

Sentinel Integrity Solutions

Monthly Newsletter of Health & Safety
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4,114,940 Incident Free Man-Hours

Current EMR .66% & TRIR .00%



SAFETY IN THE SPOTLIGHT

If you had to work in the dark with only a spotlight, where would you shine it? Would you aim it at the darkest places or the places where the light would do the most good? Sometimes we get so busy we forget where that small ray of light just might be. So where should you put our attention and efforts? Should we put our effort into the areas that are the toughest or the areas that have the most potential to improve safety? Safety is the responsibility of everyone here at Sentinel. Team members play a key role in all aspects of safety and should be encouraged and expected in many cases to be involved with processes to improve safety. Examples include helping train new employees on our company's safety procedures and holding others accountable for not performing job functions in a safe manner. We want to encourage ownership of safety and instill a sense of pride and responsibility for ensuring the safety of others. As you know, Safety unites us all. It motivates and drives our choices and actions every single day.

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This month we want to put our team working out of the Louisiana Division in the Spotlight! Safety Leadership is one of their key components to sustaining their safety program. Ultimately, focusing on their number one priority; SAFETY. We had the chance to speak with our Louisiana Division and get their personal insight on Safety and why Sentinel Integrity Solutions stands out from the rest!



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Our Louisiana Division

Having experienced, well-trained API Inspectors working for the LA Division has allowed for tremendous growth and success. The men and women employed by Sentinel Integrity Solutions take pride in adapting and providing a cost-efficient service based around our client's needs and changing conditions work scope.

Company Insight

After Brandon spoke to several Sentinel employees, it was brought up multiple times that they feel what separates us from other companies is the abilities and quality of each employee (quality over quantity). They feel that the integrity and reliability of each employee makes for a strong work force that's easy to work with. It was also stated that they appreciate management's active involvement in day to day operations and being easily approachable with any issues that may arise.

Personal Insight

"Safety leadership starts with management and educating employees on potential hazards/hazard recognition, previous near misses, and communication throughout the work force. To get employees to buy in to an active safety environment, management must lead by example by being present and easily approachable. Mistakes will happen in our industry and what we do as leaders to mitigate these errors and future incidences is what creates a good safety culture."

- Brandon Guidry



Health & Safety Department News

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

Sentinel's Safety Employee of the Month

Mark Mann is part of the QS Inspection team at Exxon Mobil in Baytown. Mark has shown leadership skills daily and has been the LPO FLS for his group for over a year. He leads his group to understanding the LPO process and the importance of it. Mark also goes above and beyond to help others when needed even with his busy work schedule as he is in charge of all shop work and puts in long working hours. He recently handed over the FLS lead to another employee and is stepping up in mentoring him. Mark Mann's dedication to his job and safety culture at Exxon is what stands out the most! Great job Mark! Well deserved!



Recent Safety Recognition From Our Clients

Caius Martuis-Garcia was observed following *Random Acts of Safety* during the Holly Frontier turnaround. Designated personnel from Holly Frontier were touring the areas looking for individuals that are performing Random Acts of Safety. He was going above and beyond throughout demonstrated superior leadership towards safety excellence with exceptional competency and professionalism. Great Job Caius, employees like you are the reason Sentinel has such an incredible safety record in our industry!

Workplace Active Shooter Training



It's no secret that America is facing a tragic battle against active shooters. Unfortunately, a number of these incidents occur in the workplace. Our Houston Office teamed up with the Harris County Sheriff's office and participated in an Active Shooter training held here at our Corporate office in Houston. Deputy Allen and our Safety Department put on an excellent training course and provided everyone with knowledge of what to do if we were ever faced with an active shooter situation. ***RUN * HIDE * FIGHT* HELP***



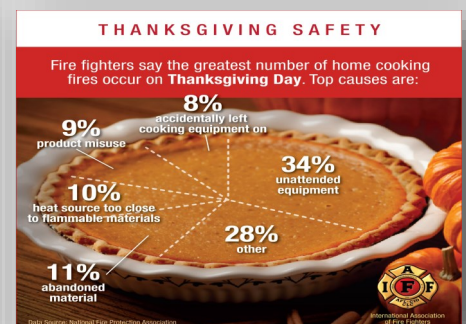
Thanksgiving is around the corner!

What's your plan for it? A family gathering? A traditional turkey feast at home? Whatever it is, safety should come as a priority. The topic of Thanksgiving Day safety tips is always popular, but there always happens to be someone who tends to be careless. Wherever you go, make sure your home is safe during your absence. Here are some tips to help to help secure your home and prevent a house fire while away.

- *Unplug all of the appliances to avoid power surge and electrical fire.
- * Lock the doors, windows and other entry points.
- * Get a security camera to help keep an eye on your home.

