

**Safety Principle # 8**  
***Our Work Is Never So Urgent or Important  
That We Cannot Take Time To Do It Safely***

**August 2016**

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*Safety Principle #8:  
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## **Daily Safety and Health Topics**

**August 2016**

### **Safety Principle #8**

***Our Work is Never So Urgent or Important  
That We Cannot Take Time To Do It Safely***

### **Entergy's 12 Safety Principles**

1. All injuries are preventable
2. People are the most critical element
3. All Employees are responsible for safety
4. All operating exposures can be controlled
5. Management is responsible for establishing a safe work environment and clear expectations for safety performance
6. Safety is good business
7. Management must audit performance
8. Our work is never so urgent or important that we cannot take time to do it safely
9. Deficiencies must be corrected promptly
10. Employees must be trained to safely perform all assigned tasks and accountable for applying these skills on the job
11. Safety is a condition of employment
12. Off the job safety is an important part of overall safety efforts



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**August 1, 2016**

**Safety Focus**

**CONSIDER CONSEQUENCES FIRST**

On this date in 1998, an electrician at non-Entergy nuclear power plant received an electric shock when cleaning bus bars in an electrical bus cabinet. The individual brushed against an energized 480V source during the cleaning activity.

Key Points:

- Regardless of the job, everyone involved in the work should be present and engaged in the pre-job brief and hazard assessment.
- Life-threatening hazards should be eliminated or mitigated.
- Knowledge, experience and even the best worker aren't physical barriers.
- Take the time needed to ensure safety.

**Health Tip of the Day**

**TRUE OR FALSE:** Boredom makes you sleepy, even if you've had enough rest.

Answer: False. Sleep loss causes sleepiness. Boredom, like a warm or dark room, merely unmask it. Source: National Sleep Foundation

**Org Health & Diversity Focus**

Recent events in Baton Rouge, Dallas, Orlando and across the nation are troubling, but it's important to remember that while we each have our own experiences, personalities, cultures and beliefs, we are united as one company.

**Human Performance Focus**

Mental Stress

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**August 2, 2016**

## **Safety Focus**

### **SAFETY PRINCIPLE #8 AND YOU**

The following Entergy Safety Principle is the focus for August.

***Our Work Is Never So Urgent or Important That We Cannot Take Time to Do It Safely***

How do you as an individual utilize this principle to work safe and error free?

## **Health Tip of the Day**

### **USE YOUR CORE FOR A BETTER STRETCH**

Activating your core muscles before movement will give you a stronger base to perform all activities, including stretching. To activate your core muscles, sit or stand upright and gently pull your belly button in toward your spine. That bracing you feel are your core muscles being activated. Keep breathing! Questions? Contact your local ENSHAPE coordinator. Source: HealthFitness

## **Org Health & Diversity Focus**

This month's focus is on awareness of the OH&D resources available to you to improve org health, diversity and inclusion @ Entergy! As you learn more, be sure to check out our [redesigned OH&D site](#) (go to myEntergy home, our company, organizational health & diversity)!

## **Human Performance Focus**

Mental Stress

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**August 3, 2016**

**Safety Focus**

**SAFETY PRINCIPLE #8 AND YOUR TEAM**

How does your team utilize Safety Principle #8?

***Our Work Is Never So Urgent or Important That We Cannot Take Time to Do It Safely***

Teams include leadership, lead craftsman, senior lineman, managers or crews. .

**Health Tip of the Day**

**SUNSCREEN SELECTION**

When selecting sunscreen, make sure you chose a sunscreen with all three requirements: broad spectrum (UVA and UVB protection), SPF of 30 or higher and a water resistance of 40 or 80 minutes. Source: American Academy of Dermatology

**Org Health & Diversity Focus**

Entergy's employee resource groups represent a specific demographic on issues important to employees and the business and provide employees opportunities to network with others who share similar interests or backgrounds. Visit the [ERG site](#) to learn more about our ERGs!

