

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

7,427,712 Incident Free Man-Hours

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Current EMR .64 & TRIR 0.00%

This issue

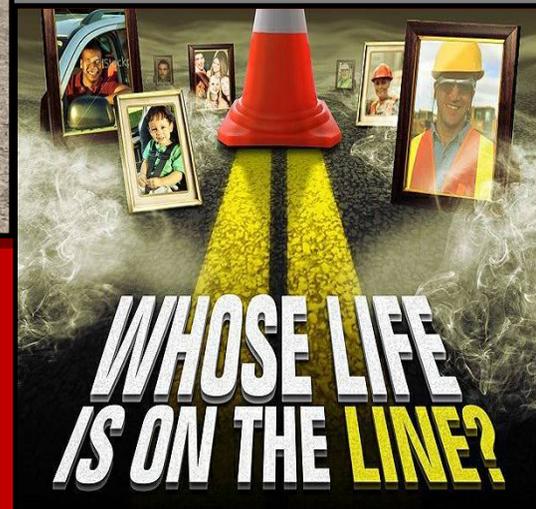
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The Importance of MEWP Training

When you think about operating a piece of equipment, a few questions always come to mind, such as why, where, when and how? Proper training before using any type of equipment is always required and can answer every single one of those questions. What is an MEWP? It stands for Mobile Elevated Work Platform). This can vary from a scissor lift to a boom lift and they come in various types. The most significant MEWP (Mobile Elevated Work Platform) dangers arise from operation and use of a machine rather than from their movement as a site vehicle. It is important that all hazards are properly controlled. However, a safe workplace for all vehicle operations is established by separating pedestrians and vehicles while providing hazard free traffic routes. Anyone working at a height knows what mobile elevated work platforms, or MEWPs, are. These aerial work platforms consist of different machines such as vertical lifts, boom lifts, and scissor lifts.

In the past, workers used ladders to reach challenging places. However, MEWPs have provided an excellent and innovative solution to working safely at a height. Given how dangerous working at a height could be, our employees receive adequate mobile elevated work platform training. If not trained properly, the use of MEWP's can lead to various accidents, such as falling and collisions. Operators have died when trapped in the MEWP basket or when the machine has overturned. Great care must be taken to select the most appropriate MEWP and ensure that use of the machine is properly planned and managed. Operator instruction and training are very important requirements. These hazards should be identified within a risk assessment and suitable control measures put in place. Through Sentinel mobile elevated work platform training, workers know that their safety is being taken care of. The skills they pick up during the training can also empower them and make them feel more capable of operating MEWP's safely.



National Work Zone Awareness

April 11th—15th educates the public of the need for safety in work zones.

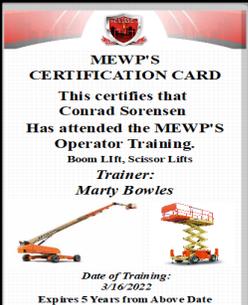
It brings to light the hazards and dangers of driving through work zones and how to avoid them. Numerous buildings and bridges across many parts of the US will be lit up or display an orange color.

Orange is the primary safety color in work zones. Everyone is encouraged to wear orange and show highway workers and everyone who works along the roadways how much their efforts are appreciated.

Don't Be THAT Driver!



Work on Safety. Get Home Safely. Every Day.



This works towards increasing their morale and motivating them to work safe!



SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



Hands Matter! To More Than Just YOU!

HANDS MATTER TO MORE THAN JUST YOU

IT ONLY TAKES ONE MOMENT TO CHANGE THE REST OF YOUR LIFE

You need your hands for most common activities, especially at work, so preventing hand injuries is something to keep front of mind. Unfortunately, hand safety is often overlooked and hand and finger injuries in the workplace continue to be common

The Why: Hand Injury Prevention Matters

Hand injuries are particularly important to avoid because, not only are hands critical to everyday life and work tasks, they're hard to fix and heal. This is because they are neuromuscular complex, involving a lot of

small, intricate parts. Even a relatively small cut can cause big issues.

The What: Which Type of Hand Injury Prevention Should You Focus On?

The most common hand injuries are lacerations and punctures. Several of these injuries are more likely to occur at jobs where workers are required to use hand or power tools.

The How: How to Prevent Injuries in the Workplace

There are three primary steps to preventing hand injuries that will help in any work-place PPE, awareness/Training, and using wrong tool.

- ⇒ Most hand injuries are the result of not wearing gloves or of wearing the wrong gloves for the job.
- ⇒ Workers must have access to quality gloves that fit well and are right for the task.
- ⇒ Workers need to be aware of potential risks and how to avoid them.
- ⇒ Provide workers with right tool for the right job. Using the wrong tool can lead to increase in hand injuries.



ARE YOU AWARE?

WORK SMART. BE SAFE.

