

Hazard Recognition: Falling Objects
Safety Principle #7: Management Must Audit Performance

Hazard Recognition: Falling Objects						
July 2017						
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Daily Safety and Health Topics

July 2017

Hazard Recognition:

Falling Objects

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



July 1, 2017

Safety Focus

HOLIDAY WEEKEND

From Amy Contrick, Emergency Room Physician: “Unfortunately, those of us who work in hospital emergency departments know that the longer the holiday weekend, the more prepared we need to be to handle the influx of accidents, injuries and inevitable deaths. We see firsthand that the Fourth of July holiday weekend is one of the deadliest holidays in the United States.” Be a leader: Teach others to be safe this weekend – and stay out of the ER!

Health Tip of the Day

TRY QUINOA!

Tired of that same old rice pilaf? Expand your horizons and experiment with quinoa (pronounced "keen-wah"). Cooked quinoa has a light, fluffy texture. It makes an excellent alternative to rice in hot or cold side dishes and entrées. It is also a nutrition powerhouse. One half-cup of cooked quinoa provides a significant amount of key nutrients including protein, dietary fiber, iron, magnesium and zinc. Source: USDA National Nutrient Database for Standard Reference

Org Health & Diversity Focus

This July, we are celebrating all the wonderful diverse abilities and talents we have while also sharing our limitations and visible and invisible disabilities with others. This month our “Daily Tip” will present as “Facts” regarding disabilities. To kick this off, please check out the selected video “[Invisible Disabilities 101](#)” from the [OH&D video library](#) and our presentation “*Diverse Abilities in the Workplace – Visible and Invisible Disabilities.*”

Human Performance Focus

SELF-CHECKING

If your holiday plans include driving to an event or to a relative’s, include this defensive driving technique. Ensure that others see you and know what your intentions are when driving. Use your warning signals such as turn signals, daytime headlights, horn and emergency flashers.

July 2, 2017

Safety Focus

ROAD SAFETY

Here's a sobering fact: Roughly 40 percent of all motor vehicle traffic fatalities during the past five years occurred during the Fourth of July holiday weekend, according to the National Highway Traffic Safety Administration. If you are having a get-together this weekend – do something great: set up a 'key control point' – some place for drivers to give up their keys, and then have them obtain their keys from someone willing to make the hard decision – and not let them have their keys if they have been drinking. You could save a life.

Health Tip of the Day

MAKE THAT TV TIME WORK FOR YOU

According to the Bureau of Labor Statistics, the leisure activity that Americans do the most is watch television, for an average of almost three hours a day. Use that time to get fit! Do some floor exercises (push-ups, sit-ups, etc.); walk in place or step side-to-side; do some reps with hand weights or resistance bands; or increase flexibility by stretching. At the very least, stand up and move each time you watch commercials (or fast forward through them). Source: Bureau of Labor Statistics

Org Health & Diversity Focus

Invisible disability, or hidden disability, is an umbrella term that captures a whole spectrum of hidden disabilities or challenges that are primarily neurological in nature. Invisible disabilities are the most common type of disability around the world. Ninety-six percent of people with chronic medical conditions live with an illness that is invisible.

Human Performance Focus

PEER CHECK

Having designated responsible adults at functions should be part of your plan when doing activities for the holiday weekend. Driving, monitoring alcohol consumption and monitoring the kids are important responsibilities that need to be taken into account.

July 3, 2017

Safety Focus

HOLIDAY WEEK

Stay safe during this holiday week. Watch out for 'the other guy'. Many safety information outlets report that the Fourth of July is the 'deadliest' holiday on the calendar. There will be an estimated 100+ deaths from traffic accidents; many due to drinking and driving. There are also boating fatalities, and events surrounding the use of fireworks. Short story: It's great to celebrate, but there will be many hazards out there. Be Smart! Be Safe!

Health Tip of the Day

STRESS MANAGEMENT FOR A HEALTHY FAMILY

If you're a parent, your stress and how you handle it influences your kids. The American Psychological Association recommends the following tips to help families cope with stress in healthy ways: take a family walk or bike ride. Keep the lines of communication open (teens may be more open during car rides). Make a healthy dinner at home with your family, which also saves money. And, be a role model. Taking care of yourself (especially during stressful times) shows kids how it can be done. Source: American Psychological Association

Org Health & Diversity Focus

An illness is a sickness. Some illnesses are chronic, which means they last a long time and perhaps a lifetime (like asthma or diabetes). A disability is a physical or mental problem that makes it harder to do normal daily activities. You can be born with a disability or get it from an illness or an injury.

Human Performance Focus

COACHING

Safety leaders and supervisors should use coaching as a tool to raise employee's level of awareness. Remember, safety is about people. Use coaching today to reinforce Fourth of July holiday safety. **C**aring **O**bserve **A**nalyze **C**orrect **H**elp!!!

July 4, 2017

Safety Focus

INDEPENDENCE DAY!

Why do we commemorate Independence Day with fireworks? In a letter to Abigail Adams on July 3, 1776, John Adams wrote that the occasion should be commemorated “with pomp and parade, with shews, games, sports, guns, bells, bonfires and illuminations from one end of this continent to the other from this time forward forever more.” But fireworks can be dangerous! Here’s an idea: Let the pros handle them: don’t set them off at your house – go see them at a park! It will be a larger and much more dazzling display for you and your family; and much, much safer.