**Human Performance Focus**

Mental Stress

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**August 4, 2016**

**Safety Focus**

**BE WILLING TO ASK FOR HELP**

In order to stay safe, we have to accept the fact that not all jobs are one person jobs and we may really want to complete the job on our own but don't have all the right tools or skills. Some examples of when help might be needed: Peer checks on drawings, reviews of a switching order or tag out, help moving or lifting an item, additional help on callouts, removing trees from lines or we may need a spotter for backing or moving equipment. Be willing to ask for the help needed!

**Health Tip of the Day**

**GET PLENTY OF VITAMIN C**

Vitamin C plays many important roles in the body. It supports the immune system, is used to make collagen for wound healing, and helps the body absorb iron. Examples of foods that are good sources of vitamin C include citrus fruits and juices, strawberries, tomatoes, broccoli, leafy greens and cantaloupes. Source: National Institutes of Health

**Org Health & Diversity Focus**

Remember – only three days left to complete the Organizational Health survey! The survey closes August 7.

**Human Performance Focus**

Mental Stress

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**August 5, 2016**

**Safety Focus**

**PLAN AND PACE**

Weekends are great times to unwind, enjoy other activities – even when that includes home improvement or repair projects, mowing, hauling hay and working in the yard. Planning the safety aspects of your job and pacing yourself are important to your safety! Even at home – Our work is never so urgent or important that we cannot take time to do it safely!

**Health Tip of the Day**

**LIFT AND BREATHE**

Correct breathing during exercise helps keep blood pressure down and reduces unnecessary stress on the arteries. The American College of Sports Medicine recommends exhaling while you lift and inhaling as the weights return to their starting position. You should never hold your breath while lifting weights.  
Source: American College of Sports Medicine

**Org Health & Diversity Focus**

Utilize the [Leadership Practice Toolkit](#) to access the many tools available to help you understand and improve organizational health in your workgroup. Remember - you don't have to be in an official leadership role to benefit from the tools!

**Human Performance Focus**

Mental Stress

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**August 6, 2016**

**Safety Focus**

**HEAT STRESS AND YOU**

Internal and external risk factors affect your ability to work safely in hot, humid environments. A common internal or personal risk factor is your personal health and medications or medication changes. Please let your supervisor know if you have health or medication issues that might affect your ability to work safely in a hot environment.

**Health Tip of the Day**

**STAY SAFE SWIMMING**

Swimming is an all-around great exercise but play it safe. Drowning can occur in as little as 20 seconds for children and 60 seconds for an adult. Drowning is known as the "silent killer" because most victims slip beneath the water without a sound. Paying close attention to those around you can drastically reduce such accidents. Source: Lower Colorado River Authority

**Org Health & Diversity Focus**

Join us for a Generational ERG meeting @ 11 a.m. (central) on August 30 to learn more about how you can get involved in generational issues that impact us @ Entergy. Go to the [Gen ERG site](#) (meetings and events tab) or [click here](#) for info.

**Human Performance Focus**

Mental Stress

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**August 7, 2016**

**Safety Focus**

**DON'T WAIT TO HYDRATE!**

The experts say, don't wait until you are thirsty to re-hydrate! A good rule of thumb is to drink at least eight, 8-ounce servings of water a day. Of course if you are working in a hot environment, you need more. What measures are you taking to ensure you stay hydrated?

**Health Tip of the Day**

**SYMPTOMS OF ALZHEIMER'S DISEASE**

Mild symptoms include confusion and memory loss, disorientation, getting lost in familiar surroundings, problems with routine tasks, and changes in personality and judgment. Early treatment can sometimes slow progression of the disease, so talk with your doctor if you or a loved one shows symptoms. Visit [www.alz.org](http://www.alz.org) for more information. Source: Alzheimer's Association

**Org Health & Diversity Focus**

Today's the last day to give us your feedback - remember to complete the Organizational Health Survey!

