

## Safety Principle # 8

Our work is never so urgent or important that we cannot take time to do it safely

# August 2020

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## **Safety Principle # 8**

**Our work is never so urgent or important that we cannot take time to do it safely**

**August 1, 2020**

### **Office Daily Safety Message**

Teamwork!

We all play part in the safety success at Entergy. Whether you are working from home or in the field, we are all working together to create a safe work environment.

Remember our safety pledge:

“Therefore, I pledge that I will be ever vigilant for my own safety and that of my fellow employees.”

Every day be your brother's or sister's keeper and remain Safety Strong.

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**August 2, 2020**

### **Office Daily Safety Message**

#### Sweat and Dehydration

People differ in how much they sweat, but on average, people lose 1 to 1.5 pounds of water by sweating each day. Each pound lost is equivalent to almost two cups of water.

If you lose more fluid by sweating than you take in, dehydration can occur due to your body not having enough water and other fluids to carry out its normal functions.

It is still hot outside, don't forget to keep hydrated to avoid becoming dehydrated!

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**August 3, 2020**

### **Office Daily Safety Message**

Working from Home – ERGO Tips

While working from home during COVID-19, do not forget about your ERGO health. Here are a few items to consider:

- Ensure your chair is comfortable and in good working condition. While sitting, make sure your keyboard, monitor and mouse are positioned so that your arms, wrists and neck are relaxed. If you're working via a laptop computer, try to use a separate keyboard, mouse and monitor as much as possible.
- Center your body in line with the middle of the monitor, and make sure the top of the monitor is at eye level. Adjust your chair and footrest as needed so your neck and shoulders are in a comfortable position.
- Make sure you have plenty of leg room, remove any nearby tripping hazards, and use a headset or speakerphone when possible.

Regardless of how comfortable your home workstation, do not forget your 30 for 30.

“Change positions frequently, because your next position is your best position.”

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**August 4, 2020**

### **Office Daily Safety Message**

#### Family Emergency - Communication Plan

This communication plan starts with one question “What if?” “What if something happens and I am not with my family, how can I let them know I’m okay?”

Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency.

Planning starts with three easy steps:

1. **Collect** – Create a paper copy of the contact information for your family and other important people/offices, such as medical facilities, doctors, schools, or service providers.
2. **Share** – Make sure that everyone carries a copy in his or her backpack, purse, or wallet.
3. **Practice** – Have regular household meetings to review and practice your plan.

Text is best! If you are using a mobile phone, a text message may get through when a phone call will not. This is because a text message requires far less bandwidth than a phone call.

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**August 5, 2020**

### **Office Daily Safety Message**

“Workout Wednesday”

#### Upper Back Stretch

Hold your arms out straight in front of you with your palms facing down. Lower your head in line with your arms and round the upper back while looking down toward the floor. Hold for 2 to 3 deep breaths.

Feel the stretch!

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**August 6, 2020**

### **Office Daily Safety Message**

#### Cabin Fever – Working Remotely

Now that we are spending a lot of time at home due to working remotely, try to get outside as much as possible. Take a walk around the block, take the dog for a walk, or just walk outside and stretch. Mounting research shows that spending time in nature lowers stress, helps you relax and clears your mind.

After work hours, enjoy other areas of your home: watching a good movie, reading a book, or cooking a fun meal. The new normal is not to limit social devices but to take advantage of them. Use Facetime, Facebook or Skype with friends and family members so you feel connected to the people in your life that you care about.

We are all in this together! Take care of yourself and those around you!

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**August 7, 2020**

### **Office Daily Safety Message**

#### Protecting Your Body from Injuries

Protect yourself by using basic thinking in your daily conduct around your home:

- Sit upright in your chair with your feet touching the floor when you're working at your desk
- Before sitting down, look to make sure your chair is beneath you and has not rolled away
- Walk, don't run in your home
- Don't read while walking including your cellphone
- Always hold the handrail when using stairs
- 30 for 30 – for every 30 minutes of sitting, stand and stretch for 30 seconds

What other ways can you protect your body from injuries around your home?

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**August 8, 2020**

### **Office Daily Safety Message**

#### Pool and Spa Safety

Swimming pools and spas are great places for family fun. It is important to ensure everyone follows these simple safety steps to stay safer in and around water.

1. Never leave a child unattended in or near water.
2. Teach children how to swim.
3. Teach children to stay away from drains.
4. Ensure all pools and spas – both in your backyard and any public pool you may visit – have compliant drain covers.
5. Install proper barriers, covers, and alarms on and around your pool and spa.
6. Know how to perform CPR on children and adults.

