

# Daily Safety Focus articles

May 2014

Focus on Guiding Principle:

**“Management is responsible for establishing a Safe Work Environment and clear expectations for Safety Performance.”**



## May 2014

## Safety Focus Topics

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## Lead by example!

May 1

“What you do speaks so loudly that I cannot hear what you say”. This quote by Ralph Waldo Emerson provides really good insight for the idea of being *committed* to safety. Our actions and our words should line up in a way that no one will ever have to ask if safety is truly our core value.

A few actions that allow others to see your commitment to safety:

- Never tolerate unsafe behaviors from any employee or contractor.
- Stop all rule violations and report them immediately.
- Never condone or abide with risk-taking.
- Use Human Performance tools

Remember, people are watching to see how you will react when faced with a challenge. If they see your words and actions align, they know that you are uncompromising when it comes to the value of safety!

## Health Tip of the Day

### SEEKING NUTRITION ADVICE?

A registered dietitian (RD), nutritionist or some other health specialty—who should you turn to for nutrition advice? According to the Academy of Nutrition and Dietetics, you want to look for the RD or RDN credential when seeking nutrition advice or expertise. The term nutritionist can be used by anyone. Registered dietitians have completed specific educational and professional requirements in the field of nutrition science. When you look for nutrition advice, ask about background, education, training, experience and credentials.

What is your goal when it comes to safety? Are you truly accountable to yourself and others for achieving it? Do you really believe that zero accidents are possible?

Safety goals are typically measured in numbers. Someone that has been injured on the job gets counted in the measure. Have you ever considered that each number represents a human being? The injured person has possibly been hurt badly enough that they can't even come back to work. When we consider that beyond the numbers we are talking about people it changes the whole idea.

You are not a number! You are a friend, coach, mentor, mother, father, sister, brother, son, daughter, wife, or husband. Someone is counting on you. Don't get distracted and make your choice today to be accident free.

### Health Tip of the Day

#### PROTEIN FOR VEGETARIANS

You may have heard concerns that vegetarian diets are deficient in important nutrients, such as protein. Well-planned vegetarian diets are healthful and provide plenty of important nutrients. According to our registered dietitian, there are many excellent vegetarian protein sources such as beans and legumes; soy products and nuts. These can easily supply the protein an individual needs. Studies have found that vegetarians tend to have lower rates of heart disease, high blood pressure, adult-onset diabetes, and obesity.

Source: The Academy of Nutrition and Dietetics

Have you had the opportunity to find out what the company's overarching safety goals as outlined by our CEO are? Since we all report to him, it may be a really good idea to know what he expects out of all of us! Here they are:

Owners - Provide top-quartile returns through the relentless pursuit of opportunities to optimize our business.

Customers - Constantly striving for reasonable costs and providing **safe**, reliable products and services.

Employees - Provide a **safe**, rewarding, engaging, diverse and inclusive work environment, fair compensation and benefits, and opportunities to advance their careers.

Communities - Create value through economic development, philanthropy, volunteerism and advocacy, and by operating our business **safely** and in a socially and environmentally responsible way.

In a nutshell "We Power Life" and we do it SAFELY!

### Health Tip of the Day

#### STRETCHING AT YOUR DESK

Sitting long hours at your desk can cause muscle strain and stiffness. Try these two stretches to help alleviate the soreness. First, interlock your fingers behind your head keeping elbows straight out to the side. Now pull your elbows forward, feeling the stretch through your upper back and shoulder blades. Next, pull your elbows back to stretch your chest and shoulder muscles. Then, turn your chin toward your left shoulder to feel the stretch on the right side of your neck. Do the other side. Hold all stretches for 15-60 seconds and stretch gently.

Culpable, answerable, responsible, liable are just a few words that come to mind when we say the word “accountable”. These words are often not “feel good” words unless someone else is accountable to us. When it comes to safety however, it starts with me.

There are three primary levels of accountability:

*Individual Accountability* - everyone is accountable for their own safety and the safety of others.

*Leadership Accountability* - leadership must consider and demonstrate safety as paramount in all decision making processes that impact the business function.

*Organizational Accountability* - opportunities to continuously improve and learn are valued, sought after and implemented through policies, procedures, goals, and values.

When it comes to safety, everyone is accountable.

