

**Focus on Guiding Principle #4:**

**“All Operating Exposures Can Be Controlled”**

**April 2016**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 All Operating Exposures Can Be Controlled	2 “Go Ahead Punk, Make My Day”
3 Gravity Never Takes A Break	4 Are You Safe or Just Lucky?	5 Electricity Bites	6 Off-the-Job Safety	7 “Routine” is a Hazard	8 “Routine” is a Hazard	9 “Routine” is a Hazard
10 There is No Such Thing as Routine?	11 Murphy’s Law	12 Murphy’s Law II	13 What is an Operating Exposure?	14 All Operating Exposures Can Be Controlled	15 Drowsy Driving	16 No Shortcuts
17 Safe Driving	18 Safe Driving II	19 Safe Driving III	20 Have We Gone Mad!?	21 Close Call/ Good Catch	22 Lightning Safety	23 Lightning Safety II
24 Eyewash Safety	25 Power Strip Safety	26 Electrical Cabinets	27 Flammable Storage	28 Ladder Safety	29 Powered Industrial Trucks	30 All Operating Exposures Can Be Controlled

## **Daily Safety and Health Topics**

**April 2016**

**Focus on Guiding Principle #4:  
“All Operating Exposures Can Be Controlled”**



***Focus on Guiding Principle #4: “All Operating Exposures Can Be Controlled”***

**April 1, 2016**

## **Safety Focus**

### **ALL OPERATING EXPOSURES CAN BE CONTROLLED (PRINCIPLE #4)**

This is a fundamental statement about how we work. It means that no matter how dangerous a substance we work with, or no matter how dangerous the exposure to a hazard is – we SHALL control it, so that no injuries occur when working with it.

For example: Suppose you had to work with a respiratory hazard called “1,2 THISIS REALLYBADSTUFF” that was so potent that it would kill you if you got one molecule in your left nostril. If that truly were the case – we would do an extensive hazard analysis and devise a multi-layered protection system.

The point is: We wouldn't work with it until we knew we were safe to do so. Sometimes we may have to call for help from subject matter experts, but no matter what the hazard is, no matter how hard it is to control: **We will** control the hazard, or we **will not** work with it. All operating exposures can be controlled! Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **WARM UP TO REDUCE INJURIES**

Reduce your risk for injury by warming up prior to any physical activity, at home and at work. Start slow and easy; gently progress your warmup and stretches to mimic movements you will make on the job. Feeling tight during the workday? Take 30-45 seconds to stretch and increase blood flow to those tight areas.

Source: HealthFitness

## **D&I Focus**

We all live with the objective of being happy; our lives are all different and yet the same. *Anne Frank*

Today is ... [April Fool's Day](#)

***Focus on Guiding Principle #4: “All Operating Exposures Can Be Controlled”***

**April 2, 2016**

## **Safety Focus**

### **“GO AHEAD PUNK, MAKE MY DAY”**

Do you remember Clint Eastwood as Dirty Harry? He was pretty confident when dealing with dirtbags. That is a great way to look at safety hazards. They are all dangerous. Some a great deal more dangerous than others, but they are all hazardous. Torn ligaments in an ankle can occur just as easily from tripping on a power cord on the floor of an office as they could from a fall from elevation while performing a job in a bucket truck or in a plant. So, make hazards your enemy. Treat them as something that we must always be on the lookout for and ready to eliminate or mitigate. All operating exposures can be controlled. Take action to make it happen. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **HIGH BLOOD PRESSURE**

High blood pressure puts extra force on your blood vessels, causing damage over time. It increases your risk for a variety of health problems, including heart disease, kidney failure and stroke. High blood pressure is often called the "silent killer" because it usually has no symptoms. The American Heart Association recommends that adults age 20 and older have their blood pressure checked at least once every two years if your blood pressure is less than 120/80 mmHg. If you have high blood pressure or take blood pressure medication, talk with your doctor about how often you should have it checked. Source: American Heart Association

## **D&I Focus**

Differences challenge assumptions. *Anne Wilson Schaef*

Today is ... [National Peanut Butter and Jelly Day](#)

***Focus on Guiding Principle #4: “All Operating Exposures Can Be Controlled”***

**April 3, 2016**

## **Safety Focus**

### **GRAVITY NEVER TAKES A BREAK**

**Scenario 1:** An air conditioner condensate drain allows a buildup of moisture and algae on a building sidewalk. An employee hurrying into work and reading an email on their smartphone doesn't see the algae, and has a slip and fall, causing a knee injury. **Gravity never takes a break!**

**Scenario 2:** A lightbulb is burned out over an employee's cubicle. The employee wants the light back on, so they find a new bulb in a closet and climb on a chair to change out the bulb. The chair swivels causing the employee to fall and break their wrist when they hit the floor. **Gravity never takes a break!**

All operating exposures can be controlled by using our HU tools. Even the simple ones that we sometimes feel are too minor to worry about. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **PROTECT YOUR FEET WITH THE RIGHT SHOES**

Exercise and walking can take a toll on your feet. Protect your delicate foot bones. Make sure your shoes are appropriate for the type of activity or sport in which you participate. If you participate in a sport more than three times per week, consider using a sport-specific shoe. Shoes lose their support and cushioning over time, so be sure to replace them after 300 to 500 miles of running or after 300 hours of cardio activity. Source: American Orthopedic Foot & Ankle Society

## **D&I Focus**

For those who have seen the Earth from space, and for the hundreds and perhaps thousands more who will, the experience most certainly changes your perspective. The things that we share in our world are far more valuable than those which divide us. *Donald Williams*

