

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

ISSUE 36 June 2022

7,596,202 Incident Free Man-Hours

Current EMR .64 & TRIR 0.00%

Got SAFETY?

JUNE is National Safety Month!

What Is National Safety Month?

June is National Safety Month, an annual campaign organized by the National Safety Council (NSC). This campaign to raise awareness of the health and safety risks that are increased in the summer months. This year, there are four key talking points, each with a tie to workplace safety. In order to stay safer in our day to day life and while at work, it helps to know about the topics that NSC felt were worth discussing more closely this month. Safety is always inherent to our workplace for our employees to be as safe as they can be. Acting safely as an instinct, rather than through conscious efforts, is integral to building Sentinel's safety culture at work. The National Safety Council encourages all workers this month to talk about how safety can be improved around their workplace and what can be done to make it second nature to be safe. Sharing our thoughts about safety with our coworkers is a good place to start. You can compile observations from all fellow employees to see what appears to be the most dramatic and frequent safety issues that can be talked about and addressed.



Musculoskeletal Disorders

Musculoskeletal disorders (MSDs) are injuries or disorders of the muscles, nerves, tendons, joints, cartilage, and spinal discs. They are disorders that affect the human body's movement. A few common MSDs include: strains, sprains, muscle tears, tendinitis, tennis elbow, trigger finger, pinched nerves, carpal tunnel syndrome, rotator cuff injuries, backpain, and ruptured or herniated discs. Signs of MSDs include swelling, redness, reduced range of motion, and loss of strength. If you are experiencing any of these signs or symptoms, talk to your supervisor.

Injury Prevention

It's Vital to Feel Safe on the Job". They say that "Being able to be one's self at work without fear of retaliation is necessary for an inclusive safety culture. Leading organizations focus not only on physical safety, but psychological safety as well." One of the biggest factors in incident and injury prevention is encouraging everyone to report incidents immediately. Federal law states that everyone is entitled to a safe workplace, and they have the right to speak up about hazards or potential concerns without fear of retaliation. Working together, we can be one of our best defenses. Hazard reporting is a critical part of our safety program.

Workplace Impairment

At some point, most of us have felt the effects of impairment: from losing focus and reaction time to just feeling different. Often, this impairment is the result of using substances such as alcohol, drugs or cannabis, though we can also become impaired due to fatigue or other factors, such as stress. In order to stay safe, workers need to be well rested, attentive and refrain from substance use. All forms of impairment can impede a worker's ability to focus, operate machinery and make sound decisions. Losing focus on the job can have deadly consequences for individuals at work.

Slips, Trips and Falls

Slips, trips and falls are definitely no laughing matter. In fact, following highway crashes, falls to a lower level are the second leading cause of workplace fatalities according to Injury Facts. Compared to falls to a lower level, falls on the same level tend to result in less severe, but more frequent injuries – more than 127,680 cases involving days away from work in 2021. With so much potential for harm, we should do everything possible to recognize fall hazards to prevent injuries from occurring. We can be the catalyst to make these changes happen – keep your eyes open, and let someone know about your concerns.

This Issue

What Is National Safety Month? P.1
100 Critical Days of Summer / Pool & Grill Safety P.2
HSE Dept News/Our Focus—Distracted Driving P.3
Are You In The Line Of Fire? P.4
Hurricane Season "Be Storm Ready" P.5

June is National Safety Month, and **Safety begins with YOU!**



Be Careful Cleaning

The U.S. Department of Labor classifies cleaning and custodial work as a **high-risk job**, mainly because of the numerous accidents that occur each year involving chemicals.

The cleaning industry is one of the **top five** occupations for missed work days due to job-related injury or illness.



40%
eye irritations
or burns



36%
skin irritations
or burns



12%
breathing
fumes

So... what can be done?

Protect Yourself

Wear proper protective clothing and use required safety equipment.



Know Your Chemicals

Read all of the instructions and warnings on chemical labels and never mix chemicals.



Stay Alert

Be aware of your surroundings and watch for any hazards.



Alert Others

If there are hazards, such as wet floors, warn others with the proper signs and barricades.



Be Prepared

Have emergency plans in place, and know where all the exits and first-aid kits are located.



Did you know...

