

Safety Principle # 12

Off the job safety is an important part of overall safety efforts

December 2020

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December 1, 2020

Office Daily Safety Message

Handwashing 101

Washing your hands is easy and it is one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and to your workplace to your childcare facilities.

The Centers for Disease Control and Prevention recommend following these five steps to properly wash your hands:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Happy Birthday handwashing!

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December 2, 2020

Office Daily Safety Message

Bring Out Those Hands!

Hold on! Don't remove those gloves or mittens yet. Think twice before walking outside with your hands in your pockets. Why? Keeping your hands in your pockets increases the risk of you falling or completely losing your balance in case you slip while walking on water, ice, or snow.

Leave the gloves or mittens on and remain Safety Strong!

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December 3, 2020

Office Daily Safety Message

Use Hand Sanitizer When You Can't Use Soap and Water

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

Life is better with clean hands!

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December 4, 2020

Office Daily Safety Message

Decorate Safely

Decorating is one of the best ways to get in a holiday mood, but emergency rooms see thousands of injuries involving holiday decorating every season.

When decorating follow these tips from the U.S. Consumer Product Safety Commission:

- Keep potentially poisonous plants – mistletoe, holly berries, Jerusalem cherry and amaryllis – away from children
- If using an artificial tree, check that it is labeled “fire resistant”
- If using a live tree, cut off about 2 inches of the trunk to expose fresh wood for better water absorption, remember to water it and remove it from your home when it is dry
- Place your tree at least 3 feet away from fireplaces, radiators and other heat sources, making certain not to block doorways
- Avoid placing breakable ornaments or ones with small, detachable parts on lower tree branches where small children can reach them
- Only use indoor lights indoors and outdoor lights outdoors, and choose the right ladder for the task when hanging lights
- Replace light sets that have broken or cracked sockets, frayed or bare wires, or loose connections
- Follow the package directions on the number of light sets that can be plugged into one socket
- Never nail, tack or stress wiring when hanging lights and keep plugs off the ground away from puddles and snow
- Turn off all lights and decorations when you go to bed or leave the house

This year is coming to a close soon, don't lose sight of safety!

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December 5, 2020

Office Daily Safety Message

Sun Protection in the Cold

Sun protection may not be at the top of mind for outdoor working during the cold months but ignoring skin protection is a mistake. To help protect against sun exposure and skin cancer, the Skin Cancer Foundation recommends the following steps:

Face: Apply sunscreen, use a product with an SPF of at least 15. However, when working outside for extended periods of time, use sunscreen with an SPF of 30 or higher. Don't neglect your nose as most common skin cancers occur on the nose.

Head and Neck: These areas are particularly vulnerable to melanoma, the deadliest form of skin cancer. To help protect this area, wear a wide-brimmed hat with at least a 3-inch brim. Don't forget to apply sunscreen anywhere your head and scalp are exposed to sun.

Lips: When applying sunscreen, make sure to include your lips or use a lip balm that has SPF protection.

Eyes: Although hats can help provide eye protection, it is best to wear UV-blocking eyewear when working outside.

Sunscreen and skin protection are not only for the summer months!

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December 6, 2020

Office Daily Safety Message

Getting ready to decorate for the holidays?

Is your ladder safe to climb?

Before climbing a ladder, one should ensure the ladder is in good condition. Check to make sure the ladder is free of corrosion, rust, cracks and other defects which may cause the ladder to fail. Never use a painted ladder because the paint can hide visible damages.

When in doubt of the condition, do not use the ladder.

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December 7, 2020

Office Daily Safety Message

Working from Home during Winter – Have a Morning Routine

With the weather growing colder each day, it is tempting to stay in bed a little longer and before you realize it, your work-life balance is jeopardized. Although there is a change in the season, continue sticking to your morning routine. Get up early for that morning coffee or morning walk.

Other than helping you stay on schedule, waking up early in the morning has a lot of health benefits. It helps fight stress and gives you more time to do other important things like exercising, eating breakfast, and doing a little house chore. People who are early risers are also noted for having positive mental attitudes.

Rise and shine and remain Safety Strong!

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December 8, 2020

Office Daily Safety Message

Sick Employees

Bad weather is not the only safety hazard companies have to overcome during the winter months. Colder temperatures often come with a rise in sickness, such as the common cold and flu, and now includes COVID-19. About 1 in 4 employees goes to work when they are sick – and employees are more likely to work while sick when telecommuting from home. While this might sound good for meeting deadlines, sick employees are less productive than if they would have just taken a sick day to recover.

