

# Hazard Recognition: Distractions

**December 2015**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Holiday Haze	2 Over-confidence	3 Overtime	4 “Undesired” Overtime	5 Cold Weather
6 Holidays Bring Heavy Hearts	7 Year-End Deadlines	8 Personal Safety	9 Child Passenger Safety	10 Circle For Safety	11 Exiting Your Vehicle	12 Ladder Safety
13 Fatigue	14 Starting 2016 Safe and Healthy	15 Human Performance	16 Driving	17 Distractions Can Cause Rushing	18 Distracted Walking	19 Multi-Tasking
20 Candles, Cooking And Heating	21 Communication	22 Holiday Distractions	23 Holiday Distractions II	24 Distracted Driving	25 Distracted Driving II	26 Driving Tips
27 Driving Tips II	28 Distractions	29 Safety Awareness	30 Safety Awareness II	31 Driving Tips III		



# Daily Safety and Health Topics

December 2015

**Focus on Hazard Recognition:**

**Distractions**



*Hazard Recognition: Distractions*



**December 1, 2015**

## **Safety Focus**

### **HOLIDAY HAZE**

It's that time of year when a large portion of our attention is preoccupied with who's going to get vacation, buying presents and family trips among other things. The holidays can bring about mental distractions that are not typical to normal day-to-day activities. When you find your thoughts drifting to those holiday plans while in the middle of a task, STOP what you are doing and REFOCUS on what your task is, what the expected outcome is and (one that often goes unthought-of) what steps you have already taken so that you don't undo a step or miss a step.

## **Health Tip of the Day**

### **HOLIDAY FITNESS**

During the holidays if you are struggling to get the recommended 30 minutes a day of physical activity, consider shorter bouts. Settle for 10-15 minutes at a time maybe 2 to 3 times a day. Every little bit can make a difference in your health!

## **D&I Focus**

Smile. A smile can be contagious.

**Today is ... [World AIDS Awareness Day](#)**

*Hazard Recognition: Distractions*



**December 2, 2015**

## **Safety Focus**

### **OVERCONFIDENCE IS A DISTRACTION**

When we approach a task with the idea that “I have done this so many times that I could do it with my eyes closed,” we open ourselves up to risks. We miss opportunities to identify additional hazards because the overconfidence convinces us that no new hazards are associated with the task and that it will go on exactly as it did the last 999 times. The safest way to approach a routine task is to treat it as if it’s your first time doing it. In reality it is your first time doing this task simply because it is a new day and hour. Regardless of how routine it is, you cannot redo the past. Each time is new and different.

## **Health Tip of the Day**

### **MINDFUL EATING**

Do you find yourself eating on the run or grabbing something quick to eat while you are driving or working at your desk? Slow down, take smaller bites and chew food slowly. Experts believe that eating slowly may be better for your health. You may improve what and how much you eat when you take the time to enjoy your food, including the smell, taste and colors on your plate.

## **D&I Focus**

Listen. People feel respected when they know you’re listening to their point of view.

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



**December 3, 2015**

## **Safety Focus**

### **OVERTIME**

Holiday shopping is a big deal for many of us. We want to buy the best gifts that excite children and family. In many cases employees seek overtime in order to make this happen. Be cautious not to focus so much on the gift giving that you become unaware of the shape you are in. Working long hours for several days will wear on your body and mind. The trap Mental Fatigue is one of the biggest traps we can face and not recognize it until it's too late. If you do work more overtime please ensure that sleep and a balanced diet are at the top of your priority list. It's guaranteed that your children and family would rather have you than elaborate presents under the tree.

## **Health Tip of the Day**

### **WINTER FRUIT**

It is often difficult to get a variety of fresh fruit in the winter. Consider adding dried fruit to your diet as a healthy alternative. Like fresh fruit, dried fruit provides fiber, vitamins A and C, potassium and folate. Dried fruit does have more calories per serving, so watch your portions if you are trying to keep calories down. Try adding your favorite dried fruits to salads, breads and cereals for added flavor and nutrition.

## **D&I Focus**

Say "Hello." You could make someone's day.

**Today is ... [National Roof over Your Head Day](#)**



**December 4, 2015**

## **Safety Focus**

### **THE 'UNDESIRED' OVERTIME**

In some cases, especially around holiday time, individuals have to work overtime to cover for others' vacations. In addition to the frustration and irritability due to one not wanting the extra work hours, often times there are knowledge gaps present because more senior employees are the ones on vacation. Take a moment to breathe, and remember that regardless of the ill feelings, you still must complete your job safely. Try replacing those ill feelings with a positive thought such as, counting down to the final overtime day, or thinking of how grateful you are to have a career or that you are able to work. We just acknowledged Veterans in November and we know some of their hardships. Changing your outlook puts things into perspective and clears your mind of many distractions that could cause injury. Now, you can face bigger concerns such as knowledge gaps with a cleared mind, HU tools and effective teamwork.

