

# Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

5,462,796 Incident Free Man-Hours

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## HURRICANE SEASON IS HERE.

*Are you prepared?*

The best time to respond to a disaster is before it happens. Attention and effort now can prevent severe damage and help mitigate the effects of a hurricane related disruption. At Sentinel, hurricane survival and recovery planning is more than just a sound business practice, it's something we strive at to ensure the safety of our people.

Hurricane planning is considered part of our EAP planning and always reviewed each year. This plan addresses policies and procedures for employee safety regarding hurricanes. Our Hurricane Preparedness Plan includes business continuity and contingency planning in the face of damage to our business's facilities, policies for dealing with our employees safety, customers and vendors.

### Some key elements of our plan:

- Conditions that will activate the plan
- Chain of command
- Emergency functions and who will perform them
- Specific evacuation procedures, including routes and exits
- Procedures when accounting for personnel, customers and visitors
- Equipment for personnel

## LEADERS IN STRATEGIC INSPECTION

We are proud to be a leader in the petrochemical inspection industry's continuing advancement of strategic inspection methodologies. Our employees work hand in hand with our customers to increase their overall asset reliability and minimize any risks/consequences associated with loss of containment or failure of equipment.

The Safety department spent some time catching up with Chris Scott who is the Operations Manager for our RT Division. We asked him what makes Sentinel stand out in our industry and his personal insight on safety leadership?

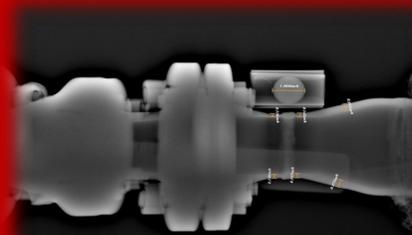
He said - "I think that one of the main things that sets us apart from the rest is the one thing that is true with all of our divisions, our Sentinel Management team. Every single one of them has started in this industry from the bottom. We are all hands on and will always cover projects ourselves if and when needed. We refuse to turn in second rate work and have had the ability to hand pick our Techs and train our Junior Techs to work at a higher standard, the SENTINEL standard.

All of our new employees go through an extensive training program to ensure they are effective in both quality and most importantly safety before letting them perform the required job tasks on their own.

Our RT division ensures safety is built into our

program. Radiation safety is a major part of our job. Our crews always set a good example and operate in a safe manor. We always stop and address any safety issues and make sure to stay in communication within our Management team, always making them aware of any situation that arises.

I think that we as Managers are responsible for treating all issues with a sense of urgency and that's where we rely on the strength of our Safety department and our employees to ensure the required job tasks are carried out safely!"



### Develop a Family Plan

- Keep your family informed on hurricane hazards
- Determine individuals with special medical needs; if you require oxygen or medication, check with your provider about emergency plans
- Determine an emergency contact
- Include pets in your family planning



### Identify a Plan B

- Research local shelters in advance, as some require pre-registration
- Familiarize yourself with evacuation routes
- In the event of an evacuation, identify in advance places that you and your family can stay

### Gather Emergency Supplies

- Make a supplies checklist
- Stock up on batteries and/or fuel if you have a generator



### Protect Your Property & Assess for Vulnerability

- Add chlorine to pools to prevent contamination, and lower the water level no more than two feet. Draining too much may cause the pool to pop from the ground in extreme wind.
- Trim any large trees near your home, or overhanging your roof. Remove any coconuts.
- Protect your windows and doors. Hurricane shutters are a must.

STAY PREPARED  STAY SAFE

# SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



## CLIMATE CHANGE & EXTREME HEAT



Extreme heat events, or heat waves, are a leading cause of EXTREME WEATHER-RELATED DEATHS in the United States and the number of heat-related deaths is rising!



