

Safety Principle: Management Must Audit Performance

MONTH of JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Safety Principle: Management Must Audit Performance

Daily Safety and Health Topics

July 2014

Focus on Guiding Principle:

“Management Must Audit Performance.”



Safety Principle: Management Must Audit Performance

July 1, 2014

Management Must Audit Performance is the Safety Principle for this month's focus. When you hear or read the words *Management Must Audit Performance*, what do you think? Great, just what I needed, someone in my way today OR bring it on, my team, crew or site would be proud to show you how we keep each other safe today or any other day?

Auditing is important and will help identify problems before they result in a consequence like an injury or an error. You can do your part by coaching each other, making it easy for co-workers to coach you and following your training and procedures for work. We are our brothers keepers.

If our practices deviated from standards in the areas below, what could happen?

- Use of Locks and Tags.
- Confined Space controls.
- Running Emergency Drills.
- Use/inspection of Personal Protective Equipment.
- Heat Stress Prevention.

Management Must Audit Performance.

Health Tip of the Day

BREAST CANCER HEALTH

Breast cancer, affecting one in eight women, is one of the most common cancers in women of all major racial and ethnic groups in the United States. We still don't know the best way to prevent breast cancer, but there are several things that can help lower a person's risk of getting the disease: stay physically active; maintain a healthy weight; avoid using hormone replacement therapy or talk to your doctor about the risks and benefits; and limit the amount of alcohol that you drink.

Source: Centers for Disease Control and Prevention

Safety Principle: Management Must Audit Performance

July 2, 2014

Eye Protection

Eye injuries typically occur at home and work when:

- Over confident about the task being done.
- No PPE is worn, PPE is worn incorrectly (not adjusted to provide best protection), wrong PPE is worn or when removing PPE.

Eye protection (including prescription) worn for work must meet certain standards. (ANSI/ISEA Z87.1) The Occupational Safety and Health Administration states the following:

The employer shall ensure that each affected employee uses appropriate eye or face protection when exposed to eye or face hazards from flying particles, molten metal, liquid chemicals, acids or caustic liquids, chemical gases or vapors, or potentially injurious light radiation (29CFR1910.133)

Your business unit has rules and expectations when eye protection should be worn. Typically those rules are based on the hazard, the area you will be working or both.

If you have questions about the correct eye protection for activities, please contact your supervisor.
Management Must Audit Performance

Health Tip of the Day

ICE FOR INJURIES

The next time you twist, pull or strain something, think twice about grabbing a heat pack. According to the American College of Sports Medicine, the best way to treat an acute injury (e.g., pulled muscles, sprains) in the first 48 to 72 hours is with ice. An ice pack or frozen gel pack wrapped in a thin towel will help lessen the pain and reduce swelling associated with the injury. Do not apply for more than 20 minutes and wait at least 20 minutes before applying it again!

Source: American College of Sports Medicine

Safety Principle: Management Must Audit Performance

July 3, 2014

Driving Distractions

Reference: www.distractions.gov

Distracted driving is any activity that could divert a person's attention away from the primary task of DRIVING. *All* distractions endanger driver, passenger, and bystander safety. Distractions include:

Texting	Grooming
Using a cell phone or spark phone	Reading, including maps
Eating and drinking	Using navigational systems
Talking to passengers	

Texting is one of the riskiest forms of distraction for drivers because it combines all three types of distractions: visual (eyes), manual (touch) or cognitive (thinking). The number of people injured in distracted driver crashes increased by 9 percent in 2012.

Entergy has a driver safety standard.

https://myentergy.energy.com/sites/CorporateSafety/Documents/Driver_Safety_Standard.pdf Additionally, your business unit or site location may have more detailed guidance including property boundaries where cell phone use and texting is not allowed.

Health Tip of the Day

PREVENT SHINGLES

Shingles, also known as herpes zoster, is caused by the varicella-zoster virus, the same virus that causes chickenpox. The condition causes a painful skin rash, which can continue to be painful even after the rash is gone. Men and women who are age 60 or older are at greater risk for developing shingles. The Centers for Disease Control and Prevention recommend a single dose of shingles vaccine for adults 60 years and older. As always, talk with your doctor to decide if the vaccine is right for you.

Source: Centers for Disease Control and Prevention

Safety Principle: Management Must Audit Performance

July 4, 2014

Fireworks Safety – Keep your Family Safe

Put yourself in the place of management today, management for your family.