Remember to sanitize frequently used spaces on a more frequent basis during the winter months when airborne illnesses are at their peak.

We are closing in on the end of the year, don't let your guard down.

Stay well and stay Safety Strong!

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December 9, 2020

Office Daily Safety Message

“Work from Home Wednesday”

It has been 9 months since many of us began working from home due to COVID-19, and no one really anticipated how long the pandemic and its consequences would last. It made sense to push off vacation and time off earlier in the year, but as holidays and the end of the year approaches, it's time to take a break.

In fact, you might even need time off more than in past years for your own mental health. When you're working from home, it's harder to set boundaries between work and personal time. This can result in working longer hours or feeling like you should be working even when you're off the clock. Due to the pandemic, you might also be feeling more anxious and cooped up than usual and cut off from a lot of your usual outlets for these emotions like going to the movies, playing sports, or attending parties. Consider vacation a matter of self-care and take a chance to relax and recharge.

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December 10, 2020

Office Daily Safety Message

Slips, Trips, and Falls – How to Avoid

Although the calendar does not say winter yet, we are entering the season for cold weather conditions. Slips, trips, and falls happen year-round, but winter ice and snow create a more hazardous environment for this type of injury.

Here are six simple tips to avoid slips, trips, and falls during the winter season:

1. Keep walkways, stairways, and other work areas clear and dry
2. Remove hazards, such as water on floors and ice/snow on sidewalks, immediately
3. When walking, look where you are going and have your hands ready to steady yourself should you slip
4. Avoid carrying heavy loads that may compromise your balance
5. Mark hazardous areas with temporary signs, cones, barricades, or floor stands to warn passing co-workers
6. When outside, wear footwear with heavy treads for increased traction. Walk along grassy areas if a walkway is covered in ice.

We are counting down the last days of this year. Don't get complacent when it comes to safety.

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December 11, 2020

Office Daily Safety Message

Eating at Your Desk?

Eating lunch at your desk means you'll stay seated longer. Sitting for long periods of time can make you sick in more ways than one. As the Washington Post notes, sitting for hours on end can cause increased risks of heart disease, high blood pressure, and high cholesterol. It can also shift your pancreas into overdrive – causing diabetes and other diseases since sedentary muscles don't react well to insulin.

In other words, if you don't leave your desk to eat lunch, you could be taking a whole lot more time off from work in the long run.

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December 12, 2020

Office Daily Safety Message

Seasonal Hazards

Hazardous situations can develop at work and home over the holidays. Holiday vacation time may create situations where staff is short-handed, and employees working from home may have increased feelings of being isolated. The year is almost over, and it is easy to become relaxed and complacent. Fight the urge to let your safety awareness down as things continue to be abnormal during this time of year.

Be sure to use S.T.A.R. Stop, Think, Act, Review when doing tasks and remain Safety Strong.

Take your time and focus on preventing injuries!

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December 13, 2020

Office Daily Safety Message

Holiday 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.

Here are a few tips to help you cope with holiday overtime:

- Remember to take breaks – 30 for 30 is very important during this time
- Keep up with your exercise routine – exercise relieves stress
- Make time for fun – find some time to take a brain break and do something fun
- Drink plenty of water – it is important to stay well hydrated
- Limit your caffeine intake – you don't have to completely quit, just keep a close eye on your use and make sure that you are not overdoing it
- Don't overdo it with junk food – junk food may satisfy your cravings and it will fill you up, it is also full of empty calories
- Get enough sleep – try to get at least eight hours of snoozing

It's a busy time of the year so don't let your guard down. Let's finish 2020 Safety Strong!

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December 14, 2020

Office Daily Safety Message

It's Better to Give Safety

Gifts and toys should inspire joy, not cause injuries. Many children are seriously injured in toy-related incidents each year. Avoid safety hazards while gifting with these tips from the American Academy of Pediatrics and the U.S. Consumer Product Safety Commission:

- Toys are age-rated for safety, not for children's intellect and physical ability, so be sure to choose toys in the correct age range
- Choose toys for children under 3 that do not have small parts which could be choking hazards
- For children under 10, avoid toys that must be plugged into an electrical outlet
- Be cautious about toys that have button batteries or magnets, which can be harmful or fatal if swallowed
- When giving scooters and other riding toys, give the gift of appropriate safety gear, too; helmets should always be worn, and they should be sized to fit

To find out about holiday toy safety and recalls, check the U.S. Consumer Product Safety Commission website.