## WHO'S AT RISK?



Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

## WHAT CAN YOU DO?



### STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device



### STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water



### STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

## Heat Stress isn't Cool



### Heat Stress

Workers who are exposed to extreme heat or work in hot environments may be at risk of Heat Stress. Exposure to extreme heat can result in occupational illnesses and injuries.

Heat Stress can result in stroke, exhaustion, cramps, or rashes. Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat. symptoms of heat-related illnesses and some first aid measures for each.

### Some General Guidelines to Avoid Heat Stress:

- Take breaks in cooler, shaded areas and rest regularly.
- Use fans or air conditioning to stay cool.
- Use cooling pads that can be inserted into hardhats or around the neck to keep the head and neck cool.
- Wear protective eyewear that features sufficient ventilation or anti-fog lens coating to reduce lens fogging from the heat.
- Use gloves with leather palms and cotton or denim backs, which allow for an increased airflow and still protect hands.
- To prevent dehydration, another hazard associated with exposure to heat, drink lots of water. Aim for an average of about one cup every 15 minutes.
- Drink cool water and avoid diuretics such as coffee, tea, alcohol or soda, as these can deplete body fluids.

## MAJOR FACTORS CONTRIBUTING TO HEAT STRESS + HIDDEN FACTORS





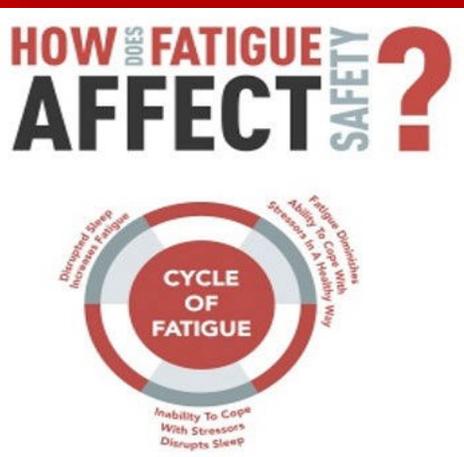
# Health & Safety Department News



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

## Sentinel's Monthly Safety Award Winner

Rodney Boyd has been selected as our Monthly Safety award winner! Rodney has been going above and beyond to make sure everyone on site at ExxonMobil BR are taking the necessary precautions during our challenges with COVID-19 and adhering to all daily health checks to maintain a healthy working environment. On a daily basis he shows incredible safety leadership by mentoring our crew and staying on top of his daily work tasks. He was recently recognized by ExxonMobil BR's AP3 Unit Inspector Cameron Smith on his excellent efforts in achieving this success! Great Job Rodney! You are a true example of Sentinel Safety Leadership.



## Our Fatigue Management Plan

Fatigue plays a large role in the Safety of our employees. Fatigue is more than feeling tired and drowsy. In context, fatigue is a state of mental and/or physical exhaustion which reduces an employee's ability to perform work safely and effectively.

Fatigue can be caused by factors which may be work related, non-work related or a combination of both. It's simple, fatigue is a serious factor no matter what!

**Fatigue is increased by...**

- dim lighting
- limited visual acuity
- high temperatures
- high noise
- high comfort
- tasks over long periods of time
- long, repetitive and monotonous tasks

Here at Sentinel, we have developed a Fatigue Management Plan providing information and training to workers about the factors that can contribute to fatigue and the risks associated with it. This will help them not only do their job safely but also implement control measures to minimize the risk of fatigue in the workplace.

## Safety Crossword & Trivia Challenge

Do you have what it takes to solve the Safety Crossword & Trivia challenge?

