

Hazard Recognition: Slips, Trips and Falls

Hazard Recognition: Slips, Trips and Falls						
January 2017						
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Daily Safety and Health Topics

January 2017

Hazard Recognition:

Slips, Trips and Falls

Entergy's 12 Safety Principles

1. All injuries are preventable
2. People are the most critical element
3. All Employees are responsible for safety
4. All operating exposures can be controlled
5. Management is responsible for establishing a safe work environment and clear expectations for safety performance
6. Safety is good business
7. Management must audit performance
8. Our work is never so urgent or important that we cannot take time to do it safely
9. Deficiencies must be corrected promptly
10. Employees must be trained to safely perform all assigned tasks and accountable for applying these skills on the job
11. Safety is a condition of employment
12. Off the job safety is an important part of overall safety efforts



January 1, 2017

Safety Focus

SLIPS, TRIPS & FALLS - STATISTICS

- Slips, trips & falls make up the majority of general industry accidents (USDoL)
 - 15% of all accidental deaths; 2nd leading cause behind motor vehicles
 - ~12,000/year
 - One of most frequently-reported injuries
 - ~25% of reported claims/year
 - Over 17% of all disabling occupational injuries result from falls
- Entergy's leading cause of injuries in 2016 and many other years!
- **Most could have been prevented!**

Health Tip of the Day

HEALTHY TEETH REQUIRE MORE THAN BRUSHING

In addition to regular brushing and flossing and dentist visits, good nutrition is essential for oral health. To help build strong teeth and bones, eat foods that are rich in calcium and vitamin D. Foods that contain Vitamin C also help maintain healthy gums. Source: American Dental Hygienists' Association

Org Health & Diversity Focus

WORK-LIFE BALANCE

Start the year off with a goal to better balance your personal and professional responsibilities. Trying to take on too many things at once keeps you from excelling at either one and causes unnecessary stress. A stress-free home and a stress-free workplace will make for a much more productive day.

Human Performance Focus

A LITTLE EXTRA TIME

As the safety focus mentions, there are a significant number of slips, trips and falls that occur and most could have been prevented. Taking a little extra time to conduct a job site review of the travelling surfaces is the first step to preventing these types of events.

January 2, 2017

Safety Focus

SLIPS, TRIPS & FALLS – INJURY TYPES

- Sprains & Strains
- Bruises & Contusions
- Fractures
- Abrasions & Lacerations

Most could have been prevented!

Health Tip of the Day

DESTRESSING FROM THE HOLIDAYS

Once the holidays are over, you may feel run down. All this stress can make you sick, cause you to overeat, and zap your energy. Here's how to refocus positive energy in your life:

- Get some sleep
- Get some exercise
- Start something new
- Remind yourself of the good things
- Send thank-you notes

Source: Healthline

Org Health & Diversity Focus

FOSTERING DIVERSITY IN THE WORKPLACE

To create and maintain a diverse workplace, you must learn to:

- Celebrate diversity in all ways possible
- Respect others' perspectives and differences
- Reach out to find out more ways you can create a safe and inclusive environment

Human Performance Focus

RECOVERY

The time required to recover from conducting a job-site review is significantly shorter than the time it takes to recover from an injury. Review your work areas, especially as you return from any extended time off, and ensure you can travel to and from safely.

January 3, 2017

Safety Focus

SLIPS, TRIPS & FALLS – SLIP DEFINITION

- Slip
 - Too little friction or traction between feet (footwear) & walking/working surface, resulting in loss of balance

Most could have been prevented!

Health Tip of the Day

THE ACHILLES (HEEL CORD) STRETCH

- Make sure your leg muscles are warmed up before stretching. Begin the stretch by flexing the knee of the leg in front and leaning the body forward with your hands supported on a structure so that you can lean forward without falling.
- The key to stretch the heel cord is to keep the heel flat on the ground while the leg leans forward with the body.
- Hold the stretch for 5 – 7 seconds and then switch legs and repeat the exercise to stretch the other heel cord.

CAUTION: Stop stretch if you experience any unusual pain in the heel cord or ankles and consult your medical doctor. Source: Richard W. Bunch, Ph.D., P.T., C.B.E.S.

Org Health & Diversity Focus

EFFECTIVE COMMUNICATION

Communicating effectively isn't just about what you say; nonverbal communication is the most powerful form of communication. From facial expressions to body language your gestures and cues can set the tone of your conversation. Remember, there are multicultural differences in body language, facial expression, use of space, and gestures that are often open to misinterpretation.

Human Performance Focus

POST HOLIDAY REVIEW

Many employees have had the opportunity to spend some time away from their working environment. The time away was hopefully refreshing but now it is time to get back into the working environment. Take some time to review all of your Human Performance Tools and when they might help you out. You may need some of these tools to get you back into the groove safely.

January 4, 2017

Safety Focus

SLIPS, TRIPS & FALLS – QUIZ 1

What can improve traction on floors that are frequently wet?

- a. Strap cleats onto your shoes.
- b. Painting gritty coatings on the floor.
- c. Using a greasy floor finish.
- d. Putting up a sign.

Answer: b

Health Tip of the Day

JANUARY IS THYROID AWARENESS MONTH

Thyroid disease is more common than diabetes or heart disease. The thyroid produces hormones which controls virtually every cell, tissue and organ in the body. If your thyroid is not functioning properly, it can cause the body's systems to speed up (hyperthyroidism); or it can cause it to slow down (hypothyroidism). Untreated thyroid disease may lead to elevated cholesterol levels and subsequent heart disease, as well as infertility and osteoporosis. Source: American College of Endocrinology

Org Health & Diversity Focus

DID YOU KNOW?

