

## January 2020

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**January 1, 2020**

**Field Daily Safety Message**

Happy New Year and Welcome to 2020!

- A year of clear vision
- A year of hazard awareness
- A year of being aware of what can kill me
- A year of continuous improvement
- A year of learning
- A year of improvements
- A year of being my brother's true keeper
- A year of being Safety Strong

As we tell 2019 goodbye, we say hello to a year of having 2020 Safety Vision.

**January 2, 2020**

**Field Daily Safety Message**

Reminder to change battery in your PVD

It's time to change out your 9-volt battery in your Personal Voltage Detectors (PVD)! Below is a reminder of Section 26, Restoration, in the Transmission & Utility Operations Safe Work Rules Manual.

26.C.2 When performing the scouting/assessment function on foot or UTV, all employees (including line and service personnel) shall wear a Personal Voltage Detector (PVD) until such time that the line is isolated, tested, tagged, and proper grounds are installed. This requirement includes the crew at the jobsite until grounding is complete.

26.C.3 The use of a PVD shall not replace any other safety rules, procedures, and guidelines.

26.C.4 The batteries in the PVD shall be replaced during the first safety meeting in January and July.

The PVD shall be attached to the FRONT of your body either around your neck with lanyard or clipped on front of shirt, BUT never under a garment, in a pocket or clipped to your back side.

Also, now is a good time to change batteries in other tools such as voltage detector, tick tracer, amp meters, phasing sticks, flashlights, and any other tools/equipment that utilizes batteries.

**January 3, 2020**

**Field Daily Safety Message**

One Safeguard Does Not Make It Safe

A lot of time and effort is spent every day to keep workplaces incident-free and employees healthy. There are many different challenges to address to be able to achieve this. Safety is a combination of many actions, many safeguards.

There are multiple safeguards for any single task that we perform. Think about a single task and the hazards associated with that task. How many safeguards are in place?

Think of a task and talk through the safeguards that take place before, during, and after performing the task.

**January 4, 2020**

**Field Daily Safety Message**

Ladder Safety

Many of our employees use portable ladders. Remember these practices when using ladders.

- Select the right type of ladder for the job you are doing
- Inspect the ladder – do not use deficient ladders
- Set up the ladder correctly and tie off when possible
- Work safely on the ladder including use of fall protection
- Follow the weight rating on the ladder
- If you see that you will need to over-reach or lean to access the area where you need to work, move the ladder
- If you must work in high traffic areas from a ladder, use cones, flagging, spotters or signs to ensure that others do not bump you off the ladder.

Taking down holiday decorations?

Keep these tips in mind and remain Safety Strong!

**January 5, 2020**

## **Field Daily Safety Message**

### Importance of Good Posture

Posture is the position in which you hold your body upright against gravity while standing, sitting or lying down. Maintaining awareness of good posture is the first step to breaking old postural habits and will help reduce stress on your spine and back. As we get older, maintaining good posture will also help us alleviate pain in our neck, back and shoulders and can reduce headaches. Sitting and standing with proper posture keeps strain off your muscles and ligaments and allows you to work more efficiently with less chances of fatigue.

Tips for healthy posture are below.

- While Sitting:
  - Sit up with your back straight and your shoulders back.
  - Keep your feet flat on the floor.
  - Bend your knees at a right angle. Keep your knees even with or slightly higher than your hips. Avoid crossing legs.
  - All 3 normal back curves should be present while sitting. A rolled-up towel or a lumbar roll can be used to help you maintain the normal curves in your back.
  - Try to avoid sitting in the same position for more than 30 minutes.
  - When standing up from the sitting position, move to the front of the seat of your chair. Stand up by straightening your legs. Avoid bending forward at your waist.
  - Distribute your body weight evenly on both hips when sitting.
  - At work, adjust your chair height and work station so you can sit up close to your work and tilt it up at you. Rest your elbows and arms on your chair or desk, keeping your shoulders relaxed.
  
- While Driving:
  - Your knees should be at the same level or higher than your hips.
  - Sit up straight and do not slouch.
  - Move the seat close to the steering wheel to support the curve of your back. The seat should be close enough to allow your knees to bend and your feet to reach the pedals.

**January 6, 2020**

**Field Daily Safety Message**

The Fatal Rules are Entergy safety rules that have been identified as ones that, when violated, significantly increase the probability of death and/or serious injury to self or others. When these rules are properly applied and used in the correct order, they will provide multiple defenses to prevent accidents and will protect you.