**Human Performance Focus**

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**August 8, 2016**

**Safety Focus**

**STARTING OFF RIGHT AND STAYING SAFE**

Do you typically start your shift or job with a work area safety survey, hazard assessment or Job Site Review of the area where you will be working? Lots of employees do but some don't. We are in a hurry to start the job or task we have and may not think we have time. Conditions change, we should each be periodically looking for changes in hazards. If you aren't in the practice of looking for hazards, please start today! Consider the hazards and risks you may be overlooking.

**Health Tip of the Day**

**WASH THOSE HANDS!**

Good hand washing is the single most important thing we can do to reduce the spread of infections. One study found that more than 30 percent of people do not wash their hands after using a public restroom and 33 percent do not wash them after coughing or sneezing. To protect your health and those around you, always wash your hands after using the restroom, coughing or sneezing, and before handling food.

Source: Emerging Infectious Diseases Journal

**Org Health & Diversity Focus**

Need feedback on how well you exhibit our leadership practices? Check out the [Leadership Practice Assessment Tool](#).

**Human Performance Focus**

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**August 9, 2016**

**Safety Focus**

**HABITS**

“The nature of a man is always the same; it is their habits that separate them.”

– Confucius

Developing safe habits is essential to safety. Do you have safe habits? Have you noticed them in your co-workers or teams? If you have, tell them! Positive reinforcement help ensure future safe habits!

**Health Tip of the Day**

**STRETCH: BACK EXTENSIONS**

Assume a ready standing position with feet shoulder-width apart. Place your hands on your hips and slowly extend the upper body backwards. Do not overextend. Keep your head aligned with your body. Hold 1-2 seconds. Perform slowly into a comfortable range. Repeat 2 times. Source: Richard Bunch, Ph.D., P.T., C.B.E.S., the ISR Institute

**Org Health & Diversity Focus**

Learn more about the fundamentals of Diversity & Inclusion – take the Entergy WebTAP “Diversity, Inclusion & You.” (*Change WebTAP settings to: Group = Human Resources; Plant = Human Resources; Division = HR Employee Development CBT*).

**Human Performance Focus**

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**August 10, 2016**

## **Safety Focus**

### **PPE INSPECTIONS**

In some cases, you and your personal protective equipment are the last protection you have. Some PPE is designed to save your life. Many PPE items require inspection prior to use and some may even require an annual or a more frequent inspection. Have you inspected your PPE lately? Please take the time needed to inspect it.

## **Health Tip of the Day**

### **DON'T SWEAT IT**

Dehydration can diminish energy, impair performance and have serious health consequences. Weigh yourself without clothing just before and after you exercise to measure fluid loss. Each pound lost is equivalent to almost two cups of water. Source: Sports, Cardiovascular and Wellness Nutrition.org

## **Org Health & Diversity Focus**

If you're looking for in-depth discussion guides on D&I topics, [Diversity Discussion Starters](#) cover a variety of topics from diversity as a business strategy to gender diversity and the impact of words.

## **Human Performance Focus**

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**August 11, 2016**

**Safety Focus**

**SAFETY DATA SHEETS (SDS)**

Many things you come in contact with in the work environment have a Safety Data Sheet. Materials in addition to chemicals have an SDS. Examples are: gases, asbestos, lead, welding rods, toner, etc.

Take the time needed to understand the safe precautions to take and the actions to take for first aid or emergencies.

**Health Tip of the Day**

**SUMMER FESTIVALS AND FUN FOOD**

A few simple tips can help you stay healthy while eating at summer festivals. Look at all food options before choosing your favorites. Share with a friend or choose smaller portions when possible. Put everything you plan to eat on one plate rather than munching as you go. Source: HealthFitness Dietitian

**Org Health & Diversity Focus**

The [diversity library](#) offers both online resources and DVD resources you can “check out” to learn more about diversity-related issues and how to leverage the power of diversity.