## **Health Tip of the Day**

### **HAVE YOU TRIED PILATES?**

Pilates is a method of exercise named after its inventor, Joseph Pilates.

#### **Benefits include:**

1. Improved posture, balance and coordination.
2. Increased flexibility.
3. Development of the deep "core" muscles of the back and stomach.
4. Increased mind/body awareness.

The Pilates method can be a safe and effective way to stretch, strengthen and streamline your body.

## **D&I Focus**

Say "Thank you." Gratitude is a gift that's never too small to give.

**Today is ... [Santa's List Day](#)** - we hope you are on the "Nice" list

*Hazard Recognition: Distractions*



**December 5, 2015**

## **Safety Focus**

### **COLD WEATHER**

Winter weather is an element of concern just as heat is during the summer. Many times we have to work in the cold weather for extended periods which could cause self-imposed time pressure. Layer your cold weather garments in accordance with your PPE requirements. Develop a safe work plan that will keep you away from time pressure, such as taking frequent breaks just as you would on a hot summer day. Discuss with your team ways to keep warm and safe when working in cold conditions.

## **Health Tip of the Day**

### **EXERCISING SAFELY IN COLD WEATHER**

Exercise can boost mood and maintain fitness, but it can be a challenge during cold weather.

The Texas Heart Institute advises:

- If you're not in good shape, start exercising gradually.
- Layer clothing, which you can peel off as you exercise. Be sure to cover your head, mouth, hands and feet.
- During the day, wear sunscreen and sunglasses. At night, wear reflective clothing.
- Drink plenty of water.
- Pay attention to wind chill, the direction of the wind and watch for signs of frostbite or hypothermia.

## **D&I Focus**

Don't (?) reinvent the wheel. Do something that hasn't already been done.

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

*Hazard Recognition: Distractions*



**December 6, 2015**

## **Safety Focus**

### **HOLIDAYS BRING HEAVY HEARTS**

It is no secret that we, as humans, sometimes have emotional moments when the holidays come around because this time a loved one will not be there to celebrate with us. We can show up at work and not want to talk about it because we are tough, but that does not mean that a holiday with a lost loved one is not on our minds. It is our reality. If you have an emotional moment while at work, STOP what you are doing, put your work in a safe condition and allow yourself a few minutes to have that moment. Call for a peer check or get someone else involved so that you do not endanger yourself or someone else. It is never a good idea to continue to work while in an emotional condition.

## **Health Tip of the Day**

### **HOLIDAY BLUES**

According to the National Institute of Mental Health, more than 20 million American adults suffer from depression. Depression occurs when feelings of extreme sadness or despair last for at least two weeks or longer and when they interfere with activities of daily living such as working or even eating and sleeping. The good news is that depression is highly treatable when an individual receives the right professional care. If you or someone you know feels depressed, seek help through your Employee Assistance Program, physician or mental health professional.

## **D&I Focus**

Be open. Try to experience new thoughts and ideas as learning opportunities.

**Today is ... [St. Nicholas Day](#)**



**December 7, 2015**

## **Safety Focus**

### **YEAR-END DEADLINES**

Year-end deadlines bring about panic, anxiety and haste. Will any of those help you get the job done safely and accurately? One might say they work best under pressure, but another, not so much. What can you do to address these awful pressures? For starters talk to your supervisor. He/she may be able to assist you, call on someone else to assist you or move things over to next year. Do not carry around unnecessary stress when there is a solution that you simply don't know exists. Communicate your concerns and kick the burdens of panic, anxiety and haste out!

### **Health Tip of the Day**

#### **TAKE A STROLL**

Research indicates that light physical activity increases our power to memorize. In a study published in the Journal of the American Geriatrics Society, nursing home residents were able to recall 20 percent more items after 15 minutes of physical activity. Walking is free, healthy and may boost your ability to recall by 20 percent. What a deal! "Remember to walk and walk to remember!"

### **D&I Focus**

Be flexible. Things don't always go as planned. Adapt to changing conditions when necessary.

**Today is ... [Pearl Harbor Day](#)**



**December 8, 2015**

## **Safety Focus**

### **PERSONAL SAFETY**

While you might have your eyes set on snagging the next big deal in the store, burglars are looking for ways to break in while you are away and distracted from the home. Self-checking and Questioning Attitude can help you have a safe holiday!

- Lock everything
- Keep your location to those who have a need to know. (Don't post your location on social media)
- Leave lights/lamps or televisions on in your home to give the appearance that someone is home.
- Secure valuables and packages
- Keep your keys in your hand when approaching your vehicle.

