

## February 2021

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**February 1, 2021**

**Field Daily Safety Message**

February is Heart Health Month

What is a heart attack?

Your heart muscle needs oxygen to survive. A heart attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because of coronary arteries that supply the heart muscle with blood flow become narrowed from buildup of fat, cholesterol, and other substances that together are called plaque.

When plaque within a heart artery breaks, a blood clot forms around the plaque. This blood clot can block the blood flow through the artery to the heart muscle.

Are there other causes of heart attack besides blockage?

Sometimes a coronary artery temporarily contracts or goes into spasm. When this happens the artery narrows, and blood flow to part of the heart muscle decreases or stops. The causes of spasms are unclear.

Another rare cause of heart attack is spontaneous coronary artery dissection, which is a spontaneous tearing of the coronary artery wall.

A heart attack is a frightening experience. If you think you are experiencing a heart attack, get help immediately!

Information provided by America Heart Association ([www.heart.org](http://www.heart.org))

**February 2, 2021**

**Field Daily Safety Message**

February is Heart Health Month

Catch the Signs Early

Don't wait to get help if you experience any of these heart attack warning signs. Some heart attacks are sudden and intense, but most start slowly with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- Chest discomfort – Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body – Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath – This can occur with or without chest discomfort.
- Other signs – Other possible signs include breaking out in a cold sweat, nausea, or lightheadedness.

Information provided by America Heart Association ([www.heart.org](http://www.heart.org))

**February 3, 2021**

## **Field Daily Safety Message**

February is Heart Health Month

Lifestyle Changes for Heart Attack Prevention

**Sounds simple doesn't it? Heart disease is the No. 1 cause of death in the United States. Stroke is the No. 5 cause of death in the United States.**

One of the biggest contributors to these statistics is a lack of commitment to a heart healthy lifestyle. Your lifestyle is not only your best defense against heart disease and stroke, it's also your responsibility. A heart-healthy lifestyle includes the ideas listed below. By following these simple steps, you can reduce all the modifiable risk factors for heart disease, heart attack and stroke.

- Stop smoking – If you smoke, quit.
- Choose good nutrition – A healthy diet is one of the best weapons you must fight cardiovascular disease.
- Lower high blood cholesterol – Fat lodged in your arteries is a disaster waiting to happen. Sooner or later it could trigger a heart attack or stroke.
- Lower high blood pressure – Shake that salt habit, take your medications as recommended by your doctor and get moving.
- Be physically active every day – Research has shown that at least 150 minutes per week or moderate-intensity physical activity can help lower blood pressure, lower cholesterol and keep your weight at a healthy level.

Information provided by America Heart Association ([www.heart.org](http://www.heart.org))

**February 4, 2021**

**Field Daily Safety Message**

February is Heart Health Month

Angina (Chest Pain)

Angina is chest pain or discomfort caused when your heart muscle doesn't get enough oxygen-rich blood. It may feel like pressure or squeezing in your chest. The discomfort also can occur in your shoulders, arms, neck, jaw, or back. Angina pain may even feel like indigestion.

Angina is not a disease, it is a symptom of an underlying heart problem, usually coronary heart disease. This usually happens because one or more of the coronary arteries is narrowed or blocked. All chest pain should be checked by a doctor. If your doctor thinks that you have unstable angina or that your angina is related to a serious heart condition, they may recommend additional tests and procedures.

Information provided by America Heart Association ([www.heart.org](http://www.heart.org))

**February 5, 2021**

**Field Daily Safety Message**

February is Heart Health 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?

**February 6, 2021**

**Field Daily Safety Message**

Frozen Puddles = Disaster

As you race through the door, not noticing the puddle of slush that has now become iced over, you land flat on your back. You wonder how this happened? A small patch of ice on the stairs, a puddle on the floor, or snow on the sidewalk can take your feet right out from under you.

Use extra caution, plan your route, and take your time. Remember it is still winter!

**February 7, 2021**

**Field Daily Safety Message**

Reclaim Your Personal Commitment to Safety in 2021

Don't just be safety compliant, be safety committed for yourself, your families, and your co-workers.

Take the time to:

- Performing a more robust/detailed JHA for a better understanding of the job task
- Concentration on quality Hazard Recognition Awareness by eliminating or mitigating the hazard
- Start to notice more of the surroundings during your Safety Circle Walk
- Planning work more effectively while determining all risks
- Creation of a detailed plan to mitigate risks
- Being a better brother's keeper

What others can you name?

**February 8, 2021**

**Field Daily Safety Message**

Winter Weather

We are still in the midst of winter, therefore 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?” And watch out for visitors. A visitor from the south, to a location in the north may need some additional coaching when it comes to winter weather.

Keep your looking out for your 2021 Safety Vision by recognizing the hazards.

**February 9, 2021**

**Field Daily Safety Message**

What does self-checking for slips, trips and falls look like?

Ask yourself:

- While exiting or entering my vehicle, what can cause a slip, trip or fall?
- Am I using three points of contact while exiting or entering the vehicle?
- What are the potential hidden hazards in my walking route to a job site?
- Is there an alternate route I can take?