**Human Performance Focus**

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**August 12, 2016**

**Safety Focus**

**LEAD BY POSITIVE EXAMPLE**

“As we let our own light shine, we unconsciously give other people permission to do the same.” - Nelson Mandela

Exemplify safety today in everything that you do. You can probably think of times where you've been influenced by someone's positive OR negative example. You never know who is being influenced by your behavior.

**Health Tip of the Day**

**WALK THE COURSE!**

Love playing golf? Ditching the cart and walking the course means you could walk five miles or more. Ease into it by walking every other hole or even walking up the fairway instead of jumping in the cart after each stroke. Source: HealthFitness

**Org Health & Diversity Focus**

Do you have to give a presentation on organizational health, diversity or inclusion? You can access previous months' presentations on the [OH&D SharePoint site](#).

**Human Performance Focus**

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**August 13, 2016**

**Safety Focus**

**HOUSEKEEPING**

Housekeeping is another area that might be easy to overlook or make the choice to accept the risk in the interest of time. Slips, trips and falls, dropped objects and fires are obviously major safety issues. Please take the time needed to do housekeeping in your work area and set yourself and team up for a safe day!

**Health Tip of the Day**

**CHOKING FIRST AID (Part 1)**

If someone starts to choke but they can speak and they are not turning blue, this is a sign that they have partial airway blockage, and it is best to encourage them to cough to remove the obstruction themselves. Skin, lips or nails turning blue and not being able to speak are signs of total airway blockage. Begin first aid immediately and have someone call 911. Tune in tomorrow to learn about choking first aid techniques. Source: National Safety Council

**Org Health & Diversity Focus**

If you'd like to learn more about our organizational health and diversity network and governance, visit the [Governance and Leadership section](#) of our [OH&D SharePoint site](#).

**Human Performance Focus**

Mental Stress

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**August 14, 2016**

**Safety Focus**

**NO SHORTCUTS!**

Shortcuts usually occur when we become overconfident or we're in a hurry to complete a particular task. Before long, that shortcut may just be your habit. Our actions not only affect our safety but the safety of others. There is no room for shortcuts in safety.

**Health Tip of the Day**

**CHOKING FIRST AID (Part 2)**

If you see someone choking and they are conscious, the American Red Cross recommends having someone call 911, getting the victim's consent and immediately performing a "five-and-five" first aid approach: (1) Give five back blows between the person's shoulder blades with the heel of your hand. (2) Give five abdominal thrusts. (3) Alternate between five blows and five thrusts until the blockage is dislodged. Source: American Red Cross

**Org Health & Diversity Focus**

[Leadership Practice Primers](#) are available to give you specific examples of what "good" looks like for each of the six practices.

**Human Performance Focus**

Mental Stress

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**August 15, 2016**

## **Safety Focus**

### **RISKS**

Do you ever think of your actions or decisions as risky? What can you do to ensure that you and your co-workers aren't injured for the reasons listed below?

- Did not understand the danger
- Did not read the instructions or precautions
- Too embarrassed to ask for help or didn't want to wake someone else up on a callout.
- Was in a hurry
- Never been hurt before
- We always do it this way

## **Health Tip of the Day**

### **WHEN IT'S MORE THAN JUST A HEADACHE**

Throbbing or pulsing pain, sensitivity to light, nausea, and zigzag lines are some of the common symptoms associated with migraine headaches. With proper care, migraines can at least be reduced and sometimes eliminated. Talk with your doctor if you suffer from migraine headaches. Source: National Institutes of Health

## **Org Health & Diversity Focus**

[Self-Directed Training Modules](#) are available to assist individuals who want to work with their organizations to learn more about our leadership practices.

## **Human Performance Focus**

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**August 16, 2016**

## **Safety Focus**

### **CHECKLISTS AND HAZARD ASSESSMENTS**

On this date in 1987, Northwest Airlines Flight 255 crashed when it failed to climb after taking off from a Detroit airport. Only 1 of the 155 people on board survived. The crew did not use the taxi checklist to ensure the plane was ready for takeoff.

Ensure that even experienced workers take the time needed to adhere to procedure use standards and are verify equipment configurations.