Check back seats before getting in your vehicle

## **Health Tip of the Day**

### **OUTSIDE YOUR USUAL**

To keep your palate fresh you have to mix it up once and awhile! What better way to do so than to enjoy the various offerings of seasonal produce and recipes? Look for fruits and vegetables such as sweet potatoes, turnips, endive, butternut squash, cranberries and many others! Stop by your local farmer's market and pick up some in-season foods and create a seasonal meal. Try something a little outside of your usual – make sure there are plenty of colors!

## **D&I Focus**

Join the team. Do your part to support teamwork.

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

*Hazard Recognition: Distractions*



**December 9, 2015**

## **Safety Focus**

### **CHILD PASSENGER SAFETY**

Whenever you are on the road, make sure your child passengers are buckled in correctly installed age and size appropriate car seats, booster seats, or seat belts. The safest place for children of any age to ride is properly buckled in the back seat. ([www.cdc.org](http://www.cdc.org))

- In 2013, restraint use saved the lives of 263 children ages 4 years and younger.
- Car seats reduce the risk of death in car crashes by 71 percent for infants and 54 percent for toddlers ages 1 to 4.
- Booster seats reduce the risk for serious injury by 45 percent for children ages 4 to 8 years.
- Between 1975 and 2013, child restraints saved an estimated 10,421 lives of children ages 4 and younger.

## **Health Tip of the Day**

### **PURPOSEFUL CREATIVITY**

Does your job ask you to brainstorm occasionally? Even a creative genius will hit the wall once in a while. To keep those mental blocks to a minimum, a study published by *Creativity Research Journal*, concluded a little workout pays big dividends in creativity. The researchers found that groups who exercised before brainstorming performed significantly better on the task than the no-exercise group.

## **D&I Focus**

Be a relationship builder. Seek ways to expand your network.

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



**December 10, 2015**

## **Safety Focus**

### **CIRCLE FOR SAFETY**

Many of you will be around family this month either at their home or yours OR you will be in areas/parking lots where others are present. Have you ever been in a rush and missed doing your vehicle walk around? (T&D Safety manual – Safety Circle Walk or Circle for Safety) This should be done anytime you return to a parked vehicle. Why is the circle important? To check for pedestrians including small children, sleeping pets, vehicle tire condition, nearby stationary objects, loose objects/tools that could become flying objects once on the road.

Please be committed to do the circle for safety! Keep a strong Questioning Attitude while doing your circle.

## **Health Tip of the Day**

### **STAY ON TRACK**

It can become easy over the holidays to lose track of your goals, or lose track of your plan! Going to a holiday get-together? Don't consume many foods ahead of time or none at all, and "sample" your way through the party. Plan your way to success! Plan **YOUR** holiday week ahead of time, and stick to it! Be sure you are consuming a majority of vegetables and fruits, lean protein, healthy fats and minimal sweets.

## **D&I Focus**

Treat others the way they want to be treated. Find out what respect means to others.

**Today is ... [Human Rights Day](#)**



**December 11, 2015**

## **Safety Focus**

### **EXITING YOUR VEHICLE**

Have you ever tried to grab your lunch, items you need for a meeting, your work order or other items and exit your vehicle at the same time? Over the years, we have had employees slip when exiting vehicles because a hazard wasn't noticed. Hazards could take the following forms: ice, holes, sloped surfaces, alligators and snakes! Trying to multitask can be a distraction in itself! Leave yourself enough time to exit your vehicle safely. Use hand-holds and steps provided on large vehicles.

## **Health Tip of the Day**

### **HEALTHY CHOICES**

Let's talk about time. People often say they don't have enough of it, which of course is not the point. We all have the same amount, 1,440 minutes every day. The issue is what we choose to do with it. Your health depends on it – so out of those 1,440 minutes schedule 30 for physical activity, and of course eating fruits and vegetables takes no more time than other foods.

## **D&I Focus**

Be culturally competent. Differences are barriers only if we allow them to be.

**Today is ... [National Noodle Ring Day](#)**



**December 12, 2015**

## **Safety Focus**

### **LADDER SAFETY**

Enjoy your time off and we need you back 100 percent in 2016! Here are a few tips to keep you safe at home and at work! (National Safety Council)

- Use ladders according to the manufacturer's recommendations (ladder placement, weight ratings etc.)
- Wear clean, dry and slip-resistant shoes when climbing a ladder.
- Face the ladder and grip the rungs to climb – not the side rails.
- Keep three points of contact on the ladder whether two hands and one foot, or two feet and one hand.

Keep your hips between the side rails and do not lean too far or overreach. It is easy to get distracted by the task itself and lose track of your position.

