

# Sentinel Integrity Solutions



Health & Safety Newsletter

ISSUE 27 September 2021

6,561,210 Incident Free Man-Hours

Current EMR .64 & TRIR 0.00%

## WE BUILD A CULTURE OF SAFETY

At Sentinel Integrity Solutions, it is simple: Everyone gets home safe!

We believe that building a strong safety culture is everyone's responsibility.

Our record is proof that we follow the highest safety standards in our industry and always work toward zero incidents on all projects.



### Always Get Home Safe!

You've probably seen it before: a well-meaning safety poster hanging around the jobsite or office in which you work at with something about ladder safety; complete with a catchphrase like, "While on a ladder, never step back to admire your work! Reminders like these are good for a quick laugh, but are they actually effective at raising awareness and changing behavior in any sort of sustainable way? All too often, others tend to espouse the value of safety by pasting the walls with posters and other artifacts like these, saying safety is one of their core values while meeting only the minimum requirements for safety awareness, training and personal protective equipment.

At the end of the day, creating a culture of safety is not always about catchy slogans, posters, or PSA's. At Sentinel it has become a part of our company and our employee's DNA. We truly create a culture that values safety as a key aspect of success, and we always tip the scales and find the balance between safety and culture. That is why we move meaningful, sustainable change around the importance of safety in our organization. We are most productive to actively manage behaviors that prevent incidents—not just react when incidents occur. Our leaders put their focus to preventive behaviors and change their strategy to positively reinforcing the safe behaviors. The safety leadership behaviors they want more of, those behaviors are strengthened. At the same time, our leaders are building relationships, trust, morale, and engagement.



Safety is always the one business objective that employees at all levels can agree upon. Everyone wants all employees to come to work and go home in the same condition they came to work in. At Sentinel we take pride in that and knowing we have that type of safety leadership at all levels is why we have built this culture of safety that everyone strives to be the best at!

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**ConstructSecure Recognizes its Safest Contractors & Vendors**  
Safety Assessment Program - Platinum Safety Award

Lexington, MA: ConstructSecure, Inc., a cloud-based mobile platform that empowers clients to make smarter risk management decisions, has announced the recipients of its prestigious safety awards. **Sentinel Integrity Solutions, Inc.** has received the **Platinum Safety Award**. This award is presented to companies that register a safety score 95% or greater in the **Safety Assessment Program** administered by ConstructSecure.

"Platinum status is not easily achieved. **Sentinel Integrity Solutions, Inc.** has demonstrated a remarkable commitment to implementing safety management systems resulting in exceptionally low incident rates," states Garrett Burke, CEO of ConstructSecure.

The **Safety Assessment Program** reviews a company's historic safety performance and current safety management systems. The platform normalizes data for vendor or contractor size and type of work performed.

The program provides thorough, objective and consistent evaluation of company performance so clients can identify, monitor, and manage risk smarter. The results provide a strong indicator of how a vendor or contractor values safety and a reliable predictor of future performance.

**About ConstructSecure:** ConstructSecure, Inc. is a global SaaS company. Our cloud-based and mobile platform empowers clients to make smarter risk management decisions. Proprietary algorithms, developed at an Ivy League University, leverage safety and financial indicators to accurately pre-qualify vendors. The data captured by our suite of integrated solutions ensures that our clients, and their subcontracted vendors, can more effectively and accurately identify, monitor and mitigate risk to reduce potentially dangerous and costly exposures. Our solutions go beyond solely meeting regulatory standards and approach safety and risk in a way that reduces the number of injuries, loss rate, EMR, defaults, and insurance premiums, and positively impacts the overall financial health of the company.

# SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



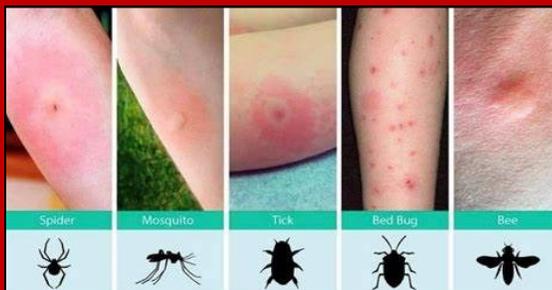
## Bye.. Bye... Insect Bites

Nearly everyone has experienced an insect bite or sting at some point in his or her life. Most of the time, these stings and bites lead to mild pain or itching, right where they occurred. Sometimes, however, people can experience more severe reactions that could be caused by an allergy to the sting or bite.