### Health Tip of the Day

#### TRANS FATS BAN

The Food and Drug Administration recently announced plans to ban the use of artificial trans fats in food products. Trans fats raise “bad” (LDL) cholesterol and can lower “good” (HDL) cholesterol, thus contributing to the risk of heart disease and stroke. Common sources of trans fats are fried foods like doughnuts and french fries, and baked goods such as pastries, pie crusts, cookies, and foods made with stick margarine and shortenings. Look at the ingredients on product labels before you buy. If the word “hydrogenated” or “partially hydrogenated” appears in the ingredient list, the product likely contains trans fats.

Source: American Heart Association

Yesterday we talked about three levels of accountability. While we're primarily focused on management this month, let's talk about the individual for a moment. *Individual* accountability for my own safety is the best form of protection I can have. I make the decision every day to not be injured and it lets me know who really is in charge of me. It also provides the evidence that I have been trained, coached, and that I am trusted to carry out my daily activities in a manner that line up with corporate goals.

Individual accountability means you are accountable for your own safety and the safety of others. Employees must accept an active role in creating a safe place to work and make decisions that reflect the safety standards set forth by the organization. Follow the rules and use all Human Performance tools.

You see, accountability really means acknowledgment and assumption of responsibility for my own actions. That is very empowering! I have the responsibility to myself and others to do all that I can to prevent injury to myself and those around me. I am vested with the power to make good decisions and to stop when unsure.

### Health Tip of the Day

#### PHYSICAL ACTIVITY FOR OLDER AMERICANS

People generally become less active as they get older. About 40 percent of people over the age of 55 are not physically active. As we get older, regular exercise becomes more important. It reduces the risk of many chronic conditions like heart disease, hypertension, type 2 diabetes, and depression. Exercise also increases muscle strength and improves balance and coordination. Staying physically active can help older Americans maintain independence and a higher quality of life.

Source: American Heart Association

Leadership must consider and demonstrate safety as paramount in all decision making processes that impact the business function. Leadership has the accountability to create and enforce the rules that govern the safety culture.

Leadership understands their role in providing a safe place to work. Supervisors and above strive to ensure that each worker is safe here and at home. They take their jobs seriously and work hard to shape the culture. When an employee is injured, it stresses the entire organization.

Leadership employees know that when a person gets hurt, it impacts the individual and their family. This is extra stress that no employee needs. Injuries also impact the rest of the work group and cause distractions (a human performance trap). Injuries cost us all in time, money, and emotions. If we "Live Safe", we will all see a better quality of life!

### Health Tip of the Day

#### GLAUCOMA SCREENING

Early detection, through regular and complete eye exams, is the key to protecting your vision from damage caused by glaucoma. Experts recommend eye exams every two to four years before age 40; then every one to three years after age 40; and every one to two years if you are at greater risk for glaucoma. Risk factors include family history of glaucoma; previous eye injury; having diabetes or cardiovascular disease; and a history of high dose steroid use. If left undetected, glaucoma can lead to blindness.

Sources: Glaucoma Research Foundation



## Organizational Accountability for Safety

May 7

Organizational accountability for safety demonstrates that opportunities to continuously improve and learn are valued, sought after and implemented through policies, procedures, goals, and values. The organization maintains the safety culture by what it values or expresses as important.

Here is a good question: who is the Organization? Is it “them and they”? The answer is: NO - It is you and I. We are the sum of the many pieces that make up the organization. In order for us to have a culture that wants to improve we have to be the ones to do it.

We must learn to strive for a better tomorrow for those who come after us. Human Performance principle # 5 states: “*A complete understanding of why past unplanned events happened can help us prevent future ones*”. If we truly value safety we will always try to find a better way to do the task.

### Health Tip of the Day

#### DOUGHNUTS

Did you know that one plain cake doughnut can have up to 18 grams of fat? For many, this can be about a third of their total fat allowance for the day. The Dietary Guidelines for Americans (2010) recommend adults keep total fat intake between 20 to 35 percent of total calories. Read labels carefully. Doughnuts can pack a hefty dose of unhealthy saturated and trans fats. If you have a choice, consider a whole-wheat bagel or English muffin with a tablespoon of peanut butter or nonfat cream cheese. Your arteries will thank you.