## **Health Tip of the Day**

### **THE CROSS-TRAINING ADVANTAGE**

Cross-training can be done by combining two or more types of exercise into one workout. According to our fitness experts, mixing activities (e.g., 15 minutes of walking, 15 minutes of cycling and 10 minutes of circuit training) adds variety, reduces your risk of injury, and gives you a balanced, full-body workout. You can also cross-train by doing different activities throughout the week such as tennis on Monday, the elliptical on Tuesday, weights on Wednesday, swimming on Thursday and so on.

## **D&I Focus**

Break the ice. Start a conversation with someone new.

**Today is ... Poinsettia Day**

*Hazard Recognition: Distractions*



**December 13, 2015**

## **Safety Focus**

### **FATIGUE**

Inadequate rest can affect your safety and the safety of others. Take care of yourself and watch for these signs of fatigue in co-workers.

#### **Physical signs**

Frequent yawning, drooped head or eyelids, rubbing one's eyes, and micro-sleep (unnoticed periods of sleep lasting less than one second to 30 seconds)

#### **Mental and performance signs**

Difficulty in ability to concentrate on tasks, inattention, compromised memory and recall, forgetting to communicate important information, and incorrectly performing tasks

#### **Emotional and behavioral signs**

Becoming uncharacteristically quiet, withdrawn or moody; low energy; and lacking motivation to perform work well

*Source: Journal of Occupational and Environmental Medicine*

## **Health Tip of the Day**

### **CAN'T SLEEP**

If you're struggling to fall asleep or stay asleep, keeping a sleep diary can help you figure out why. The U.S. Centers for Disease Control and Prevention suggests what to include:

- The time at which you go to bed each night.
- The time you wake up each morning, and when you get out of bed.
- If and when you nap.
- If and when you exercise.
- Consumption of any alcohol or caffeine.

## **D&I Focus**

Demonstrate mutual respect. Inclusion means being respectful regardless of position or title.

**Today is ... [International Children's Day](#) - Second Sunday in December**

*Hazard Recognition: Distractions*



**December 14, 2015**

## **Safety Focus**

### **STARTING 2016 SAFE AND HEALTHY**

Have you started making your plan for starting strong and staying strong in Safety and Health for 2016? Commit to selecting a few doable things to impact your personal and family safety and health and the safety and health of your co-workers!

Some ideas:

- Present safety information at a group meeting or in training
- Share a lessons learned
- Provide positive reinforcement to someone doing a good job
- Offer safety suggestions
- Make a new healthy recipe
- Provide healthy alternatives when refreshments are provided
- Start stretching
- Use your HU Tools

## **Health Tip of the Day**

### **THINKING ABOUT GROUP FITNESS?**

If group fitness classes are new to you, take it slow. It is a good idea to start with an introductory class. Arrive early and tell the instructor you are a beginner. The instructor should provide beginner instructions and answer any questions you have. Remember to pace yourself, enjoy the group environment and have fun!

## **D&I Focus**

Ask. It's okay to ask when you're not sure.

## **Today is ... [Roast Chestnuts Day](#)**

*Hazard Recognition: Distractions*



**December 15, 2015**

## **Safety Focus**

### **HUMAN PERFORMANCE**

In safety-critical situations, short distractions make mistakes much more likely. Interruptions of just 2.8 seconds double the likelihood that an employee will make an error. Increase the length of the distraction to 4.4 seconds, and the number of mistakes triples. When an employee is momentarily disrupted and then returns to their task, there is an increased chance of resuming at a different point in their train of thought. Which human performance tools can you use to ensure that distractions don't provide a path for an injury or error? Now, what if you are the distraction? What practices and techniques can you use to ensure you aren't distracting someone at a critical point? Reference: Michigan State University Study published in the [Journal of Experimental Psychology: General](#) and funded by the U.S. Navy's Office of Naval Research.

## **Health Tip of the Day**

### **DO'S & DON'TS FOR HEALTHIER EATING**

A family's outlook on eating and exercise can play a significant role in determining a child's weight and overall health. The Academy of Nutrition and Dietetics advises:

- Don't force your child to eat healthy food, as this may make the child more resistant. Don't identify foods as bad or good, and avoid using food as a reward.
- Don't exert excessive control over your child's food or exercise.
- Teach your child how to choose healthy foods and appropriate portions.
- Don't push a child to eat all food on the plate.
- Encourage exercise; make it a fun family affair.

## **D&I Focus**

Find common ground. Discover what you have in common.

### **Today is ... [Bill of Rights Day](#)**



**December 16, 2015**

## **Safety Focus**

### **DRIVING**

According to the National Safety Council, the #1 cause of workplace fatalities overall is vehicle crashes. Their estimate is that at least 25 percent or more of those crashes are due to using handheld or hands-free cellphones. To drive, you need cognitive, visual and manual modes. Texting uses those modes too! Remember, when you are driving for work or anytime, do a Circle for Safety and driving should be your #1 focus!

