

<p style="text-align: center;">Hazard Recognition: Summer Vacation, Recreation Safety, Hearing Protection, Motorcycle Safety</p>						
<p style="text-align: center;">June 2018</p>						
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Daily Safety and Health Topics

June 2018

Hazard Recognition:

Summer Vacation, Recreation Safety, Hearing Protection, Motorcycle Safety

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



June 1, 2018

Safety, Health and Human Performance Focus

SPRAINS AND STRAINS PART 1

Sprains and strains can occur anywhere in the workplace, during recreational and sporting events, and at home. Be sure to use proper body mechanics at work and at home.

Org Health & Diversity Focus

June's Organizational Health and Diversity topic is on how to be more accepting of others and the importance of fostering civility in the workplace. To learn more about topics related to Organizational Health, Diversity and Inclusion, please visit our site by clicking [here](#).

June 2, 2018

Safety, Health and Human Performance Focus

SPRAINS AND STRAINS PART 2

A sprain occurs whenever a muscle is stretched beyond its limit. They must be conditioned if they are to perform in a given way. Professional athletes condition their muscles through rigorous training. We also must condition our muscles.

Org Health & Diversity Focus

“The greatest gift that you can give to others is the gift of unconditional love and acceptance.” Brian Tracy, Canadian-American Author

June 3, 2018

Safety, Health and Human Performance Focus

MOTORCYCLE SAFETY

We have the responsibility to protect ourselves as much as possible. When riding a motorcycle, wear a good helmet, eye protection, protective clothing, and good boots. What would be a "fender bender" for an auto is often death for a biker. Watch out for motorcyclist.

Org Health & Diversity Focus

What is acceptance? Acceptance is the action or process of being received as adequate or suitable, typically to be admitted into a group.

June 4, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - MEN'S HEALTH MONTH: DID YOU KNOW?

Men are half as likely to visit a doctor for a check-up as women are, and there are over 7 million American men who haven't seen a doctor in over 10 years. If you have medical coverage, start by checking the list of "preferred providers" (doctors covered by the insurance). Then ask friends or co-workers for recommendations. If you're in good health, you can probably go with a general practitioner. But if you know you have a particular problem, try to choose a specialist in that area as your primary care doctor.

Org Health & Diversity Focus

Did you know June is recognized as Post-Traumatic Stress Disorder Awareness Month? Per the U.S. Department of Veterans Affairs, about 8 million adults have PTSD during a given year. Acceptance and open communication is important among employers and coworkers living with PTSD. To find out more information on PTSD, please visit the Veterans Employee Resource Group (ERG) homepage [here](#).

June 5, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – TRY THE FITNESS GAME

Are you a parent, grandparent, uncle, or aunt? Use classic and simple games like Simon Says, hopscotch, hula hoop, sock tag, and duck-duck goose to teach children that physical activity can be fun. For example, when Simon says "jump up and down," "touch your toes," or "run around the backyard," the child experiences fitness exercises during playtime. Spending time being active with children shows them that moving is fun, and it can also help you bond and strengthen your relationship as a family.

Org Health & Diversity Focus

Did you know June was chosen for LGBT Pride Month? Pride Month is celebrated in June to honor the 1969 Stonewall riots in Manhattan. It is also a month to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history. Acceptance in the LGBT community is important because no one wants to be discriminated against or have to hide who they authentically are from public view. If you want to learn more about LGBT community or Pride Month please visit the Pride Employee Resource Group (ERG) homepage [here](#).

June 6, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – CHOOSING AN EATING PLAN

When it comes to balanced eating, it's not about just one food or nutrient. It is your overall pattern of eating that impacts your health. The Dietary Guidelines for Americans recommend choosing an eating pattern rich in fruits, vegetables, and whole grains. Include low-fat dairy foods (such as skim or 1% milk) and lean proteins (such as skinless poultry, beans, eggs, and lean meats), as well as heart-healthy fats (such as canola and olive oil) in moderation. Limit foods high in saturated fat, trans fat, sodium, and added sugars.