**Today is ... [World Party Day](#)**

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 4, 2016**

## **Safety Focus**

### **ARE YOU SAFE OR JUST LUCKY?**

There's an old gambling saying: "I'd rather be lucky than good." Do we gamble with safety? What will happen if I think "it just can't happen to me"? Maybe nothing. But that's the problem – if I take a chance, and nothing bad happens, I actually get rewarded for taking the chance. Nothing bad happened! This can cause a downward spiral where breaking the rules is reinforced because it's quicker or easier. But sooner or later, a series of events line up that result in one of us getting hurt seriously, or even killed. If you don't want to rely on luck: use STAR. Stop, Think, Act, and Review before doing anything. Take pride in your work and do it the right way, every time. Coach others on the right way. Give people a "thumbs-up" when you see them doing jobs the right and safe way. Do it the right way, every time, even if the right way is much harder than the convenient way. It's much better to be safe rather than lucky. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **FOODBORNE ILLNESS**

To avoid foodborne illness, follow these four basic rules: clean, separate, cook and chill. 1) Wash your hands with warm water and soap and clean food preparation surfaces often. 2) Separate raw meat, poultry, seafood and eggs from ready-to-eat foods. 3) Cook foods to proper temperatures to destroy harmful bacteria. 4) Refrigerate and defrost foods properly. Source: U.S. Department of Health and Human Services

## **D&I Focus**

Education and remembrance are the only cures for hatred and bigotry. *Miriam Oster*

Today is ... [Walk Around Things Day](#)

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 5, 2016**

## **Safety Focus**

### **ELECTRICITY BITES**

One hazard that we all have exposure to at work and at home is electricity. National Institute for Occupational Safety and Health research shows that around 400 people per year die from electrocution. It is tragic that the number is that high. It is also tragic that many people think the higher voltages are “where the real danger lies.” This is not the case; 120 volts also kills. So apply principle number four to electrical hazards. No matter what voltage we are working with, from a 12 volt battery voltage to the ultra-high voltage on transmission lines: the volts and amps **shall be controlled**. We will first try to de-energize the circuit. If that cannot happen, then we will develop a plan that ensures all workers are safe due to cover-up, equi-potential zones, planning, effective communication, etc. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **PROTECT YOUR FAMILY FROM CARBON MONOXIDE**

Carbon monoxide is a colorless and odorless gas that can come from many appliances, such as gas- and oil-burning furnaces, portable generators, and charcoal grills. CO poisoning kills hundreds and sickens thousands each year, but it can be prevented. Have your furnace inspected to make sure it's working properly. Avoid letting a vehicle run in an enclosed garage. Never use grills or generators inside your home or garage. Install a CO detector in your home and change the batteries every six months. To learn more, visit [www.cdc.gov/features/copoisoning/](http://www.cdc.gov/features/copoisoning/).

Source: Centers for Disease Control and Prevention

## **D&I Focus**

The wave of the future is not the conquest of the world by a single dogmatic creed, but the liberation of the diverse energies of free nations and free men.

*John F. Kennedy*

Today is ... [Go for Broke Day](#)

***Focus on Guiding Principle #4: “All Operating Exposures Can Be Controlled”***

**April 6, 2016**

## **Safety Focus**

### **OFF-THE-JOB SAFETY**

Entergy has lost some treasured friends and co-workers to off-the-job incidents. These fatalities have been caused by a wide range of hazards including boating hazards, ATV accidents, car wrecks, falls from height, etc. Non-fatal off-the-job injuries have happened from an even wider array of hazards. How do we prevent these injuries? Treat the hazards the same way we do at work. All hazardous exposures can be controlled. When doing any job at home – don't be overconfident. Have a strong questioning attitude. Assume that every job has hazards, and that you must identify the hazards and protect yourself from them. If you are unsure about a hazard: Do not proceed! Either look up the right and safe way to do it – or get help from a professional. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **COUNTERACT STRESS**

You can't completely eliminate stress from your life, but you can control how you react to it and how much it affects you. According to the American Psychological Association, managing stress is about taking action, and this starts by paying attention to your physical and emotional health. Try exercising for at least 30 minutes on most days of the week. Exercise releases endorphins, which are powerful chemicals that energize and lift mood. Consider relaxation techniques like deep breathing, yoga and meditation. These activities help you relax and feel better, which can make you more resilient to stress. Source: American Psychological Association

## **D&I Focus**

Ecidujrep is prejudice spelled backwards. Either way, it makes no sense. *Unknown*

**Today is ... [Sorry Charlie Day](#)**

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 7, 2016**

## **Safety Focus**

### **“ROUTINE” IS A HAZARD**

Some operating exposures are easier to control than others. For example, the large volume and extremely corrosive properties of chemicals used during chemical cleaning at our Nuclear and Fossil plants make this an obvious hazard that requires extensive and detailed planning. Other hazards, however, can easily “fly below the radar.” If we look at our past injuries to see if they occurred during very dangerous activities, or while performing mundane, routine tasks, what do you think we would find out? (We checked: our statistics show that the vast majority occur during mundane, routine tasks or getting to/from a task.) So, how do we control that exposure when we do routine and mundane tasks almost daily? Here’s how: Identify hazards 24 by 7. Don’t fall into the trap of overconfidence. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **GETTING PROPER SLEEP**

According to sleep experts, most adults need between seven and nine hours of sleep each night for overall good health. It can be very easy to get into "sleep debt" if you don't get adequate sleep on a regular basis. If this debt becomes too big, the resulting sleep deprivation may lead to health problems such as high blood pressure, obesity, negative mood, decreased productivity, and safety issues.