### When to Seek Emergency Care:

Call 911 or your local emergency number if the injured person experiences:

- ⇒ Difficulty breathing.
- ⇒ Swelling of the lips, eyelids, or throat.
- ⇒ Dizziness, faintness, or confusion.
- ⇒ Rapid heartbeat.
- ⇒ Hives or nausea, cramps, or vomiting.



### Take These Actions Immediately While Waiting for Medical Help:

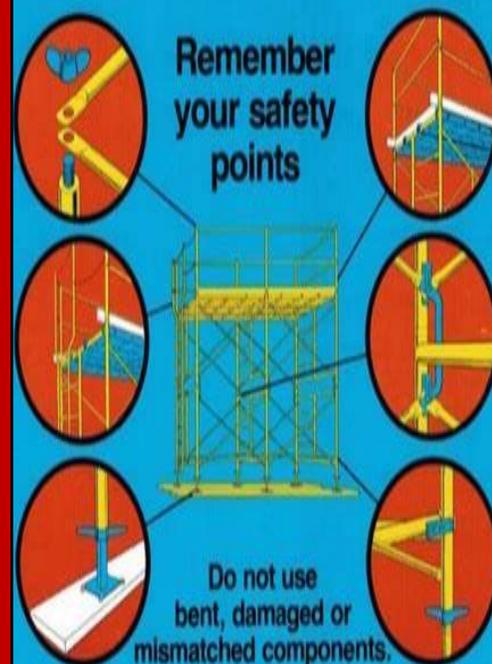
- ⇒ Ask the person if he or she is carrying an epinephrine autoinjector (EpiPen, Auvi-Q, others) to treat an allergic attack.
- ⇒ If the person says he or she needs to use an autoinjector, ask whether you should help inject the medication. This is usually done by pressing the autoinjector against the person's thigh and holding it in place for several seconds.
- ⇒ Loosen tight clothing and cover the person with a blanket. Don't give him or her anything to drink.
- ⇒ If the person is vomiting, position him or her to prevent choking; and
- ⇒ Begin CPR if the person shows no signs of circulation, such as breathing, cough or movement.

# Scaffold Safety



- ✓ Make sure the scaffolding boards are in place and in good condition.
- ✓ The scaffold must be strong enough for the usage purpose.
- ✓ Never overcrowd scaffold with people, supplies, or equipment.
- ✓ Erect scaffold with proper access and guard rails.
- ✓ Tied scaffold adequately where required.
- ✓ Place the guard rails and toe boards firmly.
- ✓ Use safety harness and lifeline.
- ✓ Do not climb or stretch out over the guard rails.
- ✓ Incomplete scaffold must be blocked off or must display a warning notice that it must not be used.

# DON'T GUESS DO IT RIGHT!



## Bites & Stings

### A QUICK GUIDE



Pressure Immobilisation	Cold Compress	Hot Water	Vinegar
Bandage the entire limb from toes/fingers upwards	Apply a cold pack or ice directly over the site	Plunge into water no hotter than you can tolerate	Flush with vinegar for 30 seconds
Funnel-web and mouse spiders Blue ringed octopus Snakes Cone Shells Sea Snakes	Bees Wasps Ants Ticks Scorpions Centipedes Redback spiders All other spiders	Blue bottle jellyfish Bullrout fish Catfish Crown of thorns starfish Stingray Stonefish Non-tropical minor jellyfish	Box jellyfish Irukandji jellyfish Jimble jellyfish Sea anemones Tropical marine stings of unknown origin