Health Tip of the Day

STRETCHES FOR YOUR NECK

Have a tight neck? Stretching decreases muscle tension and improves circulation and range of motion. Sit up tall with shoulders relaxed, arms at your sides. Gently tilt your right ear to right shoulder. Hold and breathe in and out slowly. Tilt your head the other way. Repeat. Then turn your head to the right and hold. Turn to the left and hold. Repeat. Finally, sweep your chin from your left shoulder across your chest to the right shoulder. Repeat. Do these throughout the day to ease neck tension.

Source: American College of Sports Medicine

Org Health & Diversity Focus

Nearly one in two Americans has a chronic condition. About 25 percent of them have some type of activity limitation, ranging from mild to severe; the remaining 75 percent are not disabled by their chronic conditions.

Human Performance Focus

PROCEDURE USAGE / ADHERENCE

Employees are celebrating the holiday with their families today. For us we are on the job keeping Entergy moving forward. Drift is a trap that can sneak in when others are not present. Stick to a high safety standard for yourself and your team. Ensure intended procedures are followed as indicated.

July 5, 2017

Safety Focus

BACK TO WORK?

If you are back to work following a long holiday weekend – you are more likely to have an injury today than any other day this week. Although it is good to disconnect from work, relax, and spend time with friends and family, it can also mean you need to spend some time getting your mind back into your job. Take the time this morning to recognize this fact during a job hazard analysis.

Health Tip of the Day

WHAT IS HIGH BLOOD PRESSURE?

High blood pressure is sometimes called the "silent killer" because there are often no warning signs or symptoms. When unmanaged, chronic high blood pressure can damage the heart, blood vessels and kidneys. It's important to know your numbers! According to the National Institutes of Health, a normal blood pressure is a systolic level (top number) less than 120 AND a diastolic level (bottom number) less than 80. Source: National Institutes of Health

Org Health & Diversity Focus

Number of adults with hearing trouble: 37.2 million
Number of adults with vision trouble: 22.9 million

Human Performance Focus

FIRST SHIFT / LATE SHIFT

Ok we're back from the holiday. It's time to refocus from our home-life to work-life. Hopefully your time off was event free. Getting our heads, hands and ears all in the same place at the same time is critical to our safety success.

July 6, 2017

Safety Focus

GRAVITY

Dropped objects have been a problem for as long as the force of gravity has existed. But we seem to be ignoring the lesson here. There are more than 50,000 "struck by falling object" OSHA recordables every year in the United States, according to the Bureau of Labor Statistics. That's one injury caused by a dropped object every 10 minutes. When working aloft, take solid actions (i.e. tool lanyards) to ensure you don't drop anything. And don't work below workers where anything can be dropped.

Health Tip of the Day

THE TRUTH ABOUT VITAMINS

True or false? Taking vitamins gives you energy, and everyone should take a multivitamin daily. Both of these statements are false. Vitamins don't provide energy. You need calories (from food) for that! While some vitamins act like helpers to transform calories into energy your body can use, the best source of vitamins for good health is a well-balanced diet. Some people with certain medical conditions may need a vitamin supplement, but talk with your doctor first to decide what is best for you. Source: National Institutes of Health

Org Health & Diversity Focus

Number of adults unable (or very difficult) to walk a quarter mile: 18.2 million
Number of adults with any physical functioning difficulty: 39.6 million

Human Performance Focus

QUESTIONING ATTITUDE

If you are working in an office environment, be aware of placing items above your head in your cubicle area. Top-heavy bookshelves pose a serious hazard of falling objects. When working from an aerial basket or bucket truck, know your drop zone and ensure employees working below have agreed on the drop zone area. Question yourself about falling objects and associated hazards in your work area.

July 7, 2017

Safety Focus

GRAVITY II

To determine what kind of force an object falling from a certain height generates, calculations can be done around the physics of gravity. For example, an eight-pound wrench dropped 200 feet (i.e. the top of a power plant) would hit with a force of 2,833 pounds per square inch. “Yeah... but that never happens...” a man delivering sheet rock to a construction site in Jersey City was killed by a tape measure. The independent contractor was struck by a tape measure that had slipped out of a worker's hands 50 stories above.

Health Tip of the Day

WORK OUT TO REDUCE RISK OF BREAST CANCER

A study from the Women's Health Initiative found that as little as 1 hour and 15 minutes to 2½ hours of brisk walking a week could reduce the risk of breast cancer by as much as 18 percent. The American Cancer Society recommends exercising 45 to 60 minutes per day at least five days a week. Find what works for you and start today! Source: American Cancer Society

Org Health & Diversity Focus

Number of adults age 18 and over with at least one basic actions difficulty or complex activity limitation: 74.8 million (2014)

Human Performance Focus

INDEPENDENT VERIFICATION

How can we navigate a ship if we do not know where we are going or where our destination is? At Entergy “Target Zero” is our destination. In order to get there management provides tools and processes to ensure we are equipped to get to “Target Zero.” The field observation and office assessment process is a way of auditing our safety and work performance.

July 8, 2017

Safety Focus

FALLING OBJECTS

What's the worst thing to hear when someone is working above you? "Oops!" (Did they drop a hammer? Kick a wrench off a scaffold? Drop a flashlight or welding rod?) You'll soon find out!

