

*Hazard Recognition: Fireworks, Weather, Ergonomics, Stress, Heat Stress*  
*Safety Principle #7: Management must audit performance*

## Hazard Recognition: Fireworks, Weather, Ergonomics, Stress, Heat Stress

### July 2018

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## **Daily Safety and Health Topics**

**July 2018**

### **Hazard Recognition:**

## **Fireworks, Weather, Ergonomics, Stress, Heat Stress**

### **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, 2018**

## **Safety, Health and Human Performance Focus**

### **NATIONAL FIREWORKS SAFETY MONTH**

July kicks off the NSC National Fireworks Safety Month awareness. With Independence Day falling on a Wednesday personal celebrations at home may occur the weekend before or the weekend after. If you intend to use fireworks please keep a few things in mind:

- Is it legal in your area to use fireworks at home?
- Have a clearly designated area where the fireworks will be stored until use away from other flammable items
- Keep a fire extinguisher in easy access
- Consider ear protection especially for younger children
- Ensure spectators maintain a safe distance

The holiday should be a fun time with friends and family so ensure you take steps to keep the event safe. If someone were to get injured it is no longer a fun situation.

## **Org Health & Diversity Focus**

The United Nations recognizes July as the International Friendship Day. Building friendships and positive relationships are important especially at work. This month Organizational Health and Diversity will focus on the International Friendship Day and how each of us can make and maintain friendships at work. To learn more about topics related to Organizational Health, Diversity and Inclusion, please visit our site by clicking [here](#).

**July 2, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip – SIGNS OF DEHYDRATION**

Drink water and seek medical assistance with the following symptoms: thirst, dry mouth, flushed skin, headache, dizziness and lightheadedness, high body temperature, increased breathing rate, rapid pulse, dark yellow urine, fatigue and muscle weakness.

**Org Health & Diversity Focus**

“It’s not that diamonds are a girl’s best friend, but it’s your best friends who are your diamonds.” Dr. Gina Barreca, American humorist and academic

**July 3, 2018**

## **Safety, Health and Human Performance Focus**

### **IMPACT OF FIREWORKS**

Fireworks are fun for most of the family. If you intend to shoot off some fireworks please don't forget your pets. More pets go missing on July 4<sup>th</sup> than any other day of the year. And sadly only about 14% of the pets are returned to their owners. Keep the following tips in mind during your celebration:

- Keep pets indoors if possible
- Make them feel safe using a crate or area they feel comfortable
- Avoid the noise, turn on a TV or something to help muffle the booms
- Act normal, pets pick up on their owners cues
- Protect your pet with chips, tags or other items to provide clear contact information

## **Org Health & Diversity Focus**

Proclaimed in 2011 by the UN General Assembly, the International Day of Friendship was created with the idea that friendships between people, countries, cultures and individuals can inspire peace efforts and build bridges between communities.

**July 4, 2018**

**Safety, Health and Human Performance Focus**

**STAY FOCUSED**

While many members of the Entergy community are enjoying the holiday away from work with family and friends it is important to remember those that are unable to take the day off. Ensure that you remain focused on the job/task ahead of you and that you conduct your pre-job briefs accordingly. With fewer employees on sites practicing peer checks becomes that much more valuable.

**Org Health & Diversity Focus**

The simplest way to make friends at work is to start by introducing yourself!

**July 5, 2018**

**Safety, Health and Human Performance Focus**

**POP UP STORMS**

It is the time of year when strong or severe storms can pop up quickly and cause significant damage. Along with some of those storms there is a potential for strong winds and possibly tornados. Ensure you are familiar with your safe room in your location so that if you need to you can get there quickly. Having that plan in place ahead of time can increase your chances of surviving.