## SAFE INSECT REPELLENT? chemicals or natural alternatives

DEET		VS	Biter Fighter <i>*made with Cedar Oil</i>	
<b>PROTECTION</b>	<b>DURATION</b>		<b>PROTECTION</b>	<b>DURATION</b>
	<b>3-4 hours</b> <small>*effective from mosquitoes with 10% dose</small>			<b>3-4 hours</b> <small>*effective from mosquitoes with 10% dose</small>
<b>TOXICITY</b>	<b>SIDE EFFECTS</b>		<b>TOXICITY</b>	<b>SIDE EFFECTS</b>
 Skin Irritation Cases	 Up to 54% of DEET applied topically penetrates human skin & 17% absorbs into the bloodstream.		 NO Skin Irritation Cases	 Nothing absorbs into the bloodstream.
<b>ODOR</b>	<b>ODOR</b>		<b>ODOR</b>	<b>ODOR</b>
 Strong Chemical Odor	 Nervous System Damage & Inhibited Motor Skills		 Fresh Cedar or Lemongrass	 No side effects!

A SMALL INSECT STING...CAN BE A REALLY BIG THING!





# Health & Safety News



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

## Monthly Safety Award Winner



Congratulations to David Sparkman on his continued safety efforts for us at ExxonMobil Baytown. His willing to teach our SSW's the right way and safe way to do their job shows his leadership for Sentinel. He takes the time to go through the LPSA process with everything he does and has been a key role player in setting a culture of safety to our new employees. His commitment and knowledge of safety and site standards is well above par.

He attends all safety meetings, willing to do LPO's, he's taken SSW's under his wing, and has a wealth of knowledge. Great job David! We appreciate you.

## Safety Slogan and Logo Contest Winners

Congratulations to everyone who participated in the Safety Slogan and Logo contest! We had a tremendous amount of participants and all of them turned out great.

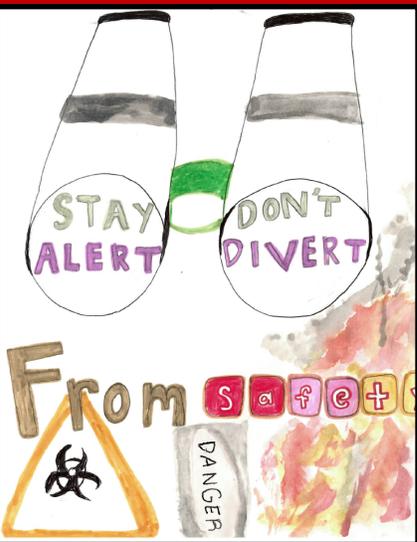
Our runner up winning submission for the \$25 dollar gift card was submitted by Levi Odom.

Our grand champion winning submission for the the \$100 dollar gift card was submitted by Maddie Dupree.

Again, thank you to everyone that participated, we can't thank you enough for your continuous contributions to **SAFETY!**

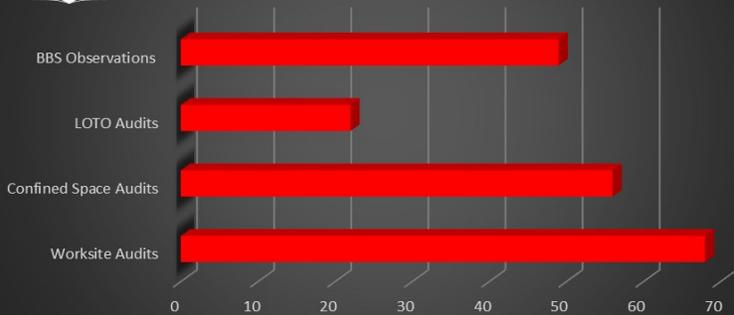


Runner Up

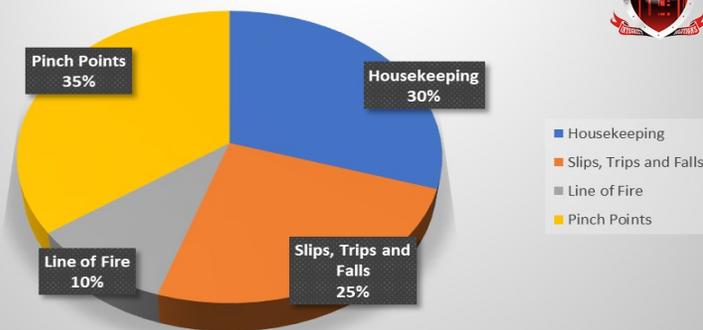


Grand Champion

## Safety Metrics August



## High Hazard Observations



Not a Sentinel related incident or photo.