Don't let your guard down, keep focused, and let's finish this year Safety Strong.

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December 15, 2020

Office Daily Safety Message

Try Something New

As human beings, we tend to crave novelty. We may be starting to feel stir-crazy – especially as the holidays approach – because we no longer have the option to get out and do many new things. Disrupting the monotony of the pandemic can help you recharge during the holidays, so try to be creative and think of things you haven't done before—whether you do them on your own or share them with others.

Here are some ideas of new things to try:

- Take a virtual tour of a place you'd like to go
- Have a family game day or tournament where everyone gets to choose a game or a sport
- Look for new hiking or biking trails in your area
- Host a virtual family or friend reunion
- Make a list of movies you always meant to watch, books you always meant to read, and/or music you always meant to listen to and choose a few to experience
- Try a new recipe or cocktail
- Try a new hobby

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December 16, 2020

Office Daily Safety Message

“Work-Out Wednesday”

Shadow Boxing

Not only will this exercise raise your heart rate and bring in some cardio, but it will also be a good stress release if you had a particularly busy or frustrating day. Raise your fists up in front of your face in a boxing position — while you’re sitting a safe distance away from your computer. Punch your fists forward in the air, as if you are using a punching bag, switching back and forth from right arm to left. Do this for 30 seconds. Pause. Repeat for 30 seconds. Again, like other cardio exercises, work this repetition into scheduled intervals in your work day.

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December 17, 2020

Office Daily Safety Message

7 Ways to Keep Your Feet Warm on a Cold Weather Walk

Don't let cold feet keep you indoors during the winter. With less daylight and continued telecommuting, outdoor walks can be incredibly beneficial to your physical and mental health this time of year.

You can protect your feet in cold weather with these tips:

1. Wear less-breathable shoes: Many athletic shoes have mesh uppers for better airflow, but that is not ideal for cold and wet weather. Switch to trail shoes or boots that are full leather and will keep out the wind and cold.
2. Wear a double layer of socks: The classic combo for hiking is a sweat-wicking polypropylene thin sock with an outer wool sock. This works well for keep your toes warm.
3. Insulate with paper: Paper makes a great disposable insulator. Grab a paper towel or napkin and fold it over the top of your foot, toes, and under the toes, then put on your shoes.
4. Toe warmers: Toe warmers are single use inserts that provide gentle heat for up to six hours.
5. Keep your feet dry with sweat-wicking socks: Your feet will sweat even though it is cold outside, so you need to wear socks that will wick the sweat away from the skin.
6. Keep out the rain and snow: Invest in a pair of waterproof shoes.

Know how to protect your feet and finish out the year Safety Strong.

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December 18, 2020

Office Daily Safety Message

Plan to Travel?

When planning travel, be aware of current and forecast weather conditions. Delay your travel plan when the weather service has issued advisories. If you must travel during this time, inform a friend or relative of your proposed route and expected time of arrival. Remember to always have your cellphone and cellphone charger with you.

Below are some safety tips to follow if you become stranded in your car:

- Make your car visible to rescuers. Tie a brightly colored cloth to the antenna, raise the hood of the car (if it is not snowing), and turn on the inside overhead lights (when your engine is running).
- Move anything you need from the trunk into the passenger area. Stay with your car unless safety is no more than 100 yards away.
- Keep your body warm. Wrap your entire body, including your head, in extra clothing or blankets. Huddle with other people if you can.
- Stay awake and stay moving. You will be less vulnerable to cold-related health problems. As you sit, keep moving your arms and legs to improve circulation and stay warmer.
- Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.

Zero injuries are what we strive for each day. Stay focused and let's finish 2020 Safety Strong.

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December 19, 2020

Office Daily Safety Message

Holiday Driving

Whether it is loading the family up to drive off to your favorite holiday destination or just a quick trip to the store, holiday driving is dangerous. We must be aware of our own actions and those of the other drivers around us, especially the elderly or others who do not drive often.

Some common errors drivers may make are:

- Rolling stops
- Distracted driving
- Confusion of four-way stops
- Improper freeway merging
- Driving too fast for hazardous conditions

Remember to take your time and remain calm!