## **Health Tip of the Day**

### **HOW MUCH WEIGHT TO LIFT?**

The American Council on Exercise recommends that weight lifting should become difficult as you reach the last few repetitions of each set. According to current guidelines, to build strength, lift a weight that tires your muscles after eight to 12 repetitions. If you can complete 12 reps with no difficulty, increase your weight and make sure that you can lift it at least eight times with proper form.

## **D&I Focus**

Communicate respectfully. It's not just what you say, but how you say it.

**Today is ... [National Chocolate Covered Anything Day](#)**

*Hazard Recognition: Distractions*



**December 17, 2015**

## **Safety Focus**

### **DISTRACTIONS CAN CAUSE RUSHING**

According, to Gloria Mark, Department of Informatics at the University of California, interrupted workers compensate by working faster. Additionally, her work suggests that it can take up to 23 minutes for an interrupted worker's focus to return to their task.

Wow! What does that mean for our employees? We must minimize distractions during our work tasks. Having a good plan and hazard assessment can help minimize distractions.

Whether your work is hands on equipment, a communicator, supervisor or other ensure that you allow the time needed to perform a task safe and error free. Sometimes minimizing distractions is easier said than done. Self-checking and peer checking are your friends!

## **Health Tip of the Day**

### **SAVE YOUR BACK**

Lift things properly. Many back problems could be prevented by proper lifting. You probably already know this, but just in case: bend your knees when lifting – bending at the waist puts too much strain on your back. Put one foot slightly in front of the other for balance, avoid twisting to the side, and you'll avoid a lot of back aches.

## **D&I Focus**

Practice patience. Take time to get the full story.

**Today is ... [National Maple Syrup Day](#)**



**December 18, 2015**

## **Safety Focus**

### **DISTRACTED WALKING**

The National Safety Council has the following suggestions that could protect you at work and home.

- Do not walk, talk and text.
- Do not cross or walk in the street while using an electronic device.
- Do not walk with headphones in your ears.
- Be aware of your surroundings, especially in congested areas.

Findings from a study conducted by the U.S. Consumer Product Safety Commission show that in 2011, a total of 1,152 people of all ages were treated in hospital emergency rooms in the U.S. for injuries sustained while walking and using a cellphone or other electronic device. Additionally, statistics posted on [www.safekids.org](http://www.safekids.org), 61 children are hit by cars every day in the United States.

## **Health Tip of the Day**

### **SMALL STEPS**

Small steps – it's important for us all to remember that a little bit of effort every day adds up very quickly. Every time you take one flight of stairs, you are lifting over one ton. It is a great little activity break. Don't think of them as stairs, but rather very inexpensive exercise equipment. There are so many ways you can take small steps to a healthy heart and a healthy you.

## **D&I Focus**

Seek understanding. It's better to not fully understand than to fully misunderstand.

**Today is ... [Bake Cookies Day](#)**



**December 19, 2015**

## **Safety Focus**

### **MULTITASKING**

Information Overload is when you are trying to deal with more information than you are able to process to make sensible decisions.

Multitasking according to Webster's dictionary is the ability to do several things at the same time. Other sources suggest that the commonly used term of multitasking is really fast task-switching and that most people don't do it very well.

Both information overload and attempting to multitask can be a distraction to you as you are working. What? Working can be a distraction to working? Yes!

- Notify your supervisor to help set priorities.
- Use hazard assessments and your human performance tools.

Ask for peer checks.

## **Health Tip of the Day**

### **PLAN FOR A HEALTHIER FAMILY**

If you want to get your family on a path to better health, start with a few simple steps:

- Place a bowl of fresh fruit within your child's reach, so he or she can grab a quick, healthy snack.
- Enjoy a walk as a family each evening after dinner.
- Plan your menu for the following week, and encourage children to help with preparation and cooking.

## **D&I Focus**

Share your point of view. Everyone has a perspective. Let others benefit from yours.

**Today is ... [Look for an Evergreen Day](#)**



**December 20, 2015**

## **Safety Focus**

### **CANDLES, COOKING AND HEATING**

This is the time of year for making big meals and having things that smell good simmering or heating in your house or workplace. In many cases, the person responsible has become distracted. This is the same time of year we often hear of home fires from candles, cooking, fireplaces, use of space heaters, etc.

Follow all business unit rules regarding use of open flames which could include candles, use of grills. Most business units don't allow the use of open flame candles or unattended cooking/grills. These rules can keep you safe at home too! Live Safe!

