

## **Daily Safety Focus articles**

June 2014

Focus on Guiding Principle:

**“Safety is Good Business.”**



**June 2014**

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## **Off the job impact of a work related injury**

**June 1**

Someone is looking forward to spending time with you. It could be your spouse, child or friend. An unplanned event or injury could impact your ability to spend quality time with those individuals that count on you.

Whether we are counting down days to hunting season, the NFL season, or quality time during a vacation, there is something coming up that we are looking forward to. Your ability to enjoy these hobbies can be impacted by a work related injury. An injured arm or leg makes it really tough to climb a deer stand or play tennis or golf.

Safety is not just good business for Entergy; it's good business for all employees and everyone we care about. Use a strong questioning attitude prior to starting any task.

### Health Tip of the Day

#### **STAND TALL WHEN STAIR CLIMBING**

Walking stairs is a great way to burn calories, increase heart rate and build strength. When climbing stairs, either on a stair-climbing machine, at the office, or even the mall, try not to lean forward. Staying upright will force your legs to lift the weight of your entire body. This provides more resistance and thus a more intense workout.

## **Downstream Consequences**

**June 2**

Shortcuts taken now could have downstream consequences on you or someone else in the future. Putting a used fire extinguisher back in service could mean the pressure bleeds off – and it's not available to use in the future. Not picking up a board with a nail in it could result in a coworker stepping on it later.

We all have times on and off the job when just a few extra minutes ensures not only our safety, but also the safety of others that will be working behind us in the future.

Don't take shortcuts that place yourself or others at risk later. It takes everyone to remove the risk of downstream consequences. Always think Consequences versus Likelihood.

Health Tip of the Day

### **STRENGTH TRAINING AND HEALTH BENEFITS**

The health benefits of strength (resistance) training are numerous. These include increased bone mass, increased muscle strength and improved quality of life. Strength training makes daily tasks such as carrying groceries and lifting children or grandchildren easier, and injury becomes less likely. Incorporating strength training into your life also helps reduce the risk of developing obesity, diabetes and heart disease.

Source: Centers for Disease Control and Prevention

## Error vs. Incident Part 1

June 3

It is just as important to track and investigate errors as it is to track and investigate safety incidents. Sometimes we think that errors have little impact and that there is little to learn from the error. We only get excited when a 'significant' safety incident occurs, which then triggers review or investigation.

The truth is we should be taking time to review errors, even ones that appear simple, to prevent recurrence in the future. Simple errors have resulted in equipment downtime, employee injury and loss of service to the public.

Take the time to review, document and effectively communicate errors to prevent recurrence. You may never know what is prevented in the future.

## Health Tip of the Day

### VEGGIE SIDE EFFECTS

Adding vegetables to your eating pattern is a powerful way to promote health. For some people, vegetables such as artichokes, asparagus, broccoli, Brussels sprouts, cabbage, cauliflower and onions can cause bloating and gas. This is normal and doesn't need to discourage you from getting your daily serving of veggies. Choose milder vegetables such as dark leaf lettuce, carrots and squash. Increase your vegetable intake slowly if you are not used to eating vegetables. Gas may be caused by other things, such as swallowing too much air, which can be caused by eating or drinking rapidly, chewing gum, sucking hard candy or smoking.

Source: National Institutes of Health

## **Error vs. Incident Part 2**

**June 4**

Investigating errors and near misses matters: “While leading a crew of contractors I felt great time pressure to complete a task. I did not manage that time pressure well, and we had a near-miss (twisted ankle – no first aid necessary) associated with climbing scaffolding stairs. In our hurried mind-set we brushed it off with a quick ‘be careful’.” (Side note here: saying “Be Careful” is not a safety program. It is also not a corrective action – or not a very good one.)

“Later in the day, one of the crew, still in a ‘hurried’ condition, twisted his ankle on the scaffold stairs. It was a very similar incident to our previous near miss. He received medical attention beyond first aid.”

“Had we investigated the errors we were making associated with our mis-managed time pressure, it is very conceivable that we would have prevented this twisted ankle and emergency room trip.”

### Health Tip of the Day

#### TIPS FOR BUYING A TREADMILL

Fitness experts agree that one of the best ways to overcome barriers to exercise is to surround yourself with options. If you are in the market for a home treadmill, consider the following tips for finding a quality treadmill: the frame feels sturdy, not wobbly; the deck is low-impact and flexes under your foot to absorb shock without rebounding to cause additional jarring; the treadmill motor has a minimum continuous duty rating of 2.0 horsepower motor (2.5 to 3.0 horsepower is preferred); and the belt size is at least 17 to 20 inches wide and 49 inches long.

