

*Hazard Recognition: HU, vehicle safety, poison safety, eye safety
 Safety Principle #3: All employees are responsible for safety*

Hazard Recognition: HU, Vehicle Safety, Poison Safety, Eye Safety

March 2018

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4 Be prepared	5 Eye injury prevention	6 Colorectal cancer awareness	7 Develop good habits	8 Eat right for your lifestyle	9 Time change	10 Vehicle safety
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Daily Safety and Health Topics

March 2018

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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



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March 1, 2018

Safety, Health and Human Performance Focus

Health Focus Tip

MAKE HEALTHY CHOICES EASY

When hunger hits, are you more likely to grab cookies in the pantry or take time to wash and cut up an apple? Make healthy choices easy and surround yourself with cues that support your intentions. Dump the candy dish and wash grapes, berries, or apples so they're ready to eat. Make small bags of baby carrots, cucumbers and red bell peppers for snacks. Keep walking shoes at work. Put light weights by your chair. Be creative and help yourself make the best choice!

Org Health & Diversity Focus

This month Organizational Health and Diversity will showcase a quote from current and past female luminaries that will hopefully inspire and encourage you with their motivational wisdom. For more information on creating a more inclusive workplace, visit the Organizational Health and Diversity webpage by clicking [here](#).

“Many receive advice, only the wise profit from it.” - Harper Lee

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March 2, 2018

Safety, Health and Human Performance Focus

SAFETY PRINCIPLES

Entergy has 12 Safety Principles to guide employees and leadership in our pursuit of Safety Excellence. It would be easy to gloss over the principles and miss internalizing them. Today, look at Entergy's Safety Principle #3, *All employees are responsible for safety* and have a conversation about its meaning for you and your group.

Org Health & Diversity Focus

"We do not need magic to change the world; we carry all the power we need inside ourselves already: we have the power to imagine better." - J.K. Rowling

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March 3, 2018

Safety, Health and Human Performance Focus

LATENT ORGANIZATIONAL WEAKNESSES

A majority of the errors associated with events stem from latent organizational weaknesses (LOWS), which are not attributable to one individual. This is true in industries such as aviation, petrochemical, healthcare, construction, mining, nuclear power industries as well as others. LOWS can exist in any work environment. LOWS are deficiencies in our processes, procedures, or values (shared beliefs, attitudes, norms, and assumptions) that can provoke errors or degrade defenses (error prevention tools). Discuss how LOWS can occur within your group and what can be done about them.

Org Health & Diversity Focus

“Everyone shines, given the right lighting.” - Susan Cain

March 4, 2018

Safety, Health and Human Performance Focus

BE PREPARED

Knowing what to do in an emergency may not come naturally. Running drills, practice exercises or scenarios will help ensure everyone knows what to do and can act promptly in an emergency.

- Discuss the kinds of emergencies you could have in your work environment, who to notify and what actions would keep you safe.

Org Health & Diversity Focus

“If you don’t get out of the box you’ve been raised in, you won’t understand how much bigger the world is.” - Angelina Jolie

March 5, 2018

Safety, Health and Human Performance Focus

EYE INJURY PREVENTION

About 2,000 eye injuries occur per day in the work place. Typical sources are small particles striking, scraping or falling in the eye, penetration of the eye with nails, staples, wood or other metal and chemical or thermal burns from chemicals or processes such as welding.

- What eye hazards do you have at work or at home?
- What prevention measures do you recommend?
- For work, where do you find the eye protection requirements?

Org Health & Diversity Focus

“I’m always perpetually out of my comfort zone.” - Tory Burch

March 6, 2018

Safety, Health and Human Performance Focus

Health Focus Tip

COLORECTAL CANCER AWARENESS

Early diagnosis of colorectal cancer gives you the best chance of curing colorectal cancer. Your doctor will start by getting information about your medical and family history. Researchers don't know what causes colorectal cancer yet. However, they do know that colorectal cancer develops when healthy cells become abnormal. Treatment of colorectal cancer depends on a variety of factors. For example, the state of your overall health and the stage of your colorectal cancer will help your doctor create an effective treatment plan.

Org Health & Diversity Focus

“Normal is not something to aspire to; it's something to get away from.” - Jodie Foster

March 7, 2018

Safety, Health and Human Performance Focus

DEVELOP GOOD HABITS

Did you know actions guided by subconscious mind possess 10 times the capacity of conscious thought? Most people will tell you that it takes 21 days to form a habit. The truth is it may take less or more time depending on the complexity of the habit you are attempting to develop. Your brain remembers patterns that you develop, good or bad. Developing safe habits is important!