## **Health Tip of the Day**

### **SHRUG OFF HOLIDAY TENSION**

Take time to stretch well before and after activity, to prevent shoulder injury. Inhale as you shrug your shoulders up to your ears and then exhale as you lower your shoulder. Also focus on strengthening your wrist, arm, shoulder, neck and back muscles.

## **D&I Focus**

Get someone else's point of view. After sharing your perspective, give others a chance to share theirs.

**Today is ... [Go Caroling Day](#)**

*Hazard Recognition: Distractions*



**December 21, 2015**

## **Safety Focus**

### **COMMUNICATION**

Have you ever thought in much detail about “your part” in Live Safe?

Author and Professor Sidney Dekker’s books and videos suggest that “Human error is a consequence, not a cause.” It is also very common to several contributors prior to an error or injury.

No matter what your position with Entergy or are contract partners might be, you play an important part in ensuring we Live Safe?

Take a quick look at how you normally communicate and think – do you think safety first or what do we need to get this work done, where are we on this project first?

When you communicate with others, do you communicate in a calm manner or in a manner that could impose pressure? Do you ask questions such as do we have everything we need to safely perform our task? Even kidding, do you say things like “hurry up, I’m ready to go” to others?

Each of us plays an important role in Live Safe! Your part may be as simple as communication.

## **Health Tip of the Day**

### **PORTION CONTROL IS THE KEY TO SUCCESS**

Those 100-calorie packs, as much as we love them, are not always cost effective. Here is a way you can save money and practice portion control. Consider grabbing a giant bag of your favorite snack and a package of inexpensive re-sealable baggies or plastic containers. Break out the measuring cup and portion out your goodies before you have a chance to overdo it.

## **D&I Focus**

Lead the way. Let your inclusive behavior light a path for others.

**Today is ... [Forefather's Day](#)**

*Hazard Recognition: Distractions*



**December 22, 2015**

## **Safety Focus**

### **HOLIDAY DISTRACTIONS II**

Stress can create a distracted mind. The Mayo Clinic has several tips to deal with holiday stress. (You can google “Mayo Clinic; holiday stress”) One great way to keep your focus during the holidays is to stay healthy. Surely your diet will suffer a ‘party setback’ or two. That is to be expected. Don’t beat yourself up over it. But ... be reasonable and don’t allow yourself to go crazy. Also – avoid some of the ‘busyness’ and keep exercise in your schedule. Physical exercise is a great way to blow off steam. Whatever your activity is, even if just walking – you will feel better afterward! Finish Strong in 2015 – and stay healthy!

## **Health Tip of the Day**

### **TIME TO DE-STRESS**

Any day is a good day to take a few minutes to ease away stress. In as little as five minutes, you might be surprised how refreshed you can feel. Try different activities throughout the week such as stretching, daydreaming, deep breathing, reading a few pages of a novel, doodling, listening to your favorite song or going for a quick walk. Take time for a quick break and give yourself a chance to regain emotional and mental control.

## **D&I Focus**

Do the right thing. Be fair.

**Today is ... [National Date Nut Bread Day](#)**



**December 23, 2015**

## **Safety Focus**

### **HOLIDAY DISTRACTIONS**

The holidays can be such a great time of parties, family, vacation, etc. However, some of us can get caught up in feeling stress or pressure during the holidays. This stress can often lead to distraction while you are performing important tasks at work or off-the-job, such as driving. The Mayo Clinic points out the #1 tip for combatting holiday stress or depression is simply admitting your feelings. Let's face it – the holidays can be tough in some cases; for example: if you have recently lost a loved one. For whatever your reason, acknowledge that the holidays do not have to be perfect to be enjoyed. Use a questioning attitude: "Am I distracted right now?" If yes – put off your concerns for right now – and focus on the task at hand.  
Finish 2015 Strong!

## **Health Tip of the Day**

### **ENJOY HEART HEALTHY HOLIDAY FOODS**

Fat- and calorie-laden dishes abound during the holidays, but you can enjoy the fruits of the season in a healthy way. Start with roasted, unsalted nuts as a healthy appetizer. Almonds, walnuts, pistachios, hazelnuts, pecans and peanuts are good choices. Bake apples into a tasty frittata. Opt for heart-healthy salmon as a main holiday dish.

## **D&I Focus**

Be considerate. Your words and actions affect others.

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



**December 24, 2015**

## **Safety Focus**

### **DISTRACTED DRIVING.**

What is distracted driving? [Distracted.gov](http://Distracted.gov) defines it as "...any activity that could divert a person's attention away from the primary task of driving." All distractions endanger driver, passenger and bystander safety. These types of distractions include: texting; using a cellphone or smartphone; eating and drinking; talking to passengers; grooming; reading, including maps; using a navigation system; watching a video; adjusting a radio, CD player or MP3 player. Finish Strong in 2015 by doing EVERYTHING in your power to avoid distracted driving.