Source: Ace Fitness

## **Near Miss or Near Hit?**

**June 5**

We call it a near miss, but in reality it is a near hit. If circumstances had changed just a bit it could have been a serious incident (i.e. a serious 'hit') In a near hit incident there is no employee injury or equipment or vehicle damage.

Near hits happen every day and go unreported. These unreported events miss out on an opportunity to learn from our mistakes to prevent recurrence in the future. You might even say an accident is waiting to happen - because we didn't take the time to review the near hit information.

Report all near misses (a.k.a. near hits) to supervision as soon as possible. Remember, Human Performance Principal 5, a complete understanding of why past unplanned events happened can help us prevent future ones. The information you share could prevent an injury to a coworker and friend.

Live Safe!

## Health Tip of the Day

### **KEEPING A BACK-UP EXERCISE PLAN**

Everyone runs into an occasional hurdle with their exercise routine. For example, if your favorite cardio machine is being used or is broken would you switch to another machine just to get your minutes in? If the pool is full, would you allow yourself a walk that day? Being flexible and having a back-up plan will help you stay on track with your physical activity program.

## No Budget for Injuries

June 6

So... 'Safety is Good Business', right? When you see 'Good Business', what comes to mind? Maybe a good product or service, employment opportunities, budgets in line and profits to the business? How do injuries affect the budget of a 'Good Business'? For that matter, how do injuries affect the budgets of your home and family? Even when we budget for *health care* expenses, injuries can be devastating to any business' budget.

Let's not allow an injury to ruin our personal or business budget— let's 'budget' for good, safe work practices!

Live Safe!

## Health Tip of the Day

### RED MEAT

Red meat is an excellent source of protein, zinc and iron. When shopping, look for lean beef in the form of "round" or "loin" cuts, such as eye of round, top round steak, sirloin, and tenderloin. These cuts tend to be lower in both saturated and total fat. Moderation is the key. Consider eating smaller portions, and to promote variety, think of red meat as one of many lean protein choices you eat each week. Balance out your week with other lean proteins such as fish, skinless poultry and beans.

## **Safety Really is Good Business**

**June 7**

An injury can cause great human suffering. There is no way to measure it and no way to recover what is lost during suffering. Many amputees will tell you how happy they are with the mobility that modern prosthesis help them regain. But 100 percent of them would tell you they would rather that their injury had never happened.

We cannot place a cost on suffering. Sure, there is insurance but I'd rather have a healthy back, than an injured back and a settlement payment.

Let's look at the costs associated with injuries: The 2013 Liberty Mutual Study "Workplace Safety Index" compiled the top 10 workplace injury causes for 2011 and their costs. They came up with these figures: The top 10 causes accounted for 85 percent of workplace injuries, and resulted in \$55.4 Billion in direct costs. \$55.4 Billion Dollars! (with a B!) This Does NOT include indirect costs.

Let's explore that some more tomorrow.

## Health Tip of the Day

### LACTOSE INTOLERANCE

Lactose intolerance is a common problem affecting as many as 50 million Americans. One concern for both children and adults with lactose intolerance is whether they obtain enough calcium from a diet that includes little or no dairy products. Consider the following tips if you are lactose intolerant: Look for lactose-treated milk and other dairy foods; try using lactase tablets before eating foods with dairy; and eat non-dairy foods containing calcium such as greens, canned salmon, almonds, certain kinds of tofu and soymilk, and calcium-fortified breads and juices.

Source: Academy of Nutrition and Dietetics

## Safety Really is Good Business II

June 8

A Liberty Mutual study from 2013 placed the total Direct Costs of injuries for the top 10 causes at \$55.4 Billion in 2011.

This is a staggering figure. Some rough math: The US has approx. 140 Million people in the workforce. \$55.4 billion divided by 140 million equates to an average cost for each worker of just under \$400 per year. So for a company with an average injury rate, and say... 14,000 employees, they could expect to see direct injury costs of \$5.6 Million Dollars per year. Yes – a company the size of Entergy could spend that much money if they had an average injury rate. Not even counting the human pain and suffering this represents, we stand to save our customers, ourselves, our shareholders, and our communities a lot of money by preventing injuries.

Tomorrow: Indirect Costs.