Org Health & Diversity Focus

“The best thing to hold onto in life is each other.” - Audrey Hepburn

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March 8, 2018

Safety, Health and Human Performance Focus

Health Focus Tip

EAT RIGHT FOR YOUR LIFESTYLE

There's no one diet that is right for everyone, so it's important to follow a healthful eating plan that's packed with tasty foods and keeps your unique lifestyle in mind. Reaching and maintaining a healthier weight contributes to your overall health and well-being. Losing even a few pounds or preventing further weight gain has health benefits. Start with a plan for lifelong health and focus on the big picture.

Org Health & Diversity Focus

“You can be the lead in your own life.” - Kerry Washington

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March 9, 2018

Safety, Health and Human Performance Focus

TIME CHANGE

The average American loses up to 40 minutes of sleep with the Spring time change. Sleep loss affects each of us differently. Loss of sleep can affect motor skills, important skills for your safety. A study over a ten year period showed a six percent increase in vehicle accidents the day before and day after the time change. Plan ahead for some extra sleep!

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“Doubt is a killer. You just have to know who you are and what you stand for.” - Jennifer Lopez

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March 10, 2018

Safety, Health and Human Performance Focus

VEHICLE SAFETY

Having a safe vehicle and safe driver practices go hand in hand. Always ensure you know the condition of your vehicle and maintain it as needed. Keep the tires and brakes in good condition. Vehicles should be inspected periodically. Your business function has requirements for the inspection and documentation of vehicle and equipment inspections. Report any problems with vehicles or equipment through your vehicle inspection process. Don't drive vehicles that require repair!

Org Health & Diversity Focus

"Change your life today. Don't gamble on the future, act now, without delay." - Simone de Beauvoir

March 11, 2018

Safety, Health and Human Performance Focus

TIME CHANGE AND EMERGENCY PLANS

The National Safety Council suggests that dates of time change are good dates to replace batteries in smoke detectors and cover your home emergency plans with family.

Remember:

- Batteries should be replaced at least once a year.
- Smoke detectors should be replaced every ten years.
- Carbon monoxide detectors should be replaced every five years.

Org Health & Diversity Focus

“Learn from the mistakes of others. You can’t live long enough to make them all yourself.”
- Eleanor Roosevelt

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March 12, 2018

Safety, Health and Human Performance Focus

FATIGUE AND SAFETY

Fatigue and safety are not friends. Adjustment to the new time change could take approximately a day for every hour of change. If you are fatigued before the time change or before a shift change, your adjustment may take longer. Risk factors for fatigue include long work hours, a heavy workload, lack of sleep, environmental factors, shift work and medical conditions. Fatigue can occur in all industries. If you are fatigued ask for help, let your supervisor know. Take care of yourself!

Org Health & Diversity Focus

“Spread love everywhere you go. Let no one ever come to you without leaving happier.” -
Mother Teresa

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Safety, Health and Human Performance Focus

USING THE RIGHT TOOL

Whether it is a hand tool, power tool or human performance tool, having and using the right tool for the job is essential. Discuss a task you have today and which human performance tools are the right tools for your situation. Examples: Self-Checking, Place-keeping, Questioning Attitude, Procedure Use, Pre-Job Brief, Post-Job Review, Effective Communications, Turnover, Peer Checking, Coaching, Job Site Review (Power Generation and Nuclear)

Org Health & Diversity Focus

“In order to be irreplaceable one must always be different.” - Coco Chanel

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March 14, 2018

Safety, Health and Human Performance Focus

Health Focus Tip

ELECTRONICS AND SLEEP

If you have a smartphone, television, or other devices in your bedroom, they may be affecting your sleep in more ways than one. Perhaps you've been awakened by a late-night call, text, or email alert. In addition, the blue light emitted by these devices affects the body's natural sleep cycle, and using them before bed can keep your brain alert, making it harder to fall and stay asleep. What's the best bet? Turn off devices at least 30 minutes before bedtime and, if possible, make your bedroom a device-free zone.

Org Health & Diversity Focus

“Drama is very important in life: You have to come on with a bang. You never want to go out with a whimper.” - Julia Child

March 15, 2018

Safety, Health and Human Performance Focus

KNOW YOUR WAY OUT

Whether in a plant, in a restaurant, in a meeting, in a sub-station or in a hotel:

- Know how you would get out.
- Position yourself for the best exit possible if needed.
- Have a strategy for how you would exit the area if something goes wrong.

Org Health & Diversity Focus

“I choose to make the rest of my life the best of my life.” - Louise Hay

March 16, 2018

Safety, Health and Human Performance Focus

EXERCISE YOUR EYES

When you think about exercise, you might think of cardio or strength training. Your eyes need exercise too! Tips include:

- Take frequent breaks from reading or working on the computer.
 - Visit this Enterprise Safety link for instructions on how to install RSI Guard:
<https://myentergy.entergy.com/sites/CorporateSafety/Ergonomics/SitePages/RSIGuard.aspx>
- Look at objects at different distances away.
- Do eye rolls (it is OK in this instance, but don't roll your eyes at someone!)