Checklists, Hazard Assessments and Pre-job brief are very valuable in safety. Remember their importance in keeping you safe and use them!

## **Health Tip of the Day**

### **STRETCH: HAND-ARM SHAKE-DOWNS AND HAND STRETCHES**

Allow arms to be fully relaxed by sides of body and shake hands loosely for 3-5 seconds. Repeat 2-3 times. Perform hand extension stretches by using one hand to stretch the other hand into extension (backward bend at wrist). Perform hand flexion stretches by using one hand to stretch the other hand into flexion (forward bend at wrist). Hold each stretch at least 7 seconds and repeat 3 times. Source: Richard Bunch, Ph.D., P.T., C.B.E.S., the ISR Institute

## **Org Health & Diversity Focus**

If you're kicking off a team project or starting a new initiative, be sure to think about how you can kick off with a "healthy" start by using the "[Incorporating Leadership Practice Behaviors Into Daily and Project Team Work](#)" checklist.

## **Human Performance Focus**

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**August 17, 2016**

**Safety Focus**

**SAFETY CIRCLE**

Are you committed to doing the Circle for Safety? The circle for safety is for YOUR safety and the safety of those around you. It takes some commitment and self-discipline to develop the safety habit of doing a Circle for Safety. It is certainly something that would be easy to miss when in a hurry. Remember, Safety Principle #8!

Discuss the Circle for Safety and the reasons that it is important.

**Health Tip of the Day**

**OPTIMAL HYDRATION**

Alcoholic and caffeinated beverages, such as coffee, teas and colas, are not recommended for optimal hydration. These fluids tend to pull water from the body and promote dehydration. Fruit juice and fruit drinks may have too many carbohydrates, too little sodium, and may upset the stomach. If you're going to drink fruit juices while exercising, you may try diluting them with 50 percent fruit juice and 50 percent water first. Source: The Cleveland Clinic

**Org Health & Diversity Focus**

Take control of your own development and growth - many [resources](#) are available to help you on the employee development SharePoint site including general information on development, coaching, communication skills, listening and conflict management.

**Human Performance Focus**

Mental Stress

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**August 18, 2016**

**Safety Focus**

**VERIFY CONDITIONS/CONFIGURATION**

The conditions of our work environment and configuration of equipment – even if that is your desk – are important to worker safety. Verify conditions and configuration of equipment before you start work! Discuss examples that apply to your work.

**Health Tip of the Day**

**VITAMIN D IN FOODS**

While not all seafood is rich in Vitamin D, salmon, swordfish and mackerel can be good sources. Don't eat seafood? You can find vitamin D in fortified cereals, fortified milk and in egg yolk. Source: WebMD

**Org Health & Diversity Focus**

Check out the external D&I resources available to you, including vendors under a general services agreement with Entergy who can provide special support to your function.

**Human Performance Focus**

Mental Stress

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**August 19, 2016**

**Safety Focus**

**LOOKING FOR THE WEEKEND**

Are you looking for the weekend? Sometimes our personal plans can be a distraction. Using human performance tools will help ensure that you are safe for those family plans. Which Human Performance tools will apply most for your work today?

**Health Tip of the Day**

**MUSIC IMPROVES EXERCISE**

Those who listen to enjoyable music while working out often find that deciding to exercise is easier, and they usually feel that the exercise takes less effort. If you use earbuds or headphones while exercising outside, be safe. Keep the volume at a level where you can still hear traffic and be aware of your surroundings.  
Source: HealthFitness

**Org Health & Diversity Focus**

[Entergy's DiversityInc. subscription](#) is available to all employees and offers advice and resources including: "things not to say" features, career advice information, DiversityInc. magazine, best practice information and diversity facts.

**Human Performance Focus**

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**August 20, 2016**

**Safety Focus**

**LOOK FOR SAFER WAYS**

“The important thing is to not stop questioning.” Albert Einstein

Often, we get accustomed to the way we’ve always done it and sometimes it seems we are so busy working that we don’t always take a step back and look at the big picture to question our practices and see if there are safer ways. Small changes are great changes!