Org Health & Diversity Focus

Acceptance in the workplace means understanding we live in an increasingly diverse world, we need to be aware that we are all unique and have different beliefs, personalities, culture, etc.

June 7, 2018

Safety, Health and Human Performance Focus

SUMMER TRAVEL

Drive safely. Allow enough time to drive within the speed limit and to rest frequently. Wear your seat belt and insist everyone does the same.

Org Health & Diversity Focus

Acceptance is an essential component for open communication and collaborative decision-making.

June 8, 2018

Safety, Health and Human Performance Focus

OPEN WATER FUN

Wear the appropriate personal flotation device in a boat. You can be thrown into the water unexpectedly if the boat collides with another watercraft or an underwater object, or if a sudden storm swamps the vessel.

Org Health & Diversity Focus

“Happiness can exist only in acceptance.” George Orwell, British Author

June 9, 2018

Safety, Health and Human Performance Focus

RECREATION SAFETY

Did you ever notice how many injuries happen when people are skiing, playing tennis or relaxing with a little backyard baseball? Don't overdo it when it comes to recreation.

Org Health & Diversity Focus

In 1970, the first Gay Pride marches took place in New York, Los Angeles and San Francisco.

June 10, 2018

Safety, Health and Human Performance Focus

SKIN PROTECTION

Protect your skin from exposure to the sun. Sunbathing can be an unsafe activity because it can lead to skin cancer without proper protection. Wear hats and clothing to protect your skin when outdoors, and apply sunscreen.

Org Health & Diversity Focus

No two people think or act in the same way. How we react to these differences is key to having a work environment in which all individuals can be comfortable and contribute at their maximum level.

June 11, 2018

Safety, Health and Human Performance Focus

HYDRATION

Drink water frequently to prevent dehydration and heat illness. Soft drinks and coffee do not count because they can actually deplete the body's supply of fluid.

Org Health & Diversity Focus

SUPPORTING VERSUS ACCEPTING

Support and acceptance are not interchangeable. Support cannot come without acceptance but acceptance can come without support.

June 12, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – MUSCLES IN YOUR BACK

Your back muscles serve two types of functions: stability and movement. The muscles that control movement typically are larger and are the ‘top layer’ of muscles. The stability muscles are usually smaller and are closer to your spine. To help prevent back injuries, consider both balance exercises (ex. Yoga or Tai Chi) and strength exercises (ex. back extensions and planks). See your local ENSHAPE Coordinator for details.

Org Health & Diversity Focus

“Openness may not completely disarm prejudice, but it’s a good place to start.”
Jason Collins – first openly gay athlete in U.S. pro sports.

June 13, 2018

Safety, Health and Human Performance Focus

CAMP FIRE

Never use a candle or a heater in a tent. The result can be a fire from which there is no escape. Prevent forest fires to protect lives and property. Build a campfire only where permitted, and make sure it is completely out before you move on.

Org Health & Diversity Focus

SUPPORTING VERSUS ACCEPTING

Support and acceptance are not interchangeable. Supporting means standing behind and agreeing with a lifestyle or practice; putting in a valid effort to further its cause.

June 14, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – KEEP AN EYE OUT FOR GLAUCOMA

Glaucoma is a group of diseases that can damage the eye's optic nerve. Left undetected, it can result in vision loss and blindness. To help detect and treat glaucoma early, the American Academy of Ophthalmology recommends a complete baseline eye exam at age 40, the age when early signs of disease may occur. Start sooner if you are at greater risk for eye disorders. Some risk factors include diabetes, high blood pressure or a family history of glaucoma.

Org Health & Diversity Focus

Support and acceptance are not interchangeable. Accepting means acknowledging the differences with a lifestyle or practice for what it is, without necessarily agreeing or disagreeing with it.