Safety tips for Fourth of July, from the Consumer Product Safety Commission and the National Council on Fireworks Safety:

<ul style="list-style-type: none">• Always read and follow label directions.• Have an adult present.• Buy from reliable sellers.• Use outdoors only and where permissible by law.• Always have water close (a garden hose and a bucket).• Never experiment or make your own fireworks.• Light only one firework at a time.• Never re-light a "dud" firework (wait 15 to 20 minutes and then soak it in a bucket of water).• Never give fireworks to small children.	<ul style="list-style-type: none">• If necessary, store fireworks in a cool, dry place.• Dispose of fireworks properly by soaking them in water and then disposing of them in your trashcan.• Never throw or point fireworks at other people.• Never carry fireworks in your pocket.• Never shoot fireworks in metal or glass containers.• The shooter should always wear eye protection and never have any part of the body over the firework.• Stay away from illegal explosives.
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For More Information:

<http://blog.usa.gov/post/26499127736/firework-injury-stats-and-safety-tips>

<http://www.cpsc.gov/en/newsroom/news-releases/2012/cpsc-special-study-on-fireworks-incidents-finds-hundreds-of-injuries-a-day-surrounding-july-4-holiday-festivities/>

<http://www.cpsc.gov//PageFiles/121339/012.pdf>

Health Tip of the Day

150 MINUTES MAKES A DIFFERENCE

All healthy adults, ages 18 to 65, need at least 2 hours and 30 minutes of moderate-intensity aerobic activity every week. These types of activities include: walking (about 3.5 miles per hour), hiking, raking leaves, dancing and biking (less than 10 miles per hour). If 150 minutes each week sounds like a lot, break it up into smaller chunks. Try 10 minutes three different times a day or two bouts of 15 minutes each.

Source: Centers for Disease Control and Prevention

Safety Principle: Management Must Audit Performance

July 5th, 2014

Return from the Holiday:

The time surrounding holidays and weekends are a prime time for distractions. Distractions cause you to lose your place in a job or skip over an important step or check for your safety.

Some distractions aren't obvious. Remember, distractions are anything that takes your visual (eyes), manual (hands/touching) or cognitive (thinking) attention away from your task. Some of those things are internal.

- Individuals should stop for safety – even a short pause allows your mind to reset.
- Peers and others should help identify when workers are distracted.
- Supervisors and leaders should be observing and encouraging the behavior of Stop for Safety. (Management Must Audit Performance)

Identify in your tailboards, shop meetings, pre-job briefs or job safety hazards analysis critical places where you could be distracted, identify the tools you can use and implement steps to ensure safety. Live Safe!

Health Tip of the Day PROSTATE CANCER

The death rates from prostate cancer have dropped during the past 20 years. While this is great news, it is still the most common cancer in American men. Some factors that influence a person's risk for developing prostate cancer are: 1. Age. The average age of diagnosis in the U.S. is 69 years. 2. Race. African-Americans have a 40 percent greater chance of developing prostate cancer. 3. Family history. A man has a higher risk of developing the disease if his father or brother had it.

Source: National Cancer Institute

Safety Principle: Management Must Audit Performance

July 6th, 2014

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Health Tip of the Day

PRESSED FOR TIME? THINK VIGOROUS EXERCISE

Are you a seasoned exerciser and pressed for time? Think vigorous-intensity aerobic activity. One hour and 15 minutes of vigorous-intensity aerobic activity every week can have the same health benefit as 2 hours and 30 minutes of moderate-intensity aerobic activity. Vigorously intense activities include: running, aerobics, swimming laps, playing basketball, and heavy yard work, such as chopping wood. Before undertaking vigorous activity, talk to your doctor.

Source: Centers for Disease Control and Prevention

Safety Principle: Management Must Audit Performance

July 7th, 2014

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Health Tip of the Day

WHY DO WEIGHT TRAINING?

Weight training can help you perform your daily activities, like carrying groceries and lifting objects, more easily. It can also help reduce your risk of developing osteoporosis, back pain, high blood pressure and diabetes. Aim to do muscle-strengthening activities on two or more days a week that work all major muscle groups such as legs, hips, back, abdomen, chest, shoulders, and arms. If you are unsure of what exercises to do, or how to maintain proper form, talk to a certified personal trainer.

