

# Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety  
ISSUE 33 March 2022

7,334,926 Incident Free Man-Hours

Current EMR .64 & TRIR 0.00%



## Our Personal Commitment To Safety!

At Sentinel Integrity Solutions, safety on the job and the health and personal safety of each employee is of primary importance in all phases of operation and administration. By providing a safe and healthy workplace, Sentinel upholds our moral responsibility to protect all employees and the public. We realize that a well-run safety and health program is an integral part of a well-run organization. Safety and health must be a part of every employee's responsibility at all levels. Our program calls for a personal commitment to safety, not only commitment to safety as a value, but commitment to the management factors that integrate that value into our culture. When is safety commitment real? Safety commitment does not exist without visibility. The commitment becomes real as our leaders develop an intense focus on critical safety processes. Questions can increase intensity about a topic. They can prompt a response. Our Leaders demonstrate their conviction in strategic ways. For example, new employees form opinions in the first couple of hours they are on site. This is a perfect opportunity for site managers to set the safety tone by meeting with them. Take the opportunity to communicate safety expectations in person. Ask individuals about their personal safety. Intentional interaction with employees during safety meetings, pre job meetings, and audits shows an employee safety is important to you.

Visible management commitment is the cornerstone to our successful safety culture, it is a mark that distinguishes a culture. Our words and actions project our commitment. People will never know safety is important to them if you do not talk about it one on one with them. Our team is always asking the right safety questions! They learn where they can be strategically visible with safety. People know we care because we ask questions!

That's why we all take our own personal commitment to Safety!

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## 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.sosafetyyourbase.com](http://www.sosafetyyourbase.com)

**on the beach...**  
the sun maximizes alcohol effects. stay well hydrated.  
**KNOW YOUR BODY. KNOW YOUR LIMITS. STAY SAFE THIS SPRING BREAK.**  
ADAPTED FROM WWW.SAFESPRINGBREAK.ORG

## 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.

### Making Safety Personal

**Why do I work SAFE?**

1. Family
2. Career
3. Health

This card serves to remind us that the most important reason for working safety is not just about the work itself, but rather about getting home safely to our loved ones at the end of the workday. I have a personal commitment to safety. I follow these procedures because I value

### "MAKING SAFETY PERSONAL" PROGRAM

**PERSONAL** Personal safety includes "Making Safety Personal" (MSP) program is focused on making all personal safety actions and decisions based on the personal safety of the individual employee and their family. The program is designed to help employees understand the importance of safety and how it affects their personal lives. The program is designed to help employees understand the importance of safety and how it affects their personal lives.

**PERSONAL SAFETY**

1. Job Safety

2. Job Safety

3. Job Safety

**PERSONAL SAFETY**

1. Job Safety

2. Job Safety

3. Job Safety

### My Why For Working SAFE!

**SAFE!**

1. Job Safety

2. Job Safety

3. Job Safety



# SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS

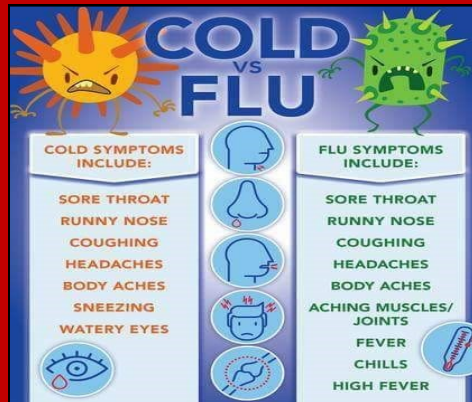


## Illness Control & Prevention

### 5 Everyday Preventive Actions Help Fight Germs, Like Flu.

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

Always stay knowledgeable of these preventive actions!



The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year, but good health habits like avoiding people who are sick, covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

The tips and resources below will help you learn about actions you can take to protect yourself and others from flu and help stop the spread of germs.

1. **Avoid close contact:** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick:** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
3. **Cover your mouth and nose:** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.
4. **Clean your hands:** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. **Avoid touching your eyes, nose or mouth:** Germs can be spread when a person touches something with germs and then touches their eyes, nose, or mouth.
6. **Practice other good health habits:** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

**Cover your Cough**  
Stop the spread of germs that can make you and others sick!

GO FOR  
**Ergonomic:**

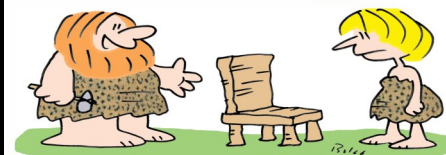


HOW TO MAKE  
A HEALTHIER  
WORKSPACE

## THE TERM "ERGONOMICS"

Ergonomics is the scientific study of human work. It considers the physical and mental capabilities and limits of people as they interact with tools, equipment, work methods, tasks, and the environment. The primary goal of an ergonomics program is to reduce work-related injuries and illnesses by adapting the work to fit the person, instead of forcing the person to adapt to the work. In other words, "Let's find ways to work smarter rather than harder!"