Health Tip of the Day

### CIGARS

Did you know that cigarettes and cigars share many of the same cancer-causing chemicals? Both also deliver nicotine and carbon monoxide to the smoker. Some cigarette smokers believe that switching to cigars is less dangerous. Cigar smoking is also viewed as more sophisticated by some. However, the American Cancer Society reports that cigars, like cigarettes, can increase cancer risk and may contribute to heart disease and high blood pressure.

Source: American Cancer Society

## **Direct Vs. Indirect Costs**

**June 9**

Direct costs of injuries are hospital bills and overtime paid to cover the lost time of the injured employee. As we discussed yesterday – these costs can be staggering. But there are other costs associated with injuries. From OSHA’s website: “Examples of indirect costs include training replacement employees, accident investigation and implementation of corrective measures, lost productivity, repairs of damaged equipment and property, and costs associated with lower employee morale and absenteeism.”

An older Dupont® study of injury costs placed the value of indirect injury costs at 4 to 9 times the direct costs. This seems like a high estimate, however, study after study and our own experience confirms that indirect costs of injuries greatly exceed the direct costs.

Let’s prevent the suffering, direct and indirect costs associated with injuries, by Living Safe!

Health Tip of the Day

## **FIBER IN CEREAL**

Don’t be fooled. Some cereals marketed as “healthy” breakfast choices may contain as little as 1 gram of fiber per serving. The recommended daily intake of dietary fiber for adults is 20-35 grams per day or about 14 grams for every 1,000 calories. The average adult gets roughly half of their daily recommended fiber. Use the nutrition facts label to help you make better food choices. Look for cereals with at least 3-5 grams of fiber per serving.

Source: National Institutes of Health

## **Injuries HURT!**

**June 10**

Many years ago, at an Entergy location, a serious injury occurred early in the morning of a routine weekday. After all of the adrenaline rush of helping the injured employee, the rescue team, and the ambulance crew responding, we slowed down just a little to consider what had just happened. A close friend of ours was now in the hospital and his worried spouse and children were on the way to check on their injured loved one. We asked ourselves how this could have happened; could we have done anything to prevent it? What changes needed to be made?

Myself and the injured employee's supervisor went to the hospital to check on our friend, now a patient. The family was seated around the bed with very worried looks on their faces, wondering how the surgery would go.

By the time we made it back to the plant, the day was nearly gone, and we had not even started an incident investigation. Our friend was very seriously injured. A family's peace of mind was shattered. A day was lost putting pressure on the rest of the team. Nothing good comes from working unsafely.

Health Tip of the Day

## **A CHALLENGING PUSH-UP**

Tired of regular push-ups and ready for more of a challenge? Try the plyometric version. Start with nothing on the ground but hands and feet. Push yourself up hard so that your hands come off the ground. Be cautious! The plyometric push-up is not for everyone. If you are unfamiliar with regular push-ups, are injured or suffer joint pain, consult a fitness professional before trying this exercise.

## **Indirect Costs: For real?**

**June 11**

After the serious injury (that we discussed yesterday) we needed to do a detailed root cause analysis to ensure that we arrived at the true causes, and come up with corrective actions that would keep this terrible event from ever happening again. Several of us were crowded around a conference table – and the mood was tense as we started the discussion. Everyone in the room would have given a lot of money for a ‘do-over’.

We spent a lot of time talking about our frustrations before we ever got to a systematic discussion of events and conditions that led to the injury. When we finally finished and were confident with our findings – it had been two days since the incident. The cost of those two days, although considered an ‘indirect cost’, was very real. The worst part: our friend was still hurting, and in the hospital.

Take the Time to Live Safe!

## Health Tip of the Day

### **PROTECT YOUR FEET WITH THE RIGHT SHOES**

The impact your feet experience from exercise and walking can take a toll on them. Protect your delicate foot bones. Make sure your shoes are appropriate for the type of activity/sport in which you participate. If you participate in a sport more than three hours per week, consider using a sport-specific shoe.

Source: American Academy of Podiatric Sports Medicine

## Indirect Costs: For real? (part II)

June 12

Immediately following a serious injury, many of the employee's coworkers will need to take time to sort through the events surrounding the incident. After the serious event (we discussed yesterday), many of us stood around in shock, discussing the event, and wondering how we let it happen. Numerous people voiced thoughts like "How could this have happened?" or "How could we?" or "What should have I done?" or "I wish I would have..."