**1. Wearing required fall protection equipment**

Description – Fall protection devices being worn in the manner it was intended (adjusted properly) in situations where it is required (working at heights four feet and above)

Human Performance Tools - Perform a self-check of fall protection equipment and have a questioning attitude, do I need fall protection equipment?

**January 7, 2020**

**Field Daily Safety Message**

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**2. Wearing rubber protective PPE as required**

Description – Use of rubber gloves and sleeves when required (includes primary and secondary rated rubber gloves), use of electrical protective footwear when required (approved EH/Dielectric footwear).

Human Performance Tools - Perform a self-check of your rubber PPE, have co-worker perform a peer-check, cover required rubber PPE in job briefing, and always have a questioning attitude, do I need rubber PPE?

**January 8, 2020**

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### **3. Use of proper insulated protective equipment – cover-up (excludes Gas Operations)**

Description – The proper use and installation of cover up as defined in the Transmission and Utility Operations Safe Work Rules Manual.

Human Performance Tools - Have co-worker perform a peer check to ensure cover-up is installed properly, discuss proper cover-up and installation in job briefing, coach on proper cover-up and installation, and always have a questioning attitude, have we installed the proper cover-up, and do we have enough cover?

**January 9, 2020**

## **Field Daily Safety Message**

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### **4. Follow critical switching, tagging, and clearance procedures (excludes Gas Operation)**

Description – Installation of tags as required by the switching procedures/safety policies, follow proper Controlling Authority requirements on switching and following the clearance processes.

Human Performance Tools - Utilize written procedures, place keeping, and effective communications (three-part communication) to ensure correct execution. Perform a self-check to ensure proper identification of devices to operate?

**January 10, 2020**

**Field Daily Safety Message**

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**5. Follow testing and grounding procedures**

Description – Testing the line to be free of nominal voltage as required before installing grounds, and installing grounds as defined by the Transmission and Utility Operations Safe Work Rules Manual.

Human Performance Tools - Cover grounding on job briefing, ensure all personnel understand where grounds will be installed (effective communications), have a questioning attitude, have we tested line to be absent of nominal voltage, and have co-worker perform a peer check.

**January 11, 2020**

**Field Daily Safety Message**

Vehicle Housekeeping

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 Strong performance.

**January 12, 2020**

**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.

Keep your 2020 Safety Vision!

**January 13, 2020**

**Field Daily Safety Message**

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**6. Follow company approved shoring, bracing, and egress procedures for trenching and excavations**

Description – Excavation shall be done in a manner that does not endanger the employees engaged in the work or the underground installations. Stairs, ladders, or ramps shall be provided where employees are required to enter excavations four feet or deeper. All excavations in unstable soil and all excavations that are five feet or more deep

Human Performance Tools - Cover shoring, bracing, and egress in job briefing.

**January 14, 2020**

**Field Daily Safety Message**

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**7. For Gas Distribution employees follow approved company procedures when working in a gaseous environment**

Description – A gaseous environment shall mean a sustained mixture of natural gas in air that exceeds 3% by volume as measured with a Combustible Gas Indicator (CGI) or gas monitor.

Human Performance Tools - Have a questioning attitude – have I tested the environment where I will be working? Have a co-worker perform a peer check of CGI.

**January 15, 2020**

**Field Daily Safety Message**

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**8. Follow approved company procedures working in confined spaces**

Description – Confined spaces shall mean work areas that:

- a. are large enough for an employee to enter,
- b. have limited means of entry or exit, and
- c. are not designed for continuous occupancy.

Human Performance Tools - Have a questioning attitude – have I tested the environment where I will be working with an air quality monitor and do, I have the proper safety equipment? Have a co-worker perform a peer check of the air quality monitor.

**January 16, 2020**

**Field Daily Safety Message**

Securing Loads

Every day, we carry hundreds of items on our trucks. Do you secure everything you place on the vehicle? Have you ever lost anything out of your truck or bucket and realized when you got to your next destination?

Unsecured loads present a huge risk and create a potential serious vehicle crash. Unsecured loads on the back of trucks or in the back of other vehicles have caused approximately 25,000 crashes each year with approximately 80-90 fatalities according to the AAA Foundation for Traffic Safety.

You may not think it's critical to double check your load and make sure it's secured, but it could be life threatening. What if your family member was following behind you and something fell out of your truck and struck their vehicle, or they swerved and had a vehicle crash?