Health Tip of the Day

PASTA: THE RAW NUMBERS

How much dry pasta does it take to produce a certain amount of cooked pasta? Generally, two ounces of dried spaghetti makes about one cup of cooked spaghetti. A half-cup of dried elbow pasta makes about one cup of cooked elbow pasta. Three ounces of fresh pasta makes about one cup of cooked pasta. And remember to consider portion size. One serving of cooked pasta is about a half-cup, the size of half a baseball. Source: HealthFitness

Org Health & Diversity Focus

Number of adults aged 65 and older with at least one basic actions difficulty or complex activity limitation: 26.1 million (2014)

Human Performance Focus

PHYSICAL ENVIRONMENT

Knowing the work or activity space where things will be developing should be a part of your hazard assessment whether at work or home. Falling objects will cause injury. Wearing the proper PPE can reduce the severity of the injury. Be prepared and know your environment.

July 9, 2017

Safety Focus

FALLING OBJECTS II

Today it is easier than ever to prevent dropped tools. Many commercially available tool lanyards exist for tying tools to a utility belt or tool pouch. Can't use a lanyard? Then address that as a separate hazard on your JSA, and take extra precautions as necessary.

Health Tip of the Day

CREATE A PLAN FOR FINANCIAL WELL-BEING

According to the American Psychological Association, money is the top source of stress reported by Americans. Money stress can not only affect your pocketbook, but also your physical and emotional health. If you want to take steps to improve your financial well-being, consider starting by tracking your income and expenses. Knowing where your money goes can help you set goals that are right for you and your family. For tips and tools to help you get started, visit www.mymoney.gov.
Source: Financial Literacy & Education Commission

Org Health & Diversity Focus

Percent of adults 65-74 years who need help with personal care from other persons:
3.4%

Human Performance Focus

CONCURRENT VERIFICATION

Auditing can be a fear-provoking word. Let's put a spin on the word audit. As an alternative we should view auditing as a tool that is used to indicate what good safety behaviors we have and what we can work on to improve our safety performance to keep us safe and injury free.

July 10, 2017

Safety Focus

MANAGEMENT MUST AUDIT

If doing a safety audit or observation, make sure to consider prevention and protection from falling objects. Prevention can be tool lanyards and the use of safety netting on scaffolds or guard rails. Also, personnel should never work underneath others working overhead, unless protection is used, such as overhead shielding.

Health Tip of the Day

LACKING SLEEP?

About one in three Americans gets less than seven hours of sleep per night. Are you one of them? To help improve sleep, go to bed and wake up at the same time each day. Make sure your bedroom is cool, comfortable and quiet. Turn off electronics and create a relaxing bedtime routine to help you get ready for sleep. If you're still having trouble sleeping, talk with your doctor. Source: Centers for Disease Control and Prevention

Org Health & Diversity Focus

Percent of adults 75 years and over who need help with personal care from other persons: 12.0%

Human Performance Focus

EFFECTIVE COMMUNICATIONS

Incorporate this practice before sign-off of your JHA by crew members, ending a meeting, or even at the end of the daily safety and health moment. Ask employees what has impacted them about what was discussed. Get everyone engaged and communicating, it can have a contagious effect.

July 11, 2017

Safety Focus

AUDITING

Auditing is not a grim reality. It is a way for leaders to get out in the field, learn what is happening on a day-to-day basis, and reinforce safety and job expectations. Nobody enjoys someone watching over their shoulder. However, it is a fact of life that needs to occur. Why? We are human. We make mistakes. Others watching out for us helps to protect us and make us better workers in the long run. It is a set of 'fresh eyes' that may be able to see a hazard or improvement that we might not otherwise see. Embrace the audit, and use it for your own improvement.

Health Tip of the Day

NEUROLOGIC ADVANTAGE TO ACTIVELY STRETCHING

Your brain benefits from a stretch as much as your muscles do, according to some recent studies. Stretching can help your memory, reduce your risk of Alzheimer's and may even help you think more clearly. You may even be able to stretch yourself happy. Source: <http://healthyliving.azcentral.com/neurologic-advantage-actively-stretching-13704.html>

Org Health & Diversity Focus

250,000 estimated people in the UK have chronic fatigue syndrome. One in four have severe symptoms.

Human Performance Focus

SELF-CHECKING

Auditing is one way or process for the organization to check the pulse of our safety culture and work ethic. Take pride in what you do and be open to show your safety behaviors. "Live Safe" as a daily behavior and auditing for safety performance will always be welcomed.

July 12, 2017

Safety Focus

SEIZE THE DAY!

Have an auditor looking over your shoulder? Seize the day! Teach them something about your job. Have a conversation about improving it or difficulties that seem to have no solution. Sooner or later – someone will come up with a better mousetrap. It may be you.

Health Tip of the Day

WEIGHT CONTROL CAN HELP REDUCE CANCER RISKS

Steady weight gain in women through adulthood has been linked to breast cancer after menopause, according to research. Minimize your risk by watching portions, choosing a healthy diet, exercising regularly, and maintaining a healthy weight into your golden years. Source: American Cancer Society

Org Health & Diversity Focus

One in 3,800 people in the UK develop complex regional pain syndrome each year. Most cases are caused by injury to a certain area of the body.