Drowning related to pools and spas is the leading cause of unintentional death in young children. Layers of protection are so important. You never know which safety step will save a life until it does!

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**August 9, 2020**

### **Office Daily Safety Message**

#### Prevent Poisonings

Did you know in 2018, more than 70,900 children were seen in the ER due to unintended pediatric poisoning?

More than 85% of these incidents occurred in the home and most often with these five products:

- Blood pressure medications
- Acetaminophen
- Bleach
- Ibuprofen
- Laundry packets

Make sure you keep household cleaning products and laundry packets in their original containers and in cabinets with child safety latches or locks. Never transfer these products to a different bottle without a child-resistant closure and a label. Children and others can mistake them and drink or eat the contents.

Put the Poison Control Center's hotline (800-222-1222) in your cell phone.

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**August 10, 2020**

### **Office Daily Safety Message**

#### The Four Routes of Entry of Hazardous Chemicals

Chemicals exist in almost every home. Many chemicals used around your house are hazardous to humans depending on how an individual comes into contact with them as well as the amount of the chemical they are exposed to.

There are four ways a chemical or substance can enter the human body:

- Inhalation – this is the most common route of entry
- Absorption – getting chemicals on the skin or into the eyes
- Ingestion – chemicals that inadvertently get into the mouth and are swallowed
- Injection – though not common, injection into the body can occur

Eliminate chemicals or substitute a less hazardous chemical in place of a more hazardous chemical when possible. Know what to do in case of an emergency by reading your SDS book. If PPE is required for handling of chemical, make sure that all is available to those who are handling.

**Be Safety Strong!**

## **Safety Principle # 8**

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**August 11, 2020**

### **Office Daily Safety Message**

Pedestrian Safety is a Shared Responsibility

When driving, help keep pedestrians of all ages safe by:

- Obeying all traffic laws, especially posted speed limits in school zones
- Watching for pedestrians always and be extra cautious when backing up
- Yield to pedestrians in crosswalks, making eye contact to indicate that you see them
- Never pass vehicles stopped at crosswalks
- Stay alert – avoid distracted driving
- Do not drive under the influence of alcohol and/or drugs

## **Safety Principle # 8**

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**August 12, 2020**

### **Office Daily Safety Message**

“Workout Wednesday”

Park Farther Away

There is something strangely gratifying about the ability to get the nearest parking spot to the entrance, but parking at the edge of the lot will help you get a lot of extra steps in your day!

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**August 13, 2020**

### **Office Daily Safety Message**

Driven through a construction zone lately?

Construction workers put themselves at risk when going to work every day. According to the National Safety Council database, Injury Facts, the construction sector has the highest rate of preventable fatal work injuries. Construction workers account for 10% of nonfatal pedestrian vehicle incidents and 19% of all fatal pedestrian incidents. That means 1 out of every 5 pedestrians killed in motor vehicle incidents are in the construction industry.

When in a construction zone, slow down, pay attention, and remain Safety Strong!

## **Safety Principle # 8**

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**August 14, 2020**

### **Office Daily Safety Message**

#### Power Strips and Surge Protectors

Power strips and surge protectors are a necessity in many homes today. With computers, smartphones, tablets, streaming media devices, and gaming consoles, we have a lot of items to plug in. Don't forget about TVs, lamps, and other household items. All these items plugged into a power strip can put stress on it.

Did you know that approximately 4,600 home fires start as a result of extension cord and power strip overuse each year? These fires account for 70 deaths and 230 injuries.

Here are some things you can do to keep your home and family safe:

- Never use power strips or surge protectors for high-power capacity items such as, space heaters, dehumidifiers, or other high capacity appliances. Plug them directly into a wall outlet.
- Don't connect multiple power strips together to increase the number of outlets available.
- Never use power strips or extension cords in a bathroom or on the kitchen countertop.
- Do the math. Try to determine what the power strip can handle by looking at its specifications on the package. The most important number is watts. The higher the number, the better.
- Don't just look at price. Make sure you're buying the correct one for your household needs and that it's certified.
- Never try to prevent trip and fall hazards by covering cords up with a rug. Repeatedly stepping on them can cause cords to breakdown, which could lead to a fire.

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**August 15, 2020**

### **Office Daily Safety Message**

Life Jackets are Essential

Life jackets are at the core of safe boating, whether using a motorized or non-motorized vessel. The U.S. Coast Guard reports 76% of boating deaths in 2017 were due to drowning, and 84% of the victims were not wearing a life jacket. Regulations around life jackets vary from state to state, please check the regulations in your area.