Source: Centers for Disease Control and Prevention

Safety Principle: Management Must Audit Performance

July 8th, 2014

Preventing Heat Illnesses

Sources: Center for Disease Control and Occupational Safety and Health Administration

Heat illnesses are serious and prevention must be part of your job plan and actions. Three basic categories of factors contribute to heat illnesses. Examples are listed below.

Environmental Factors	Individual Factors	Job Factors
Temperature	Weight	Physical Labor Required
Direct Sun	Fitness	Additional PPE required
Humidity	Medical Conditions such as heart disease and high blood pressure	Job Location
Radiant Heat	Acclimatization to Heat	
Air Velocity	Diet	

<https://www.osha.gov/SLTC/heatillness/index.html> (Checkout this link for training material, posters and even a smart phone app!)

<http://www.cdc.gov/niosh/topics/heatstress>

<http://www.cdc.gov/niosh/docs/2011-174/pdfs/2011-174.pdf>

Health Tip of the Day

APPLES—PACK A NUTRITIONAL PUNCH

You know the saying, "an apple a day keeps the doctor away." Whoever coined this phrase was right; apples certainly do pack a nutritional punch. They are rich in phytochemicals (a chemical compound that may positively affect health) and dietary fiber. Best of all, they are one of the fruits you can find fresh and delicious, year-round. Apples also make a great after-school snack. Try slicing and serving them with fruit dips or with a drizzle of caramel or peanut butter.

Safety Principle: Management Must Audit Performance

July 9th, 2014

Preventing Heat Illnesses

Reduce the chance that workers will experience a heat illness by:

- Taking regular rest breaks.
- Staying hydrated by drinking plenty of water.
- Taking advantage of shade when possible.
- Performing physical activities when the temperature is cooler, if possible.
- Acclimating employees to working conditions.
- Wearing garments made from breathable woven or knit fabrics that promote moisture wicking and do not trap heat.
- Have a strong Questioning Attitude.

Protective clothing is worn to protect workers against extremely dangerous hazards, such as flash fire or electric arc flash, chemical contact or welding is necessary for worker protection. If heat stress is also a hazard, choose the lightest-weight, most breathable fabric to protect from the other hazards and then follow the basic heat stress reduction work practices listed above to minimize or prevent heat stress.

Remember, Safety Principle: Management Must Audit Performance

<https://www.osha.gov/SLTC/heatillness/index.html> (Checkout this link for training material, posters and even a smart phone app!)

Health Tip of the Day

HEALTHY WEIGHT LOSS

Experts agree that a diet containing very few calories can slow your metabolism. As a result, your body starts to burn fewer calories each day than might be expected, making weight loss harder and weight gain easier. Healthy weight loss is about making lifelong lifestyle changes by gradually altering your eating habits and getting more exercise. Not only will this approach help you lose weight safely, it is also easier to maintain simple lifestyle changes with better long-term results.

Source: American Journal of Clinical Nutrition

Safety Principle: Management Must Audit Performance

July 10th, 2014

Preventing Heat Illnesses – Risks You May not Realize

Sources: Center for Disease Control and Occupational Safety and Health Administration

- Your body reacts to high external temperature by circulating blood to the skin which increases skin temperature and allows the body to give off its excess heat through the skin. When the muscles are being used for physical labor, less blood is available to flow to the skin and release the heat.
- Sweating is another means the body uses to maintain a stable internal body temperature in the face of heat. Sweating is effective only if humidity is low enough to permit evaporation and if the fluids and salts lost are adequately replaced.
- When the body cannot dispose of excess heat, it will store it. When this happens, the body's core temperature rises and the heart rate increases.
- As the body continues to store heat, the individual begins to lose concentration and has difficulty focusing on a task, may become irritable or sick and often loses the desire to drink.

Co-workers often notice the symptoms of heat stress before the individual. You can do your part by coaching each other, making it easy for co-workers to coach you and following your training and procedures for work. *Management Must Audit Performance.*

Health Tip of the Day

SELECTING A HOME TREADMILL

While many people go to health clubs to get their exercise, some also want equipment in their home. Here are some guidelines for selecting a treadmill. 1. Look for a one with a minimum 2.0 continuous duty horsepower motor. 2. The belt should be at least two-ply, 17 inches wide and 49 inches long. 3. If you have shin splints or foot and back problems, look for a low-impact deck that flexes under the user's foot plant to absorb the shock without rebounding to cause additional jarring. These features may cost you more to start, but a well-built treadmill will make you happier in the long run.