Source: National Sleep Foundation

## **D&I Focus**

Religions are many and diverse, but reason and goodness are one. *Elbert Hubbard*

Today is ... [World Health Day](#)

***Focus on Guiding Principle #4: “All Operating Exposures Can Be Controlled”***

**April 8, 2016**

## **Safety Focus**

### **“ROUTINE” IS A HAZARD**

As we discussed yesterday, most of our injuries occur doing low-risk, high-frequency jobs. (Routine and mundane...) Therefore we can help prevent injuries to ourselves and others, by considering ‘routine’ as a hazard. When we think of routine, it’s easy to think “I’ve done this a thousand times. I know how to do it without getting hurt, so I don’t need to worry about it.” Walking is a prime example! Our actual injury statistics tell us that we can and do get hurt while doing the routine stuff. So, when you catch yourself falling into the ‘semi-sleepy’ mode because you know how to do this job so well that you don’t even have to think about it: A WARNING BELL should go off! This is where most injuries occur! Think about it like this: Routine = Danger! Obviously there are many other hazards in your workplace or life. But recognize that ‘routine’ is one of them. Keep a strong questioning attitude in all things. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **REDUCE TIGHT SHOULDERS EXERCISE: ARM CIRCLES**

Standing perpendicular to a wall, make big, slow circles with your arm. Get as close to the wall as you can. Repeat 10 times in each direction before turning the other way to rotate the opposite arm. Maintain good upright posture throughout, especially when moving forward: Do not slouch or round the back forward.

Source: <http://greatist.com/move/stretches-for-tight-shoulders>

## **D&I Focus**

Each morning we are born again. What we do today is what matters most. *Buddha*

Today is ... [All is Ours Day](#)

***Focus on Guiding Principle #4: “All Operating Exposures Can Be Controlled”***

**April 9, 2016**

## **Safety Focus**

### **“ROUTINE” IS A HAZARD**

Combatting the hazard of falling into overconfidence due to “the routine” takes some self-discipline. You must first recognize that ‘routine’ is a hazard, and that if I am overconfident I could easily miss a minor hazard that could cause me to have an injury. For example – walking from one building to another building where you work is a task that could possibly expose you to tripping hazards, slipping hazards, blowing dust or debris or high noise, just to name a few. A small puddle growing algae just outside of an office building could be the cause of a slip and fall that results in a lost-time injury. It is these types of hazards that are easy to miss when we are doing routine tasks. All operating exposures can be controlled but only if we recognize them. The self-discipline part works when you recognize “routine” as a hazard unto itself, and look for the hazards that overconfidence may hide. Discipline yourself to look for hazards when you detect that “routine overconfidence” kicking in. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **GET YOUR PLATE IN SHAPE**

The Academy of Nutrition and Dietetics reminds everyone about the importance of making educated food choices and developing eating and physical activity habits that support good health. By choosing nutrient-rich foods packed with vitamins, minerals, fiber and other nutrients in proper portions, you're filling your body with "high octane" fuel. Nutrient-dense foods include fruits, vegetables, whole grains, low-fat or fat-free dairy and includes lean meats, poultry, fish, beans and nuts. Balancing a nutrient-rich diet with physical activity is the best recipe for maintaining a healthy weight. Start eating smarter and moving more today! Source: Academy of Nutrition and Dietetics

## **D&I Focus**

One day our descendants will think it incredible that we paid so much attention to things like the amount of melanin in our skin or the shape of our eyes or our gender instead of the unique identities of each of us as complex human beings.

*Franklin Thomas*

**Today is ... [Winston Churchill Day](#)**

***Focus on Guiding Principle #4: “All Operating Exposures Can Be Controlled”***

**April 10, 2016**

## **Safety Focus**

### **THERE IS NO SUCH THING AS ROUTINE?**

We've been talking about routine for a few days now. Here is a different way that some people have developed to deal with it: Redefine tasks so that there is no such thing as routine.

Here's how that may look:

Old way: I've done this job every day for the last month. I don't need to worry about it; I got this.

New way: I've done this job every day for the last month. There's no such thing as routine – so how could I get hurt today? How am I going to prevent that?

No matter how you choose to work either with or without routine, understand that we will control all operating exposures – even the minor ones that reveal themselves during simple, everyday jobs.

Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **GROCERY SHOPPING ON A BUDGET**

Do you want to save some money on groceries? Start by making a meal plan before you head to the store and use your plan to create a shopping list. This helps you save time and money by avoiding extra trips later in the week. Stock up on non-perishable staples when they are on sale. Coupons and store loyalty programs are also great savings tools, as long as you are purchasing items you will use. Finally, be careful to buy the right amount of perishable foods to avoid waste. The most expensive foods are the ones we throw away. Source: HealthFitness dietitian

## **D&I Focus**

We have become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams. *Jimmy Carter*

**Today is ... [National Siblings Day](#)**

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 11, 2016**

## **Safety Focus**

### **MURPHY'S LAW**

Scenario: I'm working alone and I realize I need to climb over a handrail in order to reach a valve that was put, in my opinion, the wrong place. I'm thinking to myself: "There is a fall hazard – but actually it's a pretty small one. The fall would be about 15 feet but it would be easy to prevent. It is a small gap and the chances of me hitting that gap are small. Chances are good that I won't lose my footing and fall any way. It's 11:30 p.m. and my supervisor is in the control room eating lunch. There is about a zero percent chance that anyone would see me climb over this handrail (violating the fall protection rule). My safety harness is all the way back in the shop. I'm going to chance it. There is no way I will get hurt." I climb over the handrail. "This metal is slippery." "Wouldn't you know it – this valve is hard to operate!" I slip on the slippery metal surface. I fall in the gap, but catch myself near the top before I fall all the way down. I cut my hand. I can't get out of the gap. I reach my radio and call my supervisor... "You're not gonna believe this, but..." Murphy lives. Dang him. Think consequences versus likelihood. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **ATRIAL FIBRILLATION HEALTH RISKS**

Atrial fibrillation (also referred to as AF or AFib) is the most common type of irregular heartbeat. It is found in about 2.2 million Americans. Its frequency increases with age. Because the atria are beating rapidly and irregularly, blood does not flow through them as quickly. This makes the blood more likely to clot. If a blood clot is pumped out of the heart, it can travel to the brain, resulting in a stroke. The likelihood of a stroke in people with AF is five to seven times higher than in the general population. You may have atrial fibrillation without having any symptoms at all. If you have symptoms, they may include:

- Heart palpitations (a sudden pounding, fluttering, or racing feeling in the chest)
- Fatigue or lack of energy
- Dizziness (feeling faint or light-headed)
- Chest discomfort (pain, pressure, or tightness in the chest)
- Shortness of breath (difficulty breathing during normal activities or even at rest)

Talk to your health care provider if you experience any of these symptoms or are concerned about atrial fibrillation. Source: WebMD

## **D&I Focus**

Since when do you have to agree with people to defend them from injustice? *Lillian Hellman*

**Today is ... [Barbershop Quartet Day](#)**

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 12, 2016**

## **Safety Focus**

### **MURPHY'S LAW II**

Scenario: I started a task and I forgot my gloves. Now, I'm not doing anything really strenuous here ... and this stuff I have to clean up is not that bad. Besides – I'm tough. "I don't need no gloves." And I'll have this job done quick, fast and in a hurry. I'd be done even before I made it over to pick up those "cut resistant" gloves. Let me get this work done. Whoa! I don't think I've ever seen a splinter that big. Amazing how that thing cut right into my skin before I could stop. Let me see if I can get this out myself. OWWEEEE! Ok. That's a no. Um... "Boss, I'm going to need some help getting this splinter out of my hand." Murphy lives. Dang him. Stop Think Act Review. Wear cut-resistant gloves at home and at work! Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **HEALTH BENEFITS OF STRENGTH TRAINING**

Strength (resistance) training provides many health benefits. In addition to increased bone mass and muscle strength, strength training can improve your quality of life. By building or maintaining strength, daily tasks, such as carrying groceries and lifting children or grandchildren, are easier and injury becomes less likely. Incorporating strength training into your life may also positively affect your emotional well-being, help you achieve or maintain a healthy weight, and help you sleep better.

Source: Centers for Disease Control and Prevention

## **D&I Focus**

Wit lies in recognizing the resemblance among things which differ and the difference between things which are alike. *Madame de Stael*

**Today is ... [Russian Cosmonaut Day](#)**

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 13, 2016**

## **Safety Focus**

### **WHAT IS AN OPERATING EXPOSURE?**

It is anything that is a hazard to you while you are performing any task. It could be on-the-job or off-the-job. It could also be during work or recreation. In other words – it is a hazard that you are exposed to. Principle #4 is therefore a simple statement that means we can control any and all hazards that we are exposed to. Period. If something poses a hazard that we are not fully prepared to mitigate or eliminate, then we must stop the job, reassess our plan and conduct a new pre-job brief. If we cannot ensure everyone's safety that is involved, then we need to do something different, such as seek additional help. This could be in the form of additional personnel, equipment or outside expertise. But no matter the hazard – we SHALL control it. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **TEEN GADGETS COMPETE WITH SLEEP**

Teens need a lot of sleep, about eight to 10 hours a night. Yet, adolescents have to contend with early school start times, homework and social activities. New research shows computers, televisions, cellphones, portable music devices and other electronic gadgets now also compete for teens' waking hours. The resulting sleep deficits may put this highly connected generation at greater risk for physical and mental health problems, poor school performance and car accidents.  
Source: National Sleep Foundation

## **D&I Focus**

If we are to achieve a richer culture, rich in contrasting values, we must recognize the whole gamut of human potentialities, and so weave a less arbitrary social fabric, one in which each diverse human gift will find a fitting place. *Margaret Mead*

**Today is ...** [Scrabble Day](#)

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 14, 2016**

## **Safety Focus**

### **ALL OPERATING EXPOSURES CAN BE CONTROLLED**

What about things that I can't control? How about my age? Aging is a process that tends to make us all less physically fit than when we were younger. True, but age is not a hazard. Poor physical fitness may be a hazard depending on the task that we are performing. But there is a solution. Ergonomics training showed us that body is designed for movement, and that we all need exercise to keep our body in good physical shape. ENSHAPE has programs and information that can help you with the aging process. Many of our past injuries have been ergonomic in nature, with some of those due mainly to poor physical conditioning. This is not an insult to the injured. Some of them merely did not realize that they couldn't do the things that they used to do, simply because their body is aging. However, this is a hazard that we can control. Here's how:

- 1.) Exercise. Even if you didn't do it in the past, vast amounts of scientific research point to the heart-healthy and other benefits of doing exercise.
- 2.) Recognize that you are no longer 18 years old. You cannot jump out of the back of a truck or out of a boat the way you used to. You are not as flexible as you used to be. So plan your task (no matter how simple) and then follow your plan.

Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **FUNCTIONAL FITNESS**

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability. Examples of functional exercises are: squat, straight-back dead lift, push up, lunge, and plank row with dumbbell. Want more? Check with your local ENSHAPE coordinator.

Source: mayo clinic and functionalmovement.com

## **D&I Focus**

Before becoming a Sikh, a Muslim, a Hindu or a Christian, let's become a Human first. *Sri Guru Nanak Dev Ji*

**Today is ... [Reach as High as You Can Day](#)**

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 15, 2016**

## **Safety Focus**

### **DROWSY DRIVING**

The National Highway Transportation Administration reports that there are approximately 40,000 non-fatal injuries, and approximately 1,550 fatal injuries each year as a result of driver drowsiness or fatigue. There can be many reasons for driver drowsiness, but common ones include use of alcohol, sleep loss (including loss caused by rotating shift work), sleep disorders such as sleep apnea, and medication. Studies also show that sleep loss combined with even minor amounts of alcohol combine to greatly increase driver drowsiness and loss of motor skills. The short story: the National Sleep Foundation says that adults need seven to 9 hours of sleep per day. Use that as excuse to GET IN BED! (and, of course, don't drink and drive.)

