

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety
May 2023

8,586,132 Incident Free Man-Hours
Current EMR .64 & TRIR 0.00%



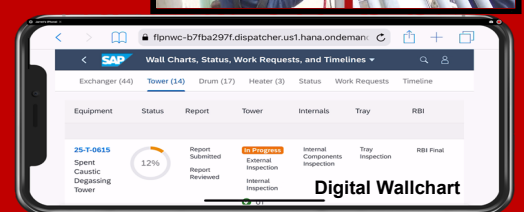
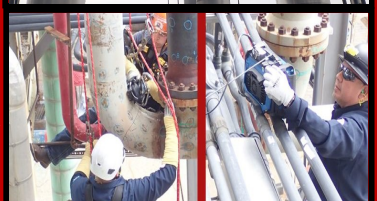
Turnaround Team Safety & Services

Sentinel Integrity Solutions Turnaround Division brings senior level management and inspectors together for the safe and practical execution of all turnaround activities. Our standardized best practices, used on every job, provide our clients with the highest level of service, continuity, teamwork, and professionalism and have become the gold standard in the industry. Our company uniquely maintains a full-time team of experienced and recognized industry experts consisting of API and AWS certified inspectors capable of servicing our client's turnarounds, routine inspection and project type initiatives. This commitment by the Sentinel Management Team to minimize the use of "stereo-typical" contract inspectors within the industry ensures that we have key full-time personnel available to serve our clients with the highest quality service in the industry. Our experienced inspectors and technicians are certified to ASNT, API 510, 570, 653 with extensive

knowledge in managing pre-turnaround activities. Clients who use our experience in pre startup safety reviews, planning inspection activities, repairs, and associated logistics can expect an increase in overall safety, efficiency and greater visibility into the scope of the turnaround.



Our TAR team completes on an average, over 45 turnarounds a year. According to our clients, we set the standard on how turnarounds are executed. We always execute our turnarounds with a high degree of teamwork and professionalism. Our full time turnaround team executes in a superior level of professionalism at all times, and always has Sentinel's and our client's best interest in mind. Our turnaround team members work on average 72 plus hours weekly, all across the country, in all weather conditions, during any holiday, and with little time at home throughout the year. Safety and the wellbeing of our team, contractors, and clients will always be our #1 priority.



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May is National Electrical Safety Month

plug into safety

#ElectricalSafetyMonth

ELECTRICAL SAFETY While Working From Home

Do you have a home office or work from home? Follow these electrical safety tips to keep you and your home safe from electrical hazards.

- Avoid overloading outlets.
- Unplug appliances when not in use to save energy and minimize the risk of shock and fire.
- Regularly inspect electrical cords and extension cords for damage.
- Extension cords should only be used on a temporary basis.
- Never plug a space heater or fan into an extension cord or power strip.
- Never run cords under rugs, carpets, doors, or windows.
- Plug in smartly. Make sure cords do not become tripping hazards.
- Keep papers and other potential combustibles at least three feet away from space heaters and other heat sources.
- Make sure you use proper wattage for lamps / lighting.
- Make sure your home has smoke alarms. Test them monthly, change batteries yearly, and replace the unit every 10 years.

Wherever you work, it's always important to be safe.

Electrical Safety on the Job Site

11 Ways to Build it Safe.

Everyone on the job site is at risk.

Electrocution is the 3rd leading cause of worker-related death for construction workers.

Electrical currents can cause shocks, fires, explosions, burns, falls which can be fatal or cause serious injury.

Most electrical accidents result from one of the following three factors:

- unsafe equipment or installation,
- unsafe environment, or
- unsafe work practices.

Controlling Top Hazards

- Check your extension cords and plugs—a torn jacket, exposed wire at the plug or missing a "ground" pin are quick checks to ensure that the cord is in good working condition.
- Do not overload circuits.
- Check your tools for damaged cord, missing ground pin or exposed wires.
- Stay clear of overhead wires.
- Test your Ground Fault Circuit Interrupter (GFCI) outlet to ensure its proper operation with an approved tester.
- Temporary lighting should be elevated and include protective cages around the bulbs.
- Stay dry. Wet conditions—standing in water, wearing wet clothing, working in high humidity, and perspiring can increase electrocution risk.
- De-energize circuits. Use effective lockout-tagout procedures.
- Close electrical panels—never leave an open panel so that unqualified persons have access.
- Test all circuits to ensure the absence of voltage with the proper meter.

SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



5 TIPS
to keep your crew healthy & safe at work
ISO45001

The 4's of Fall Prevention



Falls are among the most common causes of serious work related injuries and deaths. Employers must set up the work place to prevent employees from falling off of overhead platforms, elevated work stations or into holes in the floor and walls. Why is fall protection important? What can be done to reduce falls?

ASK yourself before beginning your work:

- ⇒ Is a fall protection plan in place?
- ⇒ Are you trained in and using proper fall protection?
- ⇒ Are fall protection systems like guardrails in place?
- ⇒ Are we maintaining 3 points of contact at all times?
- ⇒ Is the base of the ladder on a firm, solid surface?
- ⇒ If on scaffolding, does it meet OSHA's scaffolding standard?

ADDRESS the hazard
Don't assume someone else is taking care of it:

- Make sure there's adequate lighting
- Clean up manageable spills
- Find out what's causing it and report
- Alert whomever is in charge

Be AWARE
Keep an eye out for possible hazards:

- Tears in the carpeting
- Spills on the floor
- Obstacles blocking a walkway
- Clutter on stairs
- Cords trailing on the floor

ALWAYS keep safety top of mind:

- Don't walk too fast
- Don't carry anything that obstructs your view
- Watch where you're going – even in familiar areas
- Avoid distractions like cell phones
- Wear proper footwear
- Use ladders to reach heights—never boxes or chairs
- Look out for changes in elevation
- Take care when ground is wet or icy
- Report every fall, even minor slips

1 Identify
all the process and activities at your place of work.

2 Check
with the help of the crew themselves whether any activity has significant associated hazards that could cause harm?

3 Reduce
risks that can lead to serious injury (accidents or long-term sickness) by removing the hazard, modifying the work process, protecting crew, etc.

4 Verify
whether the measures you are working in place to protect crew are working properly and that rules are being followed.

5 Improve
by always looking out for what could be done better and more safely.

Hazards

Don't Let Safety Slip

Prevent slips, trips and falls at work

Take steps to prevent

- Wear proper footwear with good treads.
- Fix loose or curled carpets, mats and floor tiles.
- Make sure lighting is bright enough to see properly.
- Mark walkway slopes and changes of levels.
- Secure trailing cables.

Watch out

- Watch for holes, cracks, or uneven, rough areas on walkways.
- Take extra care on steps or painted wood or concrete surfaces that could be slippery.
- Be aware of icy and snowy conditions.

Keep it clean and clear

- Keep floors clean and dry.
- Wipe up spills quickly.
- Keep aisles and walkways clear of clutter and obstacles.
- Clear snow and ice from walkways.

The A,B,Cs and 1,2,3s of **Living on the EDGE?**
FALL PROTECTION

How to calculate your fall distance:

- 1 Lanyard Length (LL)
- 2 Energy Absorber Deceleration Distance (DD)
- 3 Height of Suspended Worker (HW)
- 4 Clearance to Obstruction During Fall Arrest (C)*

+ Required Distance Below Anchor Point to Nearest Obstruction (RD)

= Required Distance Below Anchor Point to Nearest Obstruction

* 1 ft required plus 1 ft for D-Ring movement and system materials stretch = 2 ft total

Nearest Obstruction

The key components of every PERSONAL FALL ARREST SYSTEM

A. ANCHORAGE
A secure point of attachment (structure) for the fall arrest system. Commonly referred to as a tie-off point (ex. I-beam).

B. BODY SUPPORT
Full body harnesses provide a connection point on the worker for the personal fall arrest system.

C. CONNECTORS
Devices used to connect the worker's full body harness to the anchorage system (eg. shock absorbing lanyard, self retracting lifeline, etc.).

PREVENT FALLS
MAKE SAFETY A PRIORITY

WHAT IS THE LINE OF FIRE?