Source: Ace Fitness

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July 11, 2014

Preventing Heat Illnesses – The Test - You can Do It!

Use July 8, 9 and 10 messages if needed

Test

How does the body rid itself of excess heat?

What is one environmental factor that contributes to heat illness?

Which individual factors can contribute to heat illness?

How will you ensure that you work safely in hot areas?

Health Tip of the Day

WEIGHT TRAINING FORM

Allowing poor form when you lift weights can lead to injuries. Reduce your risk of injury by only lifting as much weight as you can handle while still using proper technique. If you are a beginner, consider hiring a certified professional trainer to guide you during your first workouts. He or she can help keep you safe while showing you how to get the most from your workouts.

Safety Principle: Management Must Audit Performance

July 12th, 2014

Program/Process and Practice Audits

Great safety programs have checks and balances to ensure that employee AND leader behaviors meet expectations. Auditing is an essential element of Entergy's Safety and Occupational Health Management System and is used to help us ensure we are the best in safety which means you and your crew/team return home safely every day. Examples:

- Confined Space.
- Lockout/Tagout.
- Bloodborne Pathogens.
- Hazard Assessment and Equipment Selection.
- Emergency drills.
- Recordkeeping.

You can do your part by coaching each other, making it easy for co-workers to coach you and following your training and procedures for work and participating in assessments.

Remember, Safety Principle: Management Must Audit Performance

Health Tip of the Day

VEGGIE VS. STARCHY VEGGIE

It's true! Not all vegetables are created equal when it comes to calories. Starchy vegetables, such as potatoes, peas and corn, generally contain more calories per cup than non-starchy vegetables such as carrots, broccoli, asparagus and spinach. But, starchy veggies are still wonderful sources of fiber and other nutrients. Consider consuming a colorful variety of vegetables every day as part of a nutrient-rich eating style.

Source: U.S. Dietary Guidelines, 2010

Safety Principle: Management Must Audit Performance

July 13th, 2014

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Remember, Safety Principle: Management Must Audit Performance

Health Tip of the Day

GETTING ENOUGH FLUIDS?

How do you know if you are getting enough fluids every day? According to the Institute of Medicine, the average man needs about 13 cups of fluids a day; the average woman about 9 cups of fluids a day. A good and easy rule of thumb is to monitor how frequently you urinate and the color of your urine. If you are urinating every two to four hours and it is light in color, you are most likely drinking enough. Remember, watery foods, such as fruits, soups, yogurt and salads also count toward your daily fluid intake.

Source: Institute of Medicine

Safety Principle: Management Must Audit Performance

July 14th, 2014

Program/Process and Practice Audits

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Remember, Safety Principle: Management Must Audit Performance

Health Tip of the Day

FOOD SAFETY AND SCHOOL LUNCHES

Millions of kids bring their lunch to school every day. By following a few basic tips, you can help your child avoid getting sick from a lunch that was not kept at a proper temperature. Remember to keep perishable food items, such as meat, poultry or egg-salad sandwiches, cold. Insulated lunch boxes along with a freezer gel pack or a frozen drink can keep everything cold until lunch time. Gel packs are not meant for all day storage, so it is best to discard perishable foods after lunch.

Source: USDA Food Safety and Inspection Service

Safety Principle: Management Must Audit Performance

July 15th, 2014

Emergency Planning – Know Who to Call

No one wants to have an emergency but the fact is when an emergency occurs, and they do, you have to know who to call so help can get to you or your co-workers promptly.

Remember Human Performance Principle One- “People are not perfect and even the best can make mistakes.”

1. Discuss the actions you should take for an emergency as part of pre-job briefs.
2. Know the emergency numbers – some plants have internal emergency numbers.
3. Know the address of your location.
4. If you are in a plant, be able to describe the area (elevation, building, equipment that is close.)

Health Tip of the Day

TOO MUCH, TOO SOON?

Many people who are new to running (or starting again) make the "terrible too's" mistake. They get so excited and enthused about their running that they do too much mileage, too fast, too soon. They mistakenly think that "more is better" when it comes to running. As a result, they often start to develop common overuse running injuries. After purchasing good running shoes, start with a walk/run routine and increase the running time gradually as your muscles, tendons and joints adapt.

Safety Principle: Management Must Audit Performance

July 16, 2014

Emergency Planning – Know Where to Go

Employees must have and understanding of:

- Expected procedures.
- Routes to take to evacuate buildings in the event of a fire.
- Designated staging locations.
- Designated safe areas in the event of severe weather.