June 15, 2018

Safety, Health and Human Performance Focus

SUMMER TRAVEL

Protect your personal security at all times - on the road, in parking lots, at parks and campgrounds. Most people are there to have a good time just like you, but a few will prey on unwary vacationers. Lock your doors and stay alert.

Org Health & Diversity Focus

One way to increase acceptance is to think about how your words might be interpreted. Your message should be respectful and compassionate.

June 16, 2018

Safety, Health and Human Performance Focus

SUMMER FUN

Wear the right gear to prevent injuries. Helmets and pads are necessary for rollerblading. Sturdy boots with ankle support help prevent hiking injuries.

Org Health & Diversity Focus

One way to increase acceptance is to help people understand cultural differences. Be aware of differences and respect them.

June 17, 2018

Safety, Health and Human Performance Focus

LIGHTNING

Lightning is a dangerous threat. When lightning is present, get to a safe place, stay there longer than you think you need to, stay away from windows and doors and avoid contact with anything that conducts electricity.

Org Health & Diversity Focus

“I believe that no one should ever have to choose between a career we love and living our lives with authenticity and integrity. “ Selisse Berry, Out & Equal Executive Director

June 18, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – BIG BENEFITS FROM A LITTLE WEIGHT LOSS

There is little doubt that losing weight through nutritious eating and exercise can improve your health if you are overweight. But, did you know that losing as little as three to five percent of your current body weight can make a difference? You may want or need to lose more weight, but this initial weight loss is achievable and has many health benefits. According to new weight-related guidelines, even modest, sustained weight loss can lower triglycerides, blood glucose, A1C, and the risk of developing type 2 diabetes.

Org Health & Diversity Focus

One way to increase acceptance is to avoid right/wrong assumptions. Don't assume that because it is different it is "wrong".

June 19, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – KNOW THE SIGNS!

In adults, failure to chew food properly is the most frequent cause of choking. Talking or laughing while eating may also cause choking when food goes down the "wrong pipe." The universal sign for choking is hands clutched to the throat. But other signs to look for are the inability to talk, speak or breathe. When someone is choking, knowing what to do and taking quick action might just save a life! If you are interested in learning first aid, visit www.heart.org and enter "first aid" in the search window.

Org Health & Diversity Focus

“We should indeed keep calm in the face of difference, and live our lives in a state of inclusion and wonder at the diversity of humanity.” George Takei, American Actor

June 20, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – IDEAS FOR BOOSTING FRUITS & VEGGIES

Looking for a way to boost your fruit and vegetable intake? Remember that all forms count – fresh, frozen, canned, dried and 100 percent juice. Frozen and canned fruits and vegetables can be healthful substitutes for fresh produce. They are convenient and you can find a good variety of healthy choices year-round. Choose products with little or no added salt, sugar or fat. Look for juices that say 100 percent juice. Dress up your cereal or salads with dried fruits or simply enjoy dried fruit as a snack.

Org Health & Diversity Focus

One way to increase acceptance is to stop judging. Take a critical step to acceptance by exploring your own biases and think about how they influence the way you act.

June 21, 2018

Safety, Health and Human Performance Focus

SUMMER PLANS

Whether your summer plans include travel, gardening or painting the house, protect yourself and your family – Live Safe – off the job as well.

Org Health & Diversity Focus

One way to increase acceptance is to focus on the now. Lack of acceptance can come from comparing things to the past. Focus on how you can work together collaboratively despite your differences.

June 22, 2018

Safety, Health and Human Performance Focus

WASPS AND BEES PART 1

When cooking outdoors, cover food and beverages so wasps and bees are not attracted to them. Do not drink directly from open soda cans outdoors, since wasps and bees can crawl inside. Use a straw or pour soda into cups instead.

Org Health & Diversity Focus

One way to increase acceptance is to reverse the situation. Ask yourself: How would I feel in this situation?

June 23, 2018

Safety, Health and Human Performance Focus

WASPS AND BEES PART 2

When eating outdoors at parks and restaurants, don't sit close to trash containers. Never play near beehives, even if they appear to be empty. Avoid wearing bright colors -- especially white, blue, and yellow.