Line of Fire- Being in harm's way. Line of fire injuries occur when the path of a moving object and an individual's body intersect.

Five Examples of Being in the Line of Fire

- 01 In the path of moving equipment.
- 02 Underneath lifted load or static objects that could fall.
- 03 Working next to unstable materials that could shift.
- 04 Working next to objects under tension.
- 05 Placing hands or body in equipment that can rotate.



Health & Safety News



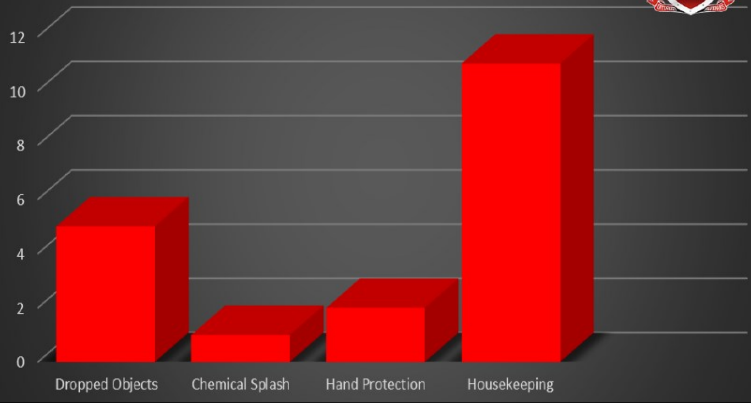
Sentinel has one of the best safety records in our industry!

Monthly Safety Award Winner

Tevor Lavergne from the Louisiana Division is this month's safety award winner! His fantastic work ethic, positive attitude, and roll as a team player for Sentinel is incredible. Trevor is always willing to share his knowledge in thermography. His hard work, and willingness to get the job done safely never goes unnoticed when working through LPSA conversations daily. He is a great asset to the Sentinel family, and has an impeccable reputation across the entire inspection industry. Congratulations Trevor, keep up the great work!



Top 5 At Risk Observations



Leadership Behaviors

The phrase "leadership support" has become a cliché in discussing safety. We always hear about the importance of leadership support and "walking the talk." The reason we hear so much about such support is because it is important. Yet it is too often poorly defined. Leadership support is often seen as just delivering a series of messages about the importance of safety. However, building leadership support requires the same type of analysis and planning that goes into implementing the behavior-based safety (BBS) effort. Leadership participation and support is so important that a significant amount of time should be invested in planning and building accountability for critical leadership practices.

Summary of Safety Leadership Attributes



127 JHA Audits

98.7% Average JHA Scores

42 Confined Space / Fall Protection/ LOTO Audits

169 Total Audits Completed

April: By the Numbers.....

Near Misses — 3

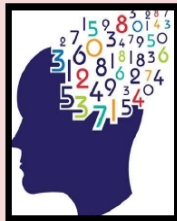
First Aids — 0

Vehicle Incidents — 0

Recordable's — 0

TRIR - 0.0%

EMR - .64%



Picture It! Safe Workplaces For Everyone!

Sentinel Integrity Solutions will be running a new safety contest for the month of May! Picture It! Safe Workplaces for everyone contest will be a chance for anyone to submit an image of workplace safety & health and share it with the safety department.

The contest will award a first, second, and third place prize. The pictures need to include our workplace, and/or employee's families and communities. You will need to submit your picture with a description of the safe work practices shown in the photo to the following email address: Safety@sentinelintegrity.com.

Once the winners are chosen, we will post all of the pictures in next months Health & Safety newsletters with each employee's name and award, highlighting the winning entries.



