

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

6,098,265 Incident Free Man-Hours

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Current EMR .64 & TRIR 0.00%



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Safety Leadership = Performance

Safety performance is driven by the leadership of our hard working and dedicated employees of Sentinel Integrity Solutions. Those leaders establish values, develop procedures, and enforce accountability for our safety programs. Put another way, our safety leaders set the standards of safe behavior within our company. We would obviously expect a safety leader to be someone who exhibits high understanding of safety, but leadership is more than just managing one's own safety behaviors. A true safety leader also motivates his or her coworkers to strive for minimal risk exposure. Safety leadership is defined as the process of interaction between leaders and followers, through which leaders can exert their influence on followers to achieve Sentinel's safety goals. We cannot emphasize just how important it is to have safety leaders at every job site, in every department, across levels of our structural hierarchy, that create a strong safety culture that leads to improved safety performance. Even our management team continually impresses their workforce that a safety leader is anyone who cares enough about the organization to take the actions that will keep themselves and others free from danger or injury through guidance, persuasion, direction, and setting the example.

Our safety leaders do not influence others through power, status, or authority; they demonstrate and inspire their co-workers to do the same through their actions. Although some may feel this to be a tough obligation and may shy away from, they realize that safety leaders take on no greater share of the responsibility than their coworkers.

The main difference is that safety leaders are more cognizant of their environments and throughout the day are more likely to take the correct and safest actions based on training and experience to be as safe as possible.



National Work Zone Awareness

National Work Zone Awareness Week educates the public of the need for safety in work zones. It brings to light the hazards and dangers of driving through work zones and how to avoid them. Numerous buildings and bridges across many parts of the US will be lit up or display an orange color.

Orange is the primary safety color in work zones. Everyone is encouraged to wear orange and show highway workers and everyone who works along the roadways how much their efforts are appreciated.



- Tips to follow in work zones -

- Follow traffic control
- Pay attention to the road
- Stay alert/watch for workers
- Expect delays
- Allow ample space between vehicles



At Sentinel Integrity Solutions, we support the decisions made by our safety leaders and empower them to guide others to a strong safety performance!

SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



PREVENTING HAND INJURIES AT WORK

You need your hands for most common activities, especially at work, so preventing hand injuries is something to keep front of mind. Unfortunately, hand safety is often overlooked and hand and finger injuries in the workplace continue to be common



The Why: Hand Injury Prevention Matters

Hand injuries are particularly important to avoid because, not only are hands critical to everyday life and work tasks, they're hard to fix and heal. This is because they are neuromuscular complex, involving a lot of small, intricate parts. Even a relatively small cut can cause big issues.

The What: Which Type of Hand Injury Prevention Should You Focus On?

The most common hand injuries are lacerations and punctures. Several of these injuries are more likely to occur at jobs where workers are required to use hand or power tools

The How: How to Prevent Injuries in the Workplace

There are three primary steps to preventing hand injuries that will help in any workplace PPE, awareness/Training, and using wrong tool.

Most hand injuries are the result of not wearing gloves or of wearing the wrong gloves for the job. Make sure workers have access to quality gloves that fit well and are right for the task.

Workers need to be aware of potential risks and how to avoid them.

Provide workers with right tool for the right job. Using wrong tool can lead to increase in hand injuries.

HAND INJURY FACTS



CAUTION!!!
PROTECT YOUR HANDS

7 Internet Safety Tips EVERY Parent Must Show Their Child!



FIRST EDUCATE YOURSELF, THEN YOUR FAMILY AND FRIENDS.

1. Keep your information private

Never reveal personal info online. This includes your last name, address, and phone number



2. Be careful what you share online

Posts can be found and tied back to you (and posting derogatory comments can lead to arrests)

3. Always log off

Make it a habit to always sign out of your social media accounts after using them