**January 17, 2020**

**Field Daily Safety Message**

What are Hazards?

A hazard presents the potential for harm. Hazards are often associated with a condition or activity that, if left uncontrolled, can result in an injury or illness. There are safety processes, human performance tools and systems in place to identify hazards.

Once a hazard has been identified, it is important to eliminate it or to mitigate it immediately so that no one is injured. You can enter close calls and good catches into AirsWeb so that others are aware of the hazard you controlled and can take the appropriate steps if they encounter a similar situation.

What hazard(s) do you believe you will encounter today and what steps will you take to eliminate or mitigate the hazard(s)?

**January 18, 2020**

**Field 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.

Don't let fatigue become your safety enemy!

**January 19, 2020**

**Field Daily Safety Message**

Hand Protection

Hand injuries account for 80 percent of all occupational injuries. The hands are engaged in almost all activities on the job. Hands are so important because of their utility. They provide us with the dexterity needed to perform most daily activities. In fact, hands, as tools, are so versatile and can perform many intricate functions more than any single known tool developed by man.

Protect your hands!

**January 20, 2020**

**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.

**January 21, 2020**

## **Field Daily Safety Message**

### Safety Circle

Before you get into a company vehicle, you are required to do a circle of safety. How good is the circle of safety you do? Do you just go through the motions? You only do it when someone's watching? Or are you that conscious individual who takes vehicle safety seriously. Only you can answer that question.

Let's look at what a circle of safety is all about and how to perform one. During the circle of safety, we are looking for anything that could be leaking from the vehicle.

- You're looking for anything unusual. You Check tires for any slices or parts missing on the wheel hubs. This would prevent anything unexpected while you're driving down the road.
- When you get to the back of the vehicle you need to look at the loaded material. Make sure all material is secured and will not fall off the truck and hit another vehicle while traveling down a road. While you're back there check the rear lights, making sure there are working and not cracked. Look all around, what's in the general vicinity, any special conditions, ice or slippery pavement etc.?
- Look around do you see any unusual terrain, potholes, snow banks, hidden traps, oddly parked vehicles, low tree limb, children present, etc. Make a mental note of anything unusual that you do find.
- While you walk around the vehicle, check the bin doors making sure they are secured, and the latches work properly, look at the windows, are they clean and not cracked? Are the fire extinguisher and first aid kits current? Anything found on the vehicle that needs to be fixed must be addressed prior to that vehicle leaving the spot it is in.

A circle of safety must be done prior to moving any vehicle that has been parked for length of time. The circle of safety should encompass everything on the vehicle along with anything around it. Remember you are responsible for the safety of that vehicle and those around it once you get behind the driver's wheel.

**January 22, 2020**

## **Field Daily Safety Message**

### Overconfidence

Each of us deal with overconfidence, none of us are immune to it. Overconfidence is an overestimation of your performance ability, control or rate of work. Common examples of tasks we can become overconfident with are driving or routine work we have performed many times. We are not bad because we are overconfident, but we do need to work to recognize hazards that exist so that we can eliminate or mitigate the hazards that are present.

To minimize overconfidence, it helps to verify what the priorities are with the task, consider asking for guidance if you are unfamiliar. Always ensure work performed is completed and is accurate. The results of overconfidence include poor communication, low questioning attitude, not utilizing peer checks, not conducting a pre-job brief or conducting a pre-job brief that is low quality and self-checks that are not effective.

Discuss with your work group examples of overconfidence you face in your job and ways you can overcome this.

Remember, each of us deals with this and there is no fault in admitting it, we should work to correct it so that we go home safely and continue our lives the way we plan.

**January 23, 2020**

## **Field Daily Safety Message**

### Muddy Work Areas

Weather can create many hazards and slow down production for some work sites. There are many different hazards to consider if work is going to take place in muddy conditions.

Here are a few hazards and injuries that may be created by muddy work areas:

- Equipment/vehicle crashes or over turns. Traction and control are greatly reduced when operating on mud.
- Slips, trips, and falls. Walking around or getting into equipment in the mud can lead to slipping or falling.
- Sprains/strains. Many people will pull muscles due to getting their boots stuck in the mud and trying to yank them out. Also, falling over with your feet stuck in an awkward position can lead to suffering a sprain or strain injury.

While these safeguards seem like common sense, many injuries and property damages incidents occur every year due to poor site conditions.

Use your best judgement when working in mud!