Human Performance Focus

DISTRACTIONS

Consuming yourself in getting the job done and neglecting the hazards around you is a trap and distraction. Be mindful of the hazards around you and be your brothers and sisters keeper. As mentioned on a previous HU focus, it will become contagious if done repetitiously.

July 13, 2017

Safety Focus

DROPPED OBJECTS

Physics can be amazing: It is possible for a dropped tool, if hitting the right object (i.e. something round like a pipe) at the proper angle – for that tool to bounce horizontally much farther than it was dropped. For example – a wrench dropped 100 feet – could theoretically bounce as far as 200 feet horizontally if it hit at just the right (wrong?) angle. Take precautions: don't drop tools.

Health Tip of the Day

TASTY VEGGIES ON THE GRILL

Grilling isn't just for meats. It's great for vegetables, too! Use any combination you enjoy such as broccoli, cauliflower, carrots, onions, rutabagas, sweet peppers, green beans or brussels sprouts. Cut up your veggies to approximately the same size (for even cooking), toss with a small amount of canola oil, and add a few seasonings (e.g., garlic powder, rosemary, thyme, black pepper). Cook in a grill pan over medium heat, tossing periodically, until tender crisp. Enjoy! Source: HealthFitness Dietitian

Org Health & Diversity Focus

Common misconceptions of fatigue: It's not just "feeling tired or lazy". Sleep disturbance is actually a common symptom.

Human Performance Focus

CHANGE / OFF NORMAL CONDITIONS

When you have a change in workflow or conditions dictate a change use the STOP work tool. Ask everyone to revisit your plan, JHA, agenda etc. Take account of the change and your desired result. Having an open discussion and encourage each person's participation.

July 14, 2017

Safety Focus

DROPPED TOOLS CONCERN

“I find your lack of concern for falling objects disturbing.” - Darth Vader
Address falling objects in your JHA, and don't work under overhead jobs; or if work in that location is absolutely necessary, provide engineered shielding from falling objects.

Health Tip of the Day

SCHEDULE IT IN

Do you find it hard to fit exercise into your busy schedule? If you do, you're not alone. Some people make time by rising earlier in the morning. Others fit in a walk during a scheduled break in the day, such as during part of their lunch hour. Stopping at a club, park or mall on the way home is another possibility. Keep searching until you find one or more ways that work for you. Then, schedule this time like any other important appointment. Source: HealthFitness

Org Health & Diversity Focus

Three in 26 million Americans suffer from [Fibromyalgia](#).

Human Performance Focus

NORMALIZED DEVIATION (DRIFT)

Do you find yourself tempted to drift from the norm when completing a pre job assessment? That is the silent trap that is lurking out there to get you. Employ these HU tools to combat drift.

- Peer Checking—having another equally qualified individual provide a second check of work.
- Concurrent Verification—two individuals working together confirm the configuration or status of a task before, during, and after an action.
- Procedure Use/Adherence—ensuring that when procedures are required they are being followed.

July 15, 2017

Safety Focus

SAFETY NETTING

Safety netting can be an effective method for preventing dropped objects from hitting people or equipment. However, an even better solution is to prevent the drop. Consider using tool belts with retracting lanyards or tool lanyards that can be connected to equipment (i.e. a handrail) to prevent the drop. “An ounce of prevention is worth a pound of cure.” - Ben Franklin

Health Tip of the Day

LOWER-FAT BAKING

Are you looking for a way to lower the fat in baked goods while retaining the moist texture, touch and taste? Try pureed fruit. Experiment by replacing part of the fat in baked goods recipes with pureed prunes, pears, figs, peaches and applesauce. All will provide flavor and moisture with fewer calories, and little or no added fat. Source: HealthFitness dietitian

Org Health & Diversity Focus

Common misconception of pain: “Exercise will take your mind off it;” Chronic pain is consistent - the pain is often variable in severity by the day.

Human Performance Focus

OVER CONFIDENCE

Be mindful of your abilities and limitations. Make sure you are capable and qualified to complete tasks assigned to you. Know who the qualified people are in your workgroup. These employees are an invaluable resource to getting tasks done safely and as intended.

July 16, 2017

Safety Focus

WORKING WEEKENDS

Unless something unusual has happened, working weekends usually means a fairly quiet workplace. It is easy to 'let your guard down' and perhaps take some shortcuts that you might not take at any other time. Be your own best friend – Don't Do It! Do it the right way, the safe way, every time, every day. If you do it the right way every time, when an auditor shows up – you can say: "Let me teach you the right way to do this..."

Health Tip of the Day

TRAMPOLINE SAFETY

If you own a backyard trampoline or are thinking about buying one, take the proper precautions for safety. According to the U.S. Consumer Products Safety Commission, thousands of trampoline injuries require treatment in emergency rooms each year. Colliding with another person is a major cause of injuries, so limit use to one person at a time. Also, do not allow children under age six to use a trampoline. Source: U.S. Consumer Product Safety Alert

Org Health & Diversity Focus

One in 250 people suffer with inflammatory bowel disease; 115,000 with Crohns.

Human Performance Focus

WORKING ALONE

Weekend work may mean working alone. Use self-checking and a good questioning attitude when working alone. What does that look like? Stop, think, act and review – with the thought that you do not have any help. Ask yourself – "how can I do this job, safely, alone?" If you can't – don't do the job without talking to someone about help.

