

# Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

ISSUE 17 November 2020

5,793,358 Incident Free Man-Hours

Current EMR .66 & TRIR 0.00%



## Have a Safe and Happy Thanksgiving

### 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. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the risks involved just to be safe during this holiday.

#### Lower risk activities

- ⇒ Having a small dinner with only people who live in your house.
- ⇒ Watching sports, parades, and movies from home.
- ⇒ Prepare traditional family recipes and delivering them in a way that doesn't involve contact.

#### Moderate risk activities

- ⇒ Having a small outdoor dinner with family.
- ⇒ Attending a small outdoor sport event with safety precautions.
- ⇒ Visit other families wearing a mask if encouraged and maintain social distancing while using sanitizer.

#### High risk activities

- ⇒ Going shopping in crowded stores.
- ⇒ Attending crowded parades or events.
- ⇒ Large gatherings with people not in your own household.
- ⇒ Ignoring ways to prevent the spread of COVID-19

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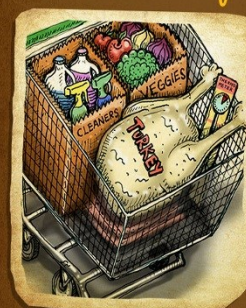
## A Safe Holiday Feast

1 in 6 AMERICANS WILL GET A FOODBORNE ILLNESS THIS YEAR.

**FOOD SAFETY is IMPORTANT!**

Follow these simple rules to ensure a **SAFE** holiday feast.

### SHOPPING for your FEAST



Make room for your feast in the fridge and freezer.

Keep fresh fruits and vegetables separate from raw meat and poultry, and keep all food away from household chemicals in your shopping cart and in bags.

Refrigerate perishable foods as soon as you get them home from the store.

**ALWAYS PAY ATTENTION to "SELL BY" & "USE BY" DATES.**

**BUY A FOOD THERMOMETER!**

### PREPARING your FEAST



**WASH HANDS, SURFACES & UTENSILS between EACH FOOD-PREP STEP.**

**THAW FORMULA: 4 LBS. PER 24 HOURS**

Thaw frozen turkey in a refrigerator in its original packaging. Stuff turkey just prior to cooking.

**COOK TURKEY BREAST & STUFFING to 165°F**

Temperature is the only indicator that food is cooked for quality and safety. Turkey thighs are best at 175°F.

Keep hot foods above 140°F. Refrigerate all cold foods until ready to serve (40°F).

Rinse fresh fruits and vegetables just before using or consuming unless labeled "ready-to-eat" or "pre-washed."

### EATING your LEFTOVERS



Leftovers cool more quickly in shallow containers. Bring gravy to a boil before re-serving.

**REHEAT LEFTOVERS to 165°F**

**EAT or FREEZE LEFTOVERS within 3 to 4 DAYS.**

**EAT or FREEZE GRAVY within 2 DAYS.**

**FIND MORE INFO at HOLIDAYFOODSAFETY.ORG EATTURKEY.COM**



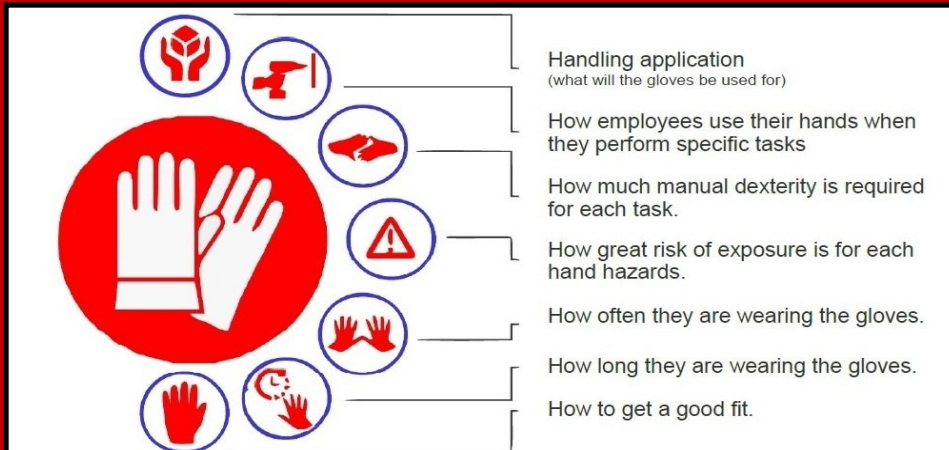
# SAFETY TOPIC

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 gloves or stick type?