**January 24, 2020**

## **Field Daily Safety Message**

### Organization of Work Areas

The way we setup our work areas makes a huge impact on our ability to work safely as well as efficiently. All too often, our work areas are setup and not changed for long periods of time. Taking the time to evaluate your work areas as well as taking action to eliminate hazards can prevent an injury from occurring.

Some common hazards of poorly organized areas include:

- Trip hazards – Trips are common cause for injuries at work.
  - Objects on the floor
  - Objects hanging from shelves
  - Uneven ground
- Sprain/Strain hazards – Poor foresight or carelessness often leads to heavy or awkward objects being left on the floor or in a space that makes it difficult for someone to lift them.
- Overhead hazards – Poor organization leads to objects being hastily thrown on overhead shelves which leads to dropped object hazards as well as struck-by hazard for someone working in the area.
- Risks to property – When items are left everywhere or in the line of fire, damage to tools, equipment, or materials often occurs.

Take time to evaluate your work areas today. Is there a better way to setup or organize?

**January 25, 2020**

**Field Daily Safety Message**

Winter Weather 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.

Moving does the body good! Try walking a few laps around your house, yard, or office.

**January 26, 2020**

**Field Daily Safety Message**

Remember to Plan!

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.

Stay Safety Strong!

**January 27, 2020**

## **Field Daily Safety Message**

### Falls from Trucks/Equipment

Falling while getting into or out of heavy equipment, a truck or tractor cab, or mounting or dismounting trailers is a sure way to get seriously hurt. The biggest single cause of falls from a vehicle is driver error and failure to follow the THREE-POINT rule. No matter what type of access system your vehicle has available, use the THREE-POINT system to significantly reduce the chance of a slip or fall. The THREE-POINT system means three of your four limbs are in contact with the vehicle at all times—two hands and one foot, or two feet and one hand. The THREE-POINT system allows a person to have maximum stability and support, thereby reducing the likelihood of slipping and falling.

#### DO'S

- Wear shoes with good support.
- Exit and enter facing the cab.
- Slow down and use extra caution in bad weather.
- Get a firm grip on rails or handles with your hands.
- Look for obstacles on the ground below before exiting.

#### DON'Ts

- Don't climb down with something in your free hand. Put it on the vehicle floor and reach up for it when you get down on the ground.
- Don't rush to climb out after a long run. Descend slowly, to avoid straining a muscle.
- Don't ever jump out. You may land off balance or on an uneven surface and fall.
- Don't use tires or wheel hubs as a step surface.
- Don't use the door frame or door edge as a handhold.

The only person who can prevent a fall is you!

**January 28, 2020**

## **Field Daily Safety Message**

### Safe Backing

One of the most common causes of vehicle accidents involve backing. It is important to realize the hazards that exist before backing a vehicle and that backing poses a hazard due to the limited view. Below are some steps to take to ensure you are safe before backing your vehicle.

- Always complete your Circle for Safety.
- Back no further than you must and back slowly.
- Remember G.O.A.L = Get Out and Look before backing to ensure the space you will be backing is clear.
  - Always use a spotter to assist if you have a passenger in the vehicle. You can use cones for one-point backing if you are alone.
  - Walk the path you will be backing and look for any objects you may encounter such as rocks, stumps, flower beds, mailboxes, etc.
  - Never rely solely on back up cameras, the view is limited to only that directly behind the camera and does not give a view of what is to either side.

Don't forget to use your 2020 Safety Vision!

**January 29, 2020**

**Field Daily Safety Message**

Gel Burn Blankets

When a burn occurs, seconds count. The Water-Jel blankets, approved by Entergy, are effective, and versatile for emergency first aid burn treatment in a pre-hospital setting. The blankets help to stop the burning process, cool the burned area, relieve pain, prevent further injury, and do not contribute to hypothermia or interfere with removal of damaged tissue or foreign objects from a wound.

These blankets are designed to draw the heat out of a burn. The heat energy is spread over the whole gel surface because the material conforms to the uneven burn surface. At the outer surface of the gel, the heat is released by transfer into the air.

Hopefully you will NEVER have to use this blanket.

In an emergency, make sure to grab the Water-Jel blanket first.

Remember every second counts!

**January 30, 2020**

**Field Daily Safety Message**

Setting Up a Work Site

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? Are you Safety Strong?

**January 31, 2020**

**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

With focus, we can prevent running over fixed objects and stay Safety Strong!