

# Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

ISSUE 21 March 2021

6,020,982 Incident Free Man-Hours

Current EMR .66 & TRIR 0.00%

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## A SAFETY MILESTONE

This month Sentinel Integrity Solutions surpassed another safety milestone by achieving six million safe hours without a lost work incident and was recently named one of the safest companies to work for over the past 15 years! These are remarkable achievements, and it's all thanks to our employees, who embody our slogan, "Making Safety Personal." Our employees shine both at work and even at home as we continue to see the results every single day. They take safety seriously and their commitment shows in their safety performance. It takes a lot of attention to detail and focus on safe behaviors for our employees to perform hazardous work safely and achieve such a significant accomplishment. Most impressively, if the unlikely event of an injury does occur, our employees know how to handle it through training and look for opportunities to prevent recurrence. It is that resilience and commitment to safe performance that enables us here at Sentinel to have a world class safety culture. This organization supports all site facilities both nested and turnaround operations which consists of working in various environments. "Logging six million safe man-hours is a significant achievement," said Marty Bowles, Corporate Safety Director for Sentinel Integrity Solutions, "It takes a strong team of inspectors, project and support employees to make sure we send everyone home safely to their family each day. I'm always pleased to share our accomplishments and great feedback from our clients, but I'm more proud of the dedication and commitment our employees exhibit every day to safe and secure performance excellence."



## SAFETY BEFORE THE FIRST STEP

Are you taking the time to properly inspect your ladders before starting to work? A thorough inspection must be made when the ladder is initially purchased and each time it is placed into service. Here are a few reminders of what you should be inspecting:

- Locks and spreader braces
- Steps and rungs
- Rails
- Connections and fasteners
- Safety shoes
- Ropes and pulleys

Here are some steps to follow before taking your first step onto the ladder:

- Thoroughly inspect the ladder to ensure it is in good working condition.
- Clean the ladder feet as well as the climbing and gripping surfaces.
- Read the safety information label(s) on the ladder.
- Confirm that the ground where the ladder is set-up is firm and level, or use approved accessories, such as ladder levelers.
- Ensure that any surrounding doors are blocked from opening, locked or properly guarded.
- If you're using a ladder outdoors, ensure that the weather is safe for ladder use.
- Clean the soles of your shoes to maximize traction and avoid slipping.
- Ensure that you are not tired, dizzy or prone to losing your balance before using the ladder.
- Use towlines, a tool belt or an assistant to carry materials so that your hands are free when climbing.

Find everything  
you need at:  
[laddersafetymonth.com](http://laddersafetymonth.com)



## Ladder Safety and How It Affects Everyone

THE NUMBERS SPEAK FOR THEMSELVES



WHETHER YOU'RE USING A LADDER AT HOME OR AT WORK,  
THESE NUMBERS AFFECT YOU.

- 2 most common ladder accidents include\*\*:
1. Missing the last step when climbing down
  2. Overreaching

\*\*Occupational Ladder Fall Injuries - United States, 2011, Centers for Disease Control and Prevention  
\*\*\*All Ladder Safety Training and Citation Report - United States, 2018, American Ladder Institute

Take safety into your own hands by taking ladder safety seriously.  
Visit [www.LadderSafetyMonth.com](http://www.LadderSafetyMonth.com) to learn more.



# SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



## WARMING UP—STRETCH AND FLEX

The importance of being warmed up prior to starting work (or any work involving heavy lifting) is just like getting ready for a sporting event. Stretching is a means to avoid the most common body sprain/strain injuries. Stretching before lifting is especially helpful to avoid back injuries. Stretching improves muscle elasticity and leads to increased muscle control, flexibility and range of motion. Many stretch before and after a workout, upon waking in the morning or even after a road trip, but what about workplace stretching?

Ergonomically sound tools and habits are key to an efficient working environment. One of those primary habits is regular stretching. Stretching is beneficial to the overall health of the body and plays a role in reducing musculoskeletal disorders among employees. Stretching enhances ergonomic improvement plans, team member training and prevention processes. When muscles are stretched blood supply increases, soft tissue structures realign and muscle coordination strengthens.

It is recommended to take frequent, short breaks to stretch while at the office. Consider taking the time to practice relaxation while on stretch breaks as well. Take a step back between tasks to stretch out tense muscles, relax and take a few deep breaths. Deep breaths supplement oxygen to the blood, which aids in relaxing muscles and maintaining mental alertness.

### **Overexertion effects:**

Backs; Waists; Knees; Shoulders, Arms and Elbows

The hardest injury to live with is a back injury; once you are injured expect repeat injuries. A study indicated that once you do injure your back, you are five times more likely to suffer a re-injury.