Have you ever found yourself right in the middle of an unsafe act? Did you wonder how you got there? Did you know the simple task of asking the question (how did I get here?) was the first step in preventing an accident from happening?

Safety and human performance are not automatic human tendencies. Interestingly enough, they go completely against our natural desires. There is nothing comfortable about wearing a hard hat in July. There is nothing automatically rewarding about slowing down to self-check. A fall protection device does not do anything for your range of motion. Pre-job Briefs do not speed up the task. These are all there to help you “ask the question”.

Human nature is a wonderful thing, but it can also be devastating. Allowing ourselves to fall prey to overconfidence and normalized deviation has led to many significant injuries and catastrophic events throughout history. Taking risks and shortcuts may feel good at the time but they are leading you down a path of destruction.

### Health Tip of the Day

#### ZINC FOR COLDS

Cold and flu season is upon us, and for many, this means taking some extra precautions to avoid getting sick. Is one of your remedies zinc lozenges? This may or may not be doing the trick. According to the National Institutes of Health, it is still unclear what effect zinc has on the duration and severity of colds. However, most experts agree that regular hand washing is one of the best ways to avoid getting the common cold.

Source: National Institutes of Health

## Safety Performance Expectations

May 9

Where do safety rules come from? Think about it, why have rules been in place for so long? What would cause you to have rules in place in your own home?

It is simple to understand that rules are there to prevent unwanted outcomes. Did you know that almost every rule that has ever been written came from an undesirable consequence? Most safety rules were written from an experience that someone has had based on an injury or fatality.

It is the expectation of every employee that we follow the safety rules – no matter what! If our tasks are taking us outside of a rule, we must stop and ask ourselves why we are doing it. There is **nothing** worth losing your life over.

Remember to think about consequences versus likelihood.

### Health Tip of the Day

#### HOUSEHOLD WORKOUTS

Everyday chores count. The American College of Sports Medicine and the American Heart Association consider raking leaves and vacuuming as moderate physical activity, as long as you are working for at least 10 minutes at a time. Your goal should be to accumulate at least 150 minutes of moderate-intensity exercise each week. Small pieces of activity count towards this goal as well. Consider 10-minute increments three times a day. Let's get cleaning!

Source: American College of Sports Medicine

## **If you condone it, you own it**

**May 10**

Walking past safety rule violations, hazards, poor work practices, dangerous conditions, or risk-takers simply means you are okay with it. When you walk past and say nothing, you have condoned the behavior or situation. Once you condoned it, you might as well have been the one doing it.

Earlier we quoted Ralph Waldo Emerson –“What you do speaks so loudly that I cannot hear what you say”. The act of walking past the situation shows those around you what you really think about safety.

Another scary thought about condoning; if you tell a person they did a good job and you have no idea how they got it done, you have just condoned **all** the behaviors they used to do the work. Make sure you know how they did what they did before you approve their work practices!

## **Health Tip of the Day**

### **MOVIE THEATER POPCORN**

Popcorn is a tasty and healthful snack. Three cups of air-popped popcorn has fewer than 100 calories and no fat. But, hold on...we're not talking about movie theater popcorn. Something to think about when you're in line at the next show: a small popcorn (about 6-8 cups) at most theaters has somewhere in the range of between 400 and 700 calories, between 20 and 34 grams of saturated fat and up to 700 milligrams of sodium. This can be almost two days worth of saturated fat. Add the “buttery” topping and you get another 130 calories and 2 grams of saturated fat per tablespoon.

Source: Center for Science in the Public Interest

Too often we overlook one of the most dangerous jobs we will ever do – driving. This is a task we all do over and over again. It is easy to believe we are so good at it that we could not possibly be hurt or killed in an automotive accident.

Entergy has provided us with some very good training; Human Performance and Smith System Driver training. When you think about it, Smith System is really Human Performance tools for driving!

**Aim High in Steering**

**Get the Big Picture**

**Keep Your Eyes Moving**

**Leave Yourself and Out**

**Make Sure They See You**

Success is determined by how we approach the situation. Use these tools that you have been taught and do not be overconfident.

### **Health Tip of the Day**

#### **TUNA RECIPE**

Looking for a new twist on tuna salad? Try a Mediterranean tuna pita. Mix one can light tuna (canned in water) with 1 tablespoon of olive oil, 1 tablespoon of lemon juice, cracked black pepper and 1/4 cup of finely chopped red onion and parsley leaves. Add sliced tomatoes and a few sliced kalamata olives. Add tuna mixture to whole-grain pita bread. Add a side salad and you have a healthy and light meal.