- 1) Eliminate the need to carry. This may not be feasible, but it should be the first strategy to consider.
- 2) Rearrange the layout of the task to eliminate unnecessary carrying.
- 3) Reduce the weight of the object being carried.
- 4) Use mechanical handling aids such as fork lifts, hand trucks, cranes, and dollies.
- 5) Assign the task of carrying bulky objects to two or more people.



"I just invented the 'chair' —  
It relieves lower back pain!"





# Health & Safety News

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



Ryan Leleux



## Safety Spot Awards

Recently, two of our Inspectors from our AIMS division, were recognized by one of our clients for their outstanding work while performing inspection. As both Ryan Leleux and Justyn Shamoon started their inspections, they came across an active leak from an after scrubber. They immediately called operations and got them out there to address the leak and averted what could have been a high risk safety incident. Our client reached out to report the great efforts by our team. Congratulations to both Ryan and Justyn for their hard work and dedication to safety!

Justyn Shamoon



## Monthly Safety Award Winner

Congratulations to Cameron Roberie on being selected as this month's safety award winner! Cameron has shown his commitment to safety on a daily basis and does a great job as part of our team. He is always providing feedback in safety and always completes and turns in any safety paperwork associated with the jobs he is on. He is always a go getter and puts the safety of his co workers and himself first.

Congratulations Cameron, Keep up the great work!



35 HOUSTON SAFETY AWARDS HASC

**SAFETY EXCELLENCE AWARDS FINALIST**

Technical Support Medium

## 35th HSEA Tailgate Extravaganza

"Back to the 90's SAFETY House Party" at the Annual HSEA Tailgate extravaganza!

We are extremely proud of being selected as an HSEA finalist for Technical Support Medium.



Our team is working hard and very excited to showcase our outstanding safety program as we compete for "Best In Class" with the other finalists in our division. A special thanks to ExxonMobil Baytown for originally nominating us. It was great to see everyone who came out to support us, and a special thanks to our entire Sentinel team for their hard work.



## Warming Up—Stretch and Flex

A work day is just like an athletic event! 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. The average worker is an athlete, though it may not have the glory of hearing the crowd cheer for you.

Taking care of yourself is important, before work begins, during the day and even afterwards. Stretching throughout the day is beneficial. Not stretching after work can be a problem. This causes muscles and joints to seize up and stiffness to occur the following day. People who exercise infrequently or not at all are more prone to injury, mainly because their bodies are not conditioned to comfortably cope with movements that the body is not used to. Stretching can help resist injury as well as speed up injury recovery. You are the most valuable resource and asset our company has. Take care of yourself!

### Why?

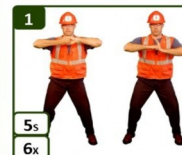
A proper warm up before any physical activity increases your heart rate, body temperature and blood supply to improve flexibility, decrease muscle stiffness, soreness and the potential for injury.

### 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!



5s  
6x



3s  
5x



15x

### 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.

# STRETCH + FLEX

# HOW WILL YOU HELP

## STOP THE DROP?

### How Will You Help Stop The Drop?

Typically workers have some form of fall protection in place to ensure their own safety while tasks are executed at height. However the equipment and materials they use at height can also pose risks. Working at height almost automatically means working with equipment, from a simple wrench to heavier power tools or equipment. But everything that is brought to height has the potential to become a hazard. After all it only takes a moment of unawareness to lose your grip on something and for gravity to do its work. And the higher you are, the harder the drop. Accidentally dropping equipment from a height poses two great dangers. First, the tool falls down and has the potential to hit something, or even worse someone. Dropped objects are one of the top causes of workplace fatalities and injuries from fallen tools are often severe. The second danger a dropped tool presents are our own reflexes. When we drop something we have the inclination to catch it. At height this can be a dangerous reflex that could have you falling after your tool.



A tool tether is an attachment point, for example a D Ring, that allows the tool to be secured with a tool cord to an anchor point. An anchor point can be a wristband, work belt, harness or part of the structure that's being worked on. As with any fall protection safety measure, providing a miscalculated tool safety solution may lead to increased risks.



