

Sentinel Integrity Solutions

Monthly Newsletter of Health & Safety
ISSUE 01 JULY 2019

4,014,322 Incident Free Man-Hours

Current EMR .066% & TRIR .00%



Improving Our Health & Safety Culture

We are pleased to announce, we are reinstating the Corporate Monthly Health and Safety Newsletter. We will be sending a newsletter every month throughout the year. In reading these, you will discover ways to help keep you and your project safe as well tips that can be applied to your everyday lives. This will also be a great tool to help keep you up to date on current safety topics, corporate safety standards, and changes to current regulations. Remember safety is a full time job so let's not make it a part time practice!

This month we are highlighting making safety personal, factors leading to heat stress and focusing on the importance of reporting near-misses. In a safe and healthy workplace, employees must understand the basics of general safety to execute our company health and safety policy. The intent of discussing near-misses is to draw awareness to an important method of incident prevention. The purpose of highlighting our corporate health and safety updates is to communicate changes happening behind-the-scenes in our Corporate Safety Department.



Improving our health and safety culture begins with our employees. Our newsletters will provide managers, inspection professionals, and administrators with tips, news and advice to help improve our company's safety culture.

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Our Commitment

Our commitment to safety is evident in our results. Sentinel has over four million (4,014,322) safe working man-hours logged without lost time or an OSHA recordable injury. Our management and employees are dedicated to not only ensuring safe working conditions, but doing all we can to protect our clients, community and environment.

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Our Vision

Each and every day, Sentinel Integrity strives to deliver **safe**, cost-effective, turn-key inspection solutions to our clients.

SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



MAKE SAFETY PERSONAL

Safety here at Sentinel Integrity Solutions isn't a self-serving company in search of more rules for everyone to follow. Safety matters because our people matter, so we believe that safety should happen *with* rather than *at* our team members.

In order to create this type of environment, we must make safety personal. When safety becomes personal and employees take ownership of the process, they more proactively look out for themselves and their coworkers.



With this in mind, we strive to foster employee engagement and ownership in numerous ways, including our new crew work plan. A comprehensive safety and production tool that incorporates human performance principles and builds in learning from the previous day, our crew work plan focuses on increasing employee engagement by asking a set of questions that are not specifically hazard related. Our teams start the day by asking:

1. What has changed that will impact our work today?
2. What did we learn during our last shift that can help us be more productive and safe today?

These questions help employees take ownership of the process and actively participate in creating safety plans.

For instance, many jobsites encouraged employees to post pictures to a display board demonstrating why they work safely. Many shared photos of family members, pets, and friends, driving home the personal impact safety has on each individual—the personal connections that would be impacted if a worker were injured.

Safety Alert

SYMPTOMS

HEAT EXHAUSTION

Faint or dizziness
Sweating profusely

Cool, pale, clammy skin

Vomiting, nausea

Rapid weak pulse

Muscle cramps

HEAT STROKE

Pulsating headache
No sweating

Hot, red, dry skin
Temperature above 103°

Vomiting, nausea

Rapid strong pulse

Could lose consciousness



Heat stress has recently been one of the primary incidents reported to OSHA. When the body is unable to cool itself by sweating, several heat-induced illnesses, including heat stress, heat exhaustion, and the most severe, heat stroke, can occur and result in

Factors Leading to Heat Stress - Factors contributing to heat stress can include high temperature and humidity, direct sun or heat, limited air movement, physical exertion, poor physical condition, some medicines, insufficient hydration and inadequate tolerance for hot work-

Preventing Heat Stress

- * Know signs/symptoms of heat-related illnesses and monitor yourself and coworkers.
- * When possible block or stay out of direct sunlight or other heat sources.
- * Use cooling fans or air-conditioning and rest regularly.
- * Drink lots of water, at least 1 cup every 15 minutes.
- * Avoid alcohol, caffeinated drinks, or heavy meals.

What to Do for Heat-Related Illness

- * Call 911 (or local emergency number) at once.
- * Move the worker to a cool, shaded area.
- * Loosen or remove heavy clothing.
- * Provide cool drinking water.
- * Fan and mist the person with water.



Health & Safety Department News

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

NEAR-MISS REPORT

An RT Inspector and Assistant climbed to the top of the scaffold to perform MT on lifting lugs on a Heater Stack.

As the employee stepped onto the 2x12 plank and tied off securely, the 2x12 plank snapped in half and the employee caught himself with his hands on the scaffold pole. The scaffold plank fell about 40 ft down and landed on a nearby scaffold. No injuries were reported.

RESPONSE:

Sentinel employees followed proper safety procedures to barricade the area and reported the near-miss. The near-miss was also discussed during the weekly safety meeting.

HAZARD(S):

Struck By: The 2x12 plank could have struck someone causing injury.

Fall to Lower Level: The employee could have fallen to the ground.

METHODS OF CONTROL:

Engineering Controls– The scaffolding planks should be properly installed and inspected.