## **Health Tip of the Day**

### **POTASSIUM IS AN ESSENTIAL MINERAL**

Potassium is an essential dietary mineral, offering benefit to your heart, muscles, kidneys and nervous system. Potatoes, bananas, nuts, citrus fruits and avocados are all excellent sources of potassium. The University of Maryland Medical Center says potential benefits of potassium include:

- Improved bone health.
- Lower blood pressure.
- Reduced risk of stroke and heart attack.
- Helps the body get rid of excess salt.

## **D&I Focus**

Remember, we all make mistakes. Resist the urge to point out the ones others make.

**Today is ... [National Egg Nog Day](#)**



**December 25, 2015**

## **Safety Focus**

### **DISTRACTED DRIVING II**

Of all of the distractions we have in our lives, texting is perhaps the most dangerous thing some people ever do while driving. Texting requires visual, manual and cognitive attention from the driver. Your brain simply cannot do all of these things – and pay attention to everything you need to while driving. Finish Strong in 2015 by pledging to NEVER text and drive. (Right now – you and your work group can PLEDGE TO NEVER TEXT AND DRIVE!)

## **Health Tip of the Day**

### **HOST A HEALTHY HOLIDAY FEAST**

If you're hosting a meal this holiday season, do your guests a favor and make it a heart-healthier one. Start with healthy appetizers, such as whole-grain crackers, cut vegetables, hummus, low-fat dressings or unsalted nuts. Cut or eliminate salt from your recipes, flavoring with other seasonings instead. Make your own gravy, using low-sodium broth. Make mashed potatoes with low-sodium chicken broth, roasted garlic and fat-free evaporated milk. Use whole-wheat bread crumbs, onions and celery, dried fruit and less butter for healthier stuffing. Bake your own desserts to avoid trans fats.

## **D&I Focus**

Get involved. Make a difference. Get caught being good.

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



**December 26, 2015**

## **Safety Focus**

### **DRIVING TIPS**

Now that you've committed to never text and drive, you should also avoid talking on the phone while driving. Here is the standard summary from the Entergy Safe Driving Standard:

"Improper use of cellphones, personal data assistant and/or other electronic devices in a vehicle can create a distraction putting drivers, their occupant(s) and other motorists at risk. This risk has obtained national attention, which is demonstrated by the ever-increasing state legislation restricting or prohibiting the use of hand-held cell phones and PDA devices within a vehicle. Statistics demonstrate that while engaged in the use of one of these devices the risk of an accident may increase to four times that of a person driving under the influence of alcohol. Because of this increased risk we continue to recognize and address this ever-growing national concern to ensure that we preserve Entergy's core value of creating and maintaining a safe work environment."

***Finish 2015 Strong*** and save the phone calls for later!

## **Health Tip of the Day**

### **WASH YOUR HANDS**

Keeping hands clean is one of the best ways to prevent the spread of infection and illness. Hand washing is easy to do and it's one of the most effective ways to prevent the spread of many types of infection and illness in all settings – from your home and workplace to child care facilities and hospitals. Clean hands can stop germs from spreading from one person to another and throughout an entire community.

## **D&I Focus**

Become a mentor. You – yes, you – can help others realize their potential.

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

*Hazard Recognition: Distractions*



**December 27, 2015**

## **Safety Focus**

### **DRIVING TIPS II**

How do we avoid driving distractions? One sure-fire way: Turn off the phone. Texting someone before you started driving? Whatever they texted you back can wait. Try putting your phone out of reach, turning the screen around, or just shutting it off (yes, phone's do have 'Off' buttons). However you do it, just make sure your phone is out of sight and out of mind. When you get to your destination, it's cool to text back "Sorry, I just got off the road." Or call them back; they'll understand. Finish Strong in 2015 and decide to avoid driver distractions. (Safety Tip courtesy of Farmers Insurance, Inc.)

## **Health Tip of the Day**

### **TREAT YOURSELF TODAY**

Are you feeling you need a treat today? Consider modifying your traditional brownie mix recipe a bit. To make it a healthier dessert, omit the oil, the water and the eggs. Use a chocolate cake mix and one can of pumpkin. Mix well and bake for 15 – 18 min. at 375 degrees. Your brownies will remain moist and you'll save about 15 grams of fat per tablespoon of oil omitted. Enjoy, but don't forget, reduced fat doesn't mean calorie-free or sugar free; portion size still matters.

## **D&I Focus**

Take a healthy step. Do something good for your health and encourage a friend to join you.