As of 2016, there are more than 21 million living veterans in the United States. Entergy's Veterans ERG currently has 254 members.

Human Performance Focus

CLOSE CALL/GOOD CATCH

If you answered the question above correctly and observed a surface that could have conditions improved for walking use your questioning attitude and work to eliminate the hazard.

January 5, 2017

Safety Focus

SLIPS, TRIPS & FALLS – TRIP DEFINITION

- Trip
 - Foot or lower leg hits object & upper body continues moving, resulting in loss of balance
 - Stepping down to lower surface & losing balance

Most could have been prevented!

Health Tip of the Day

CEREAL BARS

If you grab a cereal bar for breakfast, read the nutrition labels carefully. Watch out for bars that are high in added sugars and partially-hydrogenated fats. Select bars with whole grains listed as the first ingredient and at least three grams of dietary fiber per serving. Pair your cereal bar with a small banana, a cup of low-fat milk, and a handful of nuts or a hard-boiled egg to create a complete on-the-go breakfast. Source: HealthFitness

Org Health & Diversity Focus

A QUOTE ABOUT SUCCESS

"Success in business requires training and discipline and hard work. But if you're not frightened by these things, the opportunities are just as great today as they ever were." -David Rockefeller

Human Performance Focus

IF IT HAPPENS

If you experience a slip, trip or fall use your effective communication to get help if necessary. There can be serious injuries as a result of a slip, trip or fall and getting the necessary help in a timely manner can depend on your communication.

January 6, 2017

Safety Focus

SLIPS, TRIPS & FALLS – QUIZ 2

If you carry loads that you can't see over or around:

- a. Make sure you have good lighting.
- b. Stay off the stairs.
- c. Take small steps.
- d. You could trip and fall; don't carry such loads.

Answer: d

Health Tip of the Day

DUMBBELLS VS. MACHINES

Which is better for your muscles, dumbbells or weight machines? Many strength experts recommend using a combination of the two. Together, they help to increase strength, while also improving coordination and flexibility. For example, using a chest-press machine may allow you to lift more weight safely, but using dumbbells requires muscle balance and coordination.

Source: American Council on Exercise

Org Health & Diversity Focus

TALKING TO THE TEAM

Meet with employees to discuss how their role and responsibilities fit into the team structure and goals, and how the team structure and goals support Entergy's roadmap.

Human Performance Focus

EYES ON PATH

If you observe individuals carrying loads that they cannot see over ask them to stop and help them to understand how to perform the task in a safer manner. By providing coaching with the intent to make the future more successful there is an opportunity to reduce injuries.

January 7, 2017

Safety Focus

SLIPS, TRIPS & FALLS – FALL DEFINITION

- Fall
 - Occurs when too far off center of balance
- Two types:
 - Fall at same level
 - Fall to same walking or working surface, or fall into or against objects above same surface
 - Fall to lower level
 - Fall to level below walking or working surface

Most could have been prevented!

Health Tip of the Day

NEW PARENTS STROLL FOR FITNESS

Taking walks with your baby in a stroller can help new parents stay in shape and burn extra calories. One study estimated that you can burn up to 20 percent more calories pushing a stroller than walking alone. It is also a great way to get errands done, stay healthy, lose weight and bond with your child. Whenever possible, make your walk as brisk as you can for additional benefits. Source: Journal of Cardiopulmonary Rehabilitation

Org Health & Diversity Focus

AGE IS JUST A NUMBER

A successful organization values diverse individuals and their perspectives. You will find yourself working among Millennials, Generation Xers and Baby Boomers. Each generation's suggested set of attitudes, behaviors and motivators typically apply to a large portion of the population that falls into each segment. Keep in mind, generational values should only be looked at as tendencies prevalent among a particular age group and must never be treated as rules.

Human Performance Focus

INSTINCT?

You ask yourself questions more times per day than you realize. These questions that pop into your head are the heart of the Questioning Attitude Tool. Simply taking an extra couple seconds to ask yourself if a situation seems correct could help to identify potential traps in the area.

January 8, 2017

Safety Focus

SLIPS, TRIPS & FALLS – QUIZ 3

Which of the following fall protection systems prevents falls?

- a. Safety net systems
- b. Guardrail systems
- c. Personal fall-arrest systems.
- d. None of the above.

Answer: c

Health Tip of the Day

SUPPORTING THE TOBACCO QUITTER

If you have a loved one who has resolved to quit tobacco, chances are strong they will experience the following withdrawal symptoms:

- Feeling irritable, angry, or anxious
- Having trouble thinking
- Craving tobacco products
- Feeling hungrier than usual

Be supportive of your tobacco quitter. Quitting isn't easy, but it's worth it!

Source: Centers for Disease Control

Org Health & Diversity Focus

BEAT THE BURNOUT

According to the American Institute of Stress, 80 percent of people feel stress at work. Stay present and mindful of any stressors and make the changes you need to go through your day stress-free.

Human Performance Focus

DOES THE JOB NEED FALL PROTECTION?

It is important for everyone to understand the requirements for the job to be performed safely. Elements of personal protective equipment should be discussed during the pre-job brief and job-site review to ensure the proper tools are utilized.

January 9, 2017

Safety Focus

SLIPS, TRIPS & FALLS – GUIDELINES TO PREVENT – 1 OF 6

Good housekeeping is critical. Three steps to get you started:

- **Plan ahead** – Know what needs to be done, who's going to do it and what the particular area should look like when you are done.
- **Assign responsibilities** – It may be necessary to assign a specific person or group to clean up, although personal responsibility for cleaning after your self is preferred.
- **Implement a program** – Establish housekeeping procedures as part of the daily routine.