# ALL ACCIDENTS ARE PREVENTABLE

On August 23rd, 2021, a severe hand incident involving a contractor NOT associated with Sentinel, was working at a production facility in Austin, Texas.

We want to share this incident to raise awareness.

Not a Sentinel related incident or photo.



The contractor was using a grinder to modify duct fittings. Due to the individuals improper use of a tool (grinder wheel guard not attached and not using a clamp or vice to hold the material, the grinder wheel cut into the flesh between the individual's thumb and index finger. Since this individual was not utilizing the grinder handle, his hand was in the line of fire causing the injury. It was determined the root cause of the incident was complacency, inadequate supervision and lack of training. We hope seeing this type of incident first hand, will remind others that when you take shortcuts, incidents can happen very quickly. Always, stay focused and perform each task correctly!



# RESPIRATORY PROTECTION WEEK

## SEPTEMBER 7-10, 2021



### Respiratory Protection Week

The National Institute for Occupational Safety and Health (NIOSH), National Personal Protective Technology Laboratory (NPPTL) announces its annual Respiratory Protection Week. The observance will take place September 7–10, 2021.

During the observance, NIOSH will host two webinars related to respiratory protection via Zoom. On September 7 from 1–2 p.m. EST, NIOSH will present on the future of respiratory protection and personal protective equipment (PPE). The webinar will also provide insight into the new role of PPE in non-traditional settings and closing PPE gaps for underserved populations. First launched in 2012 as N95 Day and then expanded to Respiratory Protection Week in 2019, this observance provides NIOSH an opportunity to share research findings and release educational tools to help promote proper respiratory protection practices. This year, NIOSH developed new products to help address frequently asked questions. A specific focus will be placed on educating participants on the role NIOSH and other federal agencies play in protecting workers who rely on respiratory protection.

### Why Respiratory Protection Week?

How can you participate in Respiratory Protection Week at Sentinel? We will be hosting activities within through training sessions, educational messages pertaining to our specific workplace hazards, and best of all fun pictures on social media of our Sentinel staff showing off their proper respiratory protection practices (and general love of a safe workplace). Like you have seen recently, we will be active on our social media platforms promoting information and new resources. If you have a passion for respiratory protection like we do, we encourage you to join the conversation, just reach out to our safety department and join in on the fun!

#### NIOSH RESPIRATOR FILTER CLASSES

NIOSH classifies the filtering media in respirators based on its resistance to oil and its particle filtering efficiency. The resistance to oil is designated as "N", "R", or "P". Particle filtering efficiency is designated "95", "99", or "99.97".

N SERIES	R SERIES	P SERIES
<b>NOT RESISTANT TO OIL</b> N95, N99, N100 Filters at least 95%, 99%, or 99.97% of airborne particles	<b>SOMEWHAT RESISTANT TO OIL</b> R95, R99, R100 Filters at least 95%, 99%, or 99.97% of airborne particles	<b>STRONGLY RESISTANT TO OIL/OIL PROOF</b> P95, P99, P100 Filters at least 95%, 99%, or 99.97% of airborne particles

**OILS**  
 When products containing oil (like fuel, lubricating or hydraulic oils, solvents, paints, and pesticides) are sprayed or used in processes producing aerosols or droplets, the oil component may become airborne.

## TYPES OF RESPIRATORY PROTECTION



**Elastomeric Half Facepiece Respirators** are reusable and have replaceable cartridges or filters. They cover the nose and mouth and provide protection against gases, vapors, or particles when equipped with the appropriate cartridge or filter.



**Elastomeric Full Facepiece Respirators** are reusable and have replaceable canisters, cartridges, or filters. The facepiece covers the face and eyes, which offers eye protection.



**Filtering Facepiece Respirators** are disposable half facepiece respirators that filter out particles such as dusts, mists, and fumes. They do NOT provide protection against gases and vapors.