#### **Why?**

A proper warm up before any physical activity increases your heart rate, body temperature and blood supply to improve flexibility, decrease muscle stiffness, soreness and the potential for injury.

#### **Quick Tips**

- Do not do a quick, hard movement of the muscle... DO NOT BOUNCE!
- Continue breathing.
- You may experience mild stiffness or soreness when starting a new stretch or movement.
- If you feel any sharp pains, stop the stretch and seek qualified advice.

#### **Goal**

**Activate and warm-up the body!**



#### **Core Push-Pulls**

Cycle six (6) times between pulling apart and pushing in motions with the hands while doing the opposite force direction at your feet. Apply the forces for five (5) seconds before reversing. This will activate your deep low back stabilization muscles.



#### **Back Extensions**

Place your hands in your low back and gently extend backwards holding the extended position for three (3) seconds, then return to normal upright standing. Repeat this exercise five (5) times.



#### **Power Squats**

Repeat fifteen (15) consecutive Power Squats. While keeping your head and chest up, reach forward while sitting back keeping heels on the ground and your lower legs vertical.

### **Helpful Hints:**

Go into stretching with a relaxed and open mind. Stretch to the point where it is comfortable, not painful. Do not strain when you stretch – straining keeps the muscle from relaxing. Concentrate on the muscle being stretched – think about the good feeling of a proper stretch. As the feeling of the stretch changes to a mild stretch, stretch a little further, comfortable with no pain. Don't bounce when you stretch. That can cause injuries.

Always stretch to the tight side first. Breathe with a slow, normal rhythm. Do not hold your breath.

# tips for a **SAFE SPRING BREAK**

### **in the car...**

buckle up. take turns. keep the driver awake.

### **in a hotel...**

book a room above the 1st floor to prevent break-ins.

lock all sliding and entrance doors.

### **going out...**

if you leave with your friends, come home with your friends.

be aware of each other and any uncommon behavior.

### **if you choose to drink...**

be responsible. pace yourself. know your limits. watch your BAC.

[www.watchyourbac.com](http://www.watchyourbac.com)

### **on the beach...**

the sun maximizes alcohol effects. stay well hydrated.

**KNOW YOUR BODY. KNOW YOUR LIMITS.  
STAY SAFE THIS SPRING BREAK.**

## **WHAT IS SPF?**

**SPF** stands for  
SUN PROTECTION FACTOR.

The average light-skinned person can stay in the sun with no sun protection for



**FIFTEEN  
MINUTES** before starting to burn.

SPF is a multiple of this number to determine how long you can stay outside using sunscreen.

SPF 15 x 15 minutes = 225 minutes

SPF 30 x 15 minutes = 450 minutes

SPF 50 x 15 minutes = 750 minutes

SPF 100 x 15 minutes = 1500 minutes

**REAPPLY** every two hours due to sweat and swimming!

Higher SPF also filters more

**UVB RAYS**



SPF 15 blocks 93% of UVB rays

SPF 30 blocks 97% of UVB rays

SPF 50 blocks 98% of UVB rays

SPF 100 blocks 99% of UVB rays

For best results, use a

**BROAD SPECTRUM**

sunscreen which protects against both UVA and UVB rays.





# Health & Safety News

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



## Safety Share Contest Winners!

While working a turnaround at one of our client sites, Jason Rabalais & Hunter King were called to a tower to perform an inspection hold point. Upon arriving at the location, they noticed that a crane operator had a load (skid pan) directly over a crew performing the weld repairs. There was a scaffold crew working above this crew and they were loading material into the skid pan. The skid pan was within 2ft (horizontally) & approx.. 20ft upward above that crew. As soon as Jason & Hunter arrived and witnessed the unsafe act, they called for safety on the radio. They reported to the tower and also immediately informed the crane flagman/rigger that crew was behind the fire blanket (spark containment) that they should stop work & discuss which job was priority over the other. In doing so, one job could be shutdown to mitigate the unsafe act. They told them to stop the overhead work or get the welders out of the line of fire. At this time, the crane operator should have swung the load when informed he was over the crew but instead he never moved the skid pan and the insulators simply kept working. Instead the crane flagman/rigger hollered up to the crew and hand signaled them to climb down directly beneath the load keeping them in the line of fire. With poor communication between the scaffold crew and the other crew this could have resulted in a serious injury. Thankfully, Jason and Hunter intervened, contacted the necessary personnel and utilized their stop work authority. Both also received a “Well Played” gift card from our client and featured in their newsletter as well. Great job to these guys for stepping up and showing Sentinel’s safety leadership!