Look around! How is your housekeeping?

Health Tip of the Day

COLD STRESS

Workers who are exposed to extreme cold or work in cold environments may be at risk of cold stress. What constitutes cold stress and its effects can vary across different areas of the country. Whenever temperatures drop decidedly below normal and as wind speed increases, heat can more rapidly leave your body. These weather-related conditions may lead to serious health problems. Source: CDC

Org Health & Diversity Focus

NOT ONE IN THE SAME

When work is critiqued, some may hear criticism and not feedback. Be mindful of how your feedback might be taken by others; when your message is misunderstood, your feedback often goes unheard.

Human Performance Focus

HABITS

It takes roughly 21 days to change a habit or behavior. If you aspire to change your behaviors to enhance your performance consider asking someone to provide coaching to you when you are both succeeding or when you are missing the target. Coaching can help keep your focus on your desired change.

January 10, 2017

Safety Focus

SLIPS, TRIPS & FALLS – GUIDELINES TO PREVENT – 2 OF 6

Reduce Wet or Slippery Surfaces

Walking surfaces account for a significant portion of injuries. Traction on outdoor surfaces can change considerably when weather conditions change. Practice good housekeeping inside!

Clean up any spills you see!

Health Tip of the Day

BACK STRETCH BREAK

Maintaining one position for long periods of time can strain your back. This great exercise can be performed anywhere. From a standing position, place your hands on your thighs or knees, keeping your knees bent. Round your back like a camel, hunching the shoulders, with your head down. Then switch to arching your back like a cat, looking up toward the sky. You can also lean on a sturdy surface instead of your legs, if preferred. Source: American College of Sports Medicine

Org Health & Diversity Focus

CAREER DEVELOPMENT

You can work on developing your career by taking advantage of employee development courses. Gaining new skills will help you perform efficiently in your current role and prepare you for future opportunities.

Human Performance Focus

CAN'T BE ELIMINATED?

If you identify a hazard on a walking surface and you cannot eliminate the hazard ensure that you use effective communication to create awareness of the hazard. The information being shared can help to prevent someone else from being negatively affected by the hazard.

January 11, 2017

Safety Focus

SLIPS, TRIPS & FALLS – GUIDELINES TO PREVENT – 3 OF 6

Avoid Creating Obstacles in Aisles and Walkways

Injuries can also result from trips caused by obstacles, clutter, materials and equipment in aisles, corridors, entranceways and stairwells. Proper housekeeping in work and traffic areas is still the most effective control measure in avoiding the proliferation of these types of hazards.

Health Tip of the Day

REDUCING EYE STRAIN

If you spend much of your day looking at a screen (computer, e-reader, tablet, etc.), you might notice symptoms of eye strain such as headaches, blurred vision, or dry eyes. To help manage eye strain, follow the 20-20-20 rule. Every 20 minutes, give yourself a 20-second break to view something that is 20 feet away. In addition, be sure to see your eye doctor for regular vision exams. Source: American Optometric Association

Org Health & Diversity Focus

WHY ISN'T EVERYONE LAUGHING?

Not all jokes are appropriate for the workplace. Jokes about people's differences or stereotypical comments have no place in an inclusive workplace. Be mindful and promote tolerance in the office.

Human Performance Focus

CLEAN UP

After you complete a task or get ready to leave a work site ensure that you conduct a post-job review. During this review you have the opportunity to identify any potential walking hazards that could have been left behind and then take actions to eliminate them. If the hazard needs to remain due to uncompleted work ensure that it is appropriately marked to prevent an event.

January 12, 2017

Safety Focus

SLIPS, TRIPS & FALLS – GUIDELINES TO PREVENT – 4 OF 6

Create and Maintain Proper Lighting

Poor lighting in the workplace is associated with an increase in accidents.

- Use proper illumination in walkways, staircases, ramps, hallways, basements, construction areas and dock areas.
- Keep work areas well lit and clean.
- Upon entering a darkened room, always turn on the light first.
- Keep poorly lit walkways clear of clutter and obstructions.
- Keep areas around light switches clear and accessible.
- Repair fixtures, switches and cords immediately if they malfunction.

Health Tip of the Day

FADING RESULTS OF FAD DIETS

Most health experts agree that people who lose weight with fad diets are rarely able to keep it off, partly because they are not sustainable. You may also put yourself at risk for not getting enough nutrients. Instead, eat a variety of nutrient-dense foods in proper portions and participate in regular exercise to help lose one half to two pounds per week. Source: Weight-Control Information Network

Org Health & Diversity Focus

EMPLOYEE RECOGNITION

When you recognize people effectively, you reinforce the actions and behaviors you most want to see people repeat. Celebrate a co-worker's successes and your own to powerfully motivate and highlight the importance of these behaviors.

Human Performance Focus

SHARE WHAT YOU KNOW

Often the task being worked will not be completed on a single shift, so it is important that the off going crew conduct a thorough turnover with the oncoming crew. During this turnover there should be a discussion about any hazards that exist on walking surfaces.

January 13, 2017

Safety Focus

SLIPS, TRIPS & FALLS – GUIDELINES TO PREVENT – 5 OF 6

Wear Proper Shoes

The shoes you 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. Employees are expected to wear footwear appropriate for the duties of their work task.