**Org Health & Diversity Focus**

“In the cookie of life, friends are the chocolate chips.” Author Unknown

**July 6, 2018**

**Safety, Health and Human Performance Focus**

**HYDRATION**

If you wait until you are thirsty then you probably waited too long to ensure you are staying hydrated. In the summer while working out in the heat and humidity it is vital that you drink water regularly. Don't wait until you feel symptoms of a heat illness because by that time it is too late. Some signs of heat illnesses include:

- Confusion
- Dizziness
- Fainting
- Fatigue
- Headache
- Profuse sweating/Stopping sweating
- Muscle or abdominal cramps
- Nausea and/or vomiting

**Org Health & Diversity Focus**

One way to build friendships at work is to attend work events like what we have during Employee Appreciation Week. Use this opportunity to meet new people.

**July 7, 2018**

## **Safety, Health and Human Performance Focus**

### **WHAT IS ERGO?**

Merriam-Webster defines ergonomics as “the applied science concerned with the designing and arranging of things people use in order to improve efficiency and safety.” This is a broad topic, and every part of the body is affected by the ergonomic design of the workplace. Factors include:

- The amount of repetition involved with the job.
- The duration of applied force from pushing, pulling, lifting or gripping.
- The amount of force exerted or the weight of the load.
- A person’s posture, reach and grip positions.
- Heights and distances to working surfaces, materials and supplies.
- Age, physical stature, weight, physical ability.

Injuries resulting from poor ergonomic design are sometimes acute, such as sprains, but are often cumulative such as carpal tunnel syndrome.

## **Org Health & Diversity Focus**

“It’s not what we have in life, but who we have in our life that matters.” Author Unknown

**July 8, 2018**

**Safety, Health and Human Performance Focus**

**MENTAL FATIGUE**

It is important to keep in mind that not all conditions that can impact performance at work are visible to the naked eye. Those that work overtime, early shift/late shift or off normal hours are exposed to mental fatigue. Mental fatigue is a type of stress that impacts the ability to process information and therefore can lead to delayed or questionable decisions. If you believe that you may be experiencing mental fatigue slow down and use STAR (Stop, Think, Act, & Review) to help ensure you are making the best decision in the moment.

**Org Health & Diversity Focus**

Believe it or not, random acts of kindness can go a long way when building friendships at work.

**July 9, 2018**

**Safety, Health and Human Performance Focus**

**MINIMIZE LONG TERM EFFECTS**

Repetitive motion injuries are a common occurrence and can potentially lead to long term complications or issues. Entergy's RESET program is an opportunity to have your work area evaluated to establish good ergonomic setup. A proper setup of your work station can help prevent long term injuries.

You can visit the ergonomics site by following this link:

<https://entergy.sharepoint.com/sites/Ergonomics/SitePages/Ergonomics.aspx>

**Org Health & Diversity Focus**

"Many people will walk in and out of your life, but only true friends will leave footprints in your heart." Eleanor Roosevelt, Former First Lady

**July 10, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip – HUMOR TO REDUCE STRESS**

Norman Cousins once said, "Laughter is inner jogging." Humor and laughter can positively benefit well-being in many ways, by relieving stress, releasing endorphins (our body's natural "feel good" hormones), and lifting mood. Laughter may help potentially reduce the risk of heart attack and stroke.

**Org Health & Diversity Focus**

When trying to make friends at work don't force it and please don't sweat it. If things are not progressing naturally, it's okay. Friends come from natural interactions and patience.

**July 11, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip – STRESSED? TIPS TO HELP**

Proactively work to solve the cause of the stressful situation. If you can't solve the cause, try these four simple steps to counteract physical effects:

- 1) Keep a daily stress journal
- 2) learn to say “no”
- 3) drink water and
- 4) eat well.

Each of these activities will help your body fight the harmful effects of stress.

**Org Health & Diversity Focus**

“The only way to have a friend is to be one.” Ralph Waldo Emerson, American philosopher and poet

**July 12, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip – PUT YOUR STRESS HARD HAT ON**

An American Psychological Association study reveals 1 in 5 of us don't realize the extent of our stress until we physically show symptoms. Protect yourself by using stress self-care techniques: set personal boundaries, speak up on stressful issues, take a break away, and reach out for help when needed.

