

Safety Principle # 2
People are the most critical element

February 2020

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February 1, 2020

Office Daily Safety Message

Trying to keep your New Year's Resolution?

Thinking about joining a gym or exercise program?

Ask a peer to join you. Make it a challenge or just offer words of encouragement.

Often during our normal work routines where we are going to engage in something that has risk, we ask a peer or friend for some assistance. Use that same philosophy when engaging in a workout routine.

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February 2, 2020

Office Daily Safety Message

30/30 Rule

Sometimes we get busy and do not realize how long we have been sitting.

Taking frequent posture relief breaks to stretch muscles, joints, spinal discs, arms, and legs helps to combat adverse effects of sitting. Stretching also maintains flexibility to help combat muscle fatigue and the reduction of blood flow to extremities that is prevalent in prolonged office work. A good rule of thumb is the 30/30 rule: For every 30 minutes of constant work, employees should stretch for 30 seconds. Employees should not work more than two hours straight without taking a posture relief break.

Use the RSIGuard program to assist you with not only break reminders, but also tips on how to set up your work station properly.

Click the link below for more information:

<https://entergy.sharepoint.com/sites/CorporateSafety/Ergonomics/SitePages/RSIGuard.aspx>

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February 3, 2020

Office Daily Safety Message

February is American Heart Month

During the holidays and colder months, we often do not engage in as much physical activity as we do during the summer months.

If you are taking a trip back to the gym after an extended time away start slowly and work your way back up. Serious injuries can occur due to over exertion during a workout.

What are you doing to strengthen your heart?

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February 4, 2020

Office Daily Safety Message

In 2020 we are focusing on keeping a **“2020 Safety Vision.”**

What does a **“2020 Safety Vision”** personally mean to YOU?

Although there is no definite definition of **“2020 Safety Vision”**, here are a few suggestions to help get you started:

- ✓ Perhaps setting a reminder to stand and stretch every 30 minutes
- ✓ Volunteering to conduct a local Safety Meeting or offering up a Safety Topic
- ✓ Keeping aisles and exit doors in the office clear of debris
- ✓ Making sure your exit plan is up to date and everyone knows the plan

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February 5, 2020

Office Daily Safety Message

Work Out Wednesday

If you decide to join a gym or get involved with an exercise program below are a few tips:

- Listen to your body. Hold off on exercise when you're sick or feeling very fatigued. Cut back if you cannot finish an exercise session, feel faint after exercise or fatigued during the day, or suffer persistent aches and pains in joints after exercising.
- If you stop exercising for a while, drop back to a lower level of exercise initially. If you're doing strength training, for example, lift lighter weights or do fewer reps/sets.
- For most people, simply drinking plenty of water is sufficient. But if you're working out especially hard or doing a marathon or triathlon, choose drinks that replace fluids plus essential electrolytes.

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February 6, 2020

Office Daily Safety Message

Benefits of Stretching

Did you know that stretching before starting your work day and throughout your day can be beneficial?

Stretching allows an individual to gain flexibility in motion which is helpful for activity. Stretching also increases your circulation, which in turn will help keep your body tissues supplied with oxygen. Stretching, it isn't just for athletes.

Don't forget the 30/30 rule!

For every 30 minutes of constant work, employees should stretch for 30 seconds.

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February 7, 2020

Office Daily Safety Message

Too much exercise? Your body will let you know.

Most individuals after returning to an exercise activity will experience delayed muscle soreness 12-24 hours after the activity which will gradually abate. This soreness is normal and often expected. By contrast, persistent or intense muscle pain that starts during a workout or right afterward, or muscle soreness that persists more than one to two weeks, merits a call to your doctor for advice.

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Office Daily Safety Message

How often do you rotate your workout routine?

In order to prevent injuries while working out, try mixing activities. Cross-training, or varying your workout, allows for you to use different muscles on different days to prevent overuse of one set.

An example would be to run one day, lift weights on the second day, and swim or cycle on the third day, then setting a rotation.

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February 9, 2020

Office Daily Safety Message

Winter is still here!

Remember the following when walking on ice and snow.

Due to ice and snow, walk like a penguin when entering and leaving your office. Winter slips and falls in parking lots are extremely common. To avoid them, walk like a penguin by walking flat footed taking short, slow steps. It's also important to wear sensible footwear and carry only what you can handle.