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



**December 28, 2015**

## **Safety Focus**

### **DISTRACTIONS**

There are many things that can distract us in life. Sometimes they are merely thoughts about stressful events – and these can be deep; imagine a parent going through the loss of a child to a car wreck, or the turmoil of a family going through a divorce. Sometimes they are actual interruptions in our work activities; for example: phone calls. These distractions can happen when we're at work – or off the job. How do we cope with distractions whenever they occur? Use your Human Performance tools! For example: Self-Checking can help you stay focused (Stop, Think, Act & Review). Questioning attitude can help you snap out of 'automatic mode' to ask yourself "What do I need to focus on RIGHT NOW?" Other tools: rely on procedures and peers (procedure usage and peer checking) when necessary to stay focused. Finish 2015 Strong: Use your HU tools!

## **Health Tip of the Day**

### **HEALTHY HABITS FOR STRESS MANAGEMENT**

Americans are struggling to balance work and home life, which can make it difficult to practice healthy behaviors. The American Psychological Association recommends the following tips to help families deal with stress: Try taking a walk or going for a family bike ride – it's an inexpensive way to be active. Make a healthy dinner at home with your family, which not only saves you money but also helps bring you closer together. And, create a healthy bedtime routine in your home to help everyone get enough sleep.

## **D&I Focus**

Lend a hand. A little help can go a long way.

**Today is ... [Card Playing Day](#)**



**December 29, 2015**

## **Safety Focus**

### **SAFETY AWARENESS**

You are highly valuable! Principle #2 from the Utility Group Safety Process states that “People are the most critical element.” This means that YOU are a very important piece of Entergy’s vision and mission. You are a valuable resource. How does Entergy protect such a valuable resource? We embrace a robust safety program; and strive to Live Safe! We strive to create and maintain a safe and healthy life! We work on commitment, accountability and conservative decision making, so that as an organization, we are effective at reaching our goal of safe operation. YOU are an important part of Entergy’s safety program. Finish 2015 Strong by staying focused on safety, every day. Would you rather finish the day by hearing “Great Job!” or “Oh Crap! We’ve got to get you to the hospital!”?

## **Health Tip of the Day**

### **PROTECT YOURSELF AND YOUR FAMILY**

- Wear helmets, seat belts, sunscreen, and insect repellent.
- Wash hands to stop the spread of germs.
- Avoid smoking and breathing other people’s, or (second hand), smoke.
- Build safe and healthy relationships with family and friends.
- Be ready for emergencies. Gather emergency supplies. Make a plan. Be informed.

## **D&I Focus**

Sweat the small stuff. It’s often the small things, such as being kind and courteous, that make a difference.

**Today is ... Pepper Pot Day**

*Hazard Recognition: Distractions*



**December 30, 2015**

## **Safety Focus**

### **SAFETY AWARENESS**

Think about this: Suppose you start working at 18 years of age, and then retire when you reach 65. That is a 47-year career! Even with vacation, you would work over 90,000 hours. How do you work 90,000 hours and keep all of your fingers and toes attached, your back in good working shape, your eyesight, your sense of smell, your hearing? How do you keep all of those intact? You Live Safe, for all 90,000+ hours! On and off the job! Staying safe at home is just as important as it is at work. Living safe takes work – but it is worth ALL of the effort. Finish 2015 Strong and Live Safe, every hour of every day!

## **Health Tip of the Day**

### **A NEW YEAR'S RESOLUTION**

Are you thinking about your New Year's resolution? Which weight-loss product or service will work for you? Take time to do your homework and ask plenty of questions. Be extra cautious when you see the words breakthrough, revolutionary, effortless, quick, or secret. Safe and successful programs are based on regular physical activity and an eating plan that is balanced, healthy and easy to follow. Lasting weight loss requires permanent lifestyle changes.

## **D&I Focus**

Be a champion of dignity and respect. Encourage others to do the same.

**Today is ... [National Bicarbonate of Soda Day](#)**

*Hazard Recognition: Distractions*



**December 31, 2015**

## **Safety Focus**

### **DRIVING TIPS III**

We're all human, and humans make mistakes. You forgot your commitment – and answered the phone while driving – and find yourself in a deep conversation, while steering your 5,000 pound vehicle loaded with 15 gallons of highly flammable gasoline in it. What to do? This is easy ... Recognize that this is an unsafe situation – and stop the call by telling the person you're talking to that traffic is getting bad and you will call them back ASAP. Then quickly hang up. They will understand. Then, if necessary, find a safe place to get off the road, and call them back. (or wait until you get to your destination.) Finish 2015 Strong!

## **Health Tip of the Day**

### **TIME TO SCHEDULE YOUR CHECK UP**

Regular health exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life.

## **D&I Focus**

Focus on the value of individuals. Everyone has something to offer.

### **Today is ... New Year's Eve**

*Hazard Recognition: Distractions*