The pain and suffering of our friend was great. We can't even begin to place a cost on it. However, his friends suffered along with him, and his family probably suffered more than he did (since they weren't given any medication! – no kidding here... while the patient is 'knocked out' from the anesthesia, the family does a *whole lot* of worrying.)

Let's do our best to never live through this scenario again!

Live Safe!

## Health Tip of the Day

### FAD DIETS

Did you know that as many as 48 million Americans are on a diet on any given day? Unfortunately, many people fall prey to fad diets and weight-loss products promising quick results. Quick weight loss often results in quick regain because you grow tired of the diet and go back to old habits. It's boring to eat the same thing over and over and hard to stick with monotonous plans. Adopting gradual but sustainable improvements to your eating and exercise habits can last you a lifetime.

Source: Academy of Nutrition and Dietetics

## **Long Term Disability**

**June 13**

“Well, at least I’ve got LTD... I’ll catch up on my reading and keep drawing a paycheck.” Bobby said after a trip and fall down a staircase. He ended up in a body cast that covered his midsection, one arm and one leg to stabilize two fractured vertebrae and two ruptured discs, and a broken arm. The doctor told him that he does not yet know if he will ever return to work.

The pain from the fall was excruciating. The following 34 minutes to the emergency room, prior to pain medication, was even worse. When Bobby woke up in the recovery room, the pain from the injuries was constant, but manageable. He felt a short stabbing pain in his lower back with each heartbeat. After two more surgeries and three fused vertebrae, Bobby was told he would not be returning to work.

Nothing is routine. Don’t walk down stairs with both hands full. Always use a handrail!

Live Safe!

## Health Tip of the Day

### **MUSHROOMS!**

Did you know that one cup of fresh mushrooms contains roughly 20 calories? Mushrooms contribute little sodium, no fat and few calories. They are also a good source of folic acid, iron, niacin, and riboflavin. According to the American Cancer Society, certain varieties may even have cancer-protective qualities. Add sliced mushrooms to salads, soups, pastas, sandwiches, and rice. There are many varieties, such as shiitake, portabella, enoki, Italian and maitake. Each provides a unique taste and flavor.

## **Long Term Disability II**

**June 14**

Bobby (from yesterday) did not return to work, and ended up remaining on Long-term disability.

“At least I’ll keep drawing a paycheck...” Let’s take a look at LTD:

Long term disability was never designed to replace your whole paycheck. It is a ‘safety net’ in the event of a terrible injury. However, even if you pay for the ‘extra’ LTD, you will still only be receiving 65 percent of your normal pay amount. How hard would it be to take a 35 percent pay cut? And – if you’re not working, you’ll never receive another incentive bonus. You’ll never be eligible for another promotion. You won’t be around for the next pay raise.

Live Safe, on and off the job! Be there for your family – and your next promotion!

## Health Tip of the Day

### FOOD-BORNE ILLNESS

To avoid food-borne illness, follow these four basic rules: clean, separate, cook and chill.

1. Wash your hands with warm water and soap and clean food preparation surfaces often.
2. Separate raw meat, poultry, seafood and eggs from ready-to-eat foods.
3. Cook foods to proper temperatures to destroy harmful bacteria.
4. Refrigerate and defrost foods properly.

Source: [Foodsafety.gov](http://foodsafety.gov)

## **Live Safe and Healthy**

**June 15**

How many of us can say, "I used to be active and exercise?" Perhaps we used to run, bike or play a sport. And while the activity left us sore we felt better for it.

Now think about what changed. Was it a job change? The birth of a child? Did those trips to the gym vanish? Sure a change in lifestyle like the arrival of a child might be the greatest thing that happens to you. But did you manage the change well? Did you forget about your health?

That doesn't make sense! What kind of parent, spouse, friend, coach, worker, manager, etc., can you be if you switch to junk food and abandon an active lifestyle resulting in a premature heart attack?"

Live Safe!

### Health Tip of the Day

#### **SMART SHOPPING**

In 2006, government regulations were changed to require food companies to list the amount of trans fat on food labels. Many food companies reformulated their products removing most or all of the trans fat. However, according to the Food and Drug Administration (FDA), trans fats are still a public health concern. They raise LDL or "bad" cholesterol, which increases the risk of heart disease. The FDA is now working toward eliminating most trans fats from the food supply. In the meantime, choose foods that have the lowest combined amount of saturated fat, cholesterol and trans fat. Be a savvy consumer and read labels carefully.

