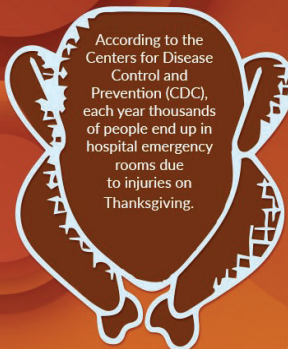
E
Ensure turkey is cooked and has reached minimum temperature of 165°F



Y
Your smoke detector should be tested prior to cooking



Thousands Will Be Injured
or **Killed** on
Thanksgiving.



Dangerous Driving
NHTSA accident reports show that Thanksgiving Day is the most dangerous driving day of the year.

Reasons:
 > Snow and ice on the roads
 > Speeding Drivers
 > Drunk Motorists

Kitchen Fires and Burns
Severe burns and even deaths can be caused on Thanksgiving.

Reasons:
 > Outdoor gas grills
 > Deep-frying a turkey
 > Explosions and Fires
 > Grease fires in the kitchen

Serious Cuts and Injuries

> Serious cuts can take place while:
 > Carving the turkey
 > Chopping of vegetables and fruits

Slip & Falls

Slip-and-fall accidents result in injuries like sprains, fractures, broken bones, back and neck injuries and head trauma.

Reasons:
 > Cold temperatures
 > Freezing rains
 > Snow and ice

Heart Attack and Strokes

Coronary deaths increase by 33% during the Thanksgiving holidays.

Reasons:
 > Increased food and salt intake
 > Alcohol consumption
 > Rise in stress while travelling



wobble before you GOBBLE

CIRCUIT WORKOUT - KATRINAELLE.COM

WARM-UP - 60 seconds each

Arm Circles Forward / March
 Arm Circles Backward / Butt Kick
 Finger Touch Jumping Jacks
 Jog in Place
 Low Squat Jab Punches

WORKOUT: 20 seconds each exercise, then a 30 second recovery, 3-5 sets before stretching

Low Squat Side Shuffles
 1 Pushup / 1 Shoulder Tap
 Power Squat (Jump)
 Wide Sumo Burpees to Pushup

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