Remember that drowsy equals drunk. Don't do it. Don't fall victim to the trap of mental stress while driving. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **REDUCE TIGHT SHOULDERS: DOORWAY CHEST STRETCH**

To perform a stretch that targets the sternal muscles of the pectoralis major, stand with your feet shoulder-width apart about a foot away from a doorway, pole or other sturdy fixed object. Bend one arm at a 90-degree angle at the elbow with your hand firmly grasping or pressing against the fixed object. Turn your torso away from the object and hold for 30 seconds. Repeat on the other side. For the basic stretch, your elbow should be at about shoulder-height. Lower your elbow to target the upper chest muscles or raise it to target the lower chest and pectoralis minor. Intensify the object-assisted chest stretch by staggering your feet, placing the leg on the side of the object slightly behind you. Source: <http://healthyliving.azcentral.com>

## **D&I Focus**

Insight, I believe, refers to the depth of understanding the comes by setting experiences, yours and mine, familiar and exotic, new and old, side by side, learning by letting them speak to one another. *Mary Catherine Bateson*

**Today is ... [Titanic Remembrance Day](#)**

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 16, 2016**

## **Safety Focus**

### **NO SHORTCUTS**

Everyone has taken a shortcut one time or another. You cross the street between intersections instead of using the crosswalk or jump a fence instead of using the gate. But in many cases, a shortcut can involve danger. If you have the habit of taking dangerous shortcuts, break it. It can be deadly. If you are told to go to a particular work area, you are expected you to take the safe route, not the shorter, hazardous one. Even if the job will only take a few minutes, it isn't worth risking your safety and health for those few minutes by allowing yourself to become a victim of time pressure. The safest way isn't always the shortest way, but it's the surest way. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **FIT IN MORE FIBER**

Most adults only eat about 10 to 15 grams of dietary fiber per day, or about half of what is recommended. There are many simple ways you can add more fiber to your meals and snacks. Enjoy more fruits and vegetables each day. Toss beans (such as black, kidney, or pinto) into a salad or soup. Look for breads that have at least two grams of fiber per slice and cereals with at least three to five grams of fiber per serving. If you're not used to eating much fiber, add it slowly and be sure to drink plenty of water throughout the day. Source: National Institutes of Health

## **D&I Focus**

I do not want my house to be walled in on all sides and my windows to be stifled. I want all the cultures of all lands to be blown about my house as freely as possible. But I refuse to be blown off my feet by any. *Mohandas K. Gandhi*

**Today is ... [National Stress Awareness Day](#)**

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 17, 2016**

## **Safety Focus**

### **SAFE DRIVING**

Operating a vehicle involves ever-changing hazards. Unfamiliar areas, construction, careless drivers and schedules can cause us to lose focus while driving. The consequences to even a momentary loss of attention can be devastating. Whether driving for company business or for personal reasons follow the Smith Driving System principles avoid incidents. (We will review those tomorrow.) How important is it to stay focused on safe driving? Consider this: In recent years – there have been around 4,000 work-related fatalities per year. That is way too many fatalities – but fortunately – that number is on a downward trend. However, in recent years there have been in excess of 32,000 motor vehicle fatalities per year. Some quick math and you can see that the average worker who commutes to work is eight times more likely to die in a car wreck on the way to or from work than they are in a workplace incident. Slow down, use your HU tools, follow the rules, arrive alive and Live Safe! Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **SLEEP AND DRIVING SAFELY**

Before beginning a long drive, always get enough sleep and eat something before you go. Highly caffeinated beverages are not necessarily the best way to stay awake while driving. While initially you will feel more alert, the effects can recede with time, and your attention may wander although you remain awake.

Source: Independent Traveler

## **D&I Focus**

If we cannot end now our differences, at least we can help make the world safe for diversity. *John F. Kennedy*

**Today is ...** [Pet Owners Independence Day](#)

***Focus on Guiding Principle #4: “All Operating Exposures Can Be Controlled”***

**April 18, 2016**

## **Safety Focus**

### **SAFE DRIVING II (All Good Kids Love Milk)**

Many professional drivers follow the Smith Driving System® principles. Here is a short summary of those principles:

#### **Key 1: AIM HIGH IN STEERING®**

- Maintain your view at least 15 seconds in front of your vehicle.

#### **Key 2: GET THE BIG PICTURE®**

- Use mirrors to maintain 360 degree view around your vehicle.
- Maintain a following distance of four seconds.
- Eliminate any distractions.

#### **Key 3: KEEP YOUR EYES MOVING®**

- Utilize 5-8 second glances to cover area around your vehicle.
- Keep eyes active so that you have total awareness around you.
- Avoid focusing on objects or blank stare from fatigue.

#### **Key 4: LEAVE YOURSELF AN OUT®**

- Create space around your vehicle by slowing down or moving.
- Avoid traffic clusters and maintain a cushion of space.

#### **Key 5: MAKE SURE THEY SEE YOU®**

- Get eye contact before moving into intersection.

Always follow the Entergy Corporate Driver Safety Standard while driving on company business. Hands free devices are required when utilizing a cellphone while driving but the best practice is to safely pull over until the conversation is finished. And NEVER text or email while driving. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **GIVE YOUR EYES A REST**

If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This short exercise can help reduce eyestrain. Source: CDC

## **D&I Focus**

Ultimately, America's answer to the intolerant man is diversity, the very diversity which our heritage of religious freedom has inspired. *Robert F. Kennedy*

Today is ... [International Juggler's Day](#)

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 19, 2016**

## **Safety Focus**

### **SAFE DRIVING III**

For you number-junkies: In 2010, there were an estimated 5.4 million vehicle crashes, killing 32,885 and injuring more than 2.2 million. That high number of fatalities should be enough to make us want to drive safe. But also think about 5.4 million of us dealing with the damages (human and material) of a vehicle crash. Ever see anyone looking happy while they were standing on the side of the highway with a crumpled hood? We can all become excellent drivers by following the Smith System Principles® reviewed yesterday (Remember - **All Good Kids Love Milk). We can help drive those statistics down. If you are driving defensively – you will have a positive effect on those drivers around you. Be sure to share your Close Call and/or Good Catch!**