Health Tip of the Day

HOW YOUR FEET MEET THE GROUND

Do you see uneven wear on the inside or outside of your running shoe? Uneven wear can lead to changes that can cause injury. As a general rule, running shoes should be replaced about every 350 miles. A podiatrist or running-shoe expert can help you select the best option for your needs. Source: American College of Sports Medicine

Org Health & Diversity Focus

WORKPLACE GRATITUDE

Create a personal culture of gratitude and appreciation to remove negativity from the environment. A positive workplace climate will allow the team to shift their perspective on life and work as well.

Human Performance Focus

HELP EACH OTHER OUT

Our footwear can be something we think very little about, almost become complacent about, because we deal with it all the time. Putting on and taking off our shoes almost becomes instinct which leads to the question do you consider what you are wearing for the situation you are going to be in? As co-workers and friends it is important for you to take the extra time to peer-check those around you for the appropriate footwear. It could make the difference.

January 14, 2017

Safety Focus

SLIPS, TRIPS & FALLS – GUIDELINES TO PREVENT – 6 OF 6

Control Individual Behavior

This condition is the toughest to control. You can't let your guard down for two seconds and be distracted by random thoughts or doing multiple activities. Being in a hurry will result in walking too fast or running which increases the chances of a slip, trip or fall. Taking shortcuts, not watching where one is going, using a cellphone, carrying materials which obstruct vision, wearing sunglasses in low-light areas, not using designated walkways and speed are common elements for injuries. It's ultimately up to each individual to plan, stay alert and pay attention.

Health Tip of the Day

GRAB A PIECE OF GUM TO HELP PREVENT TOOTH DECAY

Did you know that chewing sugarless gum for 20 minutes following meals can help prevent tooth decay? Chewing gum increases the flow of saliva, which can neutralize and wash away the acids that lead to cavities. Look for the ADA (American Dental Association) Seal on gum packaging, and keep a pack handy. Chewing gum is not a substitute for brushing and flossing. The ADA recommends brushing twice a day and flossing once a day. Source: American Dental Association

Org Health & Diversity Focus

CONFLICTS WITH CO-WORKERS

You might find there is a coworker you tend to have difficulty interacting with. Leaving the situation unaddressed will only allow it to get worse. First, reflect on whether you may be overreacting then address the individual and keep in mind they might not realize the impact they are having on you. Make sure to do this in private and be respectful. Most people are quite surprised to hear their behavior is interpreted as unprofessional.

Human Performance Focus

COACHING IS A CONVERSATION

There are many individuals that shy away from coaching because they feel uncomfortable delivering "bad" news. The beauty of coaching is that it is ideally designed to deliver positive messages when the desired behaviors are observed. If you start by delivering the positive messages then when it comes time to correct a behavior it will be a lot easier.

January 15, 2017

Safety Focus

SLIPS, TRIPS & FALLS

The National Safety Council offers a number of tips including ensuring good housekeeping, use of gates on stairs, ensuring adequate lighting and using appropriate footwear to prevent slips, trips and falls. Falls are the third leading cause of unintentional death in the U.S., accounting for nearly 32,000 deaths in 2014, according to Injury Facts 2016. The risk of falling rises with age. Falls are 52 times more likely to occur in the home. Click here for: [Link to NSC Fall Prevention Flyer](#)

Health Tip of the Day

PREDIABETES MEANS PREVENTION IS POSSIBLE

Prediabetes is when a person's blood glucose (sugar) levels are higher than normal, but not high enough to be called diabetes. Studies show that a person can lower their risk for type 2 diabetes by almost 60 percent with two modest lifestyle changes: Losing about 7 percent of their body weight and exercising moderately, such as walking for 30 minutes on five days a week.

Source: American Diabetes Association

Org Health & Diversity Focus

FINDING THE TOOLS FOR SUCCESS

The Leadership Toolkit can provide you with tools to help you understand and use the employee and leadership practices on a daily basis. You can find the Leadership Toolkit listed under the Organizational Health section of the Organizational Health and Diversity website.

Human Performance Focus

IF CONDITIONS CHANGE

A significant amount of tasks that we have to accomplish require work outside. The weather can change very quickly and it is important to re-evaluate the situation anytime conditions change. Conduct a job-site review if something new occurs to change the status from the initial conditions.

January 16, 2017

Safety Focus

SLIPS, TRIPS & FALLS – OFF THE JOB

The National Safety Council reports that in 1992, there were fewer than 10,000 deaths resulting from slips, trips, and falls in the United States. (On and off the job that number has steadily increased to approximately 28,000 in 2012. The reason for the increase can be seen in the increase of the age of the victims. The largest number of fatalities is in the 65+ category. (Our aging Baby Boomer Population.)

Action: Manage the safety of your elderly friends and family members: Tell them about this alarming statistic, and then make any necessary changes to their households that are prudent. For example – make sure they never have to climb to reach any of their household effects. Also, change out all of their lightbulbs for them: If they haven't already made the switch, swap over to CFL or LED bulbs. You will be climbing the ladder for them, and they will have to change them far less often.

Health Tip of the Day

PART I: STEPS TO BETTER SLEEP (FILL IN THE BLANKS)

- Stick to a sleep _____
- Pay _____ to what you eat and drink
- Create a _____ ritual
 - Answers: *schedule, attention, bedtime*

Source: <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>

Org Health & Diversity Focus

ONGOING FEEDBACK

Leaders in the organization have many responsibilities and often have difficulty finding time to provide feedback to all employees. Providing feedback on an ongoing basis can be informal and will allow everyone to know how they are performing and what they can do to improve.

Human Performance Focus

COACHING

Coaching for an elderly family member does not mean treating them like a child. It may mean saying something like: "We're not as young as we used to be, and our bodies can't do what they used to. Let's keep you off of that ladder."