Cover this information with guests to the facility, new employees and periodically cover this information with existing employees and run drills to verify employees retain the information.

Remember, Safety Principle: Management Must Audit Performance

Health Tip of the Day

ALOE VERA JUICE

Should you drink aloe vera juice? Some manufacturers claim that this juice can help digestion and boost the immune system. However, many health experts are cautious. According to the National Institutes of Health, there is a lack of scientific data backing up many of these claims. Side effects may also include cramps, diarrhea and lowered blood sugar levels. When considering any herbal nutritional product, talk to your doctor first about possible risks and side effects.

Source: National Institutes of Health

Safety Principle: Management Must Audit Performance

July 17th, 2014

Emergency Planning – Know what to do & Do It (Tornadoes/Hurricanes)

Some tornadoes strike rapidly, without time for a tornado warning, and sometimes without a thunderstorm in the vicinity. When you are watching for rapidly emerging tornadoes, it is important to know that you cannot depend on seeing a funnel: clouds or rain may block your view. The following weather signs may mean that a tornado is approaching:

- A dark or green-colored sky.
- A large, dark, low-lying cloud.
- Large hail.
- A loud roar that sounds like a freight train.

Hurricanes usually have advance notice but it is important in the case of tornadoes or hurricanes, to be prepared and not delay in taking action to seek an area of safety.

Keep tuned to local radio and TV stations or to a [NOAA weather radio](#). Many cell phones will also display weather alerts. The websites listed contain additional information on severe weather, tornadoes and hurricanes.

<http://www.bt.cdc.gov/disasters/tornadoes/index.asp>

<http://www.bt.cdc.gov/disasters/tornadoes/during.asp>

<http://www.noaawatch.gov/themes/severe.php>

<http://www.bt.cdc.gov/disasters/hurricanes/>

Health Tip of the Day

TRY THIS TASTY MARINADE

Looking for a healthy way to marinate lean meats, poultry, fish, tofu, or veggies? Try mixing one packet of Italian dressing seasoning with 2 tablespoons of olive oil and one-third cup of balsamic vinegar. According to our registered dietitian, this flavorful alternative provides less fat than traditional bottled marinades.

Safety Principle: Management Must Audit Performance

July 18th, 2014

Emergency Planning – Know what to do - Suspension Trauma

The best course of action is to prevent falls. But considering that falls from elevations do occur, what action would you take if you or someone on your crew fell and was suspended in their harness?

Prolonged suspension from fall arrest systems can cause orthostatic intolerance, which, in turn, can result in serious physical injury, or potentially, death. Research indicates that suspension in a fall arrest device can result in unconsciousness, followed by death, in less than 30 minutes. Be proactive, think – it can happen to me and I'm going to be prepared!

- Determine how you would help – utilize your pre-job brief or job safety analysis, the solution may be as simple as having a ladder or lift available to assist the person.
- If you are working alone, let someone know where you are and have a means of communication available.
- If self-rescue is impossible, or if rescue cannot be performed promptly, the worker should be trained to “pump” his/her legs frequently to activate the muscles and reduce the risk of venous pooling. Footholds can be used to alleviate pressure, delay symptoms, and provide support for “muscle pumping.”

<https://www.osha.gov/dts/shib/shib032404.pdf>

Health Tip of the Day

VEGETABLE JUICES

Vegetable juice can be an easy way to eat more vegetables. An 8-ounce serving of tomato juice equals two servings of vegetables, provides only 50 calories, and is an excellent source of vitamins A and C. But, vegetable juice should not replace other vegetables. It's really better to stick with fresh (cooked or raw) or frozen veggies for the majority of your vegetable servings. Vegetable juices can be high in sodium and they are generally lower in fiber than most vegetables.

Source: U.S. Dietary Guidelines, 2010

Safety Principle: Management Must Audit Performance

July 19th, 2014

Summer Safety – Boating/Sunburn

Summer time is a great time to be outside whether you are working or taking time off. Remember:

1. Protect the skin from sunburn.
2. Protect the eyes from harmful UV rays (did you know that children have larger pupils than adults and since they are more likely to be outdoors for longer periods of time than adults, experts estimate that children's dose of UV radiation to the eyes is three times that of an adult.)
3. Do a safety check on your boat.
4. Be a responsible boater for yourself and others.
5. Wear a life vest.
6. Use Peer Checking while out in the sun.

