

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

7,178,342 Incident Free Man-Hours

ISSUE 31 January 2022

Current EMR .64 & TRIR 0.00%

This issue

Have a Safe and Happy New Year!



You Are The Key To Your Safety

As many of us eagerly awaited the flip of the calendar to 2022, it has now arrived and we can put 2021 behind us. We all have the opportunity for a fresh start in the new year. You may have set New Year's resolutions focused on exercise, time management or positive safety habits in the past, only to see them fade by becoming complacent in our everyday working environments. In order to steer away from that mindset we must create both team and individual plans to help each other in eliminating thoughts of complacency.

We talk about goals all the time, but we must set those goals in stone in order to achieve the success needed to work safely. Rather than simply thinking "I want to be safe next year," set a goal to improve the overall safety of your work environment and write it down – whether on a piece of paper, your phone or anywhere you can take notes as long as it's somewhere where you will see your goals regularly. For example, if you use gloves on a consistent basis, take a sharpie, write your kids or family members names across them as a reminder to ensure you are using your hands correctly for every job task that involves them.

Sometimes we think so much about how we can work safely each day that we come to work, yet we don't take the time to think about how our personal lives can affect the way we work safely as well. Many of us set goals that have to do with the physical (weight loss and exercise) or financial (save more, spend less) without examining our lives as a whole. However, when you start to see positive affects in one area of your life, it can begin to influence everything else. With that in mind, it might make sense to set resolutions for all of the key areas of your life, including work, personal/family/relationships, health and wellness, finance and more. Your personal safety at home is just as important as your safety while at work.

As we enter this new year, take some time to determine where you want to see yourself in the year to come, craft those safety goals that support that vision and then take action! We strive for the best when it comes to Safety. However, its about more than just numbers, its about what makes us one of the best companies to be apart of and that is the individual Safety of each and every one of our hard working employees!

Key To Your Safety / Winter Safety Tips P.1
Good Housekeeping / Safety Signage / 5 Habits P.2
HSE Department News / What's The Sizzle 2022? P.3
#GOALS Setting Health Goals P.4
Construction 4 Fatal Four P.5

WINTER SAFETY TIPS

Raking isn't just for fall

Roof rakes allow you to safely remove snow from your roof and prevent roof collapses.

BE PREPARED for a power outage

Research alternative heat sources and have an emergency kit with three days worth of food, water, medication and other supplies.

Know how to brake on wet, icy or snowy roads

If you have anti-lock brakes, apply firm, continuous pressure. If not, pump the brakes gently.



INSPECT YOUR TIRES

As the temperature drops, so does tire pressure. Check your vehicle's tire pressure and make sure each tire is filled to the vehicle manufacturer's recommended inflation pressure.

Avoid FLOODING

- Remove snow piled against your house.
- Carefully remove gutters of debris.
- Seal all cracks in your foundation.

Prevent FROZEN PIPES

Insulate your pipes and keep your house temperature above 32 degrees (water's freezing point).

What's a winter weather advisory?

A weather term used when conditions are likely to cause significant inconveniences and may be hazardous. Use caution.

Be careful with SPACE HEATERS

They're the leading source of fires in winter. Use one with an automatic shutoff feature and keep away from flammable items.

SURVIVING COLD TEMPS

IF YOU GO OUTSIDE, DRESS IN LAYERS!

FROSTBITE

INJURY TO BODY TISSUE FROM EXPOSURE TO EXTREME COLD

SYMPTOMS

- Red, white, blue, or gray-yellow discoloration of the skin
- Skin that looks and feels waxy or stiff
- Numbness
- Blistering after rewarming in severe cases



WHAT TO DO

- Get to a warm place.
- Avoid using or touching affected areas.
- Warm the area by immersing it in warm (NOT HOT) water or by using body heat.
- Avoid using sources of excessive heat, as affected areas are numb and can easily burn.