January 17, 2017

Safety Focus

SLIPS, TRIPS & FALLS – PAY ATTENTION

Slips, trips and falls are the number one cause of industrial injuries in the U.S. Thousands of disabling injuries — and even deaths — occur each year as a result of slips, trips and falls. Pay attention to your movements and surroundings:

- Stop, Think, Act and Review as you go through your daily tasks
- Focus on where you're going, what you're doing, and what lies ahead.
- Expect the unexpected.
- Take responsibility for fixing, removing, or avoiding hazards in your path.
- Walk, don't run.
- Watch out for floors that are uneven, have holes, etc.
- Don't carry loads you can't see over.
- Walk slowly on slippery surfaces. Slide your feet and avoid sharp turns.

Health Tip of the Day

PART II: MORE STEPS TO BETTER SLEEP (FILL IN THE BLANKS)

- Get comfortable for _____
- Limit daytime _____
- Include _____ activity in your daily routine
- Manage _____
 - Answers: *sleeping, naps, physical & stress*

Source: <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>

Org Health & Diversity Focus

NO “I” IN TEAM

Working as a team allows for diverse perspectives and ideas to be shared within the group. Learn from others and be open to other possibilities; you will find you can take on more together than you can alone and you can improve your organizational effectiveness.

Human Performance Focus

SITUATIONAL AWARENESS: NOT JUST FOR 007 OR MI6.

Being aware of any and all hazards around you, including simple ones like slip, trip, or fall hazards, is an excellent practice. Situational Awareness: Keeping agents out of foreign jails for decades; and keeping you out of the hospital. 😊

January 18, 2017

Safety Focus

SLIPS, TRIPS & FALLS

Slips, trips, and falls cause numerous injuries every day. However, they are among the easiest hazards to correct. Take the time to look around your work site for these hazards and work to prevent them. Take care not to cause any slip, trip or fall hazards as you go about your daily activities. Don't let a slip, trip or fall keep you from enjoying all that life has to offer.

Health Tip of the Day

LISTEN TO YOUR HUNGER CUES

How often do you eat because you are hungry? What about for other reasons, such as boredom, anger, stress, or as part of social events? Challenge yourself to eat when you feel hungry and stop as you begin to become full. For some people, it helps to keep a food journal where they jot down their hunger level every time they eat. Understanding why you eat is often a first step to making a change. Source: HealthFitness Dietitian

Org Health & Diversity Focus

PRIDE ERG

The Pride ERG provides an environment that is open, safe and inclusive for people of all sexualities, orientations and/or gender identities. The ERG is a not only for the LGBTcommunity but for anyone who is interested in being an ally and learning about LGBT people, issues and concerns.

Human Performance Focus

DISTRACTIONS

When doing simple tasks like walking, it is easy to let your mind drift to other 'things'. However, injuries most often occur during simple tasks; not during the 'very dangerous' ones when our awareness is peaked. Use situational awareness to keep your mind focused during simple tasks.

January 19, 2017

Safety Focus

SLIPS, TRIPS & FALLS – PREVENTING SLIPS

Slips occur when there is too little friction between a person's feet and the walking surface. Many factors can cause a slip. Ice, oil, water, cleaning fluids and other slippery substances are probably the most obvious causes. To prevent slips, avoid walking in areas, which pose slipping hazards if possible. Always promptly clean up spills of slippery substances. Better yet, prevent the spills in the first place. If an area is a chronic problem, re-route foot traffic in order to avoid it. If flooring is a problem, replace it or coat it with a nonslip surfacing material.

Health Tip of the Day

PROTEIN FOR ATHLETES

Most of the time it's possible to get enough protein through food without the use of expensive protein supplements. Focus on eating a variety of foods including lean meat, poultry or fish or the equivalent from eggs, beans, nuts or seeds, along with dairy foods and whole-grain products. If you have questions about your body's protein needs, consult a registered dietitian.

Source: Academy of Nutrition and Dietetics

Org Health & Diversity Focus

MANAGING BIAS

Follow these steps to manage bias in your organization:

- Accept the fact that biases may exist in your organization
- Monitor these issues and learn more about what you can do to fix them
- Look for ways you can improve your understanding of the different forms of bias

Human Performance Focus

DISTRACTIONS & MENTAL TOUGHNESS

It takes mental toughness to combat the distractions that so often affect us. This is due to the high frequency of easy or simple tasks, since we often allow our mind to drift away from the task at hand. Be mentally tough! Recognize the 'drift' and Stay Focused!

January 20, 2017

Safety Focus

SLIPS, TRIPS & FALLS – LADDER SAFETY 1 OF 2

Tips for work and home on using a ladder safely:

- Always keep at least three points of contact with the ladder (i.e. two hands and one foot or two feet and one hand)
- Place the base on a firm, solid surface
- A straight or extension ladder should be placed 1 foot away from the surface it rests against for every 4 feet of ladder height
- When you climb, always face the ladder and grip the rungs, not the side rails

Health Tip of the Day

WHEN WORKOUT PAIN DEMANDS ATTENTION

It's not unusual to feel a little stiff and sore during exercise, especially as your body is gearing up for the activity. Soreness that appears after a hard workout is not uncommon either. But pay attention if pain is near a joint, becomes more intense during the workout, won't go away after you stop, and/or limits your motion. Avoid exercising through it and when in doubt, seek medical attention. Source: Johns Hopkins Medicine

Org Health & Diversity Focus

Employee resource groups are a wonderful way to meet likeminded individuals and voice your ideas for creating positive change in the organization for a targeted demographic. Join the Generational, Multicultural and Women's, Pride or Veterans ERGs and help influence the organization.