## **Health Tip of the Day**

### **BACK STRETCHES: PRAYER STRETCH OR CHILD'S POSE:**

This stretch is for the lower back muscles along the spine and is a very common yoga pose. On your hands and knees, sit back so your buttocks is resting on your heels. Reach your hands forward to lengthen your spine and feel a stretch in your middle back. You can reach your hands to either side to focus the stretch on the opposite side of your spine. Hold for 10-30 seconds and perform 2-3 repetitions. Source: Athletico

## **D&I Focus**

Life lies in diversity, not in monotony. *M.K. Soni*

**Today is ...** [National Garlic Day](#)

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 20, 2016**

## **Safety Focus**

### **HAVE WE GONE MAD!?**

Just a few years ago, there was no such thing as texting and driving. Now it almost epidemic! In this day and age, many of us have conditioned ourselves to respond immediately to emails, texts or calls. Remember Entergy Safety Principle 8; “our work is never so urgent or important that we cannot take time to do it safely”. Another way to look at it: Principle #4: All operating exposures can be controlled. When you are driving, all distractions are operating exposures, and cell phones and texts are major distractions. Turn the phone off until you reach your destination, or pull over to answer urgent calls or texts. Don’t fall victim to the trap of distractions while driving. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **FAD DIETS**

On any given day, millions of Americans are on a diet. Unfortunately, many people turn to fad diets and weight-loss products that promise quick results. Quick weight loss often results in quick regain because you grow tired of the diet and return to old habits. Instead of following a fad or restrictive diet, adopt gradual but sustainable improvements to your eating and exercise habits that can last a lifetime.

Source: Academy of Nutrition and Dietetics

## **D&I Focus**

When written in Chinese, the word “crisis” is composed of two characters. One represents danger and the other represents opportunity. *John F. Kennedy*

**Today is ...** [Volunteer Recognition Day](#)

***Focus on Guiding Principle #4: “All Operating Exposures Can Be Controlled”***

**April 21, 2016**

## **Safety Focus**

### **CLOSE CALL / GOOD CATCH**

We have been reminding you throughout this month to proactively identify hazards and report via the recently implemented Close Call/Good Catch Program. So let me remind you what a Close Call and Good Catch is!

A “Close Call” is:

- An unplanned event or occurrence that did not result in injury, illness, or damage but had the potential to do so, prevented only because of a fortunate break in the chain of events. Close calls may be extremely minor or significant. (Previously known as Near Miss)

A “Good Catch” is:

- A danger or risk that has been identified, then eliminated or mitigated and reported prior to it causing a near miss, injury or illness.

Remember “All Operating Exposures Can be Controlled”! Take the time to identify, mitigate and share! Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **CANCER PREVENTION**

The American Institute for Cancer Research recommends the following guidelines for cancer prevention: 1) eat a variety of vegetables, fruits, whole grains and beans; 2) limit the amount of red meats (beef, pork and lamb) you eat and avoid processed meats; 3) avoid sugary drinks; 4) be physically active every day in any way for 30 minutes or more; and 5) aim to be at a healthy weight throughout life.

Source: American Institute for Cancer Research

## **D&I Focus**

The only real difference that exists between people is that they are at various stages of development. *Abdu'l-Baha*

**Today is ... [Kindergarten Day](#)**

***Focus on Guiding Principle #4: “All Operating Exposures Can Be Controlled”***

**April 22, 2016**

## **Safety Focus**

### **LIGHTNING SAFETY**

With the arrival of spring it's time to review General Lightning Safety Guidelines:

- When making a decision to suspend activities the 30/30 Rule says to shut down when lightning is six miles away for at least 30 minutes. This rule of thumb uses a "flash to bang" (lightning to thunder) count of five seconds equals one mile (10 = 2 miles; 20 = 4 miles; 30 = 6 miles).
- Notify personnel via radio or other means and move to safe location such as a large permanent building or metal vehicle.
- Unsafe locations are places near metal or water, under trees, on hills, or near electrical or electronic equipment.
- Reassess the hazard to determine if work activities can resume. It's usually safe after no thunder and no lightning have been observed for 30 minutes. Be conservative here and then inform people to resume activities. Keep a strong questioning attitude.

Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **LOWER BODY STRETCH: STANDING QUADRICEP STRETCH**

1. Stand on one leg. If you need support, hold onto something solid, such as a wall or chair, for support.
2. Bend your right knee and bring your heel toward your buttock.
3. Reach for your ankle with your opposite (left) hand.
4. Stand up straight and pull in your abdominal muscles. Try to keep your knees next to each other. Relax your shoulders. As you hold your leg in the bent position you will feel a slight pull along the front of your thigh and hip.
5. Breathe deeply and hold the stretch for 20-30 seconds, release and repeat on the left leg, this time holding your ankle with your right hand.

Source: [www.sportsmedicineabout.com](http://www.sportsmedicineabout.com)

## **D&I Focus**

Hatred does not cease by hatred, but only by love; this is the eternal rule. *Lord Buddha*

Today is ... [Girl Scout Leader Day](#)

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 23, 2016**

## **Safety Focus**

### **LIGHTNING SAFETY II - Personal Lightning Safety Tips**

- Plan in advance your evacuation and safety measures. When you first see lightning or hear thunder, activate your emergency plan. Lightning often precedes rain, so don't wait for the rain to suspend activities.
- If OUTDOORS...Avoid water, high ground, open spaces, metal objects including electric wires, fences, machinery, motors, power tools, etc. Unsafe places include underneath canopies, small picnic or rain shelters, or near trees. Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut. If lightning is striking nearby when you are outside, you should:
  - Crouch down. Put feet together. Place hands over ears to minimize hearing damage from thunder.
  - Avoid proximity (minimum of 15 ft.) to other people.
- IF INDOORS... Avoid water, outside doors and windows. Do not use the telephone. Take off headsets. Turn off, unplug, and stay away from appliances, computers, power tools and TV sets. Lightning may strike exterior electric and phone lines, inducing shocks to inside equipment.
- Injured persons do not carry an electrical charge and can be handled safely. Apply First Aid procedures to a lightning victim if you are qualified to do so. Call 911 or send for help immediately.

Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **WHEN IS STRESS HARMFUL?**

Some stress is a normal part of life and can even be positive by helping you stay focused, alert, and performing at your best. But, excessive and constant stress can lead to serious health problems. The long-term effects of chronic stress include high blood pressure, heart disease and stroke. It can also lead to anxiety, depression and decreased work productivity. Don't let stress take control, learn how to manage it. Tune in tomorrow for tips on managing stress. Source: American Psychological Association

## **D&I Focus**

Passover affirms the great truth that liberty is the inalienable right of every human being. *Morris Joseph*

Today is ... [World Laboratory Day](#)

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 24, 2016**

## **Safety Focus**

### **EYEWASH SAFETY**

OSHA Regulation 29CFR1910.151 states that where the eyes or body of any person may be exposed to injurious corrosive materials, suitable facilities for quick drenching or flushing of the eyes and body shall be provided within the work area for immediate emergency use. In the event eye-wash equipment is deployed during an emergency, be sure to continuously flush the eyes for no less than 15 minutes. Immediately contact supervision, and ask that the MSDS for the material be located. The MSDS will contain emergency treatment information, and should be communicated to any emergency response personnel. Of course the better way is to prevent the splash by controlling all exposures. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **EATING TO REDUCE INFLAMMATION**

Chronic inflammation occurs when the immune system attacks the body's healthy cells and can play a role in heart disease, cancer, diabetes and Alzheimer's disease. There are many foods that are touted as anti-inflammatory "superfoods." But, an anti-inflammatory diet is simply an overall healthy diet. Here are a few tips for eating to reduce inflammation: let fruits and vegetables make up at least half your plate; include plenty of whole grains; choose heart-healthy fats such as olive oil, avocados, nuts, seeds, and fatty fish. Limit processed foods, saturated and trans fats, and foods made with refined white flour. Source: Academy of Nutrition and Dietetics

## **D&I Focus**

Deep inside us we're not that different at all. *Phil Collins*

Today is ... [Pig in a Blanket Day](#)

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 25, 2016**

## **Safety Focus**

### **POWER STRIP SAFETY**

Manufacturers and nationally recognized testing laboratories (Underwriters Laboratories, or UL) determines the proper uses for power strips. For example, power strips are not to be series-connected (daisy chaining or piggybacking) to a receptacle. Also, the flexible power cord is not to be routed through walls, windows, ceilings, floors, or similar openings. Power strips are designed for use with a number of low-powered loads, such as computers or audio/video components. Power strips are not designed for high power loads such as space heaters, refrigerators and microwave ovens, which can easily exceed the recommended ampere ratings on many power cords and cables. Finally, some power strips are not designed for warehouse or shop environments. Please ensure that the appropriate power strip is used for the application for which it was designed, and for the location it will be used in. Realizing that some of these situations could exist in our office and field environments, each employee is asked to monitor the use of power strips to assist with our compliance efforts. Control you exposure to electrical accidents and please contact your supervisor should you have any questions regarding the use of a power strip. Keep a strong questioning attitude. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **DO YOU KNOW CPR?**

Would you feel helpless to act if you witnessed a cardiac emergency? According to the American Heart Association, about two-thirds of Americans do not know how to administer CPR (cardiopulmonary resuscitation) or they've forgotten how to do it. And, most cardiac arrests happen at home, so the life you save with CPR is very likely to be someone you love. Fortunately, the AHA offers convenient ways for everyone to learn CPR. Find an AHA Training Center near you at [www.cpr.heart.org](http://www.cpr.heart.org). You may save the life of a family member, friend or neighbor!

Source: American Heart Association

## **D&I Focus**

America is not like a blanket – one piece of unbroken cloth. America is more like a quilt – many patches, many pieces, many colors, many sizes, all woven together by a common thread. *Rev. Jesse Jackson*

**Today is ... [East Meets West Day](#)**

***Focus on Guiding Principle #4: “All Operating Exposures Can Be Controlled”***

**April 26, 2016**

## **Safety Focus**

### **ELECTRICAL CABINETS**

Each year electrical citations remain on the top 10 most frequently cited serious OSHA violations. Common situations resulting in citations were: maintaining a minimum distance of 36 inches around electrical cabinets, not labeling electrical panels for what they control and for leaving openings in electrical panels where blank circuit breakers should be installed. Any circuit breaker labeled as 'Spare' should remain in the off position. During monthly inspections be sure to include electrical panels and cabinets as part of your audit. If you find an item that needs corrected, please let supervision know so that it can be fixed or a facilities remedy case can be initiated. These issues have been findings during SHEMS audits at several locations, and we should routinely audit these elements to ensure compliance as they are common in our work environments. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **ECHINACEA**

Echinacea, an herb commonly used to fight colds and flu or boost immunity, is one of the most popular supplements in the United States. But study results are mixed on whether it can prevent or effectively treat upper respiratory tract infections such as the common cold. Generally, echinacea does not cause side effects for most people. However, those with asthma or who are allergic to certain plants (those in the daisy family) can have an allergic reaction. Talk to your health care provider before taking any herbs. Source: National Center for Complementary and Integrative Health

## **D&I Focus**

People may be said to resemble not the bricks of which a house is built, but the pieces of a picture puzzle, each differing in shape, but matching the rest, and thus bringing out the picture. *Felix Adler*