The most common causes of hand injuries:

- Carelessness
- Lack of awareness
- Boredom
- Disregard for safety procedures
- Distractions

Avoid Hand Injuries

- Know the hazard and dangers in the job to be done
- Be aware of pinch points
- Be aware of hot areas
- Be aware of rotating or moving surfaces
- Loose clothing and jewelry may be caught up in moving machinery
- Be aware of task specific PPE
- Never remove machine safeguards or operate machinery with safeguards removed

PROTECT YOUR HANDS

Vaping safe?

Think again.

Think Vaping is Safe?

Think Again...

When you use electronic cigarettes (e-cigs), you don't really know *what* you're vaping—or how much. The FDA began regulating e-cigs in August 2016, banning free samples and sales to minors. Recent studies have found that teen e-cig users are more likely to start smoking cigarettes.

"Harmless" Water Vapor?

Think that's just water vapor? Here's what e-cig vapors can also carry into your lungs:

- solvents
- flavorings
- preservatives
- additives
- formaldehyde (at highest voltage)
- tiny (nano) particles of heavy metals

Liquid Nicotine

If the e-cig contains liquid nicotine, the levels of nicotine can vary widely and the labels can be inaccurate. Nicotine can be highly addictive. Liquid nicotine, in the form of e-cigs can be toxic if it contacts the skin or eyes. Small children could die if they swallow it. Currently, most e-liquid bottles do not have childproof caps.



Health & Safety News



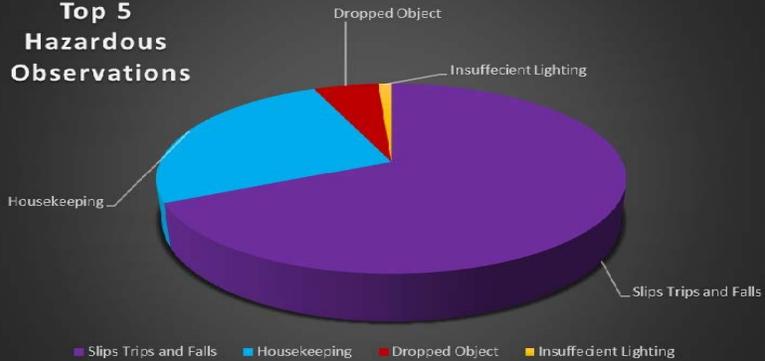
Sentinel has one of the best safety records in our industry!

SAFETY STATISTICS

■ BBS Observations ■ JSA's ■ Safety Audits



Top 5 Hazardous Observations



Quarterly Safety Award Winner

Congratulations to Kelsey Davis for being recognized as the 1st quarter safety award winner for 2022! She has been consistently conscientious when it comes to safety and has dedicated her time to helping the safety department in all aspects. She has brought some really great ideas to the safety department and has been a big contributor in planning some of the safety events that Sentinel has been a part of including the HBR process. Way to go Kelsey, this is well deserved!



Safety Word Search Challenge

Are you up for the challenge? Submit your safety word challenge to Safety@sentinelintegrity.com for your chance to win a \$25 gift card!

Workplace Safety

F V F I R E E X T I N G U I S H E R I U A Y V C
 Y G A B J T P D X I F D V S P W Z S W Z K V A G
 E M E R G E N C Y Z N B R I N I Y L X T Q B U U
 T Q N P S P R O C E D U R E S A X E G U F N K I
 X U H Q W C D U I F C W S O Y T C R S U A X Q D K
 F C M S J O A N F U T I X S T Q R C L Q V R Z F
 B V H R I S K S B H J U V M I M K L I C P P M J
 M B B M G Q A H M Y O D A C W S W H I D E K B F
 T X V T N O I T A G I T S E V N I O Z F E J U A
 U X H E J U O Z X X C P R N G L H A S B N Z Y
 O J B O Y W N O I T A U C A V E T S N A I O T E
 H I J Z Y C F N I H Y F A P L M N R E F U X D B
 R A E E D P I O Y Y L R L L E U E D A E D L I G
 Z X H U G A K L Z X V B U D S J D B R T N P H N
 P D I H G F N I O T O T P J D L I S M Y S C L N
 Y X D V X I K G M P U U Z N N J C D I G A D M Y
 W A K V R A T U E I A O Y G F I N R S L F V L M
 M H W G O O A A L R N K C R G R I A S A E G I G
 S R E O E V M Q F U G C R Q S B J Z C S T B S N
 B L S A A F I D D G I O M S O D T A L S Y O X Q
 O G I A G A E S M I U L E M Z T R H U E D T B W
 M E S P A T F I R E R D X Q B M I G W S O N P R
 X T O R X E F E G C I Y J N I R P J I Z C K J N
 X Z S M Z N O N A H K N T Z V D I A T S R I F R