Keep your eyes on 2021 safety by keeping eyes on your feet and hands to help prevent slips, trips, and falls!

**February 10, 2021**

**Field Daily Safety Message**

Cold Weather and Stretching

While the weather is still rather chilly outside, remember regular exercise will improve your circulation, which in turn will help keep your body tissues supplied with oxygen.

Often our job requires us to stand in one place, use your breaks and free time to stretch and move around.

Stretching is such an important part of our daily routine. Starting our day out with some stretches and then again prior to each job or task is so very important to help prevent muscle sprain or tears.

Have you stretch today?

**February 11, 2021**

**Field Daily Safety Message**

Fatigue

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 keeper, stop the task, and talk about rest.

Don't let fatigue become your safety enemy!

**February 12, 2021**

## **Field Daily Safety Message**

### Take a Positive Attitude Towards Safety

An often-overlooked aspect of safety is our attitude. A negative attitude towards safety can impact job performance and increases your chance of getting injured. Maintaining a positive attitude will help reinforce the importance of safety procedures and equipment.

### How to Stay Positive about Safety:

- Always follow all safety rules. The rules are there for you and your brother's safety.
- Take responsibility for your own safety. Report any injuries, close calls, or good catches to your supervisor immediately.
- Be serious about safety, do not take shortcuts.
- Do the best you can – not the fastest you can. Avoid completing tasks in a hurry and put safety first.
- Look out for hazards. Be aware of your surroundings and potential hazards. Take the time to eliminate or mitigate each one.
- Listen and learn about the safety protocols in the workplace.
- Get help, when and if needed. Don't try to do everything on your own, especially when having help would make the task safer. Be team oriented.

**February 13, 2021**

**Field Daily Safety Message**

Three Points of Contact

Are you maintaining three points of contact when exiting a vehicle?

The largest cause of falls when mounting or dismounting from trucks or trailers is failure to follow three points of contact. Many knee, ankle, and back injuries result from this type of fall.

Always remember:

- Two hands and one foot
- Two feet and one hand

**February 14, 2021**

**Field Daily Safety Message**

Tunnel Vision on Weekends

During weekend work, it can be easy to get too focused on the job that resulted in the callout or weekend work. Getting too focused on one issue is called tunnel vision. This results in not being able to see hazards or clues that are not right in front of you.

Watch out for tunnel vision in yourself and coworkers by using a good questioning attitude; and take the TIME to use STAR.

**February 15, 2021**

**Field Daily Safety Message**

How is the housekeeping in your vehicle?

Personal and work vehicles should be kept clean and free of clutter.

Inside of the cab, items such as clipboards, radio handhelds, meter reading handhelds, lunch boxes, can become flying projectiles during a vehicle crash or sudden braking. Secure all loose items in the cab of your vehicle.

Outside of the cab, items such as materials, tools, equipment, safety cones, can also become flying projectiles that have the potential to fly out and onto the roadway or into vehicle. Secure your load and in doing so you will prevent unnecessary accidents.

Good housekeeping reflects good work ethic and positive safety performance.

**February 16, 2021**

**Field Daily Safety Message**

Traffic Control Plan

Prior to arriving at a job site, create a traffic control plan that coordinates the flow of vehicles both on and off a site. If backing cannot be avoided, be sure to check for potential hazards during your Safety Circle Walk such as:

- People
- Posts/poles
- Buildings
- Overhead objects
- Overhead power lines
- Other vehicles

Keeping our 2021 safety focus, we can prevent running over fixed objects.

**February 17, 2021**

**Field Daily Safety Message**

Overhead Clearance When Driving

When driving near or under awnings, it is important to remember this presents a hazard depending upon the height of your vehicle. There have been instances in the past where a company vehicle struck an awning, resulting in damage to either the company vehicle or to the awning itself. It is best practice to avoid driving under an awning or overhead canopy. If you are faced with an awning or canopy, look for an alternate path that does not include traveling under it.

You should also know your vehicle's height and take that into consideration when driving. If you have a spotter available, have the spotter spot the space you will be driving to ensure the path is clear.

Always remember it is best to get out and look. Look for low hanging wires, tree limbs, awnings, etc.

**February 18, 2021**

**Field Daily Safety Message**

Driver and Spotter

Are the driver and the spotter on the same page when it comes to backing up a vehicle?

Remember, they must agree on the following prior to backing:

- Hand Signals
- Maintaining Visual Contact
- If Visual Contact is lost, the driver will stop immediately
- Spotter will have one job and one job only during this time, to assist the driver in backing

Be sure to keep a clear 2021 safety focus when backing

**February 19, 2021**

**Field Daily Safety Message**

Setting up at a work site along a public street, highway, or interstate and exposed to the hazards of other drivers?

Remember your reflective traffic vest or reflective clothing will improve how well other drivers see you. Using high-visibility apparel will enhance worker visibility and add warning to vehicle operators as they approach worksites.

Coning off effectively is critical to the safety success for yourself, your vehicle, and your work zone.