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.

Do not throw the gloves in the regular trash. Put them in a biohazard disposal, and wash your hands with warm water and soap for at least 30 seconds.

<b>Cotton and Disposable</b>	
Cotton gloves provide very minimal protection to hands. Disposable Nitrile gloves provide prevention of hydro-carbon and liquid absorption into skin.	
<b>Nitrile Dipped Gloves</b>	
Provide excellent protection when dealing with oils, lubricants, and petroleum liquids. Can be found with a cut resistant rating.	
<b>Leather Gloves</b>	
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.	
<b>Cut Resistant Dexterity Gloves</b>	
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).	
<b>Remember:</b> - Use the right glove for the task - If the tool or material you are handling could cut you, wear cut resistant gloves	
<b>EN symbol used to describe performance of gloves rated for mechanical hazard protection</b>  Abrasion resistance rating Cut resistance rating Tear resistance rating Puncture resistance rating	
<b>STOP &amp; THINK BEFORE EVERY TASK</b>	

**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!



## Quarterly Safety Award Winner!

Trevor LaVergne works primarily at the ExxonMobil Baton Rouge Complex as an IR Technician. However, he also does scans at other sites for us, such as the Baton Rouge Exxon Facilities and Delek. Trevor's attention to detail and communication, along with his utilization of the safety programs that are in place within each facility and the Sentinel Integrity Solution safety standards, has allowed him to lead by example and stay safe and injury free. Trevor is the true definition of Integrity and his worth ethic and work/safety practices are a valuable asset to the team. Great job Trevor!

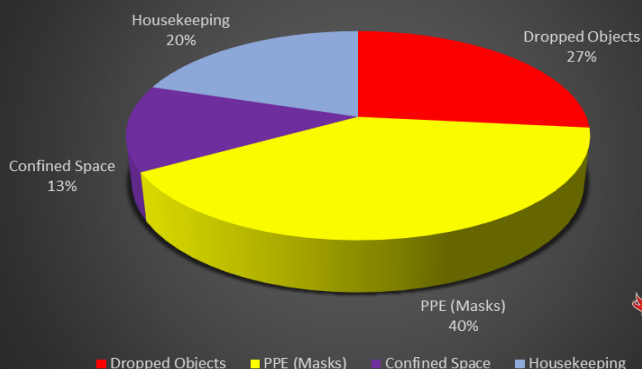


## This Month's Safety Award Winners!

Ryan Leleux and Justyn Shamoon safely completed a project for us, that not only exceeded our expectations but our client's as well. Both individuals were required to drive thousands of miles across the country to visit each site with zero incidents. They both carried themselves with professionalism and were extremely safety conscious. The client was so pleased with their field execution and safety orientated mindset that the client is looking to continue our relationship into the future. This speaks volumes to the work performed by both guys and is an example for others to follow!



## High Hazard Observations



## Halloween

### Safety Poster Contest

Congratulations to Monica Tellez! She will be receiving a \$50 dollar visa gift card for her poster! We had several great posters turned in. We want to thank everyone who participated in the contest.

Be on the lookout next month for our "12 days of Holiday Trivia!"



## Safety Centric Culture Leadership Training

With our eyes set on 2021 and looking at ways we can innovate and improve, we have put our focus on leadership training. By utilizing a Safety Centric Culture training program that consists of the 3 P's—People, Process and Platform, we can build a training program that goes above and beyond for our Managers and front line employees. With this approach, we are confident the guiding principle will be to put the SIMPLE back into SAFETY! Plain and simple, it should not be difficult to lead our people from not getting hurt.

It's together as a "One Culture" approach developing into the Sentinel way of doing things day in and day out!

## Get To Know Our Team

### Danay Benitez

**Position:** Safety Coordinator – Corpus Christi

**How Long:** 8 Months

**Hobbies:** Decorated parties, Read books, Travel, Spend time with my family and friends.

### What do you enjoy the most about Sentinel:

It feels like a family! I work with excellent team, and know that I can contribute a little of my knowledge to maintain the good prestige that Sentinel have as a company. I'm so blessed to be part of this.