## Monthly Safety Award Winner!

Congratulations to Brett Saucier on being our Monthly Safety award winner! Brett was set to perform an inspection on the north side of an exchanger from one of our clients. At that time, he noticed one of the clients workers installing a valve using a metal choker and crane cable as some type of pully-system to hoist the valve. When he noticed the tension on the cable wasn’t very strong and if the cable were to snap another employee and himself could possibly be seriously injured in the line of fire. After utilizing his stop work authority, work was stopped and the hazard was corrected immediately. It is the voice of our Sentinel employees that push our safety presence on each job site. Through rigorous training and having the confidence to do what is right is what sets us apart from the rest. Excellent work Brett. Keep it going and again, congratulations. Well deserved!



## Reminder To Clean Tools—Disinfect COVID-19

Users should always wear proper personal protective equipment (PPE) as indicated in the product literature and follow any additional measures that may be recommended by their local health agency or employer.

- Users should wash their hands for 20 seconds with soap and water or use hand sanitizer to prevent contamination prior to using power tool products.
- Clean tools, especially touchpoints based on the following procedure:

**Step 1:** Remove heavy amounts of dirt and/or grease with a shop rag and a mixture of mild soap and water.

**Step 2:** Wipe down the surface of the tool and any touchpoints with either of the following:

- 70% Isopropyl Alcohol Solution\* Bleach Solution Recommended by the CDC: 4 teaspoons (19.7 mL) per quart (.95 L) of water or 5 tablespoons (74 mL) per gallon (3.78 L) of water\*\*

**Step 3:** Allow the surface of the tool to air dry naturally. Do not manually dry.

**Step 4:** Wash your hands



# HOW WILL YOU HELP



## STOP THE DROP?

### STOP THE DROP! HOW WILL YOU HELP?

Hard hats are the common defense when it comes to protection from falling objects, and are also one of the most common and iconic symbols of our workers. But hard hats are not impenetrable, nor do they suffice when it comes to properly protecting people and teams against injuries and incidents caused by falling objects. All people have an innate worry or curiosity that something may fall on their head - and it happens all-too often.

This topic should cover the types of protection which need to be employed on sites including guardrails, toe boards and canopies. It's always an interesting topic given that we can all relate to it very closely and it's an important one too.

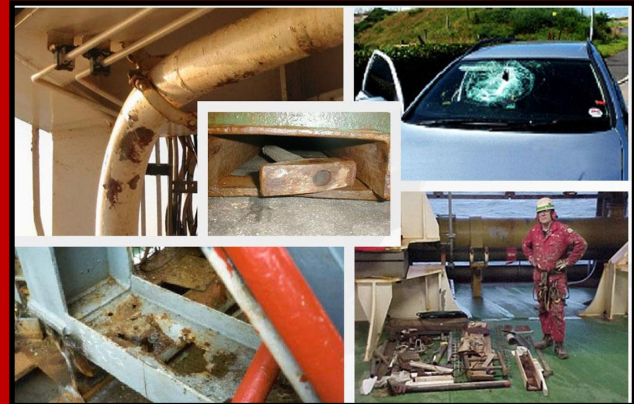
### We are all exposed to potential dropped objects.

- ⇒ A book falling from a shelf
- ⇒ A slate from a roof
- ⇒ A bolt or pipe falling

### How bad is the problem?

At work: Dropped objects are among the Top 10 causes of Fatality and Serious Injury in the Oil and Gas Industry.

At Home: The top three causes of fatal accidents are falls from height, being struck by moving vehicles and being struck by falling objects.



Document Title:	Health and Safety Manual		
Section:	Dropped Object Prevention Plan		
Issue Date:	01 January 2021	Revision:	1

**Purpose:**  
To describe measures to prevent the occurrence of dropped objects, align with Industry Best Practices and meet Client requirements.

**Scope:**  
This procedure describes the management of objects that could fall and harm people or damage property during work performed by Sentinel personnel while performing their assigned jobs at Client Sites.

**Goal/Objectives**  
The objective of this procedure is simple guidance to eliminate dropped objects through:  
\* Identification and understanding of potential workplace dropped object hazards  
\* Understanding the various levels of protection that are available to prevent dropped objects.  
\* Raise the overall awareness of dropped objects.

The contents of this procedure applies to all Sentinel personnel and subcontractors working on sites under Sentinel supervision control.

**Definition**  
A dropped object is: Any object with the potential to cause death, injury, or equipment/environmental damage that falls from its previous static position under its own weight.

When referring to dropped objects, consider:  
\* Hand tools being used at heights  
\* Hand tools/equipment left behind after working at heights  
\* Operations conducted at heights  
\* Equipment mounted at a height that, following contact, vibration, or environmental conditions, could fall, i.e., piping, lights, cameras, rigging gear, etc.  
\* Temporary equipment at heights  
\* Where personnel are working on a level directly below the work site  
\* Lifting operations, light or heavy

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### Even small objects can kill!