Safety Principle: Management Must Audit Performance

Health Tip of the Day

MANAGE YOUR WEIGHT

Losing weight doesn't have to mean eating less food. By substituting fruits and vegetables for higher calorie foods, you can eat the same amount of food with fewer calories. In place of a high-calorie snack from a vending machine, try taking some cut-up vegetables or fruit from home. One snack-size bag of chips (1 ounce) has the same number of calories as a small apple, 1 cup of whole strawberries AND 1 cup of carrots with one-fourth cup of low-calorie dip.

Source: Centers for Disease Control and Prevention

Safety Principle: Management Must Audit Performance

July 20, 2014

Summer Safety – Boating/Sunburn

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Safety Principle: Management Must Audit Performance

Health Tip of the Day

STOP ROAD RAGE

According to the AAA Foundation for Traffic Safety, roughly 90 percent of drivers experience road rage incidents, including tailgating, headlight flashing, rude gestures, and verbal abuse. To prevent road rage, adhere to these safe driving strategies: don't tailgate; don't use a cell phone while driving; use the right lane if you are moving slower than other vehicles; and don't switch lanes without signaling.

Source: AAA Foundation for Traffic Safety

Safety Principle: Management Must Audit Performance

July 21, 2014

Summer Safety – Boating/Sunburn

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Safety Principle: Management Must Audit Performance

Health Tip of the Day

SAUTÉ TIP

Do you enjoy your veggies sautéed in a little oil? If so, you can keep calories and fat down by using oil sparingly. All cooking oils are high in calories, approximately 125 calories per tablespoon. When sautéing, heat the oil to a searing-hot cooking temperature before adding veggies to your skillet. Doing so will decrease the amount of oil the veggies absorb. Consider using canola oil. It is low in saturated fat, has more omega-3s than other vegetable oils, and it does well with high-temperature cooking.

Source: American Heart Association

Safety Principle: Management Must Audit Performance

July 22, 2014

Summer Safety – Aerosols

Aerosol cans are pressurized containers, please remember:

- Do not leave aerosols where they may be dislodged or fall and pierce the can.
- Do not throw, toss or drop aerosol cans to co-workers.
- Keep aerosols out of the sun and in an appropriate storage location away from heat. Material Safety Datasheets (MSDS) cover appropriate storage. The pressure inside the can increases in the heat and may cause the can to burst. Temperatures inside vehicles can rise as much as 40-50 degrees in less than an hour.
- Do not pierce aerosols, even when they are empty, because there is always some pressure, and possibly some of the product left. It may be flammable or cause injury if you pierce the can.
- Do not throw, toss or drop aerosol cans to co-workers.
- Do not put aerosols on a fire, even when they are empty, because they will explode and may cause injury.

<http://www.roadandtravel.com/safetyandsecurity/dangersofaerosolinvehicles.htm>

Health Tip of the Day

10/23/13 – BEAN POWER

Beans, also called legumes, are inexpensive and quite filling. The U.S. Dietary Guidelines recommend eating them several times each week. Red, black, pinto, or kidney beans all pack a nutritional punch. One-third cup of cooked beans has only 80 calories, no cholesterol, lots of complex carbohydrates, and little fat. They are also a great source of protein, full of B vitamins, potassium, and fiber. Experts believe that eating beans may reduce blood cholesterol, a leading cause of heart disease.

Source: U.S. Dietary Guidelines, 2010

Safety Principle: Management Must Audit Performance

July 23, 2013

Summer Safety – Poison Ivy

Poison ivy, poison oak and poison sumac have poisonous sap (urushiol) in their roots, stems, leaves and fruits. The urushiol may be deposited on the skin by direct contact with the plant or by contact with contaminated, objects, such as clothing, shoes, tools, and animals.

Approximately 85 percent of the general population will develop an allergy if exposed to poison ivy, oak or sumac. Forestry workers and firefighters who battle forest fires have developed rashes or lung irritations from inhaling the smoke of burning plants.

What can you do?

- Wear long-sleeved shirts and long pants, tucked into boots.
- Wear gloves.
- Apply barrier creams to exposed skin.
- Educate workers on the identification of poison ivy, oak, and sumac plants.
- Educate workers on signs and symptoms of contact with poisonous ivy, oak, and sumac.
- Keep rubbing alcohol accessible. It removes the oily resin up to 30 minutes after exposure.
- Stop, Think, Act, and Review before getting near any plant you are not sure what it is.