THINK SAFE. WORK SAFE. BE SAFE

HEAT AWARENESS & SAFETY



Heat Illness Prevention Campaign

Every year when the summer months are approaching and temperatures are on the rise, Sentinel sends out our Heat Illness Prevention Campaign. According to OSHA, heat stress causes more than 300 deaths per year in the U.S. The risk factors for heat stress include high temperatures and humidity, direct sun exposure, limited air movement, low liquid intake, heavy physical labor, and lack of recent exposure to hot workplaces or environments. OSHA recommends preventing heat stress by scheduling activities that will take place in hot outdoor conditions for the earlier part of the day, taking frequent rest breaks in a shaded area while working or playing outside, gradually exposing yourself to longer hours in hot work environments over a long period, and drinking plenty of cool water throughout the day. Heat stress is 100% avoidable and preventable if you recognize the signs and take proper precautions. Remember, you don't need to be working outdoors or living in a warm climate to be exposed to the hazards of heat stress. When the heat index rises above 80° preventable measures need to be taken. By understanding how your body controls temperature you're more able to recognize the symptoms of heat stress. Take immediate action if you or a co-worker develops heat cramps, heat exhaustion, or heat stroke. Use engineering controls to reduce the hazards and allow your body to acclimate to warmer temperatures before you overexert yourself.

An updated app for smart phones and other mobile devices can help workers stay safe when working outdoors in hot weather. The free app was redesigned by the (CDC), (NIOSH), (OSHA).



		Heat Index Temperature (°F)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
Relative Humidity (%)	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	138
	45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
	55	81	84	86	89	93	97	101	106	112	117	124	130	137			
	60	82	84	88	91	95	100	105	110	116	123	129	136	137			
	65	83	86	90	95	100	105	112	119	126	134						
	70	84	88	92	97	103	109	116	124	132							
	75	84	89	94	100	106	113	121	129								
	80	85	90	96	102	110	117	126	135								
	85	86	91	98	105	113	122	131									
	90	86	93	100	108	117	127										
	95	87	95	103	112	121	132										
	100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution (Yellow) Extreme Caution (Orange) Danger (Red) Extreme Danger (Dark Red)

HEAT STRESS First Aid for Heat Illness

Things you need to know:

- Heat illness can strike quickly—learn to recognize the symptoms.
- Workers with heat illness should stop working, get cool and drink fluids.
- Altered mental state can be a sign of heat stroke and requires immediate attention.
- When treating severe heat illness, cooling is the first priority.

Cooling is key. Know the symptoms and treatment of heat illness.

	Signs and Symptoms	What to Do
Less Severe	Heat Rash/Prickly Heat Symptoms can occur in any order. For example, a person will not always experience heat cramps before they suffer from heat exhaustion.	Heat Rash/Prickly Heat - When possible, a cooler, less humid work environment is the best treatment - Keep rash area dry - Powder can be applied to increase comfort - Do not use ointments or creams, as they may impair cooling—warm, moist skin can make the rash worse
	Heat Cramps - Muscle cramps, pain, or spasms in the abdomen, arms, or legs	Heat Cramps - Drink fluids every 15 to 20 minutes and eat a snack or sports drink - Avoid salt tablets - Get medical help if the worker has heart problems, is on a low sodium diet, or if cramps do not subside within 1 hour
Severe	Heat Syncope (Fainting) - Fainting, dizziness, or light-headedness after standing or suddenly rising from a sitting/lying position	Heat Syncope (Fainting) - Sit or lie down in a cool place when beginning to feel faint or dizzy - Slowly drink water or clear juice
	Heat Exhaustion - Headache - Nausea - Dizziness, weakness - Irritability - Thirst, heavy sweating - Elevated body temperature - Decreased urine output	Heat Exhaustion - Call for medical help or take worker to a health facility for evaluation and treatment - Stay with worker until help arrives - Remove worker from hot area and give liquids to drink - Remove unnecessary clothing, including shoes and socks - Cool worker with water, cold compresses, an ice bath, or fans - Encourage frequent sips of cool water
OFTEN FATAL	Heat Stroke - Confusion, altered mental state, slurred speech, loss of consciousness - Hot, dry skin or profuse sweating - Seizures - Very high body temperatures - Fatal if treatment delayed	Heat Stroke - This is an emergency! Call for emergency care immediately! - Move worker to a cool area and remove outer clothing - Cool worker with water, cold compresses, an ice bath, or fans - Circulate air around worker to speed cooling - Place cold, wet cloths or ice on head, neck, armpits, and groin - Stay with worker until emergency medical services arrive

Drinking enough fluids is one of the most important things you can do to prevent heat illness. Water is generally sufficient for hydration.