**Health Tip of the Day**

**ALCOHOL: HOW MUCH IS TOO MUCH?**

Some warning signs of a problem with alcohol include: wanting to cut down or stop drinking but being unable to do so, having a hangover or after effects from drinking, or having problems with work or family due to alcohol. If you suspect that you or someone you care about might have a drinking problem, use the employee assistance program or call the SAMHSA National Helpline at 1-800-662-HELP. Source: National Institutes of Health

**Org Health & Diversity Focus**

What day is today? You might be surprised – take a look at the monthly D&I calendar posted on the [OH&D](#) and [Safety](#) sites.

**Human Performance Focus**

Mental Stress

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**August 21, 2016**

**Safety Focus**

**COMMUNICATION**

Clear communication is one key to safety. Discuss some methods or processes in place in your area to facilitate clear communication about safety.

**Health Tip of the Day**

**QUITTING SMOKING**

Thinking about quitting? Here are a few steps that can help you plan ahead: 1. Talk to your doctor about quit options. 2. Set a quit date. 3. Tell family and friends your plans. 4. Plan for challenges. 5. Remove all tobacco from your home, car and workplace before your quit day. Contact your local ENSHAPE coordinator or check out [www.smokefree.gov](http://www.smokefree.gov) for more ideas to help you succeed. Source: Smokefree.gov

**Org Health & Diversity Focus**

Learn more about the [projects](#) our [Veterans ERG](#) members are getting involved in and reach out to one of our Veterans ERG leaders to learn more – cruise around the [Vets ERG site](#) for more info!

**Human Performance Focus**

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**August 22, 2016**

**Safety Focus**

**OBSERVE AND OBEY WARNING SIGNS**

Most of our facilities have safety signs of some kind. They really are your sign! Safety signs and postings either provide information, cautions, warnings or alert of danger. Take the time needed to read signs and postings you may have passed many times.

**Health Tip of the Day**

**SLEEP AND WEIGHT**

In a study conducted by the Mayo Clinic, research subjects who were sleep deprived, sleeping 5.2-6.5 hours per night consumed up to 549 more calories daily. If you are looking to lose or control your weight, get your sleep. Source: American Heart Association

**Org Health & Diversity Focus**

If you're looking for a great opportunity to learn more about D&I from external subject matter experts, think about attending one of the many DiversityInc. webinars scheduled in 2016. To access the calendar, go to [www.diversityinc.com](http://www.diversityinc.com) or [click here](#) – you will first need to log in using your Entergy e-mail address (for example, [csmith@entergy.com](mailto:csmith@entergy.com)).

**Human Performance Focus**

Mental Stress

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**August 23, 2016**

**Safety Focus**

**SEAT BELTS**

Have you ever been in a hurry and not latched your seat belt?

Seatbelts save lives!

Seatbelts are required in our vehicles and on many other pieces of equipment we operate. Use your seatbelt every time!

**Health Tip of the Day**

**STRETCHING BASICS: THE WARM UP**

Before any stretch, you should warm up first for best results. A warm up can be any gradual increase in activity designed to increase the blood flow to your muscles. Examples include walking from a slow to faster pace, marching in place with arms swinging freely or performing a slower pace of your planned activity, such as jogging slowly before running. Source: HealthFitness

**Org Health & Diversity Focus**

A new LGBT ERG is now forming. If you have any questions or would like to join, please contact [Kim Noel](#).

**Human Performance Focus**

Mental Stress

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**August 24, 2016**

**Safety Focus**

**HELP EACH OTHER OUT**

It is pretty common for a co-worker to recognize signs and symptoms of heat stress in another worker before the worker does. Coach each other to stay hydrated. Watch for signs and symptoms of heat stress. If you see them, insist that your co-worker get the help needed. That could range from taking a break and hydrating to medical assistance.