The holidays are near, remain focused on finishing 2020 Safety Strong.

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December 20, 2020

Office Daily Safety Message

Welcome Winter!

Although winter comes as no surprise, many of us are not ready for its arrival.

Stay safe by preparing your home. Winter storms and cold temperatures can be dangerous.

Here are a few steps to prepare your home:

- Winterize your home.
 - Install weather stripping, insulation, and storm windows.
 - Insulate water lines that run along exterior walls.
 - Clean out gutters and repair roof leaks
- Check your heating systems.
 - Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
 - Inspect and clean fireplaces and chimneys.
 - Install a smoke detector. Test batteries monthly and replace them twice a year.
 - Have a safe alternate heating source and alternate fuels available.
 - Prevent carbon monoxide (CO) emergencies.

Don't let your guard down at the end of the year, focus on remaining Safety Strong.

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December 21, 2020

Office Daily Safety Message

Candles and Fireplaces

Use of candles and fireplaces, combined with an increase in the amount of combustible, seasonal decorations in many homes during the holidays, means more risk for fire. The National Fire Protection Association reports that one-third of home decoration fires are started by candles and that two of every five decoration fires happen because the decorations are placed too close to a heat source.

Here are a few fire safety tips:

- Place candles where they cannot be knocked down or blown over and out of reach of children.
- Keep matches and lighters up high and out of reach for children in a locked cabinet.
- Use flameless, rather than lighted, candles near flammable objects.
- Don't burn trees, wreaths or wrapping paper in the fireplace.
- Always use a screen on the fireplace when a fire is burning.
- Never leave candles or fireplaces burning unattended or when you are asleep.
- Check and clean the chimney and fireplace area at least once a year.

Safety Strong is who we are! Don't lose your safety focus for the end of the year.

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December 22, 2020

Office Daily Safety Message

Equip in Advance for Weather-related Emergencies

Be prepared for weather-related emergencies, including power outages by doing the following:

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including:
 - Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;
 - extra batteries;
 - first-aid kit and extra medicine;
 - baby items; and
 - cat litter or sand for icy walkways.
- Protect your family from carbon monoxide.
 - Keep grills, camp stoves, and generators out of the house, basement and garage.
 - Locate generators at least 20 feet from the house.
 - Leave your home immediately if the CO detector sounds and call 911.

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December 23, 2020

Office Daily Safety Message

Traveling for the Holidays? Be Prepared

Many people choose to travel by car during the holidays, which has the highest fatality rate of any major form of transportation based on fatalities per passenger mile. Thanksgiving Day is the second most dangerous holiday to be driving, followed by New Year's Day and Christmas Day (4th of July is first).

Stay safe on the roads over the holidays and every day:

- Prepare your car for winter and keep an emergency preparedness kit with you
- Get a good night's sleep before departing and avoid drowsy driving
- Leave early, planning for heavy traffic
- Make sure every person in the vehicle is properly buckled up no matter how long or short the distance traveled
- Put that cell phone away; many distractions occur while driving, but cell phones are the main culprit
- Practice defensive driving
- Designate a sober driver to ensure guests make it home safely after a holiday party; alcohol or over-the-counter, prescription and illegal drugs can cause impairment

Keep your focus on safety and don't let your guard down!

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December 24, 2020

Office Daily Safety Message

Full House During the Holidays

Supervise young children throughout the holidays. When the household is in an uproar and there are many new items to investigate, a toddler is likely to find something hazardous to play with. Clear any areas that are too cluttered for walking safely. Make sure no cables and electrical or telephone cords cross anyone's possible path.

Remember STAR (Stop, Think, Act, Review) before starting any task at home or work.

This year will be ending soon. Don't let your guard down when it comes to safety.

Safety Principle # 12

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December 25, 2020

Office Daily Safety Message

Happy Holidays from your Entergy family!



Safety Principle # 12

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December 26, 2020

Office Daily Safety Message

Proper Lifting

Cleaning up after the holiday? Over exertion can wreak havoc on your back. Use the BLAST lifting technique to ease the burden on your back muscles, ligaments, tendons and disks.

B – Bow your back in

L – Legs, bend your knees and use your leg muscles for the lift

A – Abdominals, tighten your abs to prepare your core for the lift

S – Slow and Smooth, don't jerk on the object during the lift

T – Twist, never twist your back when lifting.

