

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

7,730,694 Incident Free Man-Hours

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Current EMR .64 & TRIR 0.00%



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Radiation Safety In Perspective



Irish Fugett
South East Texas Regional Manager

Southeast Texas Office

Sentinel opened it's Nederland, Texas office in May 2020, bringing our company the local ability to service the Golden Triangle area. Irish has 10-plus years of experience in the NDE/inspection industry. His dedication to safety and commitment to quality is one of the main reasons for his teams success. The Southeast Texas office has seen year-over-year growth in the region. The office supports the refining and petrochemical facilities as well as general contractors in the area. They continue to strive in supporting clients in the southeast Texas region. Sentinel appreciates the partnerships and looks forward to fostering current client relationships and establishing new client associations.

Radiation Safety is an intracule part of Sentinel Integrity Solutions day to day operations. Radiography is of vital importance in non-destructive testing. Radiography ensures the integrity of equipment and structures such as vessels, pipes, welded joints, castings and other devices. The integrity of this equipment affects not only the safety and quality of the products used by our workers, but also the safety and quality of the environment for our employees and the public at large. Radiography produces high dose rates so that a person accidentally exposed to the primary beam or in close contact with an

unshielded source might within minutes or even seconds receive a dose that results in injury. Also, contamination can result from corroded or damaged sources. Working under adverse conditions might result in operational situations in which the principle of keeping doses as low as reasonably achievable is compromised or not met. These aspects indicate exactly why our employees achieve a high degree of professionalism in radiography, using sources and devices designed to the highest standards and working in an environment that promotes a positive safety culture. We accomplish this by means of effective training, compliance with safety requirements, and effective quality control, together with good design, manufacture and maintenance of sources and devices. The primary aim of radiation protection and safety is to provide appropriate standards



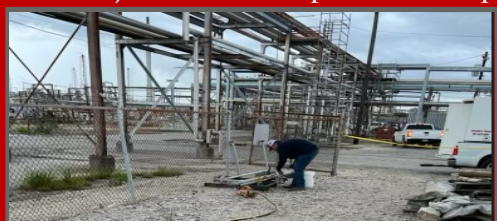
of protection and safety for people without providing safe work practices giving the rise to radiation exposure. Increasing distance from the source of radiation will reduce the amount of radiation received. As radiation travels from the source, it spreads out becoming less intense and harmful to the body.

This primary aim is expressed by the following objectives of radiation protection and safety:

"Protection objectives: to prevent the occurrence of deterministic effects in individuals by keeping doses below the relevant threshold and to ensure that all reasonable steps are taken to reduce the occurrence of stochastic effects in the population at present and in the future."

"Safety objectives: to protect individuals, society and the environment from harm by establishing and maintaining effective defenses against radiological hazards from sources."

Radiography sources emit gamma radiation which produce high dose rates. At close distances can cause severe injuries such as radiation burns following exposures of a few seconds. Workers using such sources must achieve the protection objective to prevent doses arising from acute and chronic accidental exposures and unsafe work practices likely to cause injuries to develop. Safe work practices will protect not only the individual worker but also others in the vicinity and



the public from serious consequences arising from the loss or uncontrolled use.

Having an understanding of the risks and steps to take to avoid exposure, will play a vital role in ensuring personal safety as we carry out our duties.



(Heath Quinn)
Corporate RSO

SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



Are you prepared against
cyber threats?

Cybersecurity Best Practices

As workplace technology continues to evolve and telecommuting becomes a common practice, it's crucial for all Sentinel employees to play your part in keeping our organization cyber secure. After all, a cyber incident could lead to serious ramifications for our business allowing hackers or cyber criminals to access employees' personal information and other classified company data.

By prioritizing proper cyber security measures, you can help protect our workplace from cyber incidents and ensure your own information stays safe as well.

Utilize these tips:

- **Pay attention**—First and foremost, be sure to actively update your PC, this includes setting smart passwords and detecting common signs of phishing attacks

- **Browse with caution**—When browsing online, be mindful of cyber threats and scams. Never click on suspicious pop-ups, ads or links, and only use verified, well-known websites.