Human Performance Focus

STAR

What does STAR look like when using a ladder? Stop before climbing. Think about ladder placement and safe climbing. Act: Climb one or two steps, and then Review: Did the ladder move when I put my weight on it? Any other problems?

January 21, 2017

Safety Focus

SLIPS, TRIPS & FALLS – LADDER SAFETY 2 OF 2

Tips for work and home on using a ladder safely:

- Climb down a ladder one rung at a time
- Do not climb with tools in hand – use a tool belt
- Keep your body between the ladder side rails when climbing
- Do not lean or overreach – reposition the ladder closer to the work instead
- Tie down a ladder when using it outdoors and do not use it in windy or inclement weather

Health Tip of the Day

WAX ON PRODUCE

You might wonder, is this waxy stuff on my apple safe? Yes, according to the Food and Drug Administration. Any wax coatings used on fruits and vegetables must meet FDA food additive regulations for safety. If you have concerns about wax on your produce, you can also rinse your fruits and vegetables with warm water and gently scrub with a brush. Organically grown produce is not wax-coated. Source: Food and Drug Administration

Org Health & Diversity Focus

DIFFICULT DISCUSSIONS

At times, difficult discussions may take place in the workplace. Think of the discussion as positive, not difficult and craft your message accordingly. Acknowledge your counterpart's point of view and make sure to slow down and listen to what they have to say.

Human Performance Focus

THINK THINGS THROUGH!

“It's not the fall that gets you. It's the sudden stop at the bottom.”

Any time you do a job that involves a ladder: Plan and Prepare: Am I using the proper ladder or stool? Proper placement of the ladder? Do I have the right tools?

January 22, 2017

Safety Focus

SLIPS, TRIPS & FALLS – SLIP RISK REDUCTION

Slips happen when there isn't enough friction or traction between your feet and the surface you're walking on. Common causes of slips include wet or oily floors, spills, loose or unanchored mats, and flooring that lacks the same degree of traction in all areas, Canadian Centre for Occupational Health and Safety states. To help prevent slips and trips, CCOHS recommends the following:

- Clean up spills immediately. If a spill can't be cleaned up right away, place "wet floor" warning signs for workers.
- Replace burnt-out light bulbs promptly.
- Consider installing abrasive floor mats or replacing worn flooring.
- Encourage workers to wear comfortable, properly fitted shoes.

Health Tip of the Day

STRATEGIES TO BEAT STRESS, PART I

Identify what's causing stress

- Write it down
- Develop a plan to address the stress

Source: <http://www.apa.org/helpcenter/stress.aspx>

Org Health & Diversity Focus

SETTING GOALS

When setting goals there are a few things to consider:

- Set goals that are measurable
- Consider resources that can be used to reach your goal and include these when goal setting
- Set a deadline and monitor your progress on an ongoing basis

Human Performance Focus

TIME PRESSURE

Slips, trips & falls happen more often when we're in a hurry. One component of that may be distraction. If you are in a hurry – you may not be thinking about your movement. Take your time, and be safe.

January 23, 2017

Safety Focus

SLIPS, TRIPS & FALLS – TRIP RISK REDUCTION

Trips happen when your foot strikes an object, causing you to lose your balance. Workers trip due to a variety of reasons, including clutter in walkways, poor lighting, uncovered cables, drawers being left open and wrinkled carpeting or rugs. To help prevent trips, the Canadian Centre for Occupational Health and Safety recommends the following:

- Keeps walkways and hallways free of debris, clutter and obstacles.
- Keep filing cabinets and desk drawers shut when not in use.
- Cover cables or cords in walkways.
- Replace burnt-out light bulbs promptly.

Health Tip of the Day

STRATEGIES TO BEAT STRESS, PART II

Rest your mind: Get enough sleep:

- Cut back on caffeine
- Remove distractions such as TV and computers

Source: <http://www.apa.org/helpcenter/stress.aspx>

Org Health & Diversity Focus

STAYING FOCUSED

In the office, nearly 50% of American employees say they work for only 15 minutes before becoming distracted, while 53% report wasting an hour or more a day because of disruptions. Start by pinpointing the problems and find ways to resolve the issue. Taking breaks can help you reset and stay motivated as well.

Human Performance Focus

FATIGUE

Fatigue causes problems. Find yourself tired? Take a break and think through your plan. Talk it over with those around you. It might sound like this: "I'm wiped out. Mistakes happen when we're like this. Let's take a break, and take an inventory of what we've accomplished, and what we still need to do."

January 24, 2017

Safety Focus

SLIPS, TRIPS & FALLS – FALL RISK REDUCTION

The Centers for Disease Control and Prevention states that falls can happen in all occupational settings, and “circumstances associated with fall incidents in the work environment frequently involve slippery, cluttered or unstable walking/working surfaces; unprotected edges; floor holes and wall openings; unsafely positioned ladders; and misused fall protection.”

To reduce the risk of falling at work, the Canadian Centre for Occupational Health and Safety recommends paying attention to your surroundings and walking at a pace that’s suitable for the surface you’re on and the task you’re performing. Additionally, walk with your feet pointed slightly outward, make wide turns when walking around corners and use the handrails on stairs.

