

Safety Principle # 8

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

August 2019

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August 1, 2019

Office Daily Safety Message

Hazard Recognition

Hazards are all around us. The trick is learning to spot the hidden hazards. To do so, you need to anticipate the possible outcomes of your actions.

For example, imagine walking around a corner with your hands full. Ask yourself, what can go wrong here? For starters, you might run into another employee coming around the corner or drop what you are carrying and trip over it.

To prevent these incidents, you could go around the corner with a wider berth, ask someone to help you carry your load or make two trips.

Practicing this type of thinking can help eliminate other – sometimes more dangerous – incidents from occurring.

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August 2, 2019

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.

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August 3, 2019

Office Daily Safety Message

Team Work!

We all play part in the safety success at Entergy. Whether you work in an office 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 keeper and remain Safety Strong.

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August 4, 2019

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 5, 2019

Office Daily Safety Message

School Transportation Safety – Walking to School

Whether children walk, ride their bicycle, or take the bus to school, it is extremely important that they take proper safety precautions.

Over the next few days we will cover tips to help ensure your child safely travels to school.

- Walk on the sidewalk, if one is available; when on a street with no sidewalk, walk facing traffic
- Before you cross the street, stop and look left, right and left again to see if cars are coming
- Make eye contact with drivers before crossing and always cross streets at crosswalks or intersections
- Stay alert and avoid distracted walking

Teach your children to be Safety Strong!

Safety Principle # 8

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August 6, 2019

Office Daily Safety Message

School Transportation Safety – Riding a Bike to School

Teach your children the rules of the road and practice riding the bike route to school with your child.

- Ride on the right side of the road, with traffic, and in single file
- Come to a complete stop before crossing the street; walk bikes across the street
- Stay alert and avoid distracted riding
- Make sure your child always wears a properly fitted helmet and bright clothing

Teach your children to be Safety Strong when riding a bike to school!

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August 7, 2019

Office Daily Safety Message

School Transportation Safety – Riding the Bus to School

Teach your children school bus safety rules and practice with them.

- Go to the bus stop with your child to teach them the proper way to get on and off the bus
- Teach your children to stand six feet (or three giant steps) away from the curb
- If your child must cross the street in front of the bus, teach him or her to walk on the side of the road until they are ten feet in front of the bus; your child and the bus driver should always be able to see each other

Teach your children to be Safety Strong when riding the bus to school!

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August 8, 2019

Office Daily Safety Message

Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind or from either direction if you're on an undivided road if it is stopped to load or unload children.
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop.
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus.

Be alert; children often are unpredictable, and they tend to ignore hazards and take risks.

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August 9, 2019

Office Daily Safety Message

Protecting Your Body from Injuries

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

- 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 the office
- 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 the office?

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August 10, 2019

Office Daily Safety Message

School Starting – Teen Drivers

With school starting for the year, teen drivers will be driving to school for the first time.

What are the two biggest mistakes teen drivers make when driving to and from school?

SPEEDING and DISTRACTED DRIVING

Teen drivers also struggle with judging gaps in traffic, driving the right speed for the condition, and turning safely.

If you have a teen driver encourage them to give themselves enough time to arrive on time and put the cellphone away!

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August 11, 2019

Office Daily Safety Message

Check for Playground Hazards

Nearly 80% of playground injuries are caused by falls. Watch out for these potential hazards when taking kids to the playground, and report any hazards observed.

1. **Improper ground surfaces:** Surfaces around playground equipment should have at least 12 inches of wood chips, mulch, sand or pea gravel, or mats made of safety-tested rubber-like materials. Playgrounds should be free of exposed concrete footings, rocks, or tree stumps.
2. **Overcrowded play areas:** The area under and around play equipment should be a minimum of 6 feet in all directions while swing sets should be twice the height of the suspending bar both in back and front of the swings. Structures more than 30 inches high should be at least 9 feet apart.
3. **Unprotected elevated areas:** Platforms higher than 30 inches should have guardrails or barriers.
4. **Head entrapment spaces:** Openings between rails, bars, rungs, and even ropes of cargo nets should be less than 3 ½ inches or more than 9 inches.
5. **Sharp points and edges:** Playground equipment should be free of protruding bold ends, "S" hooks, and other sharp points and edges.

If you notice any of the above hazards, report them! See something, say something!

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August 12, 2019

Office Daily Safety Message

The Four Routes of Entry of Hazardous Chemicals

Chemicals exist on virtually every single worksite. Many chemicals used on the job 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!

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August 13, 2019

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 at all times 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

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August 14, 2019

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 15, 2019

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!

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August 16, 2019

Office Daily Safety Message

Don't overload electrical circuits!

Extension cords are meant to be used only temporarily, so make sure the area is wired adequately for all the electronic equipment such as computers, copiers, and printers in the office. Breakers which trip frequently are a sign of overloaded circuits.

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August 17, 2019

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 18, 2019

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 19, 2019

Office Daily Safety Message

Got a Paper Jam?

Remember when power operated machines become jammed, the power source **shall** be disconnected prior to clearing the machine.

Stay Safety Strong

Safety Principle # 8

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August 20, 2019

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 21, 2019

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 22, 2019

Office Daily Safety Message

Hold That Door

Safety and security in the world today should take a priority for you to protect yourself, your loved ones, and your co-workers.

An operational risk that might be over-looked is the simple task of propping an office door open to make it easier to go in and out.

Did you ever consider someone undesirable entering your office building with bad intentions? Never prop a door open! Always get help from someone else rather than propping open a door.

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August 23, 2019

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 office 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!

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August 24, 2019

Office Daily Safety Message

Learn to Fall - Skateboarding

Did you know that falling is an art? Even experienced skateboarders fall – a lot. They most frequently are injured in falls caused by rocks and irregular surfaces. If done properly, falling does not have to result in serious injury.

- If you feel like you are about to lose control, crouch down so you do not have as far to fall
- Try to land on the fleshy parts of your body
- Try to roll rather than absorbing the force with your arms
- Try to relax your body rather than going stiff
- Practice falling on a soft surface or grass

The American Academy of Pediatrics cautions that children younger than 5 should not skateboard at all, and children ages 6 to 10 should not skateboard without adult supervision.

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August 25, 2019

Office Daily Safety Message

Lawnmower Safety

Before mowing the lawn, take a few minutes to survey the area and remove rocks, sticks, pine cones, 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.

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August 26, 2019

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 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!

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August 27, 2019

Office Daily Safety Message

Managing Stress

Many workers suffer from workplace 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 (Login ID: Entergy – Password: worklife)

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August 28, 2019

Office Daily Safety Message

“Workout Wednesday”

Shoulder Press

Look around the office and find an old phone book or a ream of paper, 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 29, 2019

Office Daily Safety Message

Don't Take Risks

It can be tempting to cut corners in an office, but it is important to follow the safety guidelines set out by our company. Do not take any unnecessary risks. You might think about wanting to stand on a chair rather than going to the other end of the building for 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 30, 2019

Office Daily Safety Message

Let Someone Know

When traveling for work or recreation or even 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 31, 2019

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 into 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!”