**Today is ... [Richter Scale Day](#)**

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 27, 2016**

## **Safety Focus**

### **FLAMMABLE STORAGE**

OSHA regulation 29CFR1910.106 details the requirements for the use of flammable or combustible liquids when incidental to the principle business. This basically means requirements for those businesses that use flammable or combustible liquids (e.g. gas/diesel, paints, aerosol cans, or any other flammable or combustible liquid identified on the Material Safety Data Sheet) in their processes. All flammable or combustible liquids are required to be stored in approved cabinets when not in use. If a flammable or combustible liquid is used regularly throughout the day, it must be returned to storage at the end of the shift. As part of facility inspections, we should routinely check the storage cabinets, door handle and grounds. If repairs or replacement are necessary, please contact supervision. Remember that by following the rules, we can control our exposure to chemical hazards. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **LACTOSE INTOLERANCE**

Lactose intolerance is a common problem affecting millions of Americans. One concern for both children and adults with lactose intolerance is getting enough calcium from a diet that includes few or no dairy products. Consider the following tips if you are lactose intolerant: look for lactose-treated milk and other dairy foods; try using lactase tablets before eating foods with dairy (check with your health care provider first); and choose non-dairy foods containing calcium such as greens, canned salmon, almonds, certain kinds of tofu and soy milk, and calcium-fortified breads and juices. Source: National Institute of Diabetes and Digestive and Kidney Diseases

## **D&I Focus**

Infinite diversity in infinite combinations... symbolizing the elements that create truth and beauty. *Commander Spock, Star Trek*

**Today is ...** [Administrative Professionals Day \(Executive Admin's Day, Secretary's Day\)](#)

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 28, 2016**

## **Safety Focus**

### **LADDER SAFETY**

Ladders are common in all work places and in homes. They can increase hazards associated with tasks if used incorrectly. When using a ladder, follow basic ladder safety. Inspect each ladder before use to ensure that the design and structure match the application for the task. Maintain all ladders and remove any damaged ladder from service immediately. Always face the ladder as you travel up or down and maintain three points of contact. When carrying a ladder, be aware of surroundings so that you do not come in contact with hazards. Follow all manufacturer guidelines printed on each ladder. Never attempt to move, shift or extend a ladder while in use. Never substitute a chair, box or shelf for a ladder. Always take the time to find the appropriate equipment for job. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **CIGARS**

Did you know that cigarettes and cigars share many of the same cancer-causing chemicals? Both also deliver nicotine and carbon monoxide to the smoker. Some cigarette smokers believe that switching to cigars is less dangerous. Cigar smoking is also viewed as more sophisticated by some. However, the American Cancer Society reports that cigars, like cigarettes, can increase cancer risk and may contribute to heart disease and high blood pressure. Source: American Cancer Society

## **D&I Focus**

Strength lies in differences, not in similarities. *Stephen R. Covey*

Today is ... [Take Your Daughter to Work](#)

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 29, 2016**

## **Safety Focus**

### **POWERED INDUSTRIAL TRUCKS**

OSHA defines a powered industrial truck, or PIT, as a mobile, power-propelled truck used to carry, push, pull, stack or tier materials. PIT equipment commonly known as forklifts, pallet trucks, or ride on trucks can be powered through electrical or combustion engines. Every year workers are killed injured while operating PIT equipment in all industries. Forklift turnovers account for a significant percentage of these fatalities.

Simple Solutions:

- Never operate equipment you are not trained specifically for
- Properly inspect and maintain equipment
- Never operate equipment when hazards identified
- Follow all training for moving material
- Utilize all safety equipment (seatbelt)
- Never drive up to a person in front of a fixed object
- Maintain safe clearances for aisles, docks other equipment
- Ensure adequate ventilation if indoors
- Take defective equipment out of service immediately

PIT equipment increases productivity and reduces the lifting requirements of employees. Each PIT operator has the responsibility to operate PIT equipment in a safe manner, and to follow all training and rules received from Entergy. If you ever have a question about the safe operation of any PIT equipment, contact your supervisor before moving the PIT equipment. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **REDUCE TIGHT NECK MUSCLES: NECK STRETCH**

This stretch works best if you keep your shoulder down as you lean away from it. To help you remember to do this, start by relaxing your shoulders and lightly holding on to your thighs or your chair. Tilt your head toward your shoulder and hold for 15 to 30 seconds. If you would like a little added stretch, use your hand to gently and steadily pull your head toward your shoulder. For example, keeping your right shoulder down, lean your head to the left. Let the weight of your head stretch your muscles, or use your left hand to pull gently down on your head. Repeat 2 to 4 times toward each shoulder. Source: WebMD

## **D&I Focus**

Diversity may be the hardest thing for society to live with, and perhaps the most dangerous thing for a society to be without. *William Sloane Coffin, Jr.*

**Today is ... [Arbor Day](#)**

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***

**April 30, 2016**

## **Safety Focus**

### **ALL OPERATING EXPOSURES CAN BE CONTROLLED (PRINCIPLE #4)**

So how many operating exposures did you identify and control this month? In other words, how many hazards did you identify and mitigate (make safe)? How many Close Calls and/or Good Catches did you identify this month? This is the exact same question, asked three different ways. All operating exposures can be controlled. It just takes a questioning attitude, self-discipline and action to help ensure you, your co-workers, family and friends Live a Safe & Healthy Life. Be sure to share your Close Call and/or Good Catch!

## **Health Tip of the Day**

### **MAKING FITNESS FUN**

Is increasing your fitness level on your priority list? If so, choose activities that you find fun and look forward to. Invite a friend or family member to join you for a daily walk. Take a new fitness class. Join an intramural sports team. Consider training for a 5K walk or run. The possibilities are endless! Whatever you decide to do, talk with your doctor before you get started (especially if you have any chronic health conditions, joint problems, or are currently pregnant) and start slowly to prevent injuries. Source: HealthFitness

## **D&I Focus**

If you believe breaking is possible, believe fixing is possible. *Rabbi Nahamn of Breslev*

Today is ... [National Honesty Day](#)

***Focus on Guiding Principle #4: "All Operating Exposures Can Be Controlled"***