- **Stay organized**—A cluttered workspace and poorly organized digital files can make it difficult to keep track of important information and increase your vulnerability to cyber incidents. Try to clear your workstation of excess papers or garbage, and store important documents in secure locations.

- **Know how to respond**—Despite your best efforts, a cyber incident may still take place. That's why it's vital to be prepared and know how to respond in the event of an incident. Make sure you review Sentinel's cyber incident response plan regularly and ask questions if you don't understand something.



Mitigating Migraines at Work

Migraines are severe headaches that can cause intense throbbing or pulsing, nausea, and heightened sensitivity to light and sound. A migraine episode can last anywhere from a few hours to a couple of days, and depending on severity can interfere with the affected individual's ability to participate in their daily routine or workplace responsibilities.

According to recent data from the World Health Organization, migraines are one of the most prevalent medical conditions in the world. What's worse, migraines are often underdiagnosed and go without proper treatment. Nevertheless, you can limit your likelihood of suffering from a migraine by minimizing common workplace triggers.

Here's what you can do to reduce your risk of experiencing a migraine on the job:

- **Sip smart**—Dehydration can often lead to migraines. As such, it's important to drink plenty of water throughout the day and limit your intake of caffeinated beverages.

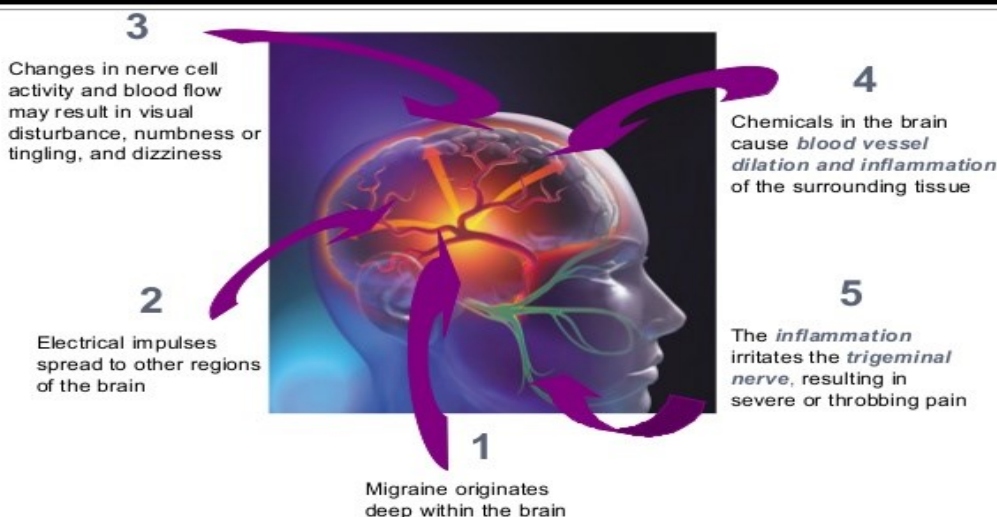
- **Eat healthy**—In addition to staying hydrated, it's vital to eat a balanced diet to help strengthen your body's ability to fight off migraines. Specifically, try to steer clear of foods with excess sugar or salt.

- **Prioritize ergonomics**—Be sure to arrange your workstation in a way that promotes proper ergonomics. Even minor changes such as adjusting the lighting or setting up your computer screen at an appropriate level can make your workspace more comfortable and reduce migraine triggers.

- **Keep a steady sleep schedule**—Being overly fatigued can also contribute to migraines. Make sure you are getting enough rest outside of work aim for between seven and nine hours of sleep each night.

If migraines become a frequent disruption within your workday, be sure to inform your supervisor and consult your doctor for treatment options.

What Causes Migraine?





Health & Safety News

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



Safety Leadership Recognition

The safety department recently hosted a “KONA ICE – CHILL OUT” event at the Houston office! All employees got the chance to take a break from the hot weather and enjoy a soothing and tasty KONA Ice with unlimited flavors!



Congratulations to Casey Ramirez! She was our prize drawing winner. She received a \$50 dollar visa gift card and Sentinel items in our raffle. What a great way to cool down from this heat!

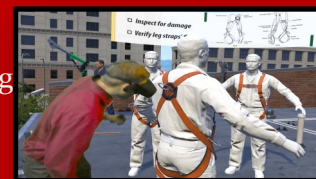
Monthly Safety Award Winner!