**Health Tip of the Day**

**FRUITS AND VEGETABLES CONTAIN WATER**

Drinking water is essential to stay hydrated, but eating fruits and vegetables can help! For example: cucumbers and watermelon contain 96% water. Pineapples, romaine lettuce, blueberries and celery contain 96% water. Source: Health.com

**Org Health & Diversity Focus**

Learn more about the [projects](#) our [Multicultural and Women's ERG](#) members are getting involved in, including internal job applicant feedback, onboarding and recruiting by visiting their website.

**Human Performance Focus**

Mental Stress

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**August 25, 2016**

**Safety Focus**

**INSPECTING TOOLS & EQUIPMENT**

Inspecting tools you regularly use could fall off your radar. Tools could include hand tools, power tools, forklifts, cords and even your chair! Deficiencies in tools and equipment can lead to injuries! Please take time today to inspect the tools you are using. Remember - Our Work is Never So Urgent or Important That We Cannot Take Time to Do It Safely

**Health Tip of the Day**

**GO EXTRA LEAN**

Have you seen the term "extra lean" on the food label of meat or poultry? This means that the food contains fewer than five grams of total fat, fewer than two grams of saturated fat, and fewer than 95 milligrams of cholesterol per serving. To save fat and calories, consider selecting extra-lean varieties of beef or poultry. Source: Food and Drug Administration

**Org Health & Diversity Focus**

Take a look at the org health [Leadership training videos](#) for short, just-in-time videos that will help you learn more about the leadership practices.

**Human Performance Focus**

Mental Stress

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**August 26, 2016**

**Safety Focus**

**SELF CHECKING MY OLD FRIEND**

Self-checking is a technique used in many industries to slow a worker down to ensure safe and error free performance.

Many people relate the acronym STAR with Self-Checking. STAR stands for Stop, Think, Act and Review.

Did you know that pauses of even a few seconds have been shown to prevent injuries and errors?

**Health Tip of the Day**

**MOVEMENT INSPIRATION**

*“The secret of getting ahead is getting started”* -Mark Twain. Creating goals is an important part of a fitness program, but goals alone won't get you there. Commit to a date, tell a friend or colleague and get started with your fitness routine. Your health will thank you for it. Source: HealthFitness

**Org Health & Diversity Focus**

The [Strengthen-Start-Stop Activities](#) tool can help your team talk through how to practically apply leadership practices.

**Human Performance Focus**

Mental Stress

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**August 27, 2016**

## **Safety Focus**

### **STRETCHING**

Skipping stretches might save a little time but is it worth the risk? Of course not!

Take the time needed to stretch and warm up before exercising or performing physical work. We have had injuries during valve operation, during activities that require reaching and when manually moving material.

Which Safety Principle is the focus for August?

## **Health Tip of the Day**

### **MUSCLES DID YOU KNOW**

Due to their structure and design, muscles cannot stretch on their own. Muscles either contract or relax. It takes an outside force to lengthen the muscle, such as when a person stretches. Stretching helps not just the muscles and tendons but also helps the joint maintain its range of motion. Source: Aqua4Balance.com

## **Org Health & Diversity Focus**

Get the latest information on who our Diversity Council representatives are and upcoming events on our [Diversity and Inclusion Council page](#).

## **Human Performance Focus**

Mental Stress

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**August 28, 2016**

## **Safety Focus**

### **STOP BEFORE STARTING**

Below are some examples of when work should be stopped. We have plenty of time to work safely. Can you think of other safety reasons where you would need to stop and get someone else involved?

- Until sure about roles/responsibilities, the task to be performed, the hazards and hazard elimination or mitigation plans.
- If conditions are not safe.
- If conditions change or job scope changes.
- If instructions aren't clear or needed and not available.
- If personal protective equipment (PPE), tools, material or assistance is needed or required and not present or available.

