

# Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

8,734,591 Incident Free Man-Hours

June 2023

Current EMR .63 & TRIR 0.00%



## 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 189,782 cases involving days away from work in 2022. 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

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- 100 Critical Days / Summer Pool & Grill Safety P.2
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YOUR SAFETY AT WORK

WORKING IN HEAT



### Work safely this summer and beat the heat

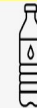
During extreme heat it is easy for your body to become dehydrated or for your body to overheat, so you need to know how to work safely in hot weather to help:

- ✓ Protect your health, safety and wellbeing
- ✓ Prevent heat stroke, heat illnesses and heat stress injuries in the workplace

All skin types can be damaged by exposure to UV radiation, so make sure that you are sun-safe everyday even when it's cool or cloudy

### Sip, slop, slap

Heat stress and illness as a result of working in hot conditions can increase your chance of injury. This is because it can reduce your ability to concentrate and recognise risks. Therefore, it's important to understand sun safety and take steps to protect yourself from fatigue and heat stress, particularly during the summer months.



SIP on a drink



SLOP on sunscreen



SLAP on a hat

Use SPF 30 (or higher), broad-spectrum, water-resistant sunscreen and remember to reapply it every 2 hours and even more frequently if sweating

### Protect yourself from heat stress

- ✓ Stay well hydrated during your shifts by drinking plenty of water (don't wait until you're thirsty to drink more)
- ✓ Avoid alcohol, coffee, tea, and high-level caffeine / energy type drinks which can increase dehydration and may affect your quality of work (note: consuming alcohol prior or during your shift is in breach of Labourpower and client policies and also impairs your ability placing others at risk)
- ✓ Eat regularly, reduce your intake of heavy food and follow a well-balanced diet
- ✓ Wear protective clothing (PPE) including lightweight clothing that helps protect you from the heat. Change your uniform if your clothes become saturated and use sunscreen when working outside
- ✓ Pace yourself throughout the day. Build up to heavy work, understand your limits, take scheduled breaks and rest if fatigued



### THE ULTIMATE HYDRATION GUIDE

Do you know how much water your body needs every day?

The amount of water required to stay hydrated is different for everyone.



Note that if you are thirsty, your body is likely already dehydrated.

Here are some additional signs of dehydration:

- Infrequent urination or dark-colored urine
- Dry mouth and cracked lips
- Headaches or blurred vision
- Muscle cramping

### Finally based on the temperature

you will sweat more and need to replace that fluid. It is common to sweat anywhere from 100 milliliters to several liters per day.




# 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!



## IT'S QUIZ TIME!

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.



KNOWING A FEW FIRE SAFETY GRILLING TIPS WILL HELP EVERYONE HAVE A SAFE SUMMER.



## THE SILENT THREAT IN YOUR OWN BACKYARD

As summer approaches, many parents are unaware that swimming pools can pose a threat to their kids.

### KNOW THE RISKS :

Drowning is the **SECOND LEADING** cause of accidental death among kids ages **1-14**.

Yet **57%** of parents don't consider drowning a threat.

**70%** of Americans don't know CPR.

A child can drown in **5 UNDER MINUTES** - the time it takes to check your newsfeed.

**19%** of drownings happen with lifeguards present.

### WHAT YOU CAN DO :

Sign kids up for swim lessons. This reduces their risk of drowning by **90%**.

Move toys and furniture away to avoid attracting kids to the pool.





# Health & Safety News

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



## Monthly Safety Award Winner

Congratulations to David Richards on being this month's safety award winner!

David is an inspector for us at Motiva Port Arthur. He is always attentive and giving great feedback during any pre-job planning in regards to safety. He is always ready to answer any questions and very 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 below, send an email to [safety@sentinelintegrity.com](mailto: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



**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

So many things can compete for attention when you are behind the wheel. Be aware of the risks of having an accident while being distracted by these common things:

<b>1 In 4</b> Crashes Involve Cell Phone Usage	<b>660,000</b> Drivers Using A Phone Or Device While Driving At Any Given Daylight Moment*	<b>You Are 23x</b> More Likely To Crash When You Text And Drive*
<b>What Is Distracted Driving?</b> Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety.*	<b>Up To 90%</b> Of Car Crashes Are Caused By Driver Error**	<b>Distracted Driving Includes:*</b> • Texting • Using a cell phone or smartphone • Eating and drinking • Talking to passengers • Grooming • Reading, including maps • Using a navigation system • Watching a video • Adjusting a radio, CD player, or MP3 player
<b>65%</b> Of Dog Owners Admit To Distracted Driving With Their Dogs	<b>Reaction Time Slows 20%</b> When Subjected To Loud Volume	<b>80%</b> Eating And Driving Increases Likelihood Of Crashes By*





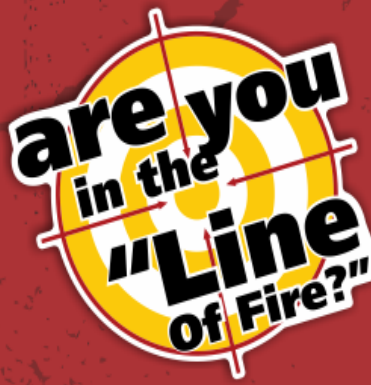
## STORED ENERGY

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 coworkers 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!