Data can best be described as information that has been collected from some source. It can come from a lot of places. Some primary examples are costs, injuries, mistakes, and time it takes to do a job. This is considered reactive data since the issue has already happened.

Proactive data such as near misses, coaching/observation results, and post-job reviews can paint the picture of what we really need to focus on. Being proactive is a cultural approach that takes some upfront commitment and work but will pay off with high dividends.

A proactive decision-making management team that uses data will provide employees with the right solutions. One word of caution though; data is only as good as what we put into it. We have to be honest and open about what we are seeing or we will change the direction.

### Health Tip of the Day

#### **CERVICAL CANCER SCREENING**

According to the American College of Obstetricians and Gynecologists, women should have their first cervical cancer screening at age 21. Most women younger than age 30 should have a Pap test every two years. After three normal Pap test results in a row, a woman age 30 and older may have Pap tests every three years. Women with certain risk factors may need more frequent screenings. Before making any decisions, always talk with your doctor.

Source: American College of Obstetricians and Gynecologists

No, not the song.....your feedback on how the job is getting done! Remember learning about “Normalized Deviation” during human performance training? It is VERY easy to get tricked into doing your job unsafely. Don’t let it happen to you!

Here is a story about a group of employees that were out doing a task. They came to a place where they had to break the rules to get the job done in time. Some protested, but others insisted on taking the shortcut. Why? The main reason was that the shortcut had been taken time after time, and it had become accepted as the expected way of doing things. Over time, supervision had come to expect the faster pace of that job, which was gained by taking the shortcut – not knowing that the people doing the job had intentionally placed themselves at a higher level of risk.

Tell it like it is! Don’t set yourself up for failure. Once you break a safety rule to get the job done, you have stepped outside of the expectations and are now on an island. The more often you do it, the more it will be unknowingly expected of you. This deviation becomes “the way the job should be done” and the failure is passed on to the next worker.

**Health Tip of the Day****HEALTHIER FATS**

Not all fats are created equal. Some are healthier than others. When choosing fats, unsaturated fats are your best options. These fats, if used in place of saturated and trans fats, can lower your risk of heart disease. Some of the best sources of these healthier fats include: fish, nuts, seeds, avocados and vegetable oils like canola and olive oil. Just keep in mind that all fats are high in calories, so moderation is the key.

Source: American Heart Association

## Latent Organizational Weaknesses

May 14

Latent Organizational Weaknesses, or LOWs, can best be described as landmines laying in the weeds waiting for one of us to step on them. Many times we are not aware of these dormant issues until we become a victim of them.

Traps that are embedded in our processes, policies, and values can sometimes hide out for years. As we learn to work around broken or out of date practices, we begin to normalize the deviations and make it the “way we do things around here”.

The unfortunate truth is; when a new person comes along and does the work the way it was designed to be done and the trap was left in the process, it hurts us. Look for LOWs daily in the expectations, processes, and procedures we use to perform work. Use the Post-Job review process to find and eliminate these dangerous conditions.

### Health Tip of the Day

#### **SUGARLESS GUM**

Research indicates that chewing sugarless gum may actually help to prevent cavities. Gum chewing increases saliva flow, which helps clear away food and acid-producing bacteria. So, it's OK—even helpful—now and then, to use that piece of sugarless gum!

Source: American Dental Association



## **Mental Traps**

**May 15**

Time pressure, mental stress, multiple tasks, and distractions, do these sound familiar? If you think about it, we face these nasty things every day. The scary thing about traps is that they have one thing in common; they somehow lead us to drop our guard against safety hazards.

The first thing to go when we are facing traps is safety. Our concern and questioning attitude seems to be drawn away from our mental state. We tend to drive and work faster, we don't spend much time prepping, and we make decisions based on likelihood rather than potential consequences.

When we know we are in jeopardy because of traps, we have the responsibility to let our supervisor know and seek assistance from our peers. It is imperative to know that management supports your decision to stop work and get help if the traps are present. Management also expects you to use your human performance tools before, during, and after every task to prevent traps from causing you harm.