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February 10, 2020

Office Daily Safety Message

Heart Disease: It Can Happen at Any Age

Heart disease and the conditions that lead to it can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease: high blood pressure, high cholesterol, and smoking.

The CDD recommends the following four ways to take control of your heart health:

- Don't smoke – Smoking is the leading cause of preventable death in the US.
- Manage conditions – Work with your health care team to manage conditions such as high blood pressure and cholesterol. This includes taking medications you have been prescribed.
- Make heart-healthy eating changes – Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegs and fruits.
- Stay active – Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks.

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February 11, 2020

Office Daily Safety Message

Slips, trips, and falls continue to be #1 cause of death in the U.S. in non-vehicle related accidents.

One of the most hazardous places for falls: Stairs.

Solution: USE THE HANDRAIL!

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Office Daily Safety Message

Work Out Wednesday

To recap thus far; warm up and cool down, gradually increase activity, rest and mix activities, and listen to your body. The next tips are:

- Choose clothes and shoes designed for your type of exercise. Replace shoes every six months as cushioning wears out.
- For strength training, good form is essential. Initially use no weight, or very light weights, when learning the exercises. Never sacrifice good form by hurrying to finish reps/sets.
- Exercising vigorously in hot, humid conditions can lead to serious overheating and dehydration. Slow your pace above 70°F or find a cooler time of day.
- Dress properly for cold-weather workouts to avoid hypothermia. A good strategy is to wear layers so you can peel them off as it warms up.

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February 13, 2020

Office Daily Safety Message

Winter is not over!

We are still in the midst of winter – so slips, trips and falls continue to be at an elevated risk. Even if you feel like you're an 'old pro' when it comes to winter hazards – don't let yourself become overconfident.

Use your HU tools, such as STAR and pre-job briefings to discuss slippery surfaces, including when driving. Also – watch out for others. Ask questions: “Do you have your ice cleats?” or “Are those stairs cleared of snow?”

Watch out for visitors to your location. A visitor from the south visiting a location in the north may need some additional coaching when it comes to winter weather.

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February 14, 2020

Office Daily Safety Message

Distracted Driving Pledge

As distracted driving continues to plague the roads we travel daily, we are encouraging employees to take a stand against the avoidable distractions that arise daily.

Anything that takes attention away from driving can be a distraction. Sending a text message, talking on a cell phone, using a navigation system and eating while driving are a few actions that can take your focus off the task at hand and lead to an accident.

In order to take a stand, fleet management is asking all employees to make a commitment by pledging to not be one of the countless distracted drivers on our roads. Please take the pledge by visiting Fleet Management's SharePoint site at the link below.

<https://entergy.sharepoint.com/sites/fleetmanagement/SitePages/Distracted-Driving.aspx>

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February 15, 2020

Office Daily Safety Message

Feeling tired?

Fatigue is one of the biggest traps we can face and not recognize until it's too late. If you are working overtime, please ensure that sleep and a balanced diet are at the top of your priority list.

Don't let fatigue become your safety enemy!

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Office Daily Safety Message

Do you perform a Safety Circle Walk prior to getting into your vehicle every day?

Practice walking around your vehicle before getting in. All it takes is 30 seconds. It takes 21-days to develop a habit. If you make this practice a habit for 21 straight days, it will be your norm. The walk-around will help you identify hazards before you put the vehicle in motion.

Look for hazards such as:

- ✓ Vehicles parked behind, in front of, or on the side of you
- ✓ Children playing
- ✓ Fixed objects such as mail boxes, a ditch or culvert, fire hydrants, landscaping materials, or objects close to the ground
- ✓ Make sure all items on your vehicle are secured, trunk closed, doors closed
- ✓ Check for broken lights
- ✓ Animals

Remember that things can change from the time you park your vehicle to the time you start to leave.

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February 17, 2020

Office Daily Safety Message

Coronary Heart Disease

Coronary heart disease is often referred to simply as “heart disease,” although its not the only type of heart disease. Another term for it is coronary artery disease.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis. The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain. Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

What can you do to help prevent Coronary heart disease?

- Control your blood pressure, cholesterol, and A1C
- Reduce your sodium intake
- Be physically active
- Control your weight
- Don't smoke
- Manage stress

What steps will you take to create your own 2020 Safety Vision to prevent heart disease?

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February 18, 2020

Office Daily Safety Message

Feeling a little sluggish?

Fatigue can make everyday tasks, even walking, difficult. When fatigued, we don't want to expend mental energy thinking about mundane tasks.