## **Health Tip of the Day**

### **FEELING OVERSTIMULATED?**

Too much caffeine can cause nervousness, irritability, stomach problems and headaches. Caffeine gets into the blood quickly and its effects can last for many hours. It's best to avoid caffeinated beverages for several hours before you go to sleep. If you have questions about your caffeine use, talk with your doctor.

Source: National Institutes of Health

## **Org Health & Diversity Focus**

Upcoming meeting dates and information can be found on the meeting tabs of the [Gen ERG](#), [Veterans ERG](#), and [Multicultural and Women's ERG](#) sharepoint sites. Learn more about these groups by coming to a meeting!

## **Human Performance Focus**

Mental Stress

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**August 29, 2016**

## **Safety Focus**

### **MAKE DECISIONS WITH SAFETY BIAS**

Safety bias is an approach/mindset applied prior to taking action or making decisions. Ask these questions:

- *Are my actions safe?* Actions should be specifically determined to be safe prior to starting or continuing (there is always a bias toward safety).
- *How does this act or decision affect my safety and the safety of others?*
- *What is the potential consequence of my action or decision?*
- *Am I using best practices vs. being satisfied with only meeting the minimum required to get the job done?*

## **Health Tip of the Day**

### **PANIC ATTACKS**

A panic disorder is a serious condition that strikes without reason, causing sudden attacks of fear and anxiety, as well as physical symptoms such as sweating and a racing heart. Panic attacks can continue to occur without warning. Over time, the person develops a constant fear of having another attack, which can affect daily functioning and general quality of life. If you or a loved one suffers from panic attacks, contact your primary care provider. Source: Cleveland Clinic

## **Org Health & Diversity Focus**

Learn more about the [projects](#) our [Generational ERG](#) members are getting involved in - including rewards & recognition, onboarding, career development and others - at tomorrow's ERG meeting (11 a.m. central - see the [Generational ERG](#) site [meeting and event tab](#) for details).

## **Human Performance Focus**

Mental Stress

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**August 30, 2016**

## **Safety Focus**

### **BODY POSITION**

Body position is a factor in many ergonomic injuries that involve lifting.

- Reaching and twisting while lifting increases your risk of an injury.
- Working in a non-neutral position also increases risk.

OSHA calls the area between your chest and mid-thigh your “power zone” for lifting.

Are you working in your “power zone” or “danger zone”?

## **Health Tip of the Day**

### **MUSCLES DID YOU KNOW**

Each skeletal muscle has a sensor that signals the brain if the muscle is being overstretched. Many athletes have torn their hamstring because their brain signaled a contraction due to those sensors. This is the reason why bouncing while stretching is not recommended. By stretching slowly and breathing deeply, you can lengthen the muscle and get a good stretch safely. Source: [Stretching-exercises-guide.com](http://Stretching-exercises-guide.com)

## **Org Health & Diversity Focus**

Join us today for a Generational ERG meeting @ 11 a.m. (Central) to learn more about how you can get involved in generational issues that impact us @ Entergy. Check out the [Generational ERG SharePoint](#) site [meeting and event tab](#) for more information on meeting logistics.

## **Human Performance Focus**

Mental Stress

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**August 31, 2016**

**Safety Focus**

**EQUIPMENT AND WORK POSITION**

Adjusting equipment position or your work position can help reduce stresses on your body.

**Examples:**

- Use tables or work benches to adjust your work to a neutral height vs. kneeling and working.
- Adjust aerial equipment position so that you can work in a neutral position.

**Health Tip of the Day**

**MADE IN THE SHADE**

There are more than 3.5 million new cases of skin cancer diagnosed and 2.2 million people treated in the U.S. each year. Sunscreens, seeking shade, covering up using sun-protective clothing, wearing a wide-brimmed hat and sunglasses are equally important behaviors to practice. Source: National Council on Skin Cancer Prevention

**Org Health & Diversity Focus**

Learn more about having effective career development discussions – check out the [one-on-one discussion guide](#) in the [OH leadership toolkit](#)!

**Human Performance Focus**

Mental Stress

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