\$1,000,000,000

Cost of workers' compensation to U.S. businesses **PER WEEK**



1 in 4

Workplace injuries are caused by overexertion



8.9 Million

Slips, trips and falls lead to ER visits each year



20,300

On-the-job eye injuries that forced employees to miss work (2012)



\$39,000

Average cost per medically consulted injury in the workplace




SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS




100 Critical Days Of Summer

Summer has arrived and it begins the 101 critical days of summer which started back on Memorial Day weekend and ends after Labor Day. This is, of course, the largest vacation period of the year. The sun is shining and people are out swimming, boating, visiting family and friends far away, playing and having a good time. It's also a time of celebration, recreation, staying awake long hours and driving more miles than your body has the energy for. The blisteringly hot



The single most important way to protect yourself from heat illness this summer is to keep plenty of water on the construction site.



Especially during the hottest part of the day, opt for a lighter meal that will keep you from feeling hungry without weighing you down.

temperatures of summer are hard on all of us, but especially for those working in these conditions. You'll understand just how dangerously hot it can get and how important it is to take precautions to keep yourself and everyone on our team safe. However, this can be difficult to do.

Summer is peak season, meaning there's usually no choice but to continue working as usual, even on the very hottest of days. So on those days, what can you do to promote summer safety among our team members and fellow workers? It isn't always easy, but with a little extra time and care, we can find many different ways to prevent types of summer safety complications!



1. What is the most common heat related illness?
 - a. heat exhaustion
 - b. heat stroke
 - c. sunburn
2. A heat stroke victim will have hot, dry skin.
 - a. true
 - b. false
3. You should drink water every 2 hours.
 - a. true
 - b. false

Frequent breaks can prevent your body from reaching such a high temperature that it can't cool itself down again, as well as help you be more equipped to deal with the heat.



Grilling Safety



There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

SAFETY TIPS

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.

PROANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.**

If the flame goes out, turn the grill and gas off and wait at least 5 minutes before relighting it.

FACTS

- July is the peak month for grill fires.
- Roughly half of the injuries involving grills are thermal burns.



Pool Safety

Facts, Tips, and Solutions to Avoid Children Drowning

HOW BIG IS THE PROBLEM?



390
children drown a year

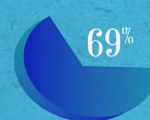
75^{7/10}
are under 5
593 of the reported fatalities were younger than 5 years old.

58^{7/10}
occurred in pools
526 involved in ground pools

A POOL IS **100 TIMES** MORE LIKELY TO KILL A CHILD THAN A GUN



HOW DOES IT HAPPEN?



One or both parents were responsible for supervising the child.



Were seen five minutes before being found in the pool.



Were thought to be in the house before being found.

HOW CAN IT BE PREVENTED? LAYERS OF PROTECTION



PARENT SUPERVISION



POOL SAFETY FENCING



LOCKS AND ALARMS ON DOORS AND WINDOWS



RESCUE EDUCATION (SWIM LESSONS, CPR, ETC.)





Health & Safety News

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



Monthly Safety Award Winner

Congratulations to Will Smith on being this month's safety award winner!




Will is an inspector for us at Marathon in Garyville, LA. He is always attentive and giving great feedback during safety meetings. When conducting an audit together with safety, he was ready to answer any questions and was knowledgeable about various processes. He always has a good attitude and isn't just about himself. He is his brothers keeper, always looking to improve safety. Thank you for always stepping up and showing what it takes to be a Sentinel Safety Champion!



At Home Safety Challenge

Using the form pictured above, send an email to safety@sentinelintegrity.com and list activities that you perform at home, identify the risks involved in those activities and outline the habits that you can work on to make yourself safer. Positive communications and thinking about hazards at





What are your potential off-the-job hazards?

We're all aware of the safety precautions we need to take at work. But what happens when we get home?

Do you remember to wear your PPE when using power tools or doing yard work? Sporting activities, hobbies, home renovations, yard work are all examples of activities we do with potential hazards.

Sometimes we get a little complacent about the hazards lurking around our personal or family activities. This sheet will help you identify the hazards and think about the ways you can reduce the risk or eliminate it altogether.