- | | | | |
|-------------------|---------------|---------|-----------|
| accident | cpr | danger | emergency |
| evacuation | fall | fatigue | fire |
| fire extinguisher | first aid | hazard | incident |
| injury | investigation | lockout | near miss |
| policy | procedures | risk | safety |
| safety glasses | slip | trip | unsafe |

Monthly Safety Award Winner

Congratulations to Taz Nelson. He has an outstanding reputation for conducting his job safely. He always has his JSHA's filled out, reviewed and up to date. He ensures all PPE is properly inspected before any job starts. As a State carded Radiographer with Trainer Status, he is training our entry level assistants to conduct job safely especially from a Radiation Safety stand point. Taz has been with the company since 2.8.2021. He is a key player in the success of the Southeast Texas Office, currently working at Motiva Port Arthur, Valero Port Arthur and various construction jobs sites and fab shops. Great work, as always Taz!



Chance Smith

Safety Spot Awards & Recognition

Ronald Lasalle

Safety Spot awards are issued for individuals or groups who/which have made an extraordinary effort to improve an aspect of Sentinel's safety culture, consistently manage complex safety issues, assist others or correct safety concerns.

Their efforts in improving safety and going above and beyond never goes unnoticed!



Michael Jackson



Jason Rabalais





World Health Day—Our Planet, Our Health

Our political, social and commercial decisions are driving the climate and health crisis. Over 90% of people breathe unhealthy air resulting from burning of fossil fuels. A heating world is seeing mosquitos spread diseases farther and faster than ever before. Extreme weather events, land degradation and water scarcity are displacing people and affecting their health. Pollution and plastics are found at the bottom of our deepest oceans, the highest mountains, and have made their way into our food chain. Systems that produce highly processed, unhealthy foods and beverages are driving a wave of obesity, increasing cancer and heart disease while generating a third of global greenhouse gas emissions.

While the COVID-19 pandemic showed us the healing power of science, it also highlighted the inequities in our world. The pandemic has revealed weaknesses in all areas of society and underlined the urgency of creating sustainable well being societies committed to achieving equitable health now and for future generations without breaching ecological limits. The present design of the economy leads to inequitable distribution of income, wealth and power, with too many people still living in poverty and instability. A well being economy has human well being, equity and ecological sustainability as its goals. These goals are translated into long term investments, well being budgets, social protection and legal and fiscal strategies. Breaking these cycles of destruction for the planet and human health requires

Every April 7, the World Health Organization chooses to highlight a special theme current in the wellness and medical world. Ranging from mental health to insurance and everything in between, this day sets the tone for what's to come in the world stage.

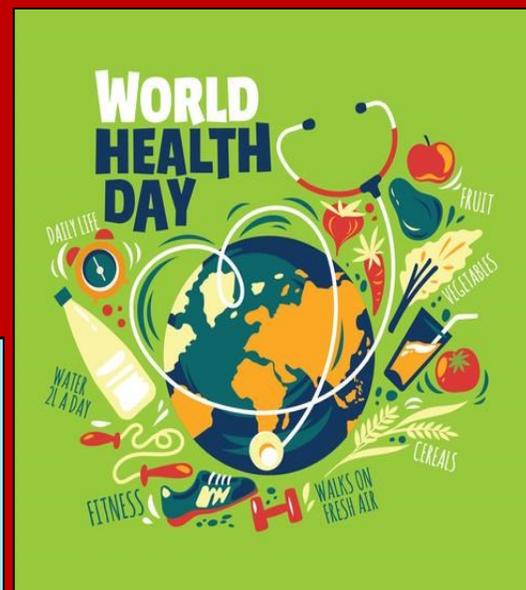
This year's World Health Day will shine a light on nurses, the on the call, restless workforce that revolutionized the healthcare industry as we know it today.

Since 1950, the Worth Health Day uses a different theme and theme each year selected by the current WHO Director, based on the suggestions of the member governments and staff.

World Health Day provides a global opportunity to focus attention on important public health issues that affect the international community.

On the occasion of World Health Day, promotional pro-grams are launched that continue for a long time after April 7.

On World Health Day, let us take the pledge that we will give the highest priority to our health in all circumstances.



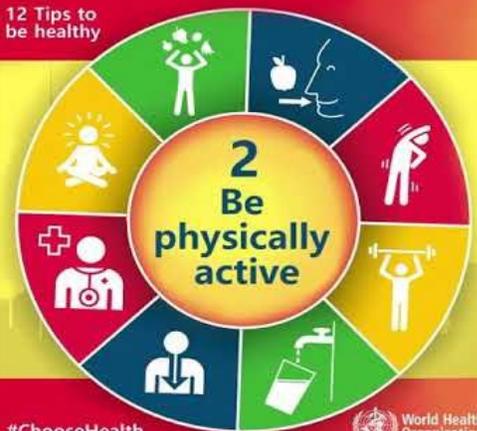
Our Planet Our Health

Clean our air, water & food

#HealthierTomorrow



12 Tips to be healthy



#ChooseHealth