**Org Health & Diversity Focus**

“There are friends, there is family, and then there are friends that become family.” Author Unknown

**July 13, 2018**

**Safety, Health and Human Performance Focus**

**BEWARE! TICK WEATHER IS HERE**

Lyme disease symptoms include fever, headache, fatigue, and a skin rash. Generally, the tick must be attached to a person for 36 hours or more before the Lyme disease bacteria can be spread. If left untreated, infection can spread to the joints, heart and nervous system. Most cases can be treated successfully with antibiotics.

**Org Health & Diversity Focus**

In order to maintain friendships at work, be mindful of oversharing. Remember to keep things professional and respectful.

**July 14, 2018**

**Safety, Health and Human Performance Focus**

**HEAT STRESS TIP**

HYDRATE, HYDRATE, HYDRATE! Drink plenty of water before the heat exposure, during, and after. If you will be exposed to intense heat for two or more hours then add thirst quenchers such as Squencher®, Gatorade®, or fruit juice after every two bottles of water. HYDRATE, HYDRATE, HYDRATE!

**Org Health & Diversity Focus**

“The language of friendship is not words but meanings.” Henry David Thoreau, American essayist

**July 15, 2018**

**Safety, Health and Human Performance Focus**

**CARPAL TUNNEL OR ...?**

Carpal tunnel syndrome affects the nerves of the carpal tunnel which can lead to pain, tingling and/or numbing sensations. There are devices that you can purchase to help minimize exposure such as ergonomic keyboards, mice, desks and chairs. One thing to consider, which may be surprising, is that your posture while remaining stationary can actually amplify the symptoms of carpal tunnel. Simply practicing a positive ergonomic posture can potentially help minimize/eliminate symptoms of carpal tunnel.

**Org Health & Diversity Focus**

“Good friends are like stars. You don’t always see them, but you know they’re always there.” Author Unknown

**July 16, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip – REHYDRATION USING YOUR SWEAT RATE**

Prior to exercise, weigh yourself in typical workout gear. After the workout, change into dry clothes, wipe off all sweat and weigh yourself. The difference in body weight is your sweat rate. One pound = 16 oz. of sweat. For every pound lost, replace with 16-24 oz. of fluids within 24 hours.

**Org Health & Diversity Focus**

\*Reminder\* Take the OHI Survey July 16 – August 3.



**July 17, 2018**

**Safety, Health and Human Performance Focus**

**ABOVE SHOULDER WORKING HEIGHTS**

Working above shoulder height and at workstations that are too high for the task can cause workers to use awkward shoulder, back, and neck postures. Working in these types of awkward postures can increase the risk of musculoskeletal injury, or MSI.

Reduce your risk of MSI by avoiding the following:

- Repeating the same movement over and over.
- Holding the same posture for long periods of time.
- Handling heavy weights.
- Working in a twisted posture.
- Falling into the trap of overconfidence.

**Org Health & Diversity Focus**

“Friendship consists in forgetting what one gives and remembering what one receives.”  
Alexander Dumas, French Writer

**July 18, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip – REALITY CHECK**

When it comes to physical activity, no one knows the reality of what works for you except you. There are thousands of ways to achieve good health through moving your body. If you've found your formula, stick with it and be ready to adapt that routine when needed. If you're not there yet, start with a reality check. Do you need a social or competitive angle? How much time can you commit? What are you willing and able to do and when will you start?

**Org Health & Diversity Focus**

“Friendship is the inexpressible comfort of feeling safe with a person, having neither to weigh thoughts nor measure words.” George Eliot (Mary Anne Evans), English novelist and poet

**July 19, 2018**

**Safety, Health and Human Performance Focus**

**IT'S A GOOD DAY TO DE-STRESS**

Any day is a good day to take a few minutes to ease away stress. In as little as five minutes, you might be surprised how refreshed you can feel. Try different five-minute activities throughout the week such as stretching, daydreaming, deep breathing, reading a few pages of a novel, doodling, listening to your favorite song or going for a quick walk. These mini "me" times provide a quick break and give you a chance to regain emotional and mental control.