# HURRICANE SEASON BE STORM READY

## Hurricane Season, Be Storm READY!

The severe weather season is upon us. Hurricanes, tornadoes, severe thunderstorms -- all spell danger. They can leave death and horrendous property damage in their wake. Hurricane season runs from June through November. Hurricane watches mean that a hurricane may threaten an area within 24 hours; warnings means a hurricane is expected to strike within 24 hours. Tornadoes are more frequent during the spring and summer months, but they can occur at any time throughout the United States, especially during or near the end of a thunderstorms. Tornado watches and warnings involve a much shorter length of time -- so pay attention. Tornadoes are among the worst killers.

Radio and TV advisories from the National Weather Service will help save your life, but you must follow some safety rules during these types of weather conditions. Be prepared. Check needed supplies and equipment regularly. When you hear the first storm advisory, be alert for future messages. If your area receives a warning, remain calm. Spread the word to the entire crew quickly; secure all outdoor objects and construction materials; lower mobile crane booms; check the security of the job trailer underpinnings; etc. You may want to turn off utilities such as. natural gas, water and electricity.

Continue monitoring the storm's position and be prepared to take cover. if you are indoors go to the lowest level in the building to an interior room. Lie flat and shield your head with arms. Do not go near windows, doors or exterior walls. If you are outdoors, look for a sturdy building and get inside. If you can't do that then go to the nearest ditch or gully and lie flat. Again, be sure to cover your head with your arms to protect it from flying objects. Thunderstorms create large amounts of lightning, strong winds and heavy rains. Never stand next to power poles, crane booms or any metal object that can act as a lightning rod. Avoid any loose or dangling wires after the storm and report them to the utility company. Drive carefully along debris filled streets. Safety is always of up most importance when dealing with storms.



Be sure to review our Hurricane Preparedness Plan which can be found in Sentinel's Health and Safety Manual.

**SEVERE WEATHER PACKS A PUNCH - SOMETIMES A KNOCKOUT!  
DON'T BE CAUGHT WITH YOUR GUARD DOWN.**

Revision Title:	Health and Safety Manual
Revision Number:	Health and Safety Manual
Revision Date:	Revision:
May 2012	2

**OVERVIEW**

**Introduction**

This procedure describes the planning and staff management activities at Sentinel Langley Solutions site to prevent employee and customer damage from hurricanes.

**Background**

Hurricanes, because of their size and unpredictable path, require advanced planning and significant resource effort to minimize their impact on refinery and chemical plant sites.

Hurricane Season

The National Weather Service (NWS) has designated June 1 to November 30 as "Hurricane Season" for the Gulf of Mexico and other surrounding areas.

**Definition:**

**Hurricane:** Any large storm system 200 or more miles in diameter rotating in a counter-clockwise manner with sustained winds of 74 mph or greater.

**Hurricane:** Any wind, any winds of 74 or greater.

**Tropical Storm:** Any wind of 40-73 mph.

**Critical Assets:**

The critical assets for our site are our people and equipment.

**Hurricane Contingency:**

The National Weather Service was the company to describe the severity of a hurricane according to its wind speed and other criteria.

These maps describe the hurricane's ability to produce tide elevations above normal.

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The five categories are as follows:

Category	Wind Speed (mph)	Damage at Landfall	Storm Surge (feet)
1	74-95	Minor	4-6
2	96-110	Minor to Moderate	6-8
3	111-130	Extensive	8-10
4	131-155	Catastrophic	12-15
5	156-200	Catastrophic	18-30

**Definition:** Hurricane Category 1 (111) was a Category 1 storm, and Hurricane Alicia in 2011 was a Category 3 storm. Hurricane Andrew, which occurred in 1992, was a Category 4 storm.

**PLANNING AND MANAGEMENT OF HURRICANES**

**Definition:**

**Shelter:** Site hurricane planning activities are based on the premise that essential preparations to safeguard employees and the assets will usually occur before the arrival of hurricane force winds (74 mph or greater). This is known as "72 hour" (Hurricane Alert) or the "Shelter in place order" for the site or various procedures for designated planning in accordance with Sentinel Langley Solutions.

**Definition:**

**"58 hour"** is defined as the time when 74 mph winds arrive at the Site.

**Protective Measures:**

As an added precaution, asset clean-up and tie-down protective measures should be completed before tropical force winds of 40-73 mph arrive.

**Advanced Planning:**

Advanced planning for hurricanes should begin in March and is completed in June. This planning should be a coordinated effort throughout the site with several departments participating.

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