Good swimmers still need life jackets. When people fall off a boat, they may become disoriented, injured, or unconscious. Life jackets can keep the victims' heads above water so they can breathe and be rescued more easily.

Choose the right life jacket for the activities you will be doing. Make sure the life jackets are U.S. Coast Guard approved and fit correctly according to your size and weight.

Stay Safety Strong while having fun on the water!

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**August 16, 2020**

### **Office Daily Safety Message**

#### Mosquito Prevention at Home

Everyone can protect themselves and their families from the threat of mosquito-borne illness by following a few simple measures:

- To prevent mosquito bites, use Environmental Protection Agency-registered insect repellent with DEET and wear long-sleeve shirts and long pants
- Read product labels when using insect repellent and apply as directed
- Do not leave doors or windows propped open
- Once a week, scrub or empty planters, birdbaths, vases and flowerpot saucers; mosquitoes lay their eggs in standing water
- Use EPA-approved indoor and outdoor flying insect spray or foggers
- Turn on air conditioning; mosquitoes prefer warm, damp, and dark spaces

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**August 17, 2020**

### **Office Daily Safety Message**

Prevent Fires and CO Poisoning

Working smoke and CO alarms save lives. Make sure to replace smoke and CO alarm batteries every year.

- Test alarms every month.
- Always stay in the kitchen when cooking.
- Have a fire escape plan (two ways out each room).

Young children and seniors will need additional assistance leaving your home during a fire emergency. Make plans to help them get out of the house to your family's designated meeting spot.

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**August 18, 2020**

### **Office Daily Safety Message**

#### Slips, Trips, and Falls

Slips, trips, and falls cause numerous injuries every day. However, they are among the easiest hazards to correct.

Take the time to look around your work site for these hazards and take action to prevent them. Take care not to cause any slip, trip or fall hazards as you go about your daily activities. Don't let a slip, trip or fall keep you from enjoying all that life has to offer.

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**August 19, 2020**

### **Office Daily Safety Message**

“Workout Wednesday”

Get to Cooking

When you spend time in the kitchen chopping veggies and looking in the oven you are being more active than you realize. The added benefit of this is preparing your own meals is a much healthier alternative to fast food or something you just throw in the microwave.

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**August 20, 2020**

### **Office Daily Safety Message**

#### Proper Laptop Ergonomics

Poor ergonomics in the workspace can contribute to muscle strain, muscle imbalances, and fatigue. To remain healthy while working from home it is important to maintain proper ergonomics in your home office. Here are a few tips when working from a laptop computer:

- Work in a comfortable chair – one that allows you to sit back while positioning the laptop in your lap for a neutral wrist posture.
- Use a wireless keyboard and mouse if possible.
- Position and angle the laptop screen so that you can see it with the least amount of neck deviation to avoid static forward head posture.
- Forearms should be parallel to the floor. Adjust your keyboard tray or desk height accordingly.
- Your wrists should be straight and your hands in line with your forearms – adjust the height and position of the keyboard tray to keep wrists flat.

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**August 21, 2020**

### **Office Daily Safety Message**

Always Use the Correct Safety Equipment

Some tasks require the use of safety equipment, and failure to use the right equipment can result in injury. For example, if you are undertaking home cleaning with chemicals make sure to wear gloves and a protective mask to reduce the risk of inhalation or injury to your skin. Other safety equipment might include earplugs, goggles, or earmuffs, depending on the task.

Gear up with the correct safety equipment!

## **Safety Principle # 8**

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**August 22, 2020**

### **Office Daily Safety Message**

#### Trampoline Safety

Trampolines can be fun for children, but they can also be dangerous. Serious accidents can occur on trampolines when colliding with another person or landing improperly while jumping or doing stunts.

That's why it's important for adults to always supervise kids and set ground rules:

- Only one jumper at a time, and no somersaults, because landing on the head or neck can cause paralysis
- Make sure your trampoline has shock-absorbing pads that completely cover its springs, hooks and the frame of the structure
- Place the trampoline away from trees, and make sure it has a net enclosure to help prevent injuries from falls

Get outside and enjoy some fresh air and remember to always remain Safety Strong!

## **Safety Principle # 8**

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**August 23, 2020**

### **Office Daily Safety Message**

#### Lawnmower Safety

Before mowing the lawn, take a few minutes to survey the area and remove rocks, sticks, pinecones, toys, and any other objects that can be projectile objects.

Remember to use PPE such as sturdy closed-toe shoes, long pants, safety glasses, and hearing protection.

Never insert your hands into the mower to remove clogs. Use a stick or long screwdriver instead with the mower turned off.