4. Check your settings

Be sure to use your privacy settings on social networks



5. Don't forget your antivirus and antispyware

Make sure your computer is protected from outside threats



6. Never agree to meet someone you've only talked to online

Don't agree to meet someone you "met" on the Internet

7. Wait to download

Don't download anything without checking with your parents first





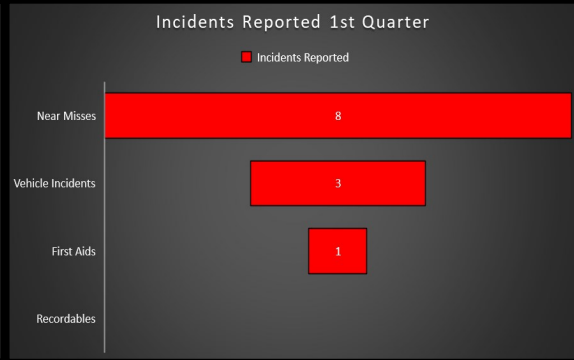
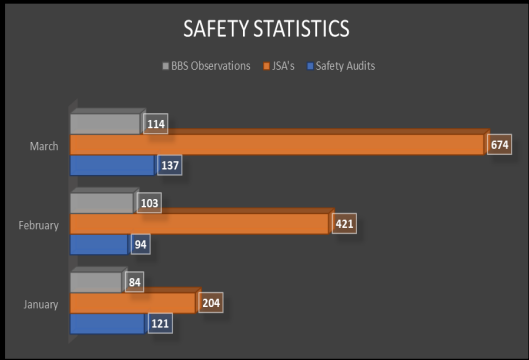
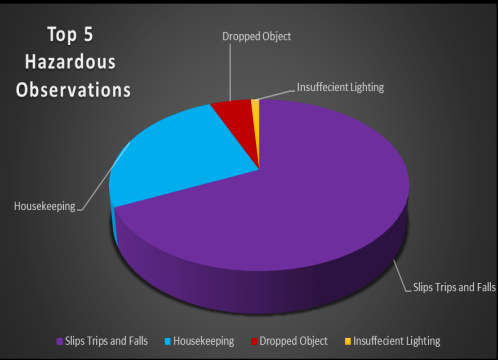
Health & Safety News

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



QUARTERLY SAFETY AWARD WINNER!

Wes Adams is one of our Level 3 Ropes Technicians assigned at the Citgo Corpus Christi Refinery. He also works additional jobs for the Corpus Christi office. Every morning prior to work Wes has good input and information to be added during our safety meetings. He is focused on performing his tasks safely on a daily basis. This includes not only ground work, but also assignments that require a Ropes Access Crew. He takes extra time (mentorship) when working with new employees as they are assigned to his crew. He makes sure they work safe, understand the job tasks, are able to identify any hazards, and have the understanding of being able to "Stop the Job" based upon safety concerns/issues. Wes takes pride in his work and is a valuable asset to have on our team!



GET TO KNOW THE NEW MEMBERS OF OUR SAFETY TEAM!



WELCOME TO THE TEAM



WELCOME TO THE TEAM



Christopher Odom

Position - Safety Coordinator Houston

Hobbies - I enjoy road trips across Texas with family and working on my 49 Ford and 67 GTO.

Why I enjoy working for Sentinel - Everyone shares the same vision and is dedicated to the same work ethic. There is a genuine spirit of cooperation and shared goals all revolving around helping the customer.

Why I work SAFE - You have to think about the outcome of who it all will effect, not only my family but my coworkers as well.



Background - Degree in Occupational Health and Safety, CHST Certification - Board of Certified Safety Professionals, CHSO - Construction/General Industry, OSHA 510/511/501/30/10

Alec Ortego

Position - Safety Coordinator Louisiana

Hobbies - Spending time with friends and family. Going to church and being outdoors!

Why I enjoy working for Sentinel - Everyone treats one another very kindly and patiently. It's like a big family and I am glad I can be a part of such a great group!

Why I work SAFE - I do it for my family first and foremost! My girlfriend is also an important part of that reason as well. They are my greatest motivation for working safely.



Background - Degree in Occupational Health and Hygiene, GSP - Board of Certified Safety Professionals, OSHA 30/10

MONTHLY SAFETY AWARD WINNER!

Congratulations to Cameron Smith! His hard work and dedication to safety is one of a kind!

While working for our client at Exxon Baton Rouge, he does an incredible job of actively participating in the LPS program. He sets the example of safety leadership by ensuring all of his safety documentation and checks are completed consistently. Again, great job Cameron!





STAY SAFE

through the storms

If there was one extreme weather preparedness action you want your loved ones to take, what would it be? For many, that one action is to know ahead of time where their safe place is located. Sentinel has joined the National Weather Service and its Weather-Ready Nation Ambassadors to take a “selfie” and post with the hashtag **#SafePlaceSelfie**.

“What makes the #SafePlaceSelfie campaign so powerful is it's simple message and call-to-action. If you're sitting in your home or at your desk at work, ask yourself ‘what if?’ Where would you go if life-threatening weather approaches your area? Spend a few minutes going to that safe place, take a selfie, and share over social media using the #SafePlaceSelfie hashtag. This campaign keeps it simple, while making a paramount preparedness action fun and interactive. And most importantly, we can see it working. One of the most essential preparedness actions anyone can do is to identify their safe locations from various extreme weather threats. Knowing where to go ahead of time can minimize hesitation and ensure your decisions are good ones even under great duress.

To encourage everyone to take some time and identify their safe places, we ask that you post a “selfie” photo using the hashtag #SafePlaceSelfie and challenge others to do the same by tagging them in your post -- other family members, friends, colleagues at work, or others in your social network. Imagine a “Weather-Ready Nation” where everyone knows where to go or where not to go, and when extreme weather is forecast, makes decisions to ensure their safety.

Here are some helpful tips as you take a big step toward greater preparedness:

Step #1: Think about what hazards are relevant to your area and those locations where you spend lots of time.