How are you doing in this area?

**February 20, 2021**

**Field Daily Safety Message**

Vehicle Corrosion

Is your vehicle prepared for winter? During your last vehicle inspection, did you check the tire chains for use during winter weather?

Corrosion is the enemy! Over time rusts, nicks, and scratches on chains will lead to corrosion and major headaches once it sets in. One of the easiest aspects of tire chain maintenance is making sure that you keep ahead of corrosion by keeping them dry when not in use.

**February 21, 2021**

**Field Daily Safety Message**

Are you in the line of fire?

Line of fire issues are a hazard we routinely face but can and should be eliminated or mitigated. The best way to avoid line of fire hazards, is to eliminate the hazards whenever possible. By eliminating the hazards there is no chance that you or anyone else in the work area can be injured by that hazard.

When elimination is not possible, engineering controls are the next best choice in protecting yourself from line of fire hazards.

How do you plan to avoid the line of fire today?

**February 22, 2021**

**Field Daily Safety Message**

Sounding a Pole

Climbing a pole is a high-risk task that requires preparation and a great job hazard analysis. Remember to always “hammer test and probe test” each wooden pole prior to climbing. You must have confidence that the integrity of the pole has not been compromised in any way. Look for exterior signs on a pole such as woodpecker holes, decayed holes, cracks, or cuts. The interior integrity of the pole may not be so easy to see so be sure to conduct your hammer test and probe test.

What does “good” sound like when hammer testing a pole?

What does “dull” sound like when hammer testing a pole?

You must know the difference!

**February 23, 2021**

**Field Daily Safety Message**

Tool Selection and JHA

Stopping a job to obtain another tool is a common occurrence, but this tool may not have been included in your original JHA. Ensure new tools are accounted for on your JHA.

For example, you may have forgotten to include tool lanyards if necessary, to prevent dropping. Don't forget that a change in tools may require reaching farther or more physical exertion which should also be included on your JHA.

Don't forget the small things that can hurt or injury someone or yourself.

Plan it out!

**February 24, 2021**

**Field Daily Safety Message**

Ask yourself, what is the worst thing that can happen or will happen if something fails?

Total elimination of hazards is not always possible and engineering controls may not be feasible or they can fail. Because of this reality, it is important to decrease your chance of being a victim of line of fire injuries by not putting yourself in harm's way. Understand the work tasks going on around you and the associated hazards.

Use Situational Awareness to recognize and prepare for line of fire hazards and keep you and anyone on the job site safe.

**February 25, 2021**

**Field Daily Safety Message**

Stop Work Process

If you find yourself in an unsafe situation or someone is performing an unsafe act, implement STOP work process. Every employee has the authority and obligation to STOP any job at any time he/she feels it is necessary to do so.

- When an unsafe condition or act is about to happen, stop and communicate the reason for stopping and how the unsafe condition/act should be rectified.
- Anytime the job scope changes stop and conduct a new JHA/JSA and Tailboard before work commences.

Make sure that everyone understands their role and responsibility in order to maintain a clear 2021 Safety Vision.

**February 26, 2021**

**Field Daily Safety Message**

Switching Orders

Remember to question the following when executing a switching order:

- Who is the Controlling Authority?
- Have I been instructed to perform this step (Operation of device/Installation of Hold Tag) by the Controlling Authority?
- Am I at the correct location?
- What am I accomplishing with this switching order?
- Have I performed 3-part communication?
- Has the switching order, written by the Controlling Authority, been checked before the switching is performed?
- When I operate this device (open, close, bypass) will it accomplish the intent of the step?
- Have I verified the correct Hold Tag number?
- Am I confident in my ability to utilize the STOP Process if a question arises at any point during the Switching Procedure?

**February 27, 2021**

## **Field Daily Safety Message**

### Avoiding the Line of Fire

The “line of fire” is any path an object or force may travel. If you’re in the path when something fails, or a process breaks down, you may face serious injury. Identifying and mitigating lines of fire is a critical component and discussion point for every tailboard/job hazard analysis including the design and scouting process.

We must always strive to separate ourselves from the potential release of all energy types, not just electrical.

Common examples of line of fire include:

- Falling objects
- Pressurized items
- Suspended loads
- Electrical equipment malfunctions
- Heavy equipment in use
- Damaged facilities

Use items such as barriers and flagging to clearly identify areas to avoid so you can keep hands, fingers, and all body parts out of the line of fire.

Protect yourself and others on the jobsite by recognizing line of fire hazards and eliminating them when possible. If elimination is not an option, then stay out of line of fire or control it by other means.

**February 28, 2021**

**Field Daily Safety Message**

Tailboard and Job Hazard Analysis

The tailboard conference is one of the most important safety steps Entergy employees, contractors and agents take each day. It ensures everyone on a job site is aware of potential hazards and mitigates risks.

The job hazard analysis document identifies job step and sequences, the potential hazards associated with each and steps to eliminate, mitigate or control hazards. Each crew member must review and sign the hazard assessment form.

Effective communication is critical in getting the job done safely.