July 17, 2017

Safety Focus

THE SKY IS FALLING!

“The sky is falling!” said Chicken Little too many times. However, it seems that just might be the case. Last year, OSHA recorded over 50,000 recordable injuries as a result of falling objects. A dropped object is 100% preventable. If you are working aloft – include dropped objects in your Job Hazard Analysis, and take concrete actions to prevent dropped objects. It can be done.

Health Tip of the Day

AVOID STRESS FRACTURES BY CROSS TRAINING

A stress fracture is a small crack in a bone's outer layer that develops when exercise stresses the same bones, ligaments, tendons and muscles again and again. A good example is your foot striking the ground during running. Cross-training (two or more types of exercise during one workout, or two different exercises on different days) can prevent stress fractures, or give them a better chance to heal. Source: HealthFitness

Org Health & Diversity Focus

By 2020, about 157 million Americans will be afflicted by chronic illnesses, according to the U.S. Department of Health and Human Services.

Human Performance Focus

PREJOB BRIEFS

All jobs should be briefed. All. All means all, that's all all means. When working alone, working at home, any job... should be briefed. If you're working alone, think through or write down the steps of the job, and think through how to do each step; safely.

July 18, 2017

Safety Focus

SLIPS, TRIPS, AND FALLS

Slips, trips, and falls are still Entergy's number one cause of injuries. We have twisted ankles from uneven walking surfaces, trips that can result in falls and injuries to feet, ankles, arms and shoulders. Also – if you are holding a tool when you trip – chances are good that you will let go of the tool to break your fall. So, just a reminder: include traversing to and from your worksite in your job hazard analysis.

Health Tip of the Day

THE IMPORTANCE OF STRETCHING

The same is true of your muscles. The way to bring heat into your muscles is by moving them; the increased blood flow produces more heat. Slow stretching will increase blood flow, reduce muscle tension, increase range of motion, prevent injury and make you feel good. *Source: www.chiropractornutley.com/index.php?p=196134*

Org Health & Diversity Focus

Sixty percent of people with illnesses are between the ages of 18 and 64.

Human Performance Focus

PREJOB BRIEFS II

Include slips, trips and falls as an injury mechanism in your prejob briefs. Discuss locations of poor footing or trip hazards. Discuss slowing down and deliberately choosing your footing when in areas of uneven ground that cannot be avoided.

July 19, 2017

Safety Focus

ARRIVE SAFE

A few years ago, Florida officials recognized that with its growing population and tourism spots, Florida was becoming the traffic fatality capital of the U.S. So they began an “Arrive Alive” campaign to remind motorists about highway safety. Some results were very good. How about Entergy? We still continue to have slips, trips and falls as our number one injury type. So how about we try this: “ARRIVE SAFE”? A slip, trip or fall can result in a serious injury. It is WORTH YOUR EFFORT to prevent. The next time you travel to another location: ARRIVE SAFE!

Health Tip of the Day

VITAMIN E SUPPLEMENTS AND HEART DISEASE

Many believe that antioxidant supplements, such as vitamin E, will help prevent various medical problems including heart disease. However, there is no conclusive evidence that taking antioxidant supplements can reduce your risk of heart disease and in fact, taking vitamin E supplements may actually be harmful. Health experts recommend getting vitamin E through foods such as nuts, seeds, green leafy vegetables and vegetable oils. Source: National Institutes of Health

Org Health & Diversity Focus

The divorce rate among the chronically ill is over 75 percent.

Human Performance Focus

“ENTERGY’S WALKING SYSTEM”

To borrow ideas from Smith Driving Systems®, think about this while walking:
1.) Aim High in Steering. This applies while walking also – pick your route and know where you are walking. Look down often, but also look way ahead to avoid areas with uneven footing. Take the long way around if it has better footing. Keep questioning your path.

July 20, 2017

Safety Focus

ARRIVE SAFE

Ok... it doesn't rhyme, and it may sound cheesy. But arriving safe to your next destination is in your best interest. Torn ligaments are a nasty injury. When I was a child, my Dad slipped on some stairs, twisted his ankle severely and tore the ligaments in his left ankle. The doctor explained to him (a blue collar worker with the telephone company and a very active lifestyle) that it would have been better if he had broken the ankle – because it 'would have healed faster.' Slow down; pay attention to the walking surface; and ARRIVE SAFE.

Health Tip of the Day

QUICK LUNCH AND SNACK IDEAS

Fix a big salad in the morning with your favorite veggies, fruits and a handful of nuts sprinkled on top. Stash your favorite light dressing at work, and you have an instant low-budget, nutritious lunch. Low-fat yogurt and low-fat popcorn are easy snacks that are low in calories and high in nutrients. Just think of all the cash and calories you'll save by packing your own lunch and snacks instead of ordering in or dining out. Source: HealthFitness

Org Health & Diversity Focus

Depression is 15-20% higher for the chronically ill than for the average person.

Human Performance Focus

“ENTERGY’S WALKING SYSTEM”

Borrowing from Smith Driving Systems® - 2.) “Get the big picture.” Know what is going on around you at all times. Know where jobs are that you need to stay clear of. It may seem obvious – but walking is such a normal task that we simply don't think about it. Keep a questioning attitude about your walking and working surfaces – so that you avoid slips, trips and falls.