Congratulations to Jesse Rios! He is our site lead at Citgo Corpus Christi. With almost 15 years working here at Sentinel, Jesse strives to set a positive safety example every single day to his fellow Sentinel employees. He cares about his fellow workers and makes sure that every Sentinel employee follows safety guidelines and procedures. He has been a tremendous help to our safety team on a day to day basis to help our one common goal and that is to get home safe to our family! This award is well deserved.

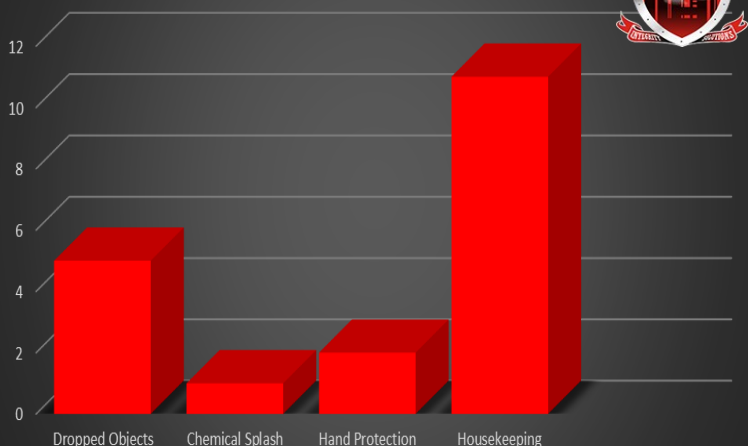


Improving and Innovating Safety

At Sentinel we are always looking at new and exciting ways to improve and innovate Safety. By utilizing visionary technology and staying focused on true to life scenarios, we are looking at resources to invest in a VR training program for all of our employees. These tools would provide us with the opportunity to take our training program to the next level. The use of virtual reality training provides the simulated experience to our employees without the actual dangers involved. Be on the look out as the Safety department looks to take our safety training to the next level!



Top 5 At Risk Observations



234

JHA Audits

99.1%

Average JHA Scores

72

Confined Space / Fall Protection/ LOTO Audits

514

Total Audits Completed

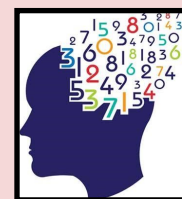
July 2022 : By the numbers.....

Near Misses— 3

First Aids — 1

Vehicle Incidents — 0

Recordables — 0



Get To Know Our Team

Christopher Odom

Position: Corporate Safety Coordinator

How Long: 1 year and 6 months

Hobbies: Fishing, Golfing, and spending time with my two boys in the outdoors and nature.

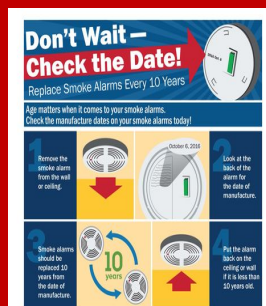
What do you enjoy the most about Sentinel: What I really enjoy the most about Sentinel is how they treat their employees. Since I have been here, I have been encouraged to grow my career path and challenged in exciting ways. The family atmosphere makes working for a company like Sentinel so enjoyable. I am very happy about what the future holds working for such a great company!





CARBON MONOXIDE POISONING

Carbon monoxide is often referred to as CO, which is its chemical symbol. Unlike many gases, CO has no odor, color, or taste, and it doesn't irritate your skin, but at high levels it can kill you in minutes. Red blood cells pick up CO quicker than they pick up oxygen. If there is a lot of CO in the air, your body may replace oxygen in your blood with CO. This blocks oxygen from getting into your body, which can damage tissues in your body and can kill you.



CO Poisoning Symptoms

Low Levels

- ⇒ shortness of breath
- ⇒ mild nausea
- ⇒ mild headaches
- ⇒ may have longer term effects on your health

Moderate Levels

- ⇒ severe headaches



If you have Symptoms

DO GET FRESH AIR IMMEDIATELY.

Open doors and windows, turn off combustion appliances and leave the building.

DO GO TO AN EMERGENCY ROOM!