HYPOTHERMIA

HAVING A DANGEROUSLY LOW BODY TEMPERATURE

SYMPTOMS

- Excessive shivering
- Exhaustion and Stiffness
- Confusion and fumbling hands
- Memory loss and slurred speech
- Bright red, cold skin



WHAT TO DO

- Seek medical attention if body temperature is below 95°F (35°C).
- Get to a warm place.
- Remove wet clothing, if any.
- Warm the center of the body first using blankets or loose, dry clothing.
- Consume warm, nonalcoholic beverages.
- Stay wrapped up.



SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



GOOD HOUSEKEEPING



**THIS IS YOUR HOME
AWAY FROM HOME
PLEASE HELP
KEEP IT CLEAN**

Good housekeeping is **ESSENTIAL** for safety. When properly done, it reduces accidents and injuries, improves morale, reduces potential for fire and can make work easier. It is important that we make housekeeping an integral part of all our jobs here at Sentinel. As it becomes a standard part of daily operations, less time and effort are needed to maintain housekeeping at a high level. Good housekeeping requires effort and teamwork, but it's worth it!

How can we benefit?

We all want to work in a neat and clean environment. Good housekeeping can:

- ⇒ Eliminate clutter, a common cause of accidents such as slips, trips and falls and fires and explosions.
- ⇒ Reduce the chances of harmful materials entering the e.g. dust, vapors).
- ⇒ Increase productivity (the right tools for the job will be easy to find).
- ⇒ Improve your department's image (good housekeeping reflects a well-run business. An orderly workplace will impress all who enter it – employees, visitors, customers, etc.).

Housekeeping tips

Remember, a place kept clean is easier than cleaning a place



For a clean and safe workplace

- 1) Keep aisles clear.
- 2) Immediately clean up spills.
- 3) Make sure tools and equipment are kept clean and oil free.
- 4) Properly and promptly dispose of waste.
- 5) See to it that fire exits are kept clear.
- 6) Smoke only in designated areas and use the provided ashtrays.
- 7) Stack bins neatly and safely.
- 8) Make sure extinguishers are easily accessible and clearly marked.
- 9) Use recycle bins whenever applicable.

*And always...
Make sure there is a place
for everything, and every thing is
in its place*

Besides preventing accidents and injuries, good housekeeping saves space, time, and materials. When a workplace is clean, orderly, and free of obstruction; the employee can get the work done safely and properly. Workers feel better, think better and increase the quantity and quality of their work. Good housekeeping is an on-going process and requires a conscious effort and energy by everybody. It is everybody's responsibility to maintain good housekeeping.

Understanding Safety Signs

The Health & Safety (Safety Signs & Signals) Regulations 1996



Prohibition

Red means STOP

Shape & Colour: Red circle with diagonal line

Meaning: You must not/Do not do/Stop

- Black symbols are added inside the circle and these are recognised in all EC countries
- Supplementary text may be added if necessary to convey a clearer message



Safe Condition

Green means GO

Shape & Colour: Green rectangle or square

Meaning: The safe way/Where to go in an emergency

- White symbols are added inside the shape and these are recognised in all EC countries
- Supplementary text may be added if necessary to convey a clearer message
- "Text Only" signs no longer comply, they MUST contain a symbol



Mandatory

Blue means OBEY

Shape & Colour: Solid blue circle

Meaning: You must do/Carry out the action given by the sign

- White symbols are added inside the circle and these are recognised in all EC countries
- Supplementary text may be added if necessary to convey a clearer message



Hazard Identification

Yellow means Risk of DANGER

Shape & Colour: Yellow triangle with black border

Meaning: Potential hazard within a designated area. Caution/Risk of Danger/Hazard ahead

- Black symbols are added inside the triangle and these are recognised in all EC countries
- Supplementary text may be added if necessary to convey a clearer message

- Danger**
To indicate an immediately hazardous situation, which if not avoided will result in death or serious injury. To be used for the most extreme situations.
- Warning**
To indicate an immediately hazardous situation, which if not avoided could result in death or serious injury.
- Caution**
To indicate an immediately hazardous situation, which if not avoided, may result in minor or moderate injury.