July 21, 2017

Safety Focus

MANAGEMENT MUST AUDIT PERFORMANCE

Why? Leaders need to get out of the office and see the field work with their own eyes. It gives them an opportunity to provide coaching on any changes that need to be made. And it also gives them the opportunity to give positive feedback. Embrace the audit!

Health Tip of the Day

INCREASE MILES, NOT POUNDS

If you are a frequent traveler, it can be hard to avoid excess calories when you're tempted with tasty menus, large portions and delicious desserts. Consider the following tips when traveling: pack a snack such as dried fruit, popcorn or almonds; air travel can be dehydrating, so drink plenty of water; fit some type of exercise into each day; go easy on the alcohol, if you drink; skip dessert and choose wisely when dining out. Source: HealthFitness

Org Health & Diversity Focus

Four in five health care dollars (78%) are spent on behalf of people with chronic conditions.

Human Performance Focus

“ENTERGY’S WALKING SYSTEM”

Borrowing from Smith Driving Systems® 3.) “Keep your eyes moving.” We should never walk and focus on a smartphone doing things like texting or checking Facebook. Keep your eyes scanning your path and route for hazards or threats.

July 22, 2017

Safety Focus

THE SIX MILLION DOLLAR MAN

Some of us with grey hair remember a cheesy old TV show about the 'bionic man.' The former astronaut was able to do superhuman tasks because of the bionic body parts he received after a fiery crash in an experimental aircraft. In one episode, he lifts his forearm and deflects a large I-beam that was falling toward him. The beam falls safely to his side. Ok, for real: none of us has any bionic parts that would allow us to do that. Do not work in an area where falling objects could injure you from above.

Health Tip of the Day

FRUIT SMOOTHIES: GOOD OR BAD?

Fruit smoothies are tasty and can be filled with good nutrition. However, they can also be loaded with calories. Some may have as much as 900 calories for a 20-ounce drink! Check the nutrition facts before you order. Low-fat or nonfat ingredients and low- or no-sugar ingredients can help reduce a fruit smoothie's calorie count. Or, better yet, make your own at home with unsweetened frozen fruit, ice, and low-fat milk or yogurt. Source: HealthFitness dietitian

Org Health & Diversity Focus

Over 100 million people in the U.S. have a chronic illness; 20.6 percent of the population, about 54 million people, have some level of disability; 9.9 percent or 26 million people had a severe disability... 1.8 million used a wheelchair... 5.2 million used a cane, crutches or a walker.

Human Performance Focus

“ENTERGY’S WALKING SYSTEM”

Borrowing from Smith Driving Systems® 4.) “Leave yourself an out.” Now this driving principle may not transfer so easily to walking, but consider this: While walking you should have a questioning attitude – and always be willing and able to stop – and prevent an injury. For example – keep your eyes moving – and stop on the sidewalk if you see a car turning into a driveway. (Something you might miss if you’re walking and texting.)

July 23, 2017

Safety Focus

THE BIONIC WOMAN

In addition to the \$6M Man, the 1970's gave us the bionic woman. Like Steve Austin, Jaime Summers also had two bionic legs and one bionic arm. But she also had a bionic ear. Able to hear extraordinarily well – she could hear events in their very beginning stages. For example – she might be able to hear the beginning of an event where a tool is being dropped. Then she could use her bionic legs to get out of the way. However, we do not have bionic ears or legs. Do not work under overhead jobs.

Health Tip of the Day

PREVENT CHILDHOOD OBESITY

Today, nearly one in three children in America is either overweight or obese. Help your family stay on the path to maintaining a healthy weight by following these tips: aim to fill your grocery cart with at least 80 percent healthy choices, limit portion sizes, plan and prepare healthy meals together, eat as a family most days of the week, limit screen time and be more active. For more tips and ideas, visit www.choosemyplate.gov/kids. Source: Centers for Disease Control and Prevention

Org Health & Diversity Focus

For many people living with chronic illnesses, tests, doctor appointments and treatments can be a routine part of their lives. Therefore, it's extremely important to build a great team of doctors, counselors and/or practitioners who care enough to listen and are capable of digging deeper into their case.

Human Performance Focus

“ENTERGY'S WALKING SYSTEM”

Borrowing from Smith Driving Systems® - 5.) “Make sure they see you.”
If walking in area where there is traffic or machinery or moving equipment, make sure the drivers/operators see you. Make eye contact with them before moving into an area where they may be going.

July 24, 2017

Safety Focus

WHAT IS 'THE MAIN THING'

“The main thing is to keep the main thing as the main thing.” - Tony Brigmon.
What is the main thing? Staying safe today. So...whatever you do, keep safety as the main thing. And don't let it fall away from being the main thing. Keep your safety, and the safety of your coworkers as the main thing. How many times can we say 'safety is the main thing' in one paragraph? I don't know, but safety is the main thing.

Health Tip of the Day

STRESS AT WORK

Even "dream jobs" have stressful deadlines, performance expectations and other responsibilities. For some, stress is the motivator that ensures things get done. However, workplace stress can easily overwhelm your life. You may continually worry about a particular project, feel unfairly treated by a supervisor or co-workers, or knowingly accept more than you can handle in hopes of earning a promotion. Putting your job ahead of everything else can also affect your personal relationships, compounding the work-related pressures. Source: <http://www.apa.org/helpcenter/job-stress.aspx>

Org Health & Diversity Focus

Examples of invisible illnesses are: allergies and food intolerances, rheumatoid arthritis, cancer, chronic fatigue syndrome, Fibromyalgia and chronic myofascial pain, depression and mental illness, diabetes and other blood sugar issues, digestive disorders (such as; IBS, colitis, Celiac, etc.)