We are counting down the last days of this year. Don't get complacent when it comes to safety.

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December 27, 2020

Office Daily Safety Message

Back to Work Safety

Being away from work allows us to recharge and refocus. However, before you head back to work, you need to prepare yourself. Back to work safety should be one of your first priorities as you return from time off. Whether you were off for the weekend, a vacation or a holiday, it is important to prepare yourself for getting back into the swing of things. Statistics show that it does not take much time away from work for us to lose our good safety habits that we have worked so hard to develop.

Before you head back to work, make sure you take care of a few things:

1. Get the proper amount of sleep.
2. Clear your head of any off-job issues and remember your work routine.
3. Be sure to review the critical steps of your job and the specific things you must do in order to stay safe.
4. Identify and recognize the hazards you must face.
5. Take the time to settle back in to your work area and make sure everything is where you need it to be.

Zero injuries are what we strive for each day. Be safe and remain Safety Strong.

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December 28, 2020

Office Daily Safety Message

Exercise for a Better You

If you're feeling down, consider going for a walk, bike ride, or doing some kind of physical activity. Research shows that exercise helps reduce stress, anxiety, and depression. In addition, it may also help boost self-esteem and improve sleep. For mild to moderate depression, exercise is often an underused treatment option.

Exercise is not a cure all, but it may help improve your sense of well-being.

Always remember in everything that you do, finish Safety Strong.

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December 29, 2020

Office Daily Safety Message

What is Carbon Monoxide?

Carbon monoxide, also known as CO, is called the “Invisible Killer” because it’s a colorless, odorless, poisonous gas. More than 150 people in the United States die every year from accidental nonfire-related CO poisoning associated with consumer products, including generators. Other products include faulty, improperly used or incorrectly vented fuel-burning appliances such as furnaces, stoves, water heaters and fireplaces.

Because CO is odorless, colorless, and otherwise undetectable to the human senses, people may not know that they are being exposed. The initial symptoms of low to moderate CO poisoning are similar to the flu (but without the fever).

CO poisoning symptoms include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

Know the symptoms and help prevent CO poisoning.

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December 30, 2020

Office Daily Safety Message

How to Prevent Carbon Monoxide Poisoning

When you breathe, oxygen binds to the hemoglobin in your blood and then gets delivered to your vital organs. Carbon monoxide (CO) binds 240 times better to hemoglobin than oxygen, so inhaling carbon monoxide displaces the oxygen in your blood. You become sick when your vital organs and tissues become oxygen-deprived, causing many people to pass out.

Below are very important ways to prevent CO poisoning:

- Install CO alarms! Alarms are the only way to detect carbon monoxide, yet nearly half of all Americans don't have CO alarms in their homes. The National Fire Protection Association recommends installing a CO alarm on each level of a house and in a central location outside each sleeping area.
- Indoor awareness: Never use generators, charcoal grills, camp stoves, or any gas-burning appliance indoors, in a garage, or in any confined area.
- Stove safety: The kitchen stove is a frequent source of CO poisoning.
- Be extra vigilant in winter: Nearly 41% of CO exposure occurs during the winter months, when burning wood and other fuel is at the highest.
- Garage danger: Never leave a car running in an attached garage—even if the garage door is open, because CO emissions can still leak into your home.

Remember CO is the “Invisible Killer”, therefore knowing how to prevent is so important.

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December 31, 2020

Office Daily Safety Message

What are You Doing for New Year's Eve?

Whether you're gathering with a small group of friends or staying home, it's important to stay safe on the last day of the year.

Here are some tips to stay safe:

- **Don't drink and drive:** According to the National Safety Council nearly half of all car accidents on New Year's Eve and New Year's Day are due to drinking and driving. Assign a designated driver or take a cab. Because many people will be driving under the influence this night, don't use or drive a car if you can avoid it.
- **Alcohol:** If you decide to drink, eat before you drink, and snack while drinking. It's also a good idea to monitor the alcohol intake of yourself and your friends.
- **Pet Safety:** Keep your pets away from loud noises, such as fireworks. Be sure they have a collar with your information or a microchip. Double check your fence and pet area.

Follow these safety tips and have a fun New Year's Eve, no matter how you are celebrating.

Happy New Year from Utility Operations Safety and remember to stay "Safety Strong".