SAFETY SIGNS & THEIR MEANINGS

PROHIBITION SIGNS (DO NOT DO)

A sign prohibiting behavior likely to increase or cause danger.
eg. No Smoking
Colour: Red



MANDATORY SIGNS (MUST DO)

A sign prescribing specific behavior.
eg. Hard hats must be worn.
Colour: Blue



SAFE CONDITION SIGNS (THE SAFE WAY)

A sign indicating emergency exits or first aid/rescue equipment.
Colour: Green



HAZARD SIGNS (CAUTION, BEWARE)

A sign giving warning of a hazard or danger.
eg. Danger Electricity
Colour: Yellow



FIRE SIGNS (FIRE EQUIPMENT)

A sign indicating the location of fire fighting equipment.
Colour: Red



INFORMATION SIGNS (GENERAL INFORMATION)

A sign providing general information.
eg. Toilets

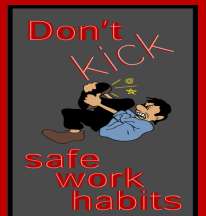


5 HABITS OF SAFE PEOPLE

Safe people always:

- Understand the risks of their jobs.
- Perform jobs the way they are supposed to be done, without taking shortcuts.
- Never become complacent about safety.
- Get involved in efforts to improve safety.
- Know what to do in an emergency.

**PRACTICE THESE
SAFETY HABITS
EVERY DAY!**





Health & Safety News



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

Annual Safety Award Winner!

Congratulations to Chad Popp! He is our 2021 safety employee of the year! As a full time turnaround team member, Chad is always prepared to handle all safety concerns throughout any turnaround he has worked. This year alone, Chad has worked over 2,200 billable safe working man hours on 5 turnarounds for different clients. This proves his ability to adjust to each site's safety requirements. He practices his safety leadership by ensuring all site safety observations are completed as well as JSA, Permits, and Sentinel's safety documentation for each turnaround he is assigned to. Not only does Chad help motivate safety throughout turnarounds, but he also communicates with all parties about any safety issues that arise. As we all know, communication is key for safety success to everyone – Sentinel, contractors and our clients. His commitment to Safety and for always going above and beyond never goes unnoticed. We are proud to have him as part of our Sentinel team through his outstanding safety leadership!



Quarterly Safety Award Winner!

Congratulations to Brent Dean for achieving our quarterly safety award. In 2021 Brent was recognized as the annual safety champion by one of our clients. This honor of Safety Champion announced by our client, is a member of our workforce who promotes safe working with their own actions. They strictly adhere to both the clients and our company's health and safety guidelines. He has can taken an active role in onsite safety processes and suggested safety improvements. Then, through this example, he has led the rest of our team to feel inspired to perpetuate this practice. By completing daily observations, and being actively involed with teh clients safety needs, these independent improvements created their own safe working habits. Thank you Brent for all of your hard work and dedication to safety!



Monthly Safety Award Winner!

Congratulations to Cory Prejean for winning the monthly safety award. He consistantly shows up and does a great job performing his daily taks safely. He is always prepared with any task given and helps to keep his coworkers motivated, and advocating a positive approach to workplace health and safety. He never gives safety a day off. Thank you for staying safe and helping to keep others safe on the job, too.



What's Coming In 2022?

Improving safety through engagement, leadership and collaboration. The safety of our workforce always comes first. It is the bedrock of our organization and what shapes our goals. Through collaboration, sharing knowledge and adopting best practices, workforce safety at Sentinel can be continually improved and we are at the forefront in delivering that. With new and inovative ways of doing so, we are excited about the new year and below is just a sizzle of what we got cooking up!



New HSE Software
SafetyPlus



Safety Committee
Team



Safety Podcast
Season 1





GOALS SETTING HEALTH GOALS

Each January, gyms around the country fill to capacity with new members, inspired by the resolutions they've made for the new year. Many want to lose weight; others want to grow stronger or just get healthier in general. Let's examine the importance of putting health first in the new year and offer tips on setting goals for resolution success.

What are New Year's resolutions?

In modern times, the most common resolutions have to do with breaking bad habits and adapting to a healthier lifestyle. Some may decide to start an exercise regimen. Others may want to stop smoking or decrease their intake of alcohol. There's no rule book on the specifics of resolutions, as healthier changes are always a good step in the right direction.