Be the first one to complete the Crossword & Trivia challenge and you can win a \$25 visa gift card! NO CHEATING! You will also be in the spotlight for next months Health & Safety Newsletter..... Email your answers to [Safety@sentinelintegrity.com](mailto:Safety@sentinelintegrity.com)



### Safety Crossword

**Across**

- Close one \_\_\_\_\_ in the filing cabinet before opening another
- It is easy to use a fire extinguisher if you remember the word \_\_\_\_\_
- \_\_\_\_\_ shoes protect your feet
- Reporting unsafe acts and unsafe conditions can help prevent \_\_\_\_\_
- When an accident or incident happens \_\_\_\_\_ it
- A \_\_\_\_\_ is the likelihood of a hazard causing injury or damage
- Whether you are sitting, standing or lifting use proper \_\_\_\_\_ to prevent muscle strains

**Down**

- Never touch exposed \_\_\_\_\_
- Store \_\_\_\_\_ items in lower drawers or on lower shelves
- Clean up \_\_\_\_\_ immediately, they are a slip hazard
- Never let your \_\_\_\_\_ down on safety
- When climbing the stairs, use the \_\_\_\_\_
- An 'almost' accident is a \_\_\_\_\_ miss
- When lifting an object, lift with your \_\_\_\_\_
- Keep emergency exits \_\_\_\_\_
- An unsafe \_\_\_\_\_ is unsafe behavior

1.) If an electric train is moving north at 100 mph wind is blowing to the west at 10 mph, which way does the smoke blow?

2.) Complete this series of numbers:

9 = 4, 21 = 9, 22 = 9, 24 = 10, 8 = 5,

7 = 5, 99 = 10, 100 = 7, 16 = ?, 17 = ?

3.) Which respirator was the first to be patented in the US?

4.) How much dirt is in a hole 3 ft deep, 6ft long and 4 ft wide?

5.) What are the lenses of Safety glasses made out of?

6.) What will a shock absorbing lanyard limit fall arrest forces to?

### Safety Department

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**GOOD LUCK EVERYONE!**

# May is National ELECTRICAL SAFETY Month



#electricalsafetymonth



We're putting safety first. Are you?

## Tips to Prevent Electrical Injuries

Every 30 minutes throughout the duration of the work day around the world, an employee is hurt so severely from electricity that time off from work for recovery is essential. Recovery from electrical burns and shock is both excruciating and slow. The Occupational Safety and Health Administration (OSHA) identifies electricity as an ongoing serious workplace hazard. According to OSHA, its electrical principles are intended to protect workers vulnerable to hazards causing electrocutions, electric shock, fires and even explosions. Nearly 3 million professionals partake in daily job activities where lockout/tag out procedures ought to be used. However, too many individuals still put themselves needlessly at risk by functioning energized or neglecting to properly comply with lockout/tag out procedures. Failure to follow lockout/tag out standards is listed as one of the top OSHA violations year after year.

There are four principal injuries that can arise as a result of electricity-related industrial accidents: electrocution (which is deadly), electric shock, burns, and falls (caused as a result of coming in contact with electrical energy).

It is always imperative to be certain that a worker is adequately trained and qualified for a job. Not understanding the job conditions and hazards can lead to potentially fatal accidents. Even adequately qualified employees are vulnerable to accidents. That's why it's vital to make safety a priority for every single job, no matter how big or small.

*Electrical  
Shock*



*Electrical  
Explosion*



*Electrical  
Burns*



### Some important safety tips to help avoid injuries include:

- Recognize electric shock and arc flash hazards, as well as other risks that could arise.
- Always know the location of the panel and circuit breakers in case of an emergency.
- Use the correct tools and inspect (equipment, extension cords, and boxes for wear and tear before using them.
- When needed, always tape extension cords to walls and/or floors. Making sure they are marked and inspected.
- Keep equipment away from energy sources.
- Test every circuit and conductor before touching it.
- Only approach electrical equipment and conductors when de-energized.
- Lock out/tag out and ground prior to working on equipment.
- Assume de-energized electrical equipment and conductors are energized until lockout/tagout is executed.
- Always choose a ladder that has non-conductive side rails when working close to power lines.
- GFCI's have the ability to interrupt electrical circuit before a current strong enough causes serious injury.

Following these basic safety tips will help avoid life-threatening – injuries while working with electrical equipment.

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