Health Tip of the Day

COOL-DOWN STRETCH: STANDING QUADRICEP STRETCH

At the end of your work day or workout, stretch for best results:

- Stand and touch wall or stationary object for balance. Grasp top of your foot. Pull ankle or forefoot back (towards your backside).
- Pull knee straight backward and straighten hip. Do not lean forward.
- Hold stretch. Repeat with opposite side for approx. 10-30 seconds

Stretch should be felt in your front thigh or hip. Stop stretch immediately if you feel pain or discomfort. Source: ExRx.net

Org Health & Diversity Focus

EMPLOYEE RECOGNITION

Recognize others on your team and outside of your team that have assisted you on a task or project. Employees who receive recognition for their achievements are more motivated and have a better understanding of when they are exhibiting the proper behaviors.

Human Performance Focus

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 and Sister’s Keeper: Stop the task and talk about rest.

January 25, 2017

Safety Focus

SLIPS, TRIPS & FALLS – RISK REDUCTION

To reduce the risks of slips, trips and falls at work, the Canadian Centre for Occupational Health and Safety advises employers and workers to:

- Pay attention when walking, and do not rush.
- Walk with feet pointed slightly outward.
- Make wide turns at corners.
- Keep flooring in good condition.
- Have a flashlight handy in case you enter a room with little or no lighting.
- Ensure views are not obstructed.

Health Tip of the Day

SHOULD I EXERCISE WITH COLD SYMPTOMS?

If your symptoms are from the neck and above, you can proceed with exercise but pay attention to how your body feels. Modify your routine or stop if your symptoms get worse. If your symptoms are below the neck such as coughing, chest tightness or an upset stomach, skip your workout until you feel better. Never exercise if you are running a fever. When in doubt, check with your doctor.

Source: American College of Sports Medicine

Org Health & Diversity Focus

WORKPLACE BULLIES

Bullies in the workplace can be distracting and cause anxiety. Your personal health must be a priority. A bully that persists may need to be confronted. Remain polite and professional when setting your boundaries.

Human Performance Focus

FATIGUE

In one military fatigue test, 55% of personnel who fell asleep had predicted they could stay awake for the test. They did not see the sleep coming! At the first sign of fatigue: Do something about it: tell someone else, and get some rest.

January 26, 2017

Safety Focus

SLIPS, TRIPS & FALLS – TIPS TO AVOID FALL HAZARDS IN THE OFFICE

Although many people may think the most dangerous places to work are factories and plant floors, plenty of dangers abound in an office setting as well. One of the most common accidents in office settings is falls. Employees are 2.5 times more likely to suffer a disabling fall in an office setting than anywhere else, according to the National Safety Council.

The council offers the following tips on avoiding fall hazards in the office:

- Walk – don't run.
- Wear footwear that reduces the risk of slips, trips and falls. High heels increase fall risks.
- When walking down hallways, stay to the right – same as you would in vehicular traffic.
- Remove obstructions such as wastebaskets and cords from walkways.

Health Tip of the Day

HIGH-FIBER CEREAL

There are now many tasty high-fiber cereal options on the market, so give a few a try to find one, or two, that you enjoy. Sprinkle it on top of a salad, add it to yogurt for extra crunch, and use it in place of breadcrumbs in cooking. Just a half-cup of high-fiber cereal can provide as much as 13 grams of fiber, about half the recommended daily intake. Source: HealthFitness Dietitian

Org Health & Diversity Focus

DID YOU KNOW?

The Employment Nondiscrimination Act passed Congress in 2007 prohibits discrimination based on sexual orientation in the workplace, specifically during hiring.

Human Performance Focus

FATIGUE

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.

January 27, 2017

Safety Focus

SLIPS, TRIPS & FALLS – TIPS TO AVOID FALL HAZARDS IN THE OFFICE

The council offers the following tips on avoiding fall hazards in the office:

- Always be sure to close file cabinets and desk drawers so they do not create a tripping hazard.
- Consider installing convex mirrors around hallway intersections so workers are aware of oncoming traffic.
- Carpet and floor mats can help create a slip-resistant surface. Marble or tile can be slippery, especially when wet.
- Be certain stairwells are well-lit and equipped with anti-skid strips and handrails.

Health Tip of the Day

SPORT-SPECIFIC WORKOUTS

A popular way to change up your workout is to participate in sport-specific training. If you are a golfer, avid tennis player or skier, you may be able to improve your performance and decrease your risk of injury with this type of training. Check out group classes or workshops in your area or consider asking a certified personal trainer to design a sport-specific program for you.

Source: HealthFitness

Org Health & Diversity Focus

PROVIDING CLEAR DIRECTION

Work with your peers in other business functions to gather a list of all major initiatives, key deliverables and projects. Share this with your employees and show them how they relate to the success of the overall business unit.

Human Performance Focus

SLIP & FALL AWARENESS

Awareness **can** be a 'tool' that is used to help you out a great deal. But the problem with Awareness as a safety tool is its reliability. Awareness can fall away quickly. With something simple like Slips, Trips & Falls, it takes a great deal of mental toughness to stay aware of your surroundings. If you find yourself being distracted: Ask yourself a question: "What can hurt me here? What could cause a slip, trip or fall?"

January 28, 2017

Safety Focus

SLIPS, TRIPS & FALLS – PARKING LOTS

While walking to and from vehicles in a parking lot, workers should help prevent slips and falls by looking for broken pavement and grating, as well as leaks and spills from engine oil or antifreeze. The Canadian Centre for Occupational Health and Safety in Hamilton, Ontario, recommends employers do their part to keep parking lots safe by:

- Supplying good lighting.
- Maintaining an even and undamaged walking surface.
- Cleaning oil spills immediately, or marking oily spots or wet areas.
- Practicing good housekeeping.
- Clearing clutter, debris or any obstacles from walkways.
- Removing ice and snow as soon as possible.

If a worker spots any parking lot hazards, he or she should report the issue to a supervisor.