A worker that drops a tool or piece of equipment will often have to retrieve that item before being able to return to their task. But tools generally don't fall conveniently, they may fall long distances, into places where retrieval is impossible or even into machinery. So next to a negative impact on productivity, tools may need to be replaced and damage caused by the dropped equipment needs to be repaired. Dropped tools cost money, whether it is because a falling hammer damaged a (new) roof surface or because the tool struck a person in the shoulder. The best thing to do is prevent tools and equipment from dropping all together, or arresting them when they do slip from a worker's hand or tool belt. A good way to stop tools from falling is tool tethering and installing toe boards. Although this is not a new concept, it isn't a wide spread use yet.



## DROPPED OBJECTS

STILL HARMING STILL KILLING

Knowledge, logical thinking and common sense are key, also when it comes to tool tethering. Workers who understand the dangers of drop hazards, who know how to use their safety equipment and who understand their responsibility are more likely to adhere to safety rules. This is why training is important for good prevention. Next to proper training, dropped object toolbox talks can help keep the topic top of mind. But workers also need to think about the people below them, and take responsibility to keep them safe.





# MARCH IS NATIONAL LADDER SAFETY MONTH

#LadderSafetyMonth

## National Ladder Safety Month

To mark Ladder Safety Month, Sentinel Integrity Solutions is highlighting the essential principles of ladder safety. Falls are one of the top three most disabling workplace injuries. Most of these falls come from improper use of ladders or substitution of ladders with a less safe alternative, such as a chair or other sources.

The American Ladder Institute reminds you to “put the right foot forward” and live by these rules of ladder safety:

- Secure the base of the ladder to prevent accidental movement.
- When opening a stepladder, make sure the metal braces are locked down tight.
- Put both hands firmly on the rungs before stepping onto the ladder
- Always face the ladder when climbing up or down; don’t skip steps.
- Maintain three points of contact at all times: two feet and one hand or two hands and one foot.
- Keep your center of gravity between the side rails. Don’t lean out on either side.
- Climb down and move the ladder closer rather than trying to reach.
- Do not exceed the maximum standing height as labeled on the ladder.
- Carry tools in a tool belt and raise or lower heavy objects with a handline.
- Do not attempt to use a stepladder as a straight ladder.

Use a 1:4 ratio to set the angle of a straight ladder. In other words, divide the ladder height by 4, then move the ladder base that far from the structure. For example, if the ladder is 12 feet tall, its base should be 3 feet away from the structure. The NIOSH Ladder Safety App includes an angle measuring tool, mechanical checklist and other useful tools to improve extension and step ladder safety. Ever seen The Three Stooges or Wile E. Coyote do something crazy on a ladder? What’s funny in the movies is deadly serious in real life. Never horse around on or near a ladder. Take ladders down and lay flat when leaving a work site unattended to discourage unauthorized use.

According to the Bureau of Labor Statistics,

**50%**

of all ladder-related accidents were due to individuals carrying items as they climbed.

**Main types of ladder accidents**

1. Selecting the wrong type of ladder - consider the ladder's weight capacity and necessary height of the ladder.
2. Using worn or damaged ladders - Damaged ladders are extremely dangerous as they can easily break while being used and cause serious injuries.
3. Incorrect use of ladders - While using a ladder always maintain 3 points of contact with the ladder to ensure stability.
4. Incorrect placement of ladders - Make sure that when positioning a ladder, the ground you place it on is level and firm.

Every year over

**300**

people die in ladder related accidents

**OSHA**

Every year ladder-related citations are on OSHA's "Top 10 Citations List"

Thousands of people suffer disabling injuries from ladder accidents.

LADDER INSPECTION		LADDER INSPECTION	
STEP EXTENSION No. _____		NOTES	
INSPECT UNIT CAREFULLY BEFORE SIGNING INSPECTION RECORD			
YES	NO		
<b>STEP RUNGS, UPRIGHTS &amp; BRACES</b>			
<input type="checkbox"/>	<input type="checkbox"/>		
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<input type="checkbox"/>	<input type="checkbox"/>		
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<b>HINGES</b>			
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<input type="checkbox"/>	<input type="checkbox"/>		
<b>LOCKS</b>			
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<input type="checkbox"/>	<input type="checkbox"/>		
<b>GENERAL</b>			
<input type="checkbox"/>	<input type="checkbox"/>		
<input type="checkbox"/>	<input type="checkbox"/>		
<b>SEE OTHER SIDE</b>			

**Working on a Ladder**

**DO**

- Hold on.
- Keep centered.
- Stay straight and close to the ladder.
- Move carefully.

**DON'T**

- Lean too far.
- Reach too high.
- Try to reposition ladder while on it.

### 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