Human Performance Focus

STAR

One way to keep Safety as “The main thing” is to frequently use STAR. When performing tasks (typically, step by step procedures, written or not): take the time to Stop; Think about the job step you are doing; Act when safe to do so; and then review the results of your plan. Then do it again!

July 25, 2017

Safety Focus

PREVENTING FALLING OBJECTS INJURIES

Provide warning: we humans have a tendency to ignore signs after seeing them just a few times. For falling objects – put up temporary signs and barricades for each new hazard as appropriate, making sure to take them down when the job is complete. Also, ensure visitors to the area are warned in safety briefings. Also, escorts can be used to navigate visitors outside of falling object areas.

Health Tip of the Day

DOES STRETCHING HELP YOU LOSE WEIGHT?

Stretching is a form of exercise that involves controlled lengthening and shortening of various muscles in your body. It is frequently performed in association with more strenuous forms of exercise such as aerobics or strength training. While stretching does not typically contribute to weight loss, it does help prepare your body for exercises that do help you lose weight. Source:

<http://www.livestrong.com/article/322553-does-stretching-help-you-lose-weight/>

Org Health & Diversity Focus

What are some types of disabilities? Mental - Cognitive, Psychological and Psychiatric disorders: ADHD - attention deficit hyperactivity disorder, anxiety disorder, autism and asperger's, bipolar disorder, depression, alcohol or drug addiction, organic mental disorders (including organic brain syndrome), panic attacks.

Human Performance Focus

“SIGN, SIGN, EVERYWHERE A SIGN”

When we see a sign that we have seen many times before, we may not give it a second thought. This is not good. Warning signs are there to help us. When you see a sign, use your questioning attitude and ask yourself if it applies to you right now, given the current conditions. If so – heed the sign!

July 26, 2017

Safety Focus

PREVENTING FALLING OBJECTS INJURIES II

If you need to lift a load to a higher level, make sure the load is properly secure. In the case of lifting palletized stacks of boxes, plastic wrap can secure the load. However, the plastic can deform in high heat areas, such as upper levels of warehouses. Also – when placing higher loads, make sure all personnel are clear of the area, as the load could shift and fall; or fall off of the back side of the rack.

Health Tip of the Day

PREVENT POISONING

Medications, household cleaning products, cosmetics, button batteries and other common objects and chemicals can be deadly when ingested. Children under age six are most at risk and account for half of all poison exposures. To learn more about how to keep your family safe, visit www.poisonhelp.hrsa.gov. Always call 911 in an emergency, such as when a person is unconscious or has trouble breathing. For other poisoning-related questions, call 1-800-222-1222 to reach your local poison center. Source: Health Resources and Services Administration

Org Health & Diversity Focus

Avril Lavigne got the headlines most recently with her struggle with lyme disease, Nick Cannon has lupus, Lil Wayne suffers from epilepsy and Morgan Freeman suffers from fibromyalgia.

Human Performance Focus

STAR (AGAIN)

If you are lifting a load manually, it is worth protecting your back to use STAR. Stop (don't be in a hurry); Think through how you will lift correctly, the path you will take (use Dr. Bunch's BLAST method); then Act; then review the lift. Did it work well? Did you remember all of BLAST? Did you twist with your ankles not your back, etc.

July 27, 2017

Safety Focus

PREVENTING FALLING OBJECTS INJURIES III

Properly move the load: When lifting a load, make sure to never lift, swing or lower a load over a person. Loads can shift and fall during a move, or a piece may become dislodged and fall off of the load. There is never a good reason to be under a lifted load. Never!

Health Tip of the Day

PRE-WORKOUT EATING

Fueling your body one to three hours before your workouts with an easy-to-digest high-carbohydrate meal or snack is important for quick energy, building and repairing muscle tissue and regulating blood sugar. Opt for familiar foods that are high in carbohydrates and moderate in protein, such as apple slices with peanut butter or Greek yogurt and fruit. Also, don't forget to keep hydrated. Test what foods and timing work best for you; don't try anything new the day of an event. Source: Academy of Nutrition and Dietetics

Org Health & Diversity Focus

One of the most frustrating elements of invisible disability can be the lack of immediate, obvious diagnosis. It's listed as one of the most common challenges facing invisible disability sufferers, and a 2002 collection of studies revealed that many people with invisible disabilities go through the medical ringer for years, collecting diagnoses, medical bills and no real closure at all.

Human Performance Focus

PROCEDURE USAGE

Many crane lifts are conducted without a written procedure or lift plan. If doing a lift over equipment or buildings, take the time to do a JHA, and sketch out a lift plan. Doing a proper JHA will force you to identify job steps and hazards; and ultimately perform a safe lift with no events or injuries.

July 28, 2017

Safety Focus

PREVENTING FALLING OBJECTS INJURIES IV

Clean your worksite: tools, equipment and debris are some of the main reasons for falling object injuries. Your worksite should always be kept clean. Have a clean-up time as often as necessary to keep your site clean (i.e. breaks, lunch, end of the day.) For multiple-day jobs, do not wait until the job is nearing completion to do the 'clean-up step'. Keeping your worksite clean will help prevent falling objects.