Urine Color Test

WELL HYDRATED

HYDRATED

DEHYDRATED

SEVERELY DEHYDRATED

Hydrate Before Work

- Being hydrated when you start work makes it easier to stay hydrated through the day.
- If you are dehydrated when you start work, you may not be able to drink enough to catch up with your body's need for water.

Hydrate During Work

- Drink before feeling thirsty. By the time you feel thirsty, you are already behind in fluid replacement. Dehydration is a primary contributor to heat exhaustion.
- Your work performance may suffer when you are dehydrated, even if you don't notice.
- When working in the heat, drink 1 cup (8 ounces) of water every 15–20 minutes.
- This translates to ¾–1 quart (24–32 ounces) per hour.
- Drinking at shorter intervals is more effective than drinking large amounts infrequently.
- Do not drink more than 48 oz (1½ quarts) per hour! Drinking too much water or other fluids (sports drinks, energy drinks, etc.) can cause a medical emergency because the concentration of salt in the blood becomes too low.

How much water is that?

1 quart = 1/4 gallon (32 oz) = 1 L

Hydrate After Work

- Most people need several hours to drink enough fluids to replace what they have lost through sweat. The sooner you get started, the less strain you place on your body from dehydration.
- Hydrating after work is even more important if you work in the heat on a regular basis. Chronic dehydration increases the risk for a number of medical conditions, such as kidney stones.



#4Mind4Body May Is Mental Health Month.

Mental Health Matters

In the construction industry, mental health is a seldom topic that is often swept under the rug due to the stigma it can carry. Mental health may be a sensitive topic, but it is imperative to address one's mental health by practicing relieving techniques that include a healthier diet and exercise. One can also enlist the help of a support group or mental health professional, should the need arise. Since 1949, Mental Health America has been observing Mental Health Month in May by spreading the word about the importance of mental health to millions of people. The importance of mental health must echo into the construction industry in order to improve the industry's overall mental health.

The Importance of Mental Health

When you think about being healthy, you may consider your physical health and making sure your body is healthy by eating right and exercising. However, taking care of your body physically can also lead to improvements in your mental health. Mental health is equally as important as physical health and it is essential to your overall wellbeing. It is important to recognize that mental illnesses are common and treatable with the right help. The theme for this year's Mental Health Month is 4Mind4Body, which emphasizes the idea that living a healthy lifestyle can help to prevent the onset or worsening of mental health conditions. Some of the things that can help your mental health include exercise, social connections, work-life balance, getting good sleep, and getting help from a professional.

Improve your mental health through:

- Worklife Balance**
- Social Connection**
- Animal Companionship**
- Humor**

Here are some strategies to help you thrive during uncertain times:

- Find the positive.** It's natural to go through a grieving process after the loss of a relationship, job or loved one. Remember the good times and focus on what makes you happy.
- Create healthy routines.** Healthy routines include eating a nutrition-rich diet, exercising and getting enough sleep. It's OK if your routine is not the same every day. Start with small changes.
- Own your feelings.** It can be easy to get caught up in emotions as you're feeling them. Taking the time to identify what you're feeling can help you better cope with challenging situations.
- Connect with others.** Connections help enrich your life and power through the tough times. Whether in person or virtually, connect with and lean on your support group.

If you're struggling with your mental health during these trying times, you're not alone. If you have concerns about your mental health, please contact a mental health professional.

Mental Health Awareness Month

- Own your feelings
- Create healthy routines
- Be someone's support
- Discover Calm, an app for sleep and relaxation
- Headspace, is an app for movement and reducing stress
- The Fabulous, an app for building healthy habits in 30 days

IT'S OKAY TO ASK FOR HELP



Unfortunately, mental health issues still have a stigma in work and personal communities. 1 in 5 adults experience a mental illness in a given year. It is important to realize that mental illnesses are common, and they can come in many forms. It is okay to open up about mental problems you may have at home, at work, or in your community. Opening up to others can help improve your situation and allow you to get the help that you need. If someone around you tells you about the problems they have been facing, make sure to take the time to listen to them and take them seriously. Help Matters!

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