## **Safety Principle # 8**

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**August 24, 2020**

### **Office Daily Safety Message**

Hurricane Season is Not Over

#### Action Items

- Keep alert to weather conditions if you live in a hurricane-prone region, especially during hurricane season
- Stock up on emergency supplies and always keep them easily accessible. Don't forget medications and pet supplies
- When a hurricane strikes, seek shelter in an interior and windowless room within the sturdiest building or part of your home
- During a hurricane watch or hurricane warning, be prepared to evacuate and do so immediately when advised
- Don't mistake the eye of the storm for the end of the storm
- Proceed with caution even after the storm; hazards (downed power lines, gas leaks, flooded roads) are probable and plentiful

Plan ahead, be prepared and remain Safety Strong!

## **Safety Principle # 8**

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**August 25, 2020**

### **Office Daily Safety Message**

#### Managing Stress

Many workers suffer from work stress from time to time. This could be a result of overworking, insecurity in your role, or disagreements with co-workers. If you feel stressed, you should talk to someone or find a technique to bring your stress under control.

Entergy offers all employees an Employee Assistance Plan (EAP) and a Worklife Balance program to help navigate life's challenges and balance the demands of career and family.

EAP Resources can be reached by calling 1-855-718-9396

Worklife Balance Resources can be reached by calling 1-855-718-9396 or by logging into [www.mylivevalues.com](http://www.mylivevalues.com) (Login ID: Entergy – Password: worklife)

## **Safety Principle # 8**

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**August 26, 2020**

### **Office Daily Safety Message**

“Workout Wednesday”

Shoulder Press

Look around your home and find an old phone book or a large book, something that weighs a few pounds. Hold it at shoulder height and then raise it all the way overhead for 10 reps, 3 times.

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**August 27, 2020**

### **Office Daily Safety Message**

Don't Take Risks

It can be tempting to cut corners in your home, but it is important to follow the safety precautions. Do not take any unnecessary risks. You might think about wanting to stand on a chair rather than going to find a step ladder or think about lifting a heavy box alone rather than asking for help.

**DON'T DO IT!**

Don't take the risk and remain Safety Strong!

## **Safety Principle # 8**

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**August 28, 2020**

### **Office Daily Safety Message**

#### Let Someone Know

When traveling for vacation or when hiking, boating or swimming, have someone with you when possible. If having a companion with you isn't possible, let someone know your planned route. Also, make plans for stops in safe areas, ensure your phone is charged and determine what actions you would take in an emergency.

Safety is good business!

## **Safety Principle # 8**

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**August 29, 2020**

### **Office Daily Safety Message**

#### Poison Ivy

If you are working in vegetation remember “Leaflets Three, Let it Be!”

- Avoid direct contact with any plants that look like poison ivy.
- Use barrier cream as a preventative measure if you have to work in a wooded area where poison ivy may be present.
- Wash all clothes that have come in contact with this plant because they can indirectly transfer the urushiol from the plant’s sap to your skin.

Remember, even if you were not allergic before, you may be allergic now.

Don’t take the chance! “Leaflets Three, Let it Be!”

## **Safety Principle # 8**

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**August 30, 2019**

### **Office Daily Safety Message**

#### Home Playgrounds

What kid doesn't like to swing and slide for fun? Playgrounds are a great way for children to get some activity into their day. As the weather turns warmer, avoid burns from hot playground equipment by touching the plastic or metal surfaces yourself before kids begin playing. To prevent strangulation, never attach jump ropes or pet leashes to equipment, and make sure that there are no drawstrings on children's clothing.

The most common type of playground injury is children falling from a piece of equipment. That's why surfaces underneath and around playgrounds should have a 9- to 12-inch deep layer of wood chips, mulch, sand, pea gravel or mats made of safety-tested rubber.

## **Safety Principle # 8**

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**August 31, 2020**

### **Office Daily Safety Message**

#### Canned Air

Did you know that canned air can be hazardous if not used correctly?

Canned air products often used to clean your keyboard contain a gas that is mostly compressed into a liquid. A variety of gases are used in these products and some are highly flammable. Because canned air can be flammable, it needs to be used properly.

- Keep canned air products in an upright position during spraying. This allows for only the gas layer above the liquid to be released.
- Canned air should never be used in small or poorly ventilated areas due to the concentration of gases that have the potential to create a flammable atmosphere.
- Another potential hazard of using canned air is frostbite. When used, gas expansion in the can makes the liquid inside very cold. Exposure to a steady stream of this liquid can cause serious frostbite.