People often don't realize the impact forces that are generated when an object is dropped. Even with some form of protection, the result of being struck by an item of relatively low weight can be significant.

For example this bolt. Do you think it would cause a fatality if dropped from 100 feet in the air? The real question is, what would need to be done to prevent it? Our dropped objects prevention planned is used company wide and made specific for each project. We share the same commitment and enthusiasm for dropped object prevention. We utilize it to identify key learnings and deliver these effectively as



**BEWARE**  
**FALLING OBJECTS CAN KILL**







# March is National Brain Injury Awareness Month

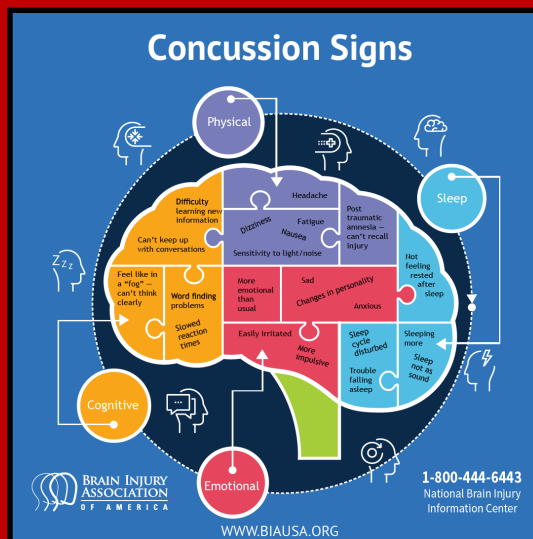
## USE YOUR BRAIN, AWARENESS MATTERS!

According to the Brain Injury Association of America, more than 3.5 million children and adults sustain an acquired brain injury (ABI) each year, but the total incidence is unknown. An ABI is any injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma. Each March, Brain Injury Awareness Month is all about building awareness and a platform for educating employees about the incidence of brain injury and the needs of people with brain injuries and their families. The Brain Injury Association of America leads an outreach campaign within the brain injury community to de-stigmatize the injury, empower those who have survived, and promote the many types of support that are available.

## BRAIN INJURY FACTS AND STATISTICS

Typical causes of ABI include:

- Electric Shock
- Infectious Disease
- Lightning Strike
- Near Drowning
- Oxygen Deprivation (Hypoxia/Anoxia)
- Seizure Disorders
- Stroke
- Substance Abuse
- Toxic Exposure
- Trauma
- Tumor



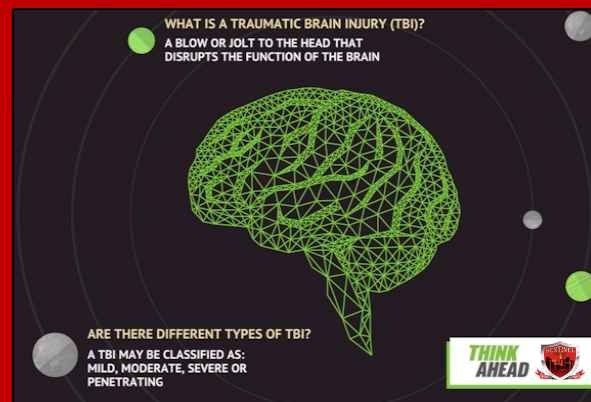
There are many causes of TBI:

- Falls – 40.5%
- Struck by/against – 15.5%
- Motor vehicle – 14.3%
- Assaults – 10.7%
- Unknown – 19%



**More than 12 million Americans live with the impact of ABI.**

- Traumatic brain injury (TBI) is a subset of ABI and is caused by trauma to the brain from an external force.
- At least 2.5 million children and adults sustain TBIs in the U.S. each year.
- 2 million are treated in emergency departments for TBI each year.
- 280,000 are hospitalized for TBI each year.
- 50,000 die because of TBI each year.
- Every 13 seconds, someone in the U.S. sustains a brain injury.
- One of every 60 people in the U.S. lives with a TBI-related disability.
- Every day, 137 people in the U.S. die because of a TBI-related injury.



### Houston

6606 Miller Road 2  
Houston, Texas 77049  
(281) 457-2225

### Louisiana

1954 West Shore Avenue  
Port Allen, Louisiana 70767  
(225) 421-8640

### Corpus Christi

3038 Leopard Street  
Corpus Christi, Texas 78408  
(361) 887-2014

### Nederland

8900 A First Street  
Nederland, Texas 77627  
(409) 790-7426