Source: Food and Drug Administration

## **True Confessions II**

**June 16**

After a life changing event like the birth of a child, you might have been in shape and the right weight. You may have had 'healthy' habits, such as watching your weight to avoid gaining over the holidays. You may have enjoyed physical activity. Then came the change. Did a lack of self-discipline and not having a good questioning attitude about healthy choices sideline your active lifestyle. Later when stressors creep into your life – did medication and stress eating like bingeing with your friends Ben and Jerry replace the benefits of an active lifestyle. What's one cup of calories? One pint? A half gallon?

Tomorrow: A better way to handle stress.

Live Safe!

## Health Tip of the Day

### ANTIOXIDANTS IN FOODS (part 1)

Antioxidants are substances with disease-fighting properties that can protect cells from damage caused by diseases such as cancer and heart disease. According to a recent study in the American Journal of Clinical Nutrition, berries ranked as one of the top foods based on their content of antioxidants. Blackberries, strawberries, cranberries, blueberries and raspberries proved to have some of the highest levels of antioxidants.

Source: American Journal of Clinical Nutrition

## Handling Stress

June 17

Eating Ice Cream or donuts is not a good way to handle stress; especially if it becomes a habit. Did you know: Eating Ice Cream or chocolate releases endorphins into your brain? (Endorphins are morphine like chemicals that your own brain produces.) Did you know: Physical exercise such as running also releases endorphins into your brain? Exercise has far better side effects than overeating unhealthy foods.

So... the next time you feel like reaching for the ice cream because you've had a bad day do something strenuous instead. For example go for a walk or a run. Go smash a bucketful of golf balls. Go hit some tennis balls or go to the gym and push some weights around. Do whatever exercise that best fits you – but get moving, and bust the desire to overeat!

Live Safe!

## Health Tip of the Day

### ANTIOXIDANTS (part 2)

Researchers recently looked at the effect of processing– peeling, cooking via steaming, boiling– on certain foods. They found that the way a food is processed definitely affects its antioxidant content. Surprisingly, the antioxidant content increased in the following foods when they were cooked: carrots, spinach, mushrooms, asparagus, broccoli, cabbage, red cabbage, green and red peppers, potatoes, and tomatoes. Steaming resulted in the biggest increase in antioxidant content.

Source: American Journal of Clinical Nutrition

We've started spending a lot of time talking about health along with safety. 'Back in the day' safety was safety, and we didn't bother ourselves with all this 'health-nut' stuff. Ahh... those were the good old days. Wrong.

We've got to talk about health along with safety. They go hand-in-hand. Consider ergonomic injuries. Sometimes they are caused by repetitive motions at a workstation – but other times they are caused by a body in poor physical condition being pushed beyond its means. This injury is health-related and can be avoided by keeping our bodies in a relatively healthy and flexible condition.

This is not to say that we are flabby, unhealthy individuals. One problem is that as we age, we do not realize that we are losing muscle mass and flexibility – and that it will take a conscious effort to keep flexibility, muscle tone and conditioning.

Live Safe! And Get Moving!

#### Health Tip of the Day

#### TEEN GADGETS COMPETE WITH SLEEP

Teens need a lot of sleep – optimally at least nine hours a night. Yet adolescents have to contend with early school start times, homework and social activities. New research shows computers, televisions, cell phones, portable music devices and other electronic gadgets now also compete for the waking hours of teens. The resulting sleep deficits may put this highly connected generation at greater risk for physical and mental health problems, poor school performance and car accidents.

Source: PEDIATRICS Journal

## Inspiring Motivators!

June 19

Part of staying physically fit is motivation. It doesn't take much motivation for me to plop down on the couch and use Netflix to catch up on "The Walking Dead." However, it takes a great deal of motivation to pick my bottom off the couch and go exercise. Recently, I've noticed a lot of people doing a good job of exercising. Here are some of our Entergy friends and family that are doing great things for their own health:

- Etienne Senac (Fossil Generation VP) participating in The Woodlands Triathlon. Many other Entergy employees participated in this event. See the EntergyNet for additional details.
- Kirk Gomez has lost over 90 lbs.
- Lauren Brown ran her first half-marathon.
- Seth Steib has lost over 100 lbs.
- Michael Hendon regularly works out at the Pelican Athletic Club in Mandeville, LA.
- Mike Pendergrass has recently lost 35 lbs by following a low carb eating plan and exercising regularly.

Are there any motivators in your group? If they can do it – so can we!