OSHA Web Page—Poisonous Plants: www.osha.gov/SLTC/etools/sawmills/poison.html

Health Tip of the Day

SEAT BELT SAFETY

Seat belts save lives! According to the National Highway Traffic Safety Administration, seat belts are the single most effective traffic safety device for preventing injury and death. Wearing a seat belt can reduce the risk of crash injuries by 50 percent.

The good news is that seat belt use is higher than ever. About 88 percent of adults wear seat belts compared to 69 percent in 1998. Seat belt use is lowest among young drivers, so tell your teenagers to buckle up.

Source: National Safety Council

Safety Principle: Management Must Audit Performance

July 24th, 2014

Summer Safety – Snakes & Other Crawling, Biting, Stinging Things

Snakes, spiders, wasps, scorpions and alligators have a few things in common. They like cool places tend to be hidden and are going to make you move quickly. They could be in your shop/office, in your tool box, under your vehicle in the parking lot, in a terminal or junction box, a shipping box or in your garage at home. We have had reports through the years of finding these creatures in all of the areas listed.

It probably doesn't matter how big or tough you are, you may be hurt if you are surprised by a snake or an alligator.

Always perform a scan of the area prior to accessing or placing your hands in an area. Human Performance Principal Two reminds us that situations that lead to unplanned events are predictable, manageable, and can be prevented.

Health Tip of the Day

FOAM ROLLER EXERCISE

Maintaining flexibility or range of motion is important, especially as we age. Fascia is tough connective tissue that surrounds muscle and may become tight because of scar tissue or soft tissue stickiness. Using a foam roller, you can apply body weight directly over a tight, painful band of muscle and hold this position for approximately 30 seconds. This causes the fascia to release, relieving muscle and joint pains and improving flexibility. It is not recommended for everyone, so speak with your doctor before beginning this therapy.

Source: Athletic Therapy Today Journal

Safety Principle: Management Must Audit Performance

July 25th, 2014

Summer Safety – Preventing Lyme Disease

Source: <http://www.cdc.gov/lyme/>

We've already talked some about how nice it is to be outside in the summer whether for work or for play. Being outside brings some exposure to ticks. Since we have many workers whose *office* is outside – we thought these reminders would be helpful. For more information, reference the link listed above.

Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite of infected blacklegged ticks. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system.

Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks; laboratory testing is helpful if used correctly and performed with validated methods.

Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics.

Steps to prevent Lyme disease include using insect repellent, removing ticks promptly, applying pesticides, and reducing tick habitat. Live Safe!

Health Tip of the Day

DEPRESSION

According to the National Institute of Mental Health, more than 20 million adult Americans suffer from depression. Depression occurs when feelings of extreme sadness or despair last for at least two weeks or longer and when they interfere with activities of daily living such as working or even eating and sleeping. The good news is that depression is highly treatable when an individual receives the right professional care. If you or someone you know feels depressed, seek help through your EAP, physician or mental health professional.

Source: National Institute of Mental Health

Safety Principle: Management Must Audit Performance

July 26th, 2014

Sharing Lessons Learned

What is a lesson learned anyway? Sounds like something you have after a bad experience doesn't it? You are right, the term lessons learned is one that is commonly used after something happens or doesn't go well but lessons learned can come from good experiences, ideas, training, observations and could be anything such as finding a new tool, new technique or new process.

Share information you have with others. Below are examples of avenues that exist for sharing information:

- Discuss in safety meetings or department meetings.
- Share with Safety Advisory Boards or Safety Committees.
- Discuss and apply in pre-job briefs.
- Discuss and apply in the field.
- Let your supervisor know.

Health Tip of the Day

THE IDEAL AMOUNT OF WEIGHT TO LIFT

To be effective, weight lifting should become difficult as you reach the last few repetitions of each set. According to current guidelines, to build strength, lift a weight that tires your muscles after eight to 12 repetitions. If you can complete 12 reps with no difficulty, increase your weight and make sure that you can lift it at least eight times with proper form.

Source: Centers for Disease Control and Prevention

Safety Principle: Management Must Audit Performance

July 27th, 2014

Sharing Lessons Learned

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Health Tip of the Day

STAY HEALTHY WITH GOOD ORAL HEALTH

Did you know that preventing periodontitis (the advanced form of gum disease that can cause tooth loss) is not only important for your oral health, but can also be an important step in maintaining overall health? Researchers have found that periodontitis can be associated with other health problems such as cardiovascular disease, stroke and bacterial pneumonia. In most cases, good oral health can be maintained with good daily oral hygiene—brushing and flossing—and through regular visits with your dentist.