Health Tip of the Day

NATIONAL TAKE THE STAIRS DAY

In honor of this observance, consider taking the stairs instead of an elevator or escalator today. If you have a long elevator ride or are crunched for time, try getting off the elevator one or two floors early and walking the rest of the way. Source: American Lung Association and U.S.A. Stair Climbing Association

Org Health & Diversity Focus

PICKING FAVORITES

Be aware of favoritism as it can negatively affect the morale of others. Everyone should be recognized for their achievements and rewarded accordingly.

Human Performance Focus

CONCERN

“I find your lack of concern for slips, trips and falls... disturbing.” – Darth Vader

January 29, 2017

Safety Focus

SLIPS, TRIPS & FALLS – STATISTICS DON'T LIE

According to the Occupational Safety and Health Administration, most general industry incidents involve slips, trips, and falls. They cause 15% of all accidental deaths, and are second only to motor vehicles as a cause of fatalities.

As reported in 2013 by the National Safety Council, “fall from the same level” (\$7.94 billion) and “fall to lower level” (\$5.35 billion) were the second and third highest injury causes of disabling workplace injuries in 2011.

Health Tip of the Day

SURVIVING THE NEW CUP OF JOE

Has your morning "cup of joe" turned into a 500-calorie breakfast shake? The choices, such as mocha, latte, and macchiato add more calories than you might think. Limit calories by having your drink made with fat-free milk instead of whole milk. Order the smallest size and limit or skip flavored syrups and whipped cream. Or, stick with a plain cup of traditional drip coffee.

Source: Centers for Disease Control and Prevention

Org Health & Diversity Focus

CRAFT THE CULTURE

Lead by example. Impact the organizational culture by embodying, promoting, and rewarding traits that others can model.

Human Performance Focus

STRESS AND DISTRACTION

Stress, on and off-the-job, can make it hard to focus on the task at hand. When you discover that you are feeling more stress than normal, don't let it impact your safety awareness. Talk with someone about it, or **make a plan** to deal with it at the best time. (Making a plan to deal with the stress may alleviate some of the stress... because you now have a plan.)

January 30, 2017

Safety Focus

SLIPS, TRIPS & FALLS – DON'T BECOME A STATISTIC!

According to the the Centers for Disease Control and Prevention and the Bureau of Labor Statistics:

- There are two types of falls – elevated falls and same-level falls;
- 65% of fall-related injuries occur as a result of falls from same-level walking surfaces;
- While same-level falls are more common, elevated falls are often the most serious and cause more severe injuries to a les number of people;
- Over 60% of all elevated falls are from a height of less than 10 feet;
- The most common fractures that occur from slip and fall accidents are fractures are of the spine, hip, forearm, leg, ankle, pelvis, upper arm, and hand;
- Slips, trips and fall injuries make up almost 20 percent of all job related injuries and it is estimated that these injuries result in an average of 11 days away from work;
- According to OSHA, slips, trips and falls cause 15% of all accidental deaths;
- Slips, trips and fall injuries account for between 12 and 15 percent of all Workers' Compensation expenses.

Health Tip of the Day

WHAT'S YOUR STRESSOR?

Stress management is a vital factor for your health. Before you can treat stress you have to know what kind of stress you feel. Acute stress symptoms include tension headaches, muscle, jaw & back pain and digestive problems. Source: Achievewellness.net

Org Health & Diversity Focus

EMBRACING DIVERSITY

Entergy has once again been recognized as one of the 50 Best Companies for Diversity by Black Enterprise Magazine. Our workplace demographics include 80% Men and 20% Women as well as 81% Non-Minorities and 19% Minorities.

Human Performance Focus

MULTIPLE TASKS

It is easy to be distracted from simple hazards, like slips, trips and falls when multi-tasking. Limit multi-tasking as much as practical. “The main thing is to keep the main thing, the main thing.”

January 31, 2017

Safety Focus

SLIPS, TRIPS & FALLS

January was dedicated to reducing our leading cause of injuries at Entergy, Slips, Trips & Falls. Approximately 23% of our recordable injuries in 2016 were due to Slips, Trips & Falls. Most, if not all of these injuries could have been avoided. Please remember to use the Human Performance Tool “S.T.A.R.” (Stop, Think, Act & Review) before doing any task, and don’t get caught in the automatic mode! Stay focused on the task at hand, even if it is walking! And NEVER look at a personal device while walking! Lastly, Be your Brother/Sister’s Keeper!

Health Tip of the Day

WHAT’S YOUR STRESSOR?

- Episodic Acute Stress: when you feel acute stress on a frequent basis
 - Too many life demands, resulting in difficulties managing commitments.
 - Manage by becoming more self-aware and establishing priorities for self and family
- Chronic Stress: Most destructive form of stress- refers to the constant stress due to the circumstances of life: Family & marriage problems, Job problems or trauma

For information on handling your life stressors, contact: Aetna Resources for Living (non-nuclear) - Call 1-855-718-9396. Or EMAX (nuclear) - Call 1-800-227-3429

Org Health & Diversity Focus

CONNECT THE DOTS

Ensure employee and work group goals tie directly to Entergy’s roadmap – the strategic Imperatives, mission and vision. All work should be aligned with and add value to the roadmap

Human Performance Focus

MENTAL TOUGHNESS

Mental toughness: the practice of keeping your mind focused on the task at hand, limiting distractions and preventing yourself from dropping into ‘Automatic Mode.’ You were not born with mental toughness; but you can learn it. Practice mental toughness by staying aware of simple hazards, such as slips, trips and falls.