## Health Tip of the Day

### CANCER PREVENTION

The American Institute for Cancer Research recommends three guidelines for cancer prevention: 1) choose mostly plant foods, limit red meat and avoid processed meats; 2) be physically active every day in any way for 30 minutes or more; and 3) aim to be a healthy weight throughout life.

Source: The American Institute for Cancer Research

## **Check Your Time Pressure**

**June 20**

Have you ever had one of those days that was just a good day. You got a whole lot of work done, in a fairly short amount of time. Some distractions raised their ugly head, but you dispatched them professionally and got back to the task at hand. At the end of the day – you were tired, but happy with all of the work you crossed off of your to-do list.

Those days seem to come when we've done some good planning – and worked hard to follow the plan. (Plan your work – work your plan!) However, when we get behind, and allow ourselves to fall to time pressure, and start trying to handle too many things without proper planning, briefing, questioning attitude and self-checking – things can start to go wrong. That's not good business.

Think about this: When I've got the most work to do is when I can least afford to allow problems to crop up and cause delays. When susceptible to time pressure is when I am most likely to cut corners that could result in a safety incident.

Check your Time Pressure! Plan your work! Work your Plan!

## Health Tip of the Day

### **GETTING BACK UP IS THE KEY TO SUCCESS**

We are now two months into the new year – how are you doing with your health and fitness goals? A Japanese proverb states, “Fall down seven times, get up eight!” Setbacks are a normal part of changing habits and behaviors. The people that are the most successful are those who can quickly refocus and re-commit themselves. This applies to exercise and eating habits, quitting smoking and managing stress. Don't throw in the towel. Keep trying until you find strategies that work for you.

## Risk Taking

June 21

Here is a personal story shared with safety. “I used to think my brother was accident prone. All of the nurses in our small town hospital knew of him. If we went fishing – he was the barefooted one that would step on a piece of glass, cut his foot and need stitches. He was the first of my brothers to break an arm. My dad tells the story of being quite surprised to see a neatly stitched cut on his shoulder. When Dad asked him how he got the stitches – he said ‘I did it’. He’d seen it in the emergency room so many times, and the cut was kind of numb anyway – he took one of Mom’s sewing needles and some fishing line and sewed it up himself. As I was growing up, I dismissed it all as ‘he is just accident prone.’

However, after studying behavioral based safety and human performance, I came to a realization: My brother is not accident prone. He is a risk-taker. One time, not too many years ago – he passed me on the interstate going 75 mph. He was in the grass on the right side of the berm. He was trying to make me laugh. Nope – he is not accident prone; He’s the class clown; he is a risk-taker.”

More tomorrow.

## Health Tip of the Day

### ECHINACEA

Echinacea, an herb commonly used to fight colds and flu or boost immunity, is one of the most popular supplements in the United States. But, does it work? Study results have been mixed. While some studies have shown that echinacea may help fight upper respiratory infections or reduce the severity of cold symptoms, other studies have found little or no benefit. Generally, echinacea does not cause side effects for most people. However, those with asthma or who are allergic to certain plants (those in the daisy family) can have an allergic reaction. Talk to your health care provider before taking any herbs.

Source: National Center for Complementary and Alternative Medicine

## **Risk Taking II**

**June 22**

Continuing the story from yesterday. “When I really figured out my brother was a risk taker was when he got a new motorcycle. I hadn’t seen him in a couple of years, and he wanted to show off his new bike. He took off down the street and turned around after about one block. He came back with the front wheel in the air – smiling and quite proud of himself (without a helmet); until he coasted too far right – and the back wheel brushed the curb on the other side of the street. Since he was only on one wheel – the bike went down quickly – and I watched my brother rolling through the grass towards the utility pole in his neighbor’s yard. I really was afraid at that moment that I was going to see the death of my brother when his head hit that pole. A split second later he rolled on by the pole, missing it by inches. He stopped rolling/sliding without hitting anything, and jumped up and brushed himself off. He was embarrassed – so he did what any red-blooded, wheelie-ridin’ redneck would do: he cursed the motorcycle. I scolded him for scaring me like that. He didn’t seem to hear me. That’s when I became sure by brother was not accident prone – he is a risk-taker.” Remember Consequences versus Likelihood.

Don’t be a risk-taker. Live Safe!