**Org Health & Diversity Focus**

“Life was meant for good friends and great adventures.” Author Unknown

**July 20, 2018**

## **Safety, Health and Human Performance Focus**

### **SAFE BENDING, LIFTING AND CARRYING**

Good ergonomic design and the use of human performance tools in the workplace are important to preventing lower back injuries, as are the rules for safe lifting and carrying. Always follow these rules, even for lifting light objects:

- Place your feet apart for good balance.
- Bend your knees.
- Hold the object as close to your body as possible.
- Lift smoothly and slowly.
- Pivot with your feet – don't twist your back.
- Push, rather than pull a load.
- Share the load with a partner.
- Get mechanical assistance for heavy loads.

Know your own strengths and limitations – don't let time pressure or overconfidence cause you to put yourself or others at risk. Use proper lifting, bending and sitting techniques on the job to help reduce low-back injuries in the workplace.

## **Org Health & Diversity Focus**

“A friend is one of the nicest things you can have and one of the best things you can be.”  
Winnie-the-Pooh, *Oh bother.*

**July 21, 2018**

**Safety, Health and Human Performance Focus**

**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 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.

**Org Health & Diversity Focus**

“True friends are never apart, maybe in distance but never in heart.” Author Unknown

**July 22, 2018**

**Safety, Health and Human Performance Focus**

**MANAGING STRESS**

We typically feel “stressed” when the demands placed on us (urgent deadline, car repair, or challenge at work) are more than our resources can deal with. These resources include time, energy, patience, problem-solving ability, money, and your physical and emotional health. Managing stress means lessening the demand (if you can) or increasing your resources to deal with it. It’s ideal if you can take some type of action to deal with the demand (like requesting an extension of a deadline) AND also building up your resources. Taking time to relax and recharge can give you more energy and patience, plus improve your physical and emotional health!

**Org Health & Diversity Focus**

“Friendship is a sheltering tree.” Samuel Taylor Coleridge, English poet and literary critic

**July 23, 2018**

**Safety, Health and Human Performance Focus**

**BODY POSITIONING**

Good body positioning is important to reduce the risk of sprains, strains, and tears. Remember to bend at the hips and knees and lift with your legs not your back. If you are carrying an object that is too wide or heavy, ask for assistance rather than trying to do it alone.

**Org Health & Diversity Focus**

“I would rather walk with a friend in the dark, than alone in the light.” Helen Keller,  
American author

**July 24, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip – MAKE YOUR OWN FRUIT POPS**

Hot summer months can leave you craving a cool, refreshing treat. Instead of grabbing a high-calorie ice-cream bar, try a healthy frozen fruit pop. Place berries, such as blueberries, raspberries and chopped strawberries, in a small cup. Add cranberry or pineapple juice to fill about 2/3 of the cup. Add a wooden Popsicle stick and freeze. After freezing, run warm water over the cup to release the fruit pop and enjoy.

**Org Health & Diversity Focus**

In order to maintain friendships at work, be mindful of the office hierarchy. Be careful of how your friendship affects professional relationships and how coworkers may perceive the friendship.

**July 25, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip – SET YOURSELF UP TO MOVE MORE**

Do you spend much of your time sitting at work or at home? If so, there are simple things you can do to make it easy to move more. Keep walking shoes at your desk so you can take a quick walk during a break. Put small weights or resistance bands at your desk or at home as a simple reminder to squeeze in some strength training. Set reminders on your calendar or smartphone to get up and move for at least a couple of minutes each hour.