Do you know that Thanksgiving is the peak day for home cooking fires? Thanksgiving dinner being a highlight of this festival, the fire safety in the kitchen should be a big concern.

- * Never leave the food during frying, on stove/oven – the most important Thanksgiving dinner safety tips.
- * Set up a timer on your phone as a reminder to check the cooking process.
- * Use a quality turkey fryer and use it outside your home.
- * Keep your children and pets away from the cooking area.
- * Call 9-1-1 immediately when any type of danger occurs.
- * Make sure the turkey is well-cooked inside and out. A food thermometer would be helpful to test the turkey's temperature.
- * Do not handle cooked/raw food together.



SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



ARE YOU IN THE LINE OF FIRE?

"Line of Fire" is being in the path of something with an energy source that can result in injury. Avoid placing any part of your body in the line of fire.

Awareness is the first defense. Look for hazards before you start working.

Be aware of potential Line of Fire Hazards:

- Moving parts / machinery
- Moving vehicles and equipment
- Objects with roll potential
- Objects with fall potential
- Lifting and lowering
- Sudden release of energy:
 - Spreading a flange
 - Wrench coming off a nut
 - A valve handle



Where is your hand in relation to the hazard?

What can you do to reduce your chance of getting caught in the line of fire?

- Take the time to think about the actions you will perform and the consequences that may result from where you place your body.
- Ask yourself, *"Where is my body in relation to the potential hazard?"*
- Be alert for conditions that may change where the line of fire zone exists.
- When we do this, we can avoid suddenly finding ourselves in the line of fire.

Ask yourself, "What can injure me or others, and how can I prevent it."



HUNTER SAFETY TIPS

HUNTER SAFETY



HUNTING SAFETY

Some would say we are finally entering into the greatest time of year...

IT'S HUNTING SEASON!

Hunting can be a very safe and pleasurable hobby, but it can also be very dangerous if the proper safety precautions are not taken. Hundreds of hunting accidents occur each year, which often result in many serious injuries and fatalities.

Most hunting accidents are caused by the careless use of a firearm, falling from tree stands, or hunting while under the influence of drugs and/or alcohol. Luckily, most hunting accidents can be completely preventable. Below are some precautionary guidelines that should be used in order to make hunting a safe and enjoyable experience.

SET YOUR



ON SAFETY
THIS SEASON

Hunting season has begun!

Here are some tips for good hunting safety:

- ⊕ Always point the muzzle in a safe direction.
- ⊕ Treat every firearm as if it is loaded.
- ⊕ Be certain of your target, and what is beyond it.
- ⊕ Keep your finger outside the trigger guard and off the trigger until ready to shoot.
- ⊕ Always wear distinctive **Hunter Orange** clothing.
- ⊕ Control your emotions when hunting or shooting.
- ⊕ Always let someone know where you are hunting and when you plan on returning.
- ⊕ Never carry a loaded gun in your truck or car.

MAKE THIS
HUNTING
SEASON...

SAFE & SUCCESSFUL

Season of SAFETY

Thanksgiving Holiday Driving Safety Awareness

Thanksgiving is about being with our family but this also means that we'll see a rise in highway traffic, with many motorists driving in unfamiliar areas. Caution and patience is especially important so we all arrive safely to our loved ones."

There isn't a surefire way to prevent a car accident. You can only control what you do behind the wheel, not what your fellow drivers do. Take responsibility when you drive and focus on the task at hand.



It's not a time to return phone calls , apply makeup or log onto your e-mail.

Driving isn't a mindless activity, it's an exercise in self-restraint, self-defense and self preservation.

Prepare your vehicle for long distance travel: Simple maintenance can prevent many of the problems that strand motorists on the side of the road before you leave your home.

Use a map or GPS: Surprisingly, few motorists plan their routes, even when driving through unfamiliar areas. Knowing the road is essential for safe driving - it allows you to anticipate lane changes and avoid a panicked search for directions.

Be aware of changes in weather: Weather conditions across the U.S. will be changing - especially during early mornings and evenings with the cold. Also, remember weather can change dramatically from when you start your trip to when you end. Bring a sweater and watch for the signs.

Know your limitations: Don't drive when tired, upset, or physically ill. Remember, when traveling in a car, you are in control and can take a break if needed.

Buckle up: Safety belts reduce the risk of fatal injury by 65 percent and are a simple way to increase your safety on the road.

Thanksgiving is the most traveled holiday: More motorists create additional obstacles - be sure to use extra caution. Leave early so you won't be anxious about arriving late and to accommodate delays. Road conditions may change due to inclement weather or traffic congestion.



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