## Health Tip of the Day

### CHRONIC STRESS–PART 1

Some stress is a normal part of life and can even be healthy by helping you stay focused and alert. But, excessive and constant stress can lead to serious health problems. The long-term effects of chronic stress include high blood pressure, heart disease and stroke. It can also lead to anxiety, depression and decreased work productivity. Don't let stress take control, learn how to manage it. Tune in tomorrow for tips on managing stress.

Source: American Psychological Association

## Risk Taking III

June 23

More on the story of the risk taking brother. “How did I come to the conclusion that my brother is a risk taker? It was when I understood Principle #1: ‘All Injuries Are Preventable’. If we believe that, then we can analyze all tasks (on or off the job), understand the risks, and then take corrective actions to prevent any negative incidents.

Is it that simple? Yes. My brother could have had a questioning attitude about riding his new motorcycle. He could have preplanned the ride. He could have put on a helmet before starting the motorcycle. And – if he really needed(?) to do a wheelie – he could have done it somewhere else, where there were no obstacles. (I’m not advocating trick-riding here.)

What is the opposite of risk-taking? Plan your jobs (on and off-the-job.) Brief the job with everyone involved. Answer all questions. Work the plan. Scope change? Stop the job and replan & brief. Remember safety is good business for everyone.

Live Safe!

## Health Tip of the Day

### CHRONIC STRESS–PART 2

You can’t completely eliminate stress from your life, but you can control how you react to it and how much it affects you. According to the American Psychological Association, managing stress is about taking action, and this starts by paying attention to your physical and emotional health. Try exercising for at least 30 minutes on most days of the week. Exercise releases endorphins, which are powerful chemicals that energize and lift mood. Consider relaxation techniques like deep breathing, yoga and meditation. These activities help you relax and feel better, which can make you more resilient to stress.

Source: American Psychological Association

## **Safety is Good Business**

**June 24**

Preventing injuries prevents human suffering. Preventing injuries also prevents the costs associated with medical bills and replacing the injured employee's time. (i.e. with overtime labor until the employee returns.)

We've already discussed direct vs. indirect costs. Here is another indirect cost: Insurance increases. Insurance companies use injury rates to help them determine premiums. For small companies, the premiums will be less for companies with injury rates below average; a little more for companies with average injury rates; and even more for companies with above average injury rates. For larger companies, the insurance rates can be more defined and have more 'categories'. It's possible that just one or more recordable injuries could place a company in the next higher premium bracket – therefore costing more for liability insurance for the next year. This could be a significant cost. Remember that we at Entergy exist to create sustainable value for our stakeholders which includes you.

Safety is good business! Live Safe!

## Health Tip of the Day

### **PREVENTING MOLDS WHILE TREATING COLDS!**

Using a humidifier when you have a cold may help you feel better. It is important to keep it clean because dirty humidifiers can harbor bacteria and mold. Play it safe. Here are a few tips to keep your humidifier clean: Use distilled water; refill with clean water daily; clean every three days; follow the manufacturer's instructions on cleaning and maintaining the unit.

Source: Environmental Protection Agency

## **Motorcycle Safety**

**June 25**

From the Insurance Institute for Highway Safety:

Motorcycles are less stable and less visible than cars and often have high performance capabilities. When motorcycles crash, their riders lack the protection of an enclosed vehicle, so they're more likely to be injured or killed. The federal government estimates that per mile traveled in 2011, the number of deaths on motorcycles was over 30 times the number in cars.

Because serious head injury is common among fatally injured motorcyclists, helmet use is important. Helmets are about 37 percent effective in preventing motorcycle deaths and about 67 percent effective in preventing brain injuries. (19 states and the District of Columbia mandate helmet use by all riders.)

Commuting or traveling on a motorcycle is clearly more dangerous than riding in a car. If you must ride, conduct a good pre job brief and ride like your life depends on it! Car drivers need to watch for bikers and share the road.

## Health Tip of the Day

### **COLORECTAL CANCER AWARENESS**

Colorectal cancer is the third most common type of cancer, and it is equally prevalent in men and women. Early detection and prevention is important. The U.S. Preventive Services Task Force recommends starting screenings at 50 years of age for men and women at average risk for colorectal cancer. Those who have a family history or other risk factors for colorectal polyps or cancer, should talk with their doctor about starting screening at a younger age and/or getting screened more frequently.

Source: U.S. Preventive Services Task Force

## **Watch out for Motorcycles!**

**June 26**

Share the Road! Be on the lookout for motorcycles. Our eyes are accustomed to looking for something the size of cars, trucks and busses. Since motorcycles are smaller, they are easier to lose in blind spots. So take an extra moment; and consciously look for motorcycles. Don't get distracted doing other things.