Org Health & Diversity Focus

“A good compromise is one where everybody makes a contribution.” - Angela Merkel

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Safety, Health and Human Performance Focus

LUCK OR EFFORT

Our everyday work and personal lives are filled with distractions, interruptions and time pressure, some good and some challenging, how do you work through those challenges and make it home safe? How do you and your team stay safe, luck or mindful effort? Knowing what we do right is important to our continued success.

Org Health & Diversity Focus

“What you do makes a difference, and you have to decide what kind of difference you want to make.” - Jane Goodall

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March 18, 2018

Safety, Health and Human Performance Focus

EYE AND FACE PROTECTION REMOVAL

In our past, we have had eye injuries during the eye or face protection removal process. Workers have received eye injuries due to particles resting on hard hats, face shields and on clothing.

- Remove glasses and face shields in a downward motion and away from the face and eyes.
- When working in environments with eye hazards, techniques such as using vacuums to vacuum clothing or magnets to attract metal particles can reduce the hazard.

If you have particles in your eye, rinse your eyes. Rubbing the eyes can embed the particles, which is much more painful and can sometimes require a special tool used by the doctor to remove.

Org Health & Diversity Focus

“Step out of the history that is holding you back. Step into the new story you are willing to create.” - Oprah Winfrey

March 19, 2018

Safety, Health and Human Performance Focus

CHILDREN ACT FAST AND SO DO POISONS

The third week in March is Poison Prevention week. In 2015, America's 55 poison centers received over 2.8 million calls. Of those, about 2.2 million were calls about people coming into contact with dangerous or potentially dangerous substances. Following are some quick tips to stay safe!

- Store medicines, household chemicals and other hazardous substances in locked areas or out of the reach of children.
- Keep children out of the area if you are unable to keep chemicals out of reach. Children are fast! Example: Paint thinners may look like water to a child.
- Ensure the cap is secure on medicines and keep medicines in the original container.

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“Look your best - who said love is blind?” - Mae West

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March 20, 2018

Safety, Health and Human Performance Focus

Health Focus Tip

BE AWARE OF THE AIR

Sometimes exercising outdoors is not good for your health. Be aware of air quality which can be poor in areas of high traffic or on certain days when weather conditions trap pollutants. Pay attention to the Air Quality Index (AQI) before being active outside. When AQI levels are above 100, reduce your activity levels or take your workouts indoors. Visit www.AirNow.gov to find the AQI level in your city.

Org Health & Diversity Focus

“One of the secrets to staying young is to always do things you don’t know how to do, to keep learning.” - Ruth Reichl

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March 21, 2018

Safety, Health and Human Performance Focus

HUMAN PERFORMANCE PRINCIPLES

HU Programs across the industry are based on five principles:

1. People are fallible, and even the best make mistakes.
2. Error-likely situations are predictable, manageable, and preventable.
3. Individual behavior is influenced by organizational processes and values.
4. People achieve high levels of performance based largely on the encouragement and reinforcement received from leaders, peers, and subordinates.
5. Events can be avoided by understanding the reasons mistakes occur and applying the lessons learned from past events.

Org Health & Diversity Focus

“Done is better than perfect.” - Sheryl Sandberg

March 22, 2018

Safety, Health and Human Performance Focus

Health Focus Tip

POISON PROOF YOUR HOME

More than 90 percent of the time, poisonings happen in people's homes. The majority of these poisonings occur in the kitchen, bathroom and bedroom. That is why it is important to follow simple steps to prevent a poisoning from happening at home:

- Keep medicines in their original containers, properly labeled, and store them appropriately.
- Have a working carbon monoxide detector in your home. The best places for a CO detector are near bedrooms and close to furnaces.
- Keep products in their original containers. Do not use food containers to store household cleaners and other chemicals or products.
- Keep all laundry products locked up, high, and out of the reach of children.
- Wash hands and counters before preparing all food and store food at the proper temperatures.
- Check the label on insect repellent. Be aware that most contain DEET, which can be poisonous in large quantities.
- Be sure your family members can identify poisonous mushrooms and plants. Remember when it comes to poison ivy, "*leaves of three, let it be.*"
Call the toll-free Poison Help line (**1-800-222-1222**), which connects you to your local poison center, if you suspect someone has been poisoned..

Org Health & Diversity Focus

"If you don't like the road you're walking, start paving another one." - Dolly Parton

March 23, 2018

Safety, Health and Human Performance Focus

SAFETY GLASSES AND FIT

Even if someone is wearing safety glasses, particles can enter the eye if the glasses don't fit properly.

- Selection of the right equipment is the first step. The type of eye protection needed for common tasks is defined in the safety manual or safety procedures for your business function. If you are unsure, contact your supervisor.
- Make sure your glasses fit properly by using the adjustable temple pieces and wearing the glasses close to the face. (not on the end of your nose)

If your safety glasses don't fit your face properly, let your supervisor know.