### **Health Tip of the Day**

#### **QUOTE FOR THE DAY**

A failure is not always a mistake; it may simply be the best one can do under the circumstances. The real mistake is to stop trying.

--B.F. Skinner

## **Training can prevent injuries**

**May 16**

Management has the responsibility to ensure that you receive the appropriate level of training when it comes to safety. You may wonder why you have so many WEBTAP courses to take and why you have so many safety meetings to attend. You might even think these things are a waste of time. Please reconsider.

Training focused on subjects like blood-borne pathogens, hazard communications, cardio-pulmonary resuscitation (CPR) and first aid is there to help each of us know how to skillfully manage emergency situations at work. “What’s in it for me?” you may ask. These things can and do happen off the job as well! This training costs you nothing to have but can cost you everything if you don’t take personal responsibility to learn and use the information.

Hazard awareness training that you learn at work can be extended to off the job activities as well. Think about how you safely perform work on the job and use those same techniques at home. Live Safe.

### **Health Tip of the Day**

#### **WHAT IS A HEALTHY WEIGHT?**

A healthy weight is one that lowers your risk for health problems, and is unique to each person. Body mass index (BMI) and waist circumference are two measures health professionals often use to determine whether your weight poses potential health problems; keeping in mind that these measures are not the only indicators of health. Balancing food intake with physical activity is the best way to reach or maintain a healthy weight. If you want to lose weight, slow and steady is the way to go. Make gradual changes that you can live with forever.

Source: Weight-control Information Network

## **“We need to talk about your skills, Slick”**

**May 17**

This was a line from the movie “Men in Black” where ‘Agent K’ played by Tommy Lee Jones was coaching newly acquired ‘Agent J’ played by Will Smith. Agent J was about to become an ‘agent’ in an interstellar galactic environment that he knew nothing about, but felt his former police skills would certainly provide all he needed to know. Overconfidence sometimes sets up to believe we are actually better than we really are.

Management has the responsibility to observe behaviors and coach employees on this potentially life-threatening condition. Sometimes we need someone to say “let’s talk about your skills, Slick”! We can easily fall into this trap of overconfidence the more we do something. Typically this trap pushes us to take short cuts and perform our work in a risky fashion.

If someone is coaching and telling you to consider consequences instead of likelihood, they are simply letting you know that they care about you. Don’t let “the last suit you ever wear” be the one they bury you in!

### **Health Tip of the Day**

#### **A ROCK CLIMBING WORKOUT**

Looking for something physically challenging and adventurous? Consider rock climbing. Many cities now have convenient indoor climbing walls where you can learn the basics with an instructor and get comfortable before braving real cliffs. While clearly not for everyone, this activity can build strength, flexibility, strategic thinking and coordination. Consult your doctor before you start if you are not sure if this activity is right for you.

## Post-Job Reviews

May 18

Having a discussion around why we do what we do can lead to some really interesting things and better ways to do them.

One Thanksgiving holiday a mother, her daughter, and a grandmother were all standing in the kitchen talking:

*Daughter to Mother - "Mom, why do we always cut the ends of the ham off before we cook it?"*

*Mother to Daughter - "Well, that is what you are supposed to do before you cook a ham."*

*Grandmother to Mother - "Why in the world would you think you had to cut the ends of the ham off before you cook it?"*

*Mother to Grandmother - "Because that is what you taught me to do!"*

*The Grandmother explains: "I had to cut the ends of the ham off to make it fit in my pot!"*

Sometimes just doing things the way we have always done them is not necessarily the best way to do it. Post-Job Reviews cause us to discuss why we are doing things the way we are doing them and can lead to better, safer methods!

## Health Tip of the Day

### GINKGO BILOBA

Ginkgo biloba is one of the top-selling herbs in the United States. You may want to avoid adding ginkgo biloba if you are taking daily doses of vitamin E, aspirin, ibuprofen, or any blood-thinning medication and prior to surgery. Recent studies indicate that ginkgo biloba extracts may cause excessive bleeding when combined with other blood-thinning agents. The U.S. Department of Health and Human Services recommends consulting with your doctor before using any ginkgo products. To play it safe, also consult with your doctor before taking other complementary and alternative medicines; herbs or supplements.