**Live Safe!**

Health Tip of the Day

**DO YOU KNOW CPR?**

Are you CPR (cardiopulmonary resuscitation) certified? If not, consider contacting your local chapter of the American Heart Association or the American Red Cross. These groups offer convenient ways for everyone to learn CPR, from a 22-minute CPR Anytime kit for family and friends, to a classroom-based CPR and AED (automated external defibrillator) course. They offer training courses in many metro areas. You may save the life of a family member, friend or neighbor!

Source: American Heart Association

## **Motorcycle Fatalities on The Rise**

**June 27**

From the 2012 Governors Highway Safety Association report on Motorcyclist Fatalities:

“In the 14 years from 1997 to 2011, motorcyclist fatalities more than doubled, from 2,116 to 4,612, while total traffic fatalities dropped by 23 percent, from 42,013 to 32,367...”

Why the increase? It is speculated that high gas prices has contributed to some riders opting for the better gas mileage generally offered by motorcycles. Also – more motorcycles are on the road. Motorcycle fatalities have been roughly proportional to motorcycle registrations.

What can we do: Get training and Ride Safe! Also – when driving a vehicle - watch out for motorcycles! Motorcycle collisions with other vehicles are often the fault of the vehicle driver not yielding right of way to the motorcycle. Whatever you travel, get their safely.

Live Safe!

Health Tip of the Day

### **WAX ON PRODUCE**

You might wonder, is this waxy stuff on my apple safe? Yes, according to the Food and Drug Administration (FDA). Any wax coatings used on fruits and vegetables must meet FDA food additive regulations for safety. Conventionally grown produce is usually waxed to retain moisture, help extend their shelf life and protect the surface during storage or shipping. Waxes also help inhibit mold growth and enhance appearance. Organically grown produce is not wax-coated.

Source: Food and Drug Administration

## Safety

June 28

“The problem comes when you say that danger is part of the equation. Then you don't do any more work on safety. That shouldn't happen.”

- Damon Hill (Formula One Driver)

Health Tip of the Day

### GETTING PROPER SLEEP

According to a recent report on sleep patterns, if we miss a few hours of sleep during the week, we must make them up in a relatively short time period. Otherwise, we pay the price in terms of sleep-related ailments, such as a weakened immune system, more colds and flu, grogginess, inability to concentrate, and irritability. In addition, a growing body of research suggests that sleep may have an impact on hunger and appetite control. Lack of sleep, therefore, has been linked to an increased risk for obesity and type 2 diabetes.

Source: National Institutes of Health

## Safety

June 29

It is ingrained in all living creatures, first of all, to preserve their own safety, to guard against what is harmful, to strive for what is advantageous.

- Saint Ambrose

## Health Tip of the Day

### COMPULSIVE GAMBLING

Many people enjoy gambling, whether it's betting on a football game or playing poker on the Internet. Most people who gamble don't have a problem. There are some, however, who lose control. If you are one who always thinks about gambling, lies about it and spends money on gambling that is needed for other things, then you may have a problem. Seek help if you exhibit these signs of problem gambling.

Source: National Institutes of Health

## **Safety is Good Business**

**June 30**

If Safety is good business, then so is health – all the way to and including retirement. Consider these two lists:

The Healthy Bucket List:

1.) Being happy, healthy and whole 2.) Being physically able to: climb into a tree-stand; run a 5k; walk 18 holes; keep up with the kids at the mall; or dance the night away 3.) Being 'around' to enjoy the grandchildren 4.) Having good hearing and eyesight 5.) Having all of my fingers and toes attached.

The Extras – The positive side-effects:

- Preventing diseases such as: cardiovascular disease, hypertension, diabetes, stroke, osteoarthritis, and some cancers.
- Preventing conditions such as obesity; hearing loss, soft-tissue or ergonomic injuries, and other conditions related to inactivity.

Live Safe!

Health Tip of the Day

### **HEALTHY SNACK IDEA**

For a quick and healthy snack, place whole-wheat flour tortillas on a baking sheet and lightly sprinkle with cinnamon and sugar. Bake five to seven minutes at 300 degrees or until slightly brown and crisp. Set aside. Combine diced pineapple with fresh cilantro, lime juice, red onion, green chilies and chopped fresh tomato. This combo makes a tasty low-fat, nutrient-packed appetizer or snack.