

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

5,892,541 Incident Free Man-Hours

ISSUE 19 January 2021

Current EMR .66 & TRIR 0.00%



This issue

New Year—Fresh Start / Driving Resolutions P.1
Housekeeping / 6S Safety / Forklift Safety P.2
HSE Department News / New Safety Committee P.3
#GOALS Setting Health Goals P.4
Construction 4 Fatal Four P.5



New Year—Fresh Start

As many of us eagerly awaited the flip of the calendar to 2021, it has now arrived and we can put 2020 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!



5 SECONDS
is the minimal amount of time taken to read a text message while driving. At 55mph, that's the length of a football field.

I WILL REFRAIN FROM TEXTING WHILE DRIVING

28 PEOPLE
die as a result of drunk driving crashes every day in America.

30%
of vehicle crash deaths in 2012 involved speeding as a contributing factor.

I WILL MAKE A GREATER EFFORT TO STICK TO THE SPEED LIMIT

12
Seat belts reduce serious crash-related injuries and deaths by about 12%.

I WILL ALWAYS WEAR MY SEATBELT

I WILL USE MY TURN SIGNALS TO HELP ALERT OTHERS TO MY ACTIONS
Using your turn signals is a courtesy to let others know your intentions on the road.

57%
of motorcycle deaths in 2012 involved multiple-vehicle crashes.

I WILL BE ON THE LOOKOUT FOR PEDESTRIANS, CYCLISTS, AND MOTORCYCLES

I WILL PULL OVER FOR EMERGENCY VEHICLES
Most states require you to move over for emergency vehicles displaying flashing lights.

SOURCES:
<http://www.madd.org/>
<http://www.ihhs.org/>
<http://www.cdc.gov/>
<http://www.textinganddrivingsafety.com/>

THE NEWSWHEEL



SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



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.).

5S + SAFETY = 6S SAFETY

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.

6S to Success

- 1 SORT**
Eliminate objects in the workspace that are not in use store or discard them
- 2 STRAIGHTEN**
Arrange any items used on a daily basis so they may be easily accessed and quickly stored
- 3 SWEEP**
Everything is clean and functioning properly
- 4 STANDARDIZE**
Develop a discipline for SORT, SET, and SHINE
- 5 SUSTAIN**
Create a culture that follows these steps on a daily basis
- 6 SAFETY**
Identify and eliminate all hazards for a zero accident and injury free workplace

FORKLIFTS AND PEDESTRIAN SAFETY



NEVER POSITION YOURSELF BETWEEN A FORKLIFT AND A SOLID SURFACE WHERE THERE IS NO ESCAPE ROUTE



NEVER EVER WALK UNDER A LIFTED LOAD



MAKE EYE CONTACT

BE SURE THE OPERATOR SEES YOU



STOP.LOOK.POINT

AT ALL INTERSECTIONS TO MAKE SURE FORKLIFT OPERATORS SEE YOU AND KNOW WHERE YOU ARE GOING



PUT THE PHONE AWAY

DON'T WALK AND TALK, WALK AND TEXT, WALK AND TWEET OR WALK AND DO ANYTHING ELSE ON YOUR PHONE



WALK ONLY IN PEDESTRIAN AISLES & KEEP FORKLIFTS OUT

USE A GUARD RAIL WHERE APPLICABLE



REMEMBER MOMENTUM IS NOT YOUR FRIEND

IF A FORKLIFT TRIES TO STOP TOO QUICKLY, A LOAD CAN SHIFT AND FALL INJURING YOU OR THE OPERATOR

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 Juan Nunez from our Turnaround Division for being the recipient of the Annual Safety Award! He is an outstanding safety leader on all of our turnaround projects. He is quick to adjust to site safety requirements and ensures all safety concerns are addressed throughout the turnaround. He is an all around motivator for safety and truly expresses his interest in keeping everyone safe throughout each job. Juan works turnarounds all throughout the year while spending little time at home. This ultimately helps him create a family like atmosphere on every turnaround for everyone; both contractors and our clients. He truly is Sentinel's top safety leader of the year, and his efforts are greatly appreciated!



Quarterly Safety Award Winner!

Congratulations to Tracy Lummus! He is our Quarterly Safety Award winner. He has been an incredible leader with an exceptional understanding of the LPSA process at EMBC. Tracy is a leader by example. He is willing to train the newest of employees by mentorship. A steward of the LPSA process and asset to safety on site. November's Buddy Manager Safety Walk with our client could not have gone better as he was spot on throughout the entire walk and LPSA process, showing he has a great knowledge for his work, understands that communication across the site is paramount and can work efficiently and safely while conducting his everyday tasks. Tracy meets and exceeds our way of safety on a daily basis. GREAT JOB!



Monthly Safety Award Winner!

Congratulations to Brandy Bihm on being the recipient of our Monthly Safety Award. Brandy is an Examiner for us at ExxonMobil Baton Rouge Refinery. She has received very positive feedback on her dedication and participation in the ExxonMobil LPS safety system within her safety group. She has always had a safety first approach and turned in her (JLAs and LPOs) on time each week, while actively participating in LPSA discussions in the field.

We really appreciate her hard work and efforts to promote a positive and influential safety culture for our employees and client as well. Incredible job Brandy!



Our New Safety Committee Team

We would like to welcome our new Sentinel Safety Committee Team! We would like to thank you so much for willing to volunteer your time. Your assistance and support of this team will be the keys to success. We are very excited about sharing ideas and being proactive about safety. By helping us fine tune our policies and procedures, we can help reduce incidents and injuries. We have kicked off our first meeting as of January 7th. So much more to come for 2021!



| | | |
|----------------|---------------|----------------|
| Marty Bowles | Shaun Sellers | Michael Austin |
| Brandon Guidry | Tu Bui | Susie Gonzales |
| Joshua Lim | Teresa Cook | Jamie Luna |
| Hannah Page | Jeff Meadows | Danay Benitez |



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"

♦ **Falls:** Of the deaths recorded in 2020, 38.7 percent were related to falls in the construction industry. 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.

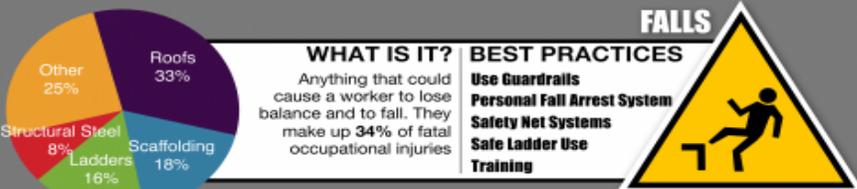
♦ **Struck by object:** Falling objects can lead to fatal head injuries or broken necks or spines. Whether these objects are power tools falling from height, a collapsing scaffold or a collapsing structure, 9.4 percent of the construction deaths could be categorized in this area.

♦ **Electrocutions:** Whether due to faulty materials, poor craftsmanship or working in bad weather, deadly electrocutions account for 82 of the 991 construction fatalities in 2020.

♦ **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, or 7.3 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.

OSHA FOCUS/FATAL FOUR HAZARDS THE 4 LEADING CAUSES OF DEATH IN THE WORKPLACE



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