If CO poisoning has occurred, it can often be diagnosed by a blood test done soon after exposure.

Prevent CO Poisoning

- Report any situation to your supervisor immediately, that might cause CO to accumulate.
- Be alert to ventilation problems, especially where gases of burning fuels may be released.
- Report promptly complaints of dizziness, drowsiness or nausea.
- Avoid overexertion if you suspect CO poisoning.
- Leave the contaminated area immediately.

OSHA Standards for Exposure

The OSHA PEL is 50 ppm.

OSHA prohibits worker exposure to more than 50 ppm of air avg during an 8-hour time period.

Tell your doctor you have been exposed to CO if you get sick

Avoid using gas-powered engines while working in enclosed spaces



Seven Signs Your

Brakes Need To Be Inspected

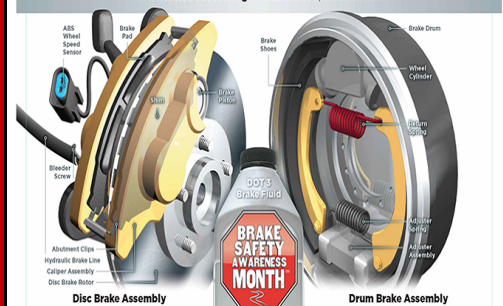


- 1 Noise** Screeching, grinding, or clicking noises when applying the brakes.
- 2 Pulling** Vehicle pulls to one side while braking
- 3** Brake pedal nearly touches the floor before engaging **Low Pedal**
- 4** Must apply extreme pressure to the pedal before brakes engage. **Hard Pedal**
- 5 Grabbing** Brakes grab at the slightest touch to the pedal
- 6** Brake pedal vibrates or pulses, even under normal braking conditions. **Vibration**
- 7 Light** Brake light is illuminated on your vehicle's dashboard



GET A COMPLETE BRAKE SYSTEM INSPECTION **TODAY!**

Visit www.motorist.org for maintenance tips and information



PSYCHOLOGICAL SAFETY

Allows us to perform at our best.
Embraced by world class teams.
Me thinking about you and you thinking about me.



WHY Are you working **SAFE** today?



Wait, what exactly is Psychological Safety?

Do you feel safe enough to voice your opinions, confess your failures and express yourself fully in your team environment? You perform best when you are psychologically safe. When we feel safe enough to voice our opinions and confess our failures, we increase the effectiveness of our team. Top performing teams cultivate a culture of psychological safety.



On a psychologically safe team, people feel at ease being themselves. You can show up to work just as you are, trust that you are accepted, share your thoughts and ideas, ask questions, and confront tough conversations, head on. Imagine the output you'll get from your team. Without the time worrying about whether your question is valid, or your project idea strong, you're freeing up valuable brain space to focus on being creative and thinking outside the box.

Likewise, on a psychologically safe team, we can complement one another; one person's strength fills in for the next person's weakness, and there's no shame in acknowledging those weaknesses.

There's a "we're all in it together" vibe going on that makes it a pleasure to show up at the office or at a project job site.

Psychological safety is ultimately the seed that nourishes curiosity and a speak-up culture that wins at the race of innovation and differentiation. Psychological safety is a postmaterialist need: It comes after food and shelter. But don't make the mistake of thinking your team is ready to perform just because their basic physical needs are met, especially in an environment of ambiguity and fear. People need more than that — they need to feel safe, mentally and emotionally.

Psychological safety covers three basic human needs: fulfillment, belonging, and security. That's what makes it so powerful when it's present and so dangerous when it's not.

PSYCHOLOGICAL HAZARDS



Psychological hazards are anything that **increases the risk of work-related stress** including:

- high or low job demands
- low job control
- poor support
- poor workplace relationships
- low role clarity
- poor change management
- low reward and recognition
- poor organisational justice
- poor environmental conditions
- remote or isolated work
- violent or traumatic events



What is **work-related stress**?

Stress is a physical, mental and emotional reaction that a worker may experience when the demands of their work exceeds their ability or resources to cope.

↑
PSYCHOLOGICAL SAFETY

COMFORT



GROWTH



APATHY



ANXIETY



→
MOTIVATIONAL ACCOUNTABILITY

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