Source: American Dental Association

Safety Principle: Management Must Audit Performance

July 28th, 2014

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Health Tip of the Day

MINDFUL EATING

Do you find yourself eating on the run or grabbing something quick to eat while you are driving or working at your desk? Slow down, take smaller bites and chew food slowly. Experts believe that eating slowly may be better for your health. You actually improve what and how much you eat when you take the time to enjoy your food, including the smell, taste and colors on your plate.

Safety Principle: Management Must Audit Performance

July 29th, 2014

Removing/Reducing Hazards - General

Depending on what type of work you do for Entergy or to support Entergy, there are some hazards in your job. We can safely work around hazards with the right level of attention and equipment but we should remove and reduce hazards as our first priority.

- Electrical hazards can be removed by de-energizing equipment and verifying no voltage.
- Confined space hazards can be removed by isolating systems and ventilating components.
- Ergonomic hazards can be removed by using mechanical equipment/carts for moving items.
- Slip/Trip/Fall hazards can be removed by keeping work areas organized, floors clean, keeping eyes on path.
- Always think “Consequences versus Likelihood.”

Evaluate the tasks you have today and see where you can remove or reduce a hazard. Live Safe and remember, Management Must Audit Performance.

Health Tip of the Day

ACNE IN ADULTS

According to the American Academy for Dermatology, even adults in their 40s and 50s can develop acne. Despite popular belief, diet does not cause acne. However, chocolate and greasy foods, like pizza and french fries, can make acne worse. Other things, like heredity, an increase in hormones, menstruation, stress, and oil from cosmetics can cause acne or make it worse. Taking care of acne takes time. There is no overnight cure. See your dermatologist to confirm the diagnosis and begin successful treatment.

Source: American Academy of Dermatology

Safety Principle: Management Must Audit Performance

July 30th, 2014

Removing/Reducing Hazards – Electrical Safety

Yesterday, we talked about removing and reducing hazards from a general viewpoint with a few examples. When an electrical hazard cannot be removed, there are methods for reducing the hazard that should be employed every time. Remember nothing is routine.

- Work techniques.
- Using cover and barriers.
- Using personal protective equipment.
- Using your Human Performance Tools.

You can do your part by coaching each other, making it easy for co-workers to coach you and following your training and procedures for work and participating in assessments. Management Must Audit Performance

Health Tip of the Day

WHAT IS PILATES EXERCISE?

Have you heard of Pilates, pronounced puh-LAH-teez? It is a method of exercise named after its inventor, Joseph Pilates. Benefits include: 1. Improved posture, balance and coordination. 2. Increased flexibility. 3. Development of the deep “core” muscles of the back and stomach. 4. Increased mind/body awareness. 5. Low risk for injury. The Pilates method can be a safe, effective way to stretch, strengthen and streamline your body.

Source: Pilates Method Alliance

Safety Principle: Management Must Audit Performance

July 31, 2014

Removing/Reducing Hazards – Know your boundaries

Boundaries are established to protect you from a hazard or to ensure that others aren't exposed to a hazard created by your work.

Cones, flagging, signs, postings and protective tags/locks are some examples of establishing boundaries. Sometimes physical barricades are also used.

- Workers - Use boundaries where they are appropriate.
- Individuals - Scan areas you are about to enter and check with workers in the area, you may not need to be in the area.
- Peers, Supervisors and Leaders – monitor and coach on performance including compliments.

We have had first aid and more serious injuries where employees have worked in an area for several shifts or days and become de-sensitized to the hazards that exist in their work area. The injuries range from scratches, minor burns that could have been much worse to serious falls, and even electrical contact.

You can do your part by coaching each other, making it easy for co-workers to coach you and following your training and procedures for work and participating in assessments. Management Must Audit Performance

Health Tip of the Day **DIABETES AWARENESS**

More than 25 million children and adults in the U.S. have diabetes and 7 million people are unaware they have the disease. Type 2 diabetes is the most common and can go undiagnosed for years. Early detection of diabetes can decrease the chance of developing complications. Individuals should consult with their doctor if they have some or all of the following symptoms: frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision.

Source: American Diabetes Association

Safety Principle: Management Must Audit Performance