## Why I Work Safely







### 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 before or after daylight.
- ⇒ Don't rely on your gun's safety. Treat all firearms as if they're loaded and ready to fire.
- ⇒ 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. Always unload firearms before riding in any vehicle, including ATVs. Watch your muzzle so the other hunter doesn't have to.
- ⇒ Wear hunter orange so you can be seen. A blaze orange hat and at least 400 square inches of hunter orange above the waistline must be worn during all gun deer seasons. It must be worn at all times, not taken off once in the stand.
- ⇒ 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 and action are clear of obstructions and only carry ammunition specifically intended for the firearm you're using.
- ⇒ Always carry handguns with the hammer down on an empty chamber.
- ⇒ Avoid alcoholic beverages before and during shooting.
- ⇒ Tell someone where you're going and when you plan to return. If you move from one area to another advise someone.





# 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 life-styles 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've 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!

Men: 700 calories per meal • Women: 500 calories per meal

Pick and choose the items on this list that add up to your target calorie range.

<b>Vegetables</b> Serving size: 1/2 cup about the size of a rounded handful Calories: varies	<b>Salad</b> Serving size: 1 cup about the size of a baseball Calories: about 100-150, depending on the dressing	<b>Turkey</b> Serving size: 3 ounces about the size of 1 deck of cards Calories: about 132 (white meat)	
<b>Gravy</b> Serving size: 1/4 cup about the size of a golf ball Calories: about 30-50	<b>Potatoes</b> (sweet potatoes or mashed potatoes) Serving size: 1/4 cup about the size of a tennis ball cut in half Calories: about 145	<b>Stuffing</b> Serving size: 1/4 cup about the size of a standard ice cream scoop Calories: about 180 calories	
<b>Combread</b> Serving size: 1 medium muffin or square about the size of a personal bar of soap Calories: about 175 without butter	<b>Butter or margarine</b> Serving size: 1 teaspoon about the size of 1 die Calories: about 36	<b>Cranberry sauce</b> Serving size: 1/4 cup about the size of a golf ball Calories: about 105	
<p><b>Make fruits, vegetables, beans and whole grains the biggest part of your meal.</b></p>			<b>Pie</b> Serving size: 1/8 of 9" pie about the size of a standard light bulb Calories: about 323 for pumpkin, 456 for pecan

## THANKSGIVING INGREDIENT SWAPS

4,500 CALORIES

According to the Calorie Council, the average American eats 4,500 calories and 229 grams of fat during Thanksgiving dinner.

**SAVING CALORIES WITH HEALTHY RECIPE SWAPS!**

- HEAVY CREAM** (2 cups) → **COCONUT MILK** (2 cups)
- SALT TO TASTE** → **HERBS AND SPICES**
- ONE EGG** → **FLAXSEED**
- SOUR CREAM** (1/2 cup) → **YOGURT** (1/2 cup)
- MILK** (1 cup) → **ALMOND MILK** (1 cup)
- BUTTERMILK** (1 cup) → **YOGURT** (1 cup)
- CHOCOLATE CHIPS** → **CHOCOLATE DIPS**
- PASTA** → **VEGETABLES**

## THE THANKSGIVING WORKOUT 2.0

PROTEIN	WHITE MEAT TURKEY 15 MINUTE RUN	DARK MEAT TURKEY 30 MINUTE RUN
STARCH	SWEET POTATO 2 SETS OF 10 PUSH-UPS	MASHED POTATO 3 SETS OF 10 PUSH-UPS
TOPPING	GRAVY 2 SETS OF 50 JUMPING JACKS	CRANBERRY SAUCE 3 SETS OF 50 JUMPING JACKS
SIDE	GREEN BEAN CASSEROLE 30 BODY WEIGHT SQUATS	STUFFING 2 SETS OF 30 BODY WEIGHT SQUATS
CARB	BREAD ROLL 2 SETS OF 10 BURPEES	CRESCENT ROLL 2 SETS OF 30 BURPEES
PIE	PUMPKIN PIE 3 SETS OF 30 MOUNTAIN CLIMBERS	APPLE PIE 2 SETS OF 30 MOUNTAIN CLIMBERS

DOUBLE WORKOUT WITH EACH EXTRA HELPING.

## 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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