Health Tip of the Day

BOOST FITNESS WITH INTERVAL TRAINING

Interval training can be an effective way to boost your fitness level and burn more calories. Try one-minute intervals of more intense exercise mixed into your regular cardio sessions. For example, walk at a moderate intensity for five minutes, and then do one minute at a faster pace. Repeat the cycle several times. Make sure to include a proper warm up and cool down and check with your doctor before increasing your exercise. Source: HealthFitness

Org Health & Diversity Focus

87 people are diagnosed with epilepsy every day, and one in 50 will have epilepsy at some point in their lives.

Human Performance Focus

POST JOB REVIEW

Clean worksites are safer worksites. Include a discussion about your housekeeping plan in post-job reviews. For example: Did you include enough cleaning time during the job? What could be done to improve cleanliness on this job? What could be done to improve prevention of falling objects?

July 29, 2017

Safety Focus

PREVENTING FALLING OBJECTS INJURIES V

Administrative controls can be effective at preventing falling objects. For example: requiring the installation of boards on the sides of elevated work areas or scaffolds to prevent objects from falling over the edge, the usage of bars across storage areas to keep material from tumbling out, the usage of nets to capture falling objects, the implementation of fences or other barricades to keep workers and guests out of fall zones and scheduling work for a time when the amount of people at lower levels is at a minimum.

Health Tip of the Day

HEALTHY EATING CAN BE SIMPLE

According to food author Michael Pollan, you can sum up healthy eating in seven words: "Eat food. Not too much. Mostly plants." While it may sound simple, this is great advice. According to our registered dietitian, "eat food" means a balanced diet of whole foods (fruits, vegetables, whole grains, low-fat dairy, fish and lean meats and healthy fats) rather than processed foods. "Not too much" means stop before you are full. "Mostly plants" means filling your plate with fruits, vegetables, whole grains and beans. Source: "In Defense of Food" by Michael Pollan

Org Health & Diversity Focus

At least 9.3 percent of the entire American population suffers from diabetes.

Human Performance Focus

CHANGE/OFF-NORMAL CONDITIONS

Stopping a job to obtain another tool is a common occurrence. But this tool may not have been included in your JHA. Ensure new tools are accounted for. For example, include tool lanyards if necessary to prevent dropping. Also – new tools may require reaching farther or more physical exertion, etc. Plan it out!

July 30, 2017

Safety Focus

A GREAT LEADER?

Adolf Hitler was a great leader. Do not dismiss this... Only a great leader could create such a loyal following to do such heinous crimes. Sohe was a great leader, but he was a terrible human being of biblical proportions. What's the lesson here? People will follow whether you are leading them down the right path or the wrong path. Are you leading people down a safe path? Be a safety leader. People are watching you. People are following you.

Health Tip of the Day

LET KIDS HAVE A HAND WITH THEIR VEGGIES

Are mealtime battles over veggies a daily event? Kids who pick out veggies at the store or help with a recipe may be more willing to try something new. Offer vegetables at every meal and try different ways of preparing them. Colorful vegetables cut into different shapes and served with hummus or low-fat ranch can be a great snack or meal addition. Above all, set a good example and eat your veggies, too. For more ideas, visit www.eatright.org and click on "For Kids."
Source: Academy of Nutrition and Dietetics

Org Health & Diversity Focus

What amounts to a disability? Under the Equality Act 2010 ("the Act"), the main definition of disability is a "physical or mental impairment which has a substantial and long-term adverse effect on their ability to carry out normal day-to-day activities."

Human Performance Focus

ATTITUDE

You may not be able to change your conditions or surroundings; but you and you alone have complete control over your attitude. If you feel yourself 'going negative'; stop; think through the situation; recognize what you can change and what you cannot; and then choose to 'go positive'. Life is good. Ask any cancer survivor.

July 31, 2017

Safety Focus

PREVENTING FALLEN OBJECTS INJURIES VI

Protective equipment: when all else fails the last line of defense is personal protective equipment. Anyone who is going to be in an area where the potential for falling object hazards exists needs to wear a hard hat and steel-toed shoes. Both of these pieces of equipment must be inspected before use and be in proper working condition and fit properly.

Health Tip of the Day

MANAGING STRESS

We perceive stress when the demands placed on us (urgent deadline, car repair, or challenge at work) are more than our resources (time, energy, money, problem solving ability, etc.) can deal with. Managing stress means lessening the demand (if you can), increasing your resources to deal with the demand, or both. Taking time to relax and re-charge can give you more energy and patience, plus improve your physical and emotional health. Source: HealthFitness

Org Health & Diversity Focus

Invisible Disabilities Week, sponsored by the Invisible Disabilities Association, is a great way to get involved. The world-wide campaign for people living with illness, pain and injury takes place in October

Human Performance Focus

POST JOB REVIEW

Today is the last day of July. How are you doing from a safety perspective? Take the time to do a 'post job review' of sorts. In July, did you notice any drift from accepted safety standards? (For example – did you wear a safety vest 100% of the time you were on or near a road/highway.) How is your driving off the job? Do you need to recommit to any safety principles?