**Powered Air-Purifying Respirators (PAPRs)** have a battery-powered blower that pulls air through attached filters, canisters, or cartridges. They provide protection against gases, vapors, or particles, when equipped with the appropriate cartridge, canister, or filter. Loose-fitting PAPRs do not require fit testing and can be used with facial hair.



**Supplied-Air Respirators** are connected to a separate source that supplies clean compressed air through a hose. They can be lightweight and used while working for long hours in environments not immediately dangerous to life and health (IDLH).



**Self-Contained Breathing Apparatus (SCBAs)** are used for entry into or escape from environments considered to be IDLH. They contain their own breathing air supply and can be either open circuit or closed circuit.



**Combination Respirators** can be either a supplied-air/SCBA respirator or supplied-air/air-purifying respirator. The SCBA type has a self-contained air supply if primary airline fails and can be used in IDLH environments. The air-purifying type offers protection using both a supplied-air hose & an air-purifying component and cannot be used for entry into IDLH environments.

# LOCKOUT TAGOUT

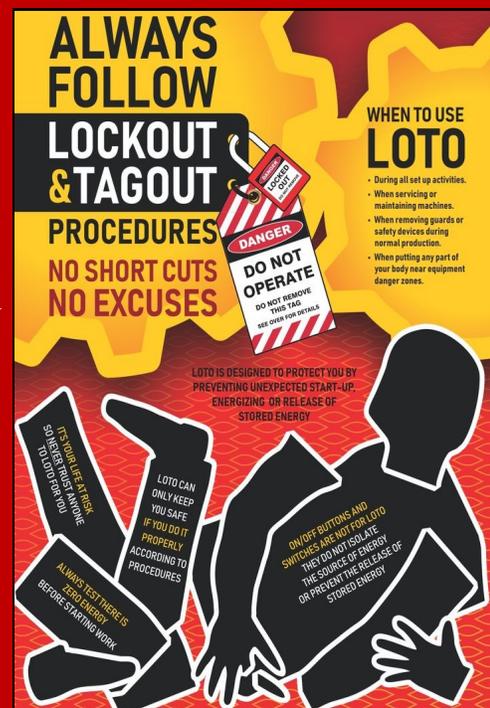


## Control of Hazardous Energy

Lockout/tagout (LOTO) is a set of procedures that are used to ensure that equipment is shut down, inoperable, and (where relevant) deenergized. This allows maintenance and repair work on the system to be performed safely. Any workplace scenario involving equipment that could lead to the inadvertent release of hazardous energy requires the use of lockout/tagout procedures. In this context, “hazardous energy” includes not only electricity but other forms of energy such as pneumatic pressure, hydraulic pressure, and gas. The purpose of LOTO procedures is both to prevent direct exposure to this energy, as well as to prevent harm caused by any machinery or objects that could be moved by that energy (e.g., a pneumatic press accidentally being activated).

Lockout involves placing a lock and tag on an energy-isolating device in accordance with an established procedure. This indicates that the device is not to be operated until the authorized individual removes the lock and tag. This procedure controls hazardous energy by isolating it from the system – a machine, piece of equipment, or process – and locking the system in a safe mode. Tagout specifically refers to the labeling process that must be used when a lockout is required. This is a compulsory part of the LOTO process. It involves attaching an indicator (generally a standardized label) with the following information:

- The **reason** for the lockout (repair, maintenance, etc.)
- The **time** the lock and tag was applied
- The **name** of the authorized person who attached the lock and tag to the system
- The only person authorized to remove the lock and tag is the same person who attached them. This ensures that the system is not restarted without the knowledge of the person who initiated the lockout.



At Sentinel, it’s critical that we develop and enforce LOTO policies and clearly communicate them to all affected workers. Offering ongoing training and ensuring all equipment and machines have LOTO capabilities help us to ensure the safety of anyone who works around them. Through our written LOTO policy and effective use of LOTO audits we are able to identify employees that are exposed to hazardous energy while servicing and maintaining equipment and machinery. It is critical that we always be proactive to mitigate any safety issues that could arise from this hazardous energy.

“ A LOCK AND A KEY, KEEP YOU ACCIDENT FREE”

### Houston

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### Louisiana

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Port Allen, Louisiana 70767

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### Corpus Christi

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### Nederland

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