**Org Health & Diversity Focus**

“Friendship is the only cement that will ever hold the world together.” Woodrow Wilson, 28<sup>th</sup> President of the United States of America

**July 26, 2018**

## **Safety, Health and Human Performance Focus**

### **Health Focus Tip – HEAT STRESS**

When heat stress, heat exhaustion or heat stroke occurs, workers may face serious illness or even death. Symptoms of heat stroke include dry, hot skin with no sweating; mental confusion or losing consciousness; and seizures or convulsions. Factors leading to these conditions include high temperatures; being in direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; using bulky protective clothing and equipment; and inadequate tolerance for hot workplaces.

#### **TIPS TO PREVENT HEAT STRESS:**

- Take breaks in cooler, shaded areas and rest regularly.
- Use fans or air conditioning to stay cool.
- Use cooling pads that can be inserted into hardhats or around the neck.
- Use gloves with leather palms and cotton or denim backs, which allow for an increased airflow and still protect hands.
- Wear light-colored, loose-fitting, breathable clothing such as cotton.
- To prevent dehydration, another hazard associated with exposure to heat, drink lots of water, about one cup every 15 minutes. Drink cool water and avoid diuretics such as coffee, tea, alcohol or soda, as these can deplete body fluid.

### **Org Health & Diversity Focus**

“True friends are always together in spirit.” Lucy Maud (L.M.) Montgomery, Canadian author

**July 27, 2018**

**Safety, Health and Human Performance Focus**

**QUESTIONING ATTITUDE**

Repetitive motion injuries can be prevented when we follow the ergonomic and safety guidelines for tools that require repetitive use. Always know your tools before you use them. Remember the procedures and do's and don'ts for each tool.

**Org Health & Diversity Focus**

“Friendship is born at that moment when one person says to another, ‘What! You too? I thought I was the only one.’” C.S. Lewis, British novelist and poet

**July 28, 2018**

**Safety, Health and Human Performance Focus**

**TOOL SELECTION**

Use power tools to help reduce the repetitive use of force. If you need to reach areas above your head, do not over exert yourself. Get a ladder or an extension tool. Taking effort to get the right tool for the job will pay off in the end.

**Org Health & Diversity Focus**

In order to maintain friendships at work, be mindful about confidentiality. Be careful about what you can and cannot share. Venting or gossip can get out (especially if written). Don't say it or write it if you don't want it to get out.

**July 29, 2018**

**Safety, Health and Human Performance Focus**

**OVER-CONFIDENCE**

Prior experience can sometimes trick us into believing we can get tasks done at any time during the day. Don't get caught in this trap. The weather is getting hotter. Know your limitations, and hydrate the day before doing tasks. Install the OSHA heat index app on your phone to keep you abreast of current heat conditions.

**Org Health & Diversity Focus**

“There is nothing I would not do for those who are really my friends.” Jane Austen, English novelist

**July 30, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip – PRACTICE GOOD ERGONOMICS**

Whether sitting in an office all day or moving material in a warehouse, practicing good ergonomics can help workers stay healthy. If left untreated, ergonomic problems can result in muscle and joint injuries. According to the National Safety Council, factors that contribute to poor ergonomics include working in awkward positions; having a poorly set-up workstation; overexerting yourself when lifting, pushing or pulling; and sitting for too long in one position. To avoid ergonomic issues, stretch or walk around regularly. It is not recommended to remain sedentary for lengthy periods of time.

**Org Health & Diversity Focus**

In order to maintain friendships at work, be mindful about resolving disagreements. Disagreements happen at work but don't let a personal disagreement mess up your professional relationships.

**July 31, 2018**

**Safety, Health and Human Performance Focus**

**TIPS FOR STRESS**

- Exercise. Working out regularly is one of the best ways to relax your body and mind.
- Relax your muscles. When you're stressed, your muscles get tense.
- Deep breathing.
- Eat well.
- Slow down.
- Take a break.
- Make time for hobbies.
- Talk about your problems.

**Org Health & Diversity Focus**

“A good friend is like a four-leaf clover: hard to find and lucky to have.” Irish Proverb