Putting Health First in the New Year

There's no time like the present to take better care of yourself. Setting goals in the new year gives you an easy way to begin measuring your success and develop timelines for realizing your resolutions. A great way to start is by doing a physical and mental audit of how you're feeling. Schedule routine check-ups, get a flu shot (if you haven't already) and learn about what your body needs the most to thrive. If you're tired, see a doctor about effective ways to get more sleep. If you'd like to lose or gain weight, meet with a nutritionist to discuss the healthiest ways to achieve that goal.

Setting Goals

Once you've identified the area or areas of yourself you'd like to work on, it's time to set goals and determine how you're going to reach them. Here are some helpful tips to stay on track for success:

- ⇒ **Identify the real issues**—If you have a bad health habit that can cause you harm, determine *why* that behavior is happening. Once the root of the problem is clear, you (and your health professional) can determine the right strategy for overcoming the poor habit.
- ⇒ **Set realistic milestones**—For example, if you want to lose weight, decide on a small goal (perhaps 10 lbs.) and see that through before you continue on to the next step to achieve your ultimate goal weight. Beginning with a more aggressive target can seem insurmountable and possibly discourage you from keeping your resolution.
- ⇒ **Craft a sensible timeline**—Once you've decided on a course of action for your resolution, make a time-table of when you'll reach each step of the plan. Start out very conservatively until your new habit becomes your new normal. Then, adjust the time-table as necessary.
- ⇒ **Remove barriers to success**—If your resolution is to eat more nutritious meals, stop stocking your shelves with junk food. If the temptation isn't there, 'cheating' will become much more difficult.
- ⇒ **Build support**—It's always easier to win a game if you have cheerleaders in your corner. When you make your resolution, be sure to surround yourself with family, friends and medical professionals who have your back. From words of encouragement to celebrations at milestones, support from those around you can mean the difference between success and failure.



Make your journey joyful. If you want to get in better shape and the gym sounds like punishment, find an alternate form of exercise that you enjoy such as dancing or running. If you want to eat healthier, experiment with new recipes that contain foods you know you like. Resolutions should be fun; if you view them as a punishment, you're much less likely to keep them.

CONSTRUCTION'S FATAL FOUR

WHAT IS OSHA'S FATAL FOUR?

Work accidents can lead to serious injuries. Depending on the line of work, however, you might face catastrophic harm or even the loss of a loved one. Those who work in industrial or construction fields might face a higher instance of dangerous accidents. The Occupational Safety and Health Administration (OSHA) operates numerous regional offices and is tasked with keeping American workers safe through the dissemination of information. Each year the OSHA releases data from numerous studies that cover a wide array of topics. Recently, they have coined the phrase "Fatal Four" to describe the construction industry's most dangerous types of accidents.

Construction's "Fatal Four"



OSHA's 'Fatal Four' in Construction

Every year, the Occupational Safety & Health Administration (OSHA) records the same four major causes of worker deaths within the Construction industry. They are:

1 FALLS
33.5%
of worker deaths



2 STRUCK-BY OBJECT
11.1%
of worker deaths



3 ELECTROCUTIONS
8.5%
of worker deaths



4 CAUGHT-IN/BETWEEN
5.5%
of worker deaths



◇ **Falls:** Whether it was a worker falling from a ladder, down a poorly constructed staircase or on a scaffolding collapse, any fall from height can lead to devastating injuries and death.

◇ **Struck by object:** Falling objects can lead to fatal head injuries or broken necks or spines. Whether these objects are power tools falling from height, a collapsing scaffold or a collapsing structure, 9.4 percent of the construction deaths could be categorized in this area.

◇ **Electrocutions:** Whether due to faulty materials, poor craftsmanship or working in bad weather, deadly electrocutions account for 75 of the 924 construction fatalities in 2021.

◇ **Caught-in/between:** This category includes construction workers killed when caught-in or compressed by equipment or objects, and struck, caught, or crushed in collapsing structure, equipment, or material. Seventy-two percent of the construction worker fatalities fall into this category.



Eliminating the fatal four would save workers' lives in America every year. Whether this is ultimately tied to supervisor education or workers being provided more and better safety equipment, it is crucial that we understand the dangers we face every day on the job.

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