My activities:

Activity: _____	Activity: _____
Risks involved: _____	Risks involved: _____
What habits can I work on to make it safer: _____	What habits can I work on to make it safer: _____

work, at home and on the road can go a long way to keeping our employees safe. Be sure to include 3 photos similar to the picture on the left as part of your entry. To everyone that participates in this program, all submissions will be entered into a draw to receive a **\$100 dollar gift card** at the end of the month.




Join in on the challenge, we can assure you that you won't want to miss this one! A mystery prize will also be awarded for all who participate.

Our Focus On Distracted Driving


We turn our focus this month to distracted driving. It is an extremely prevalent problem that kills and injures thousands every year. The best way to prevent accidents from distracted drivers is to educate our employees on just how dangerous driving while distracted is. The statistics don't lie, and, as the trends indicate, more and more accidents will be caused due to distracted driving if the correct steps are not taken to prevent them. Distracted driving occurs when drivers divert their attention away from the task of driving to focus on another activity. Distracting tasks can affect drivers in different ways. The three types are: manual, visual and cognitive. For example the state of Texas crash report allows officers to report driver distraction in the following categories: distracted by electronic communication devices, other electronic devices, other distraction inside the vehicle, external distraction, texting or general inattentiveness.

Prevent serious regrets by stopping cell phone usage when driving. No texting. No checking emails. No logging onto any of your social media or other apps. Eliminating distractions means to stop using all electronic devices not related to driving your vehicle, reducing the noise level, no eating or drinking while driving, stop all other activities and focus on road.




DISTRACTED DRIVING

know the facts!




Distracted driving is **any** activity that could divert a person's attention away from the primary task of driving.

THERE ARE **3** MAIN TYPES OF *distracted*




visual

taking your eyes off the road



manual


taking your hands off the wheel




cognitive

taking your mind off what you are doing


POTENTIAL DISTRACTIONS WHILE DRIVING




cellphones



eating & drinking



GPS



talking to passengers





STORED ENERGY

Zero In On Safety
Don't let the pressure
get to you



STRIKING HAZARD

Don't Be A Target
Recognize the risk,
eliminate the hazard



HAND SAFETY

Re-Think the Risk!
Stop, think,
am I at risk?



CRUSHING HAZARD

What's the Point?
Don't get yourself
in a pinch!

Are You In The Line Of Fire?

WHAT IS "LINE OF FIRE"? Line of Fire, which was originally a military term, is now commonly used in our industry as a safety term. Line of fire (LOF) is another phrase for being in harm's way. Line-of-fire injuries occur when the path of a moving object and an individual's body intersect. It is important to remember line-of-fire hazards are one of the deadliest hazards found in construction, second only to slips, trips and falls. As you consider the possibility of line-of-fire injuries, bear in mind primary ways YOU and YOUR co-workers can become hurt.

Line-of-fire examples include:

1. In the path of moving equipment.
2. Underneath lifted loads or static objects that could fall.
3. Working next to unstable materials that could shift.
4. Working next to objects under tension.
5. Placing hands or body in equipment that can rotate.

Hazard Recognition

The key to reducing both on and off the job injuries is learning how to recognize and avoid line-of-fire hazards.

By taking three easy steps, you can steer clear of the LOF.

1. Be aware of the hazards around you.
2. Understand the machines and tools in your work area.
3. Take time to think about the consequences that could result from what you are about to do.

How to keep yourself and your co-workers safe

- ⇒ Look for hazards before you begin working.
- ⇒ Eliminate the hazard when possible.
- ⇒ If you can't eliminate, then control the hazard.
- ⇒ Use best practices for minimizing hazards



"You are in the line of fire when you are at risk of coming into contact with a force that will, or may hurt you."

- Marty Bowles -
Sentinel Integrity Solutions
Corporate Safety Director



When planning any job, be sure that you consider the hazards of the task itself. Consider line-of-fire, pinch points, and hand position. Be sure that you are using the correct gloves for the hazards. But don't overlook general hazards in the work place created by the tools you are using or the environment you are working in. Think about the condition of tools, hot surfaces & steam, environmental conditions, and any other abnormal circumstances that could put your hands at risk.

We do lots of things in our daily lives that could result in injury, but don't. At times we can become complacent and not think twice about certain tasks. But being in the line of fire, can add up to trouble. It can hurt, incapacitate or, in severe cases, kill you or your coworkers. We always make it a priority to safely remove and control these dangers on the job!