The only long-term solution for fatigue: restorative sleep.

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February 19, 2020

Office Daily Safety Message

Work Out Wednesday

It is mistakenly believed that “bouncing” as you stretch helps muscles to stretch further. Sudden overstretching stimulates the stretch reflex causing the muscles to contract even tighter in an attempt to prevent injury.

Bouncing is counterproductive as it can cause small tears to the muscle tissue, which are experienced as muscle soreness or tenderness. Concentrate on slow, sustained stretches holding for 10-20 seconds.

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February 20, 2020

Office Daily Safety Message

Home heater safety is important to EVERYONE.

Here are a few safety tips for homes that have space heaters:

- Turn portable heaters off when leaving the room, going to bed, or leaving the home
- Always use the right type of fuel, specified by the manufacturer, for fuel burning space heaters
- Keep anything and everything that can burn at least three feet away from ALL heating equipment
- Always place a space heater on a solid, flat surface
- Plug power cords directly into outlets and never into an extension cord or surge protector
- Inspect for cracked or damaged, broken plugs, or loose connections. If damaged make sure to replace before using

Don't forget to check on friends and family during the cold winter months to make sure their home heating is safe.

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February 21, 2020

Office Daily Safety Message

Carpal Tunnel Syndrome

Carpal tunnel syndrome affects the nerves of the carpal tunnel which can lead to pain, tingling and/or numbing sensations. There are devices that you can purchase to help minimize exposure such as ergonomic keyboards, computer mouse, desks, and chairs.

One thing to consider, which may be surprising, is that your posture while remaining stationary can amplify the symptoms of carpal tunnel. Simply practicing a positive ergonomic posture can potentially help minimize/eliminate symptoms of carpal tunnel.

How is your posture while sitting? Standing?

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February 22, 2020

Office Daily Safety Message

Need more rest?

You don't know what you don't know, and you don't know that you don't know it.

If you see a friend or coworker getting fatigued: Be you Brother's and Sister's Keeper:
Stop the task and talk about rest.

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Office Daily Safety Message

Positive, positive, positive thinking!

Practice good mental health. Look on the positive side of things rather than the negative. Tackle the problems you can do something about and try not to worry about the rest.

Is your glass half full or half empty?

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February 24, 2020

Office Daily Safety Message

Move More Making Physical Activity Routine

Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart, going on a hike or taking the stairs, or biking to the store or around the block. Figure out what works best for you.

Why move more? Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

Make physical activity routine part of your 2020 Safety Vision!

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Do you walk to work, walk for exercise, or walk to lunch?

The National Safety Council has the following suggestions that could help keep you safe while walking:

- 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.

Having a strong 2020 Safety Vision will help you remain Safety Strong.

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February 26, 2020

Office Daily Safety Message

Work Out Wednesday

Many exercises require a form or motion to be executed for the exercise to be considered effective. It is important that you work on learning the form/motion and concentrating on that rather than trying to do as many repetitions as possible. According to the Army “proper form is more important than sloppy execution.”

What does your form look like?

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February 27, 2020

Office Daily Safety Message

Overexertion

Have you ever felt so tired or sore that you thought you might collapse? You might be suffering from overexertion. Overexertion is a common state faced by many after a strenuous workout, a long workday, or any hours long sports activities. Everyday activities such as playing with your kids, a new exercise routine, or a job that requires repetitive movements or manual labor can all overwork your muscles, causing overexertion. Overexertion is more intense than exhaustion!

Overexertion can happen to anyone. You might not notice any symptoms until your body has been pushed well beyond its limits. Pay attention to your body and know when to slow down and take a break.

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February 28, 2020

Office Daily Safety Message

Changing Tasks to Avoid Muscle Strain

Employees should change tasks periodically to avoid using the same muscle group over an extended period.

Stand up frequently, stretch your fingers and hands, roll your shoulders back and forth, and stretch your back muscles, these are just a few that can be done right at your desk.

Share with your team other ways to avoid muscle strains.

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February 29, 2020

Office Daily Safety Message

Take a moment to look down at your feet ...

Shoes we wear can play a big part in preventing falls. The slickness of the soles and the type of heels worn need to be evaluated to avoid slips, trips and falls. Shoelaces need to be tied correctly.

Whenever a fall-related injury is investigated, the footwear needs to be evaluated to see if it contributed to the incident. Employees are expected to wear footwear appropriate for the duties of their work task.