Org Health & Diversity Focus

One of Entergy's core values is to cultivate a diverse and inclusive work culture. This can be done by embracing a culture of civility. To embrace a culture of civility, be sensitive to all perspectives. Before acting or reacting, consider the impact of your words.

June 24, 2018

Safety, Health and Human Performance Focus

WASPS AND BEES PART 3

Don't wave your arms and hands to swat bees and wasps away; this may only make them more defensive. Instead, get up slowly and walk away, taking your food and drink with you, until they've flown away.

Org Health & Diversity Focus

To embrace a culture of civility, clarify what is or isn't acceptable. Uncivil behaviors like lewd jokes, slurs and homophobic comments won't be accepted in the workplace and are a violation of our Discrimination and Harassment prevention policy.

June 25, 2018

Safety, Health and Human Performance Focus

SUMMER FATIGUE

Fatigue is a safety concern year-round, but summer often finds us even more tired than usual. No matter why you are tired, you must realize you are at a greater risk for errors and accidents. Being too tired can hurt or kill you if it leads to an accident. You owe it to yourself to get enough rest and stay healthy to fight fatigue.

Org Health & Diversity Focus

To embrace a culture of civility, dispel myths and stereotypes with the help of our Employee Resource Groups (ERG). Consider joining an ERG. Being a member of an ERG is a great way to learn about others and ask questions in a supportive environment. To learn more about our ERGs click [here](#).

June 26, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – REDUCE YOUR RISK FOR STROKE

Stroke is a leading cause of death and disability in the United States. Some stroke risk factors are things that cannot be changed like family history, age and gender. But others result from a person's lifestyle. According to the American Stroke Association, the following lifestyle changes can help you reduce your risk for stroke: not smoking, keeping blood pressure and blood cholesterol levels under control, getting plenty of regular physical activity, and eating a diet low in saturated and trans fats and rich in fruits and vegetables.

Org Health & Diversity Focus

Did you know gay pride has been celebrated since 1970 but President Clinton officially declared June Gay and Lesbian Pride month in 2000?

June 27, 2018

Safety, Health and Human Performance Focus

POSITIVE THINKING

Practice good mental health. Look on the positive side of things rather than the negative. Tackle the problems you can do something about and try not to worry about the rest.

Org Health & Diversity Focus

One way to make civility the norm is to set a new standard by reinforcing that civility is as important as results.

June 28, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – BEING A GOOD ROLE MODEL

One of the most important ways dads improve their children's physical and psychological health is by setting a good example. Perhaps the best thing you can do for your children is to take care of yourself: eat right, exercise, drink only in moderation, and remember that your children are always watching what you do. Besides helping improve the quality and length of your life, you'll be giving your children the tools to do the same.

Org Health & Diversity Focus

One way to make civility the norm is to embed accountability to the standard. Take steps to eliminate rudeness and celebrate civility within your team's policies, programs and actions.

June 29, 2018

Safety, Health and Human Performance Focus

VACATION DRIVING

The summer season is also vacation time. If you're planning to drive your car on a trip, make sure it's in top running condition first. While you're on the road, drive defensively and wear your seat belt. Avoid driving at night or in the early hours before sunrise – statistically those are the most dangerous times to be on the road.

Org Health & Diversity Focus

One way to make civility the norm is to coach the standard. You don't need to be a professional coach to support other people. All people want to be seen, understood, valued and supported.

June 30, 2018

Safety, Health and Human Performance Focus

GET MOVING

Regular exercise will improve your circulation, which in turn will help keep your body tissues supplied with oxygen. If your job requires you to sit or stand in one place, use your breaks and free time to stretch and move around.

Org Health & Diversity Focus

One way to make civility the norm is by reading Entergy's policy on discrimination and harassment prevention. Understand what unacceptable behaviors are and take action if you witness them. Call Entergy's ethics line to report violations of this or any other Entergy policy.