Org Health & Diversity Focus

"I'd rather regret the things I've done than regret the things I haven't done." - Lucille Ball

March 24, 2018

Safety, Health and Human Performance Focus

LIVE SAFE

Following a good safety plan and establishing safe habits are essential to going home safe every day. How do you as an individual ensure that you and your co-workers Live Safe?

- By recognizing and eliminating hazards?
- By working together to reach safe solutions?
- By coaching and receiving coaching?
- By speaking up if a situation or practice isn't safe?

Org Health & Diversity Focus

“The most difficult thing is the decision to act, the rest is merely tenacity.” - Amelia Earhart

March 25, 2018

Safety, Health and Human Performance Focus

BLINDED BY THE LIGHT

Several tasks and environments present exposure to light that can damage your eyes.

- Natural outdoor environments - Specialists suggest use of wide brim hats or hats with a front brim and use of glasses that filter UV light.
- Glare on computer displays - Use blinds and adjust work area lighting, adjust display settings.

Consult safety procedures, manuals and training for assistance on the type of eye protection to wear when performing certain processes such as welding or cutting.

Org Health & Diversity Focus

“Power’s not given to you. You have to take it.” - Beyoncé Knowles Carter

March 26, 2018

Safety, Health and Human Performance Focus

Health Focus Tip

MINDFUL EATING

Mindful eating helps increase your awareness and enjoyment of foods, despite the rush of a busy schedule. Choose a snack (such as a piece of fruit) and use all of your senses to experience and appreciate it. What do you see? How does it feel in your mouth? Do you hear a crunch? What tastes do you notice? Taking a brief pause to notice your senses may help you enjoy a meal or snack and put you more in tune with your body and your hunger.

Org Health & Diversity Focus

“I didn’t get there by wishing for it or hoping for it, but by working for it.” - Estée Lauder

March 27, 2018

Safety, Health and Human Performance Focus

Health Focus Tip

VEGETARIAN NUTRITION

Studies show that vegetarians tend to have lower rates of heart disease, high blood pressure, type 2 diabetes, and obesity. There are different types of vegetarian diets and, with thoughtful planning they can provide good nutrition for all stages of life. Beans, lentils, soy products and nuts offer sources of plant-based protein. Vegans (who eat no animal-based foods at all) need to be sure they get enough vitamin B12 from fortified foods or possibly supplements.

Org Health & Diversity Focus

“Knowing what must be done does away with fear.” - Rosa Parks

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March 28, 2018

Safety, Health and Human Performance Focus

SAFETY SCANNING

Scan areas before, during and after entry into an area. Scanning can help alert you to hazards before you are exposed to them. Those hazards might be associated with personal security, slips/trips or falls, animals, moving vehicles, falls or many others. Before entering active work areas stop to get the big picture and make sure you've met the requirements for entry.

Org Health & Diversity Focus

"Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement." - Golda Meir

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March 29, 2018

Safety, Health and Human Performance Focus

Health Focus Tip

MAKE IT SOCIAL

Social support (like working out with a friend or co-worker or belonging to a group that exercises together) is proven to maintain or increase physical activity and fitness levels. Try setting a day and time to walk with a neighbor or meet a friend at the gym. Having others count on you to show up keeps you accountable, plus you'll be supporting your physical, social, and emotional well-being all at the same time!

Org Health & Diversity Focus

“I was smart enough to go through any door that opened.” - Joan Rivers

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March 30, 2018

Safety, Health and Human Performance Focus

QUESTIONING ATTITUDE

- Is a personal and organizational approach to performing work.
- Requires a full understanding of actions.
- Detects problems and uncovers issues at low levels.
- Alerts people to imminent hazards, warning signs, and uncertainties in work environment, or with work plan.
- Encourages user to stop and resolve those hazards, warnings, or uncertainties before proceeding with job.

Are you receptive to questions? Remember, individual behavior is influenced by organizational processes and values. (Human Performance Principle) If we are receptive to questions, our employees will feel comfortable in asking them.

Org Health & Diversity Focus

“You are the one that possesses the keys to your being. You carry the passport to your own happiness.” - Diane von Furstenberg

March 31, 2018

Safety, Health and Human Performance Focus

Health Focus Tip

GLAUCOMA SCREENING

Glaucoma is a group of eye diseases that increase fluid pressure in the eyes, leading to vision loss. Since it has no symptoms, regular and complete eye exams are the key to early detection. While anyone can get glaucoma, those at higher risk include African Americans over the age of 40, anyone over age 60 (especially Mexican Americans) and anyone with a family history of glaucoma. If left untreated, glaucoma can lead to blindness.

Org Health & Diversity Focus

“Optimism is the faith that leads to achievement.” - Helen Keller