Administrative Controls- Visual inspection of all scaffolds prior to use. Any defective should be immediately taken out of use if it is suspected of being damaged or any of the safety and warning systems are not working.

CONTINGENCY PLANS: The Near Miss Report was reviewed at safety meeting along with Sentinel's Dropped Object Prevention Plan with on-site personnel. Sentinel also has reviewed the report in the monthly health and safety newsletter to raise awareness about the near-miss to prevent any future accidents.

CONTINUING REMINDERS

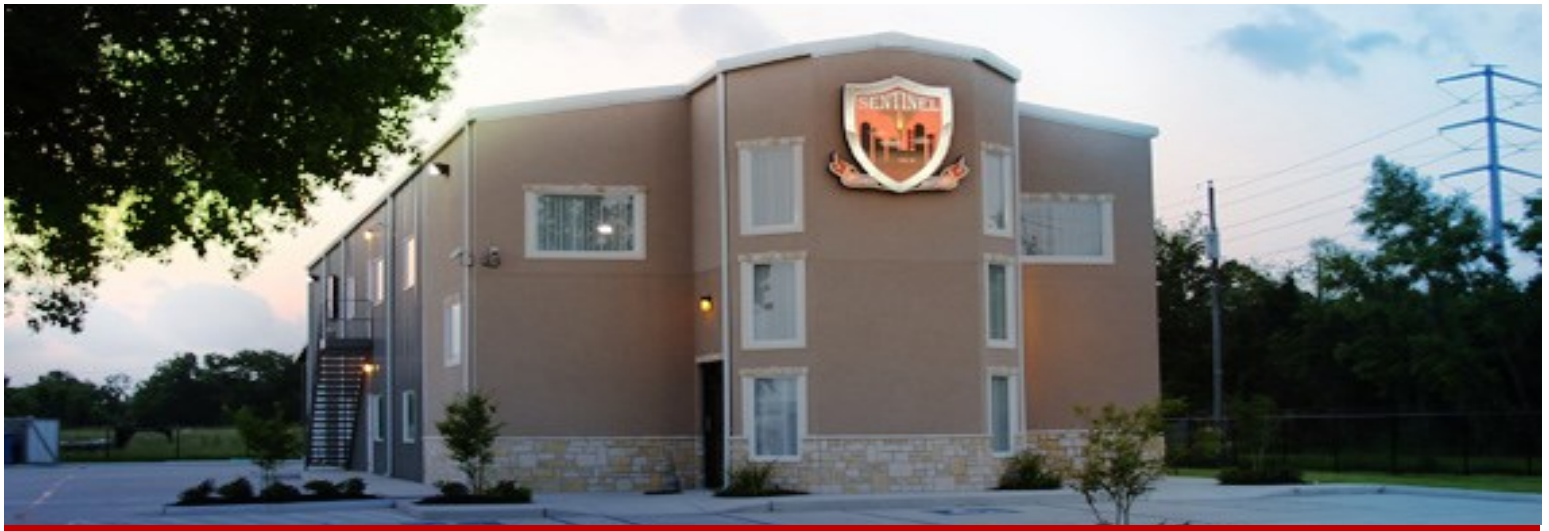
* Make sure all of your site safety documents are turned into the Safety Department.

*Multiple turnarounds are scheduled to begin soon, be proactive and verify your safety training is not scheduled to expire soon. If you have down time between jobs and know you need more safety training, contact the Safety Department to schedule your courses.

Our June Safety Statistics

0 OSHA RECORDABLES
0 LOSS TIME
0 FIRST AID
1 NEAR MISS





NEAR MISS - THE ONE THAT ALMOST HAPPENED

The Same Things That Cause Accidents

Cause Near Misses:

Unsafe acts, such as improper lifting; walking under an overhead load; cutting, grinding, or chipping without safety glasses; not using proper Personal Protective Equipment, etc.

Unsafe conditions, such as poorly maintained equipment, oil or grease on floors, welding leads that have been laid in walkways, trash and boxes that have been left in hallways, etc.

Hurrying and taking risks to get a project done faster, or to wrap up a job at quitting time.

Report Near Misses Before They Become Accidents:

Once a near miss occurs, report it immediately to the nearest foreman or supervisor. The potential for such incidents exists all over the workplace, so all employees-- not just supervisors-- must help identify them.

If the near miss is a result of an unsafe condition, don't continue to work under that condition until the problem has been corrected and your supervisor gives the okay to proceed.

If the incident is a result of unsafe acts, be certain that everyone involved has been alerted to their actions before they continue with the job.

Near Misses Are A Warning:

Letting a near miss go unreported provides an opportunity for a serious accident to occur. Correcting these actions or conditions will enhance the safety within your facility and provide a better working environment for everyone involved. Don't let yourself or co-workers become statistics--report near misses to your supervisor.

Prevent An Accident That's About To Happen!

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