- ⇒ These can be frequent hazards like lightning, flash flooding, or extreme heat, or can be rare but high-impact hazards such as a tsunami.
- ⇒ Don't limit yourself to just one selfie post. Take selfies in various locations dependent on these different hazards. For instance, your car can be an effective refuge from lightning, but is a dangerous option during a tornado warning or flash flooding. Home, office, gym, and even other buildings within your office are all great locations to identify your safe place.
- ⇒ Maybe your most common hazards aren't exactly weather events -- wildfires, rough surf/rip currents, earthquakes.

These are all good hazards to know your safe place.

Step #2: Get Creative.

- Have pets or children? Get them involved in the creative process. Have a pet? What is your plan for them if extreme winds threaten your home? Make things fun by including things you have in your emergency kit.
- Bend the rules by thinking beyond just a physical location. For example, your safe location may be anywhere you have access to lifesaving warnings (e.g., NOAA Weather Radio, FEMA or commercial app) or could be your proximity to safety (e.g., swimming near lifeguard stands or with a swim buddy)

Step #3: Challenge others by tagging them in your post.

- “Hey, @_____, where is your safe place when extreme weather threatens?”
- Encouraging others to participate makes you a force multiplier that could result in saving lives.

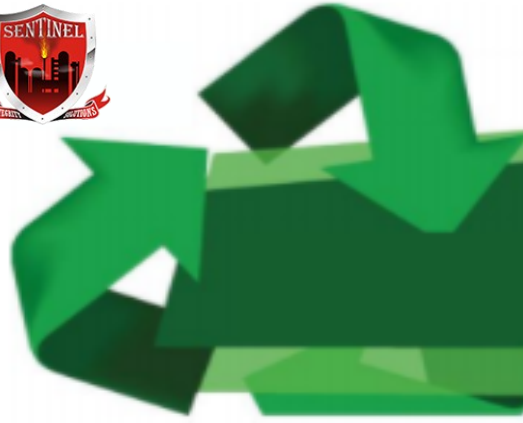
Step #4: Follow the action throughout the day.

Stay engaged by replying to, liking, and/or retweeting your favorite #SafePlaceSelfies.

#SafePlaceSelfie
Join us on April 7, 2021

- Learn the weather hazards that happen in your area
- Find locations that will keep you safe and take a selfie
- On April 7, post your photo using #SafePlaceSelfie

safe place: interior hall
safe place: basement
weather.gov/SafePlaceSelfie NOAA



protecting the environment

Information that will help in the protection of our Environment

If you are already taking environmentally friendly steps at home, it's a natural extension to take similar measures at work, both to save energy and to create a healthier workspace environment. Making the environment more pleasant for yourself, energy efficient, and eco-friendly will increase your enjoyment of the workplace and lessen its impact on the environment as a whole. Everyone has some form of impact on the natural environment; this is an unavoidable reality. However, the extent to which people negatively impact their environment can be mitigated through a number of means. Whether it's making large or small efforts, there are many ways that everyone can help preserve the health of the environment.

3 EASY STEPS TO RECYCLE RIGHT

1

WHEN IN DOUBT...
THROW IT OUT!

2

RECYCLABLES
MUST BE CLEAN
AND DRY.

3

NO NEED TO
SORT OR BAG
YOUR ITEMS.

Handling Materials & Storage

WHAT?

- ◇ Poor storage and handling of materials creates waste.
- ◇ Waste is a loss of resource and is very costly.

WHY?

Reduce costs: Waste does cost money - not only the cost of the replacement materials but also the disposal.

Reduce pollutions risk: Good storage reduces the risk of spillages.

Avoid waste: Re-use of materials reduces the requirement for new materials.

Improved safety: A tidy site is a safe site!

Public image: Good housekeeping always creates a positive image to the public.

It is the simple things!

There is not one culprit that people can hold responsible as the singular cause of environmental destruction. While global climate change may be the environmental cause du jour, it is certainly not the only issue facing humankind. Much like there are numerous causes to environmental destruction, there are numerous things that everyone can do at home to help mitigate this damage. Changes don't have to be big, and many incremental changes can add up to a major shift.

WHAT SHOULD WE DO TO PROTECT THE ENVIRONMENT?

SHOULD OR SHOULDN'T?	 We _____ plant more trees.	 We _____ have showers instead of baths.	 We _____ light campfires in the forest.
 We _____ use the public transports.	 We _____ replace old bulbs with LED.	 We _____ recycle bottles and cans.	 We _____ cut down trees.
 We _____ waste water.	 We _____ walk or cycle to school.	 We _____ turn off the tap while washing our hands.	 We _____ turn off the light when we leave a room.
 We _____ sort the garbage.	 We _____ use recycled bags.	 We _____ save water while washing the dishes.	 We _____ waste paper (use liveworksheets.com ;-)

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