Source: National Institutes of Health

## Swiss Cheese

May 19

A Manchester University Professor created a graphical model called the “Swiss Cheese Model” that represents what Latent Organizational Weaknesses (LOWs) look like. The slices of cheese represent things like policies, procedures, values, personal protective equipment (PPE) and training.

Each slice of cheese is considered a barrier or organizational factor that we all use to perform our daily tasks. These barriers keep us safe and free from error if they are used properly and are maintained. As with Swiss cheese, these barriers have holes in them due to human error when they were created, poor maintenance and upkeep, or normalized deviation. When these holes line up, bad consequences are usually the outcome.

While management has the responsibility to find the ‘holes’ it is each our duties to look for them daily. The people that are accountable for using the barriers generally know where the ‘holes’ are. Don’t hide holes, let’s fill them!

### Health Tip of the Day

#### WOMEN AND HEART DISEASE

When you hear the term heart disease, do you think: “that’s a man’s disease”? Not true! One in four women in the United States dies of heart disease. Eighty percent of women ages 40 to 60 have one or more risk factors for heart disease. Research shows that even one risk factor can double your chance of developing heart disease. Start taking action today to protect your heart. By eating right, being physically active, not smoking and keeping a healthy weight, you can reduce your risk of heart disease by as much as 82 percent.

Source: National Heart Lung and Blood Institute

## Great Expectations

May 20

Have you ever wondered what Entergy's expectations are when it comes to your safety? Did you know that the expectations to follow safety rules are non-negotiable? It is our responsibility to use "thinking compliance" each time we perform a task and to do it in accordance with all safety rules. It is never okay to take risks or short cuts when performing work at Entergy.

I recently read a person's email signature that said; "Are you working as safe as your family thinks you are?" We should each ask ourselves this every day. Don't take risks with your or your co-worker's safety. Follow the rules, look out for each other, and show your family that you are committed to working to Entergy's and your family's safety expectations.

## Health Tip of the Day

### PEANUT BUTTER MYTHS

Is peanut butter a healthy choice? While a typical serving (2 tablespoons) does contain almost one-fourth of our daily fat needs, it is also a good source of protein and fiber and contains no cholesterol. Most of the fat in peanut butter is the healthier unsaturated type. Look for varieties that have no trans fats. Eaten in moderation, peanut butter is a healthy choice for many people.

## **Insanity 101**

**May 21**

Insanity can simply be defined as “doing the same thing over and over again and expecting a different outcome”. If we continue to take short cuts or perform in a risky manner, we can expect the same outcome: injury.

The opportunity is yours to work safely every day and make the right choices that will either positively or negatively impact your life. What a great thing it is to have choices, especially if we make the right ones. Your family, friends, and co-workers are counting on you to make the right decisions every single day. When we make the right the decisions over and over again we can expect the same outcome: Live Safe!

There is nothing crazy about that.

### **Health Tip of the Day**

#### **FINDING EXERCISE EQUIPMENT**

If you are looking for home exercise equipment, the Federal Trade Commission recommends choosing equipment that will help you achieve your desired goal. Ask these questions of yourself: do I want to build strength, increase flexibility, improve endurance, or enhance my overall health? Answering these questions will help you make a better selection. Also, be skeptical about outrageous claims. Some advertisers claim their products will give you a quick, easy way to get in shape and lose weight without the science to support it. If it sounds too good to be true, it probably is.

Source: Federal Trade Commission

## ...back to expectations

May 22

So, what are your expectations of others when it comes to your safety and how they can impact you? What are your expectations for co-workers or your family members on the subject of safety? Do you expect people to work as safely as possible around you and the ones you love? What about your doctor, dentist, or pharmacist? Do you expect them to be safe?

Interestingly, most of us don't think about this. We look at safety through the eyes of someone in authority looking at us, but put yourself in this role for a moment. If we could share notes on this topic, it may be surprising to know that we have a lot more in common than we thought!

## Health Tip of the Day

### EXERGAMES

Exergames are active video games that have an exercise component to them. Active video games may increase adults' energy expenditure as much as moderately intense exercise. Activities such as boxing, tennis and baseball exergames rank the highest in energy expenditure, while activities such as yoga and balance exercises are effective in improving flexibility and fall prevention. You can gain the most health benefits when you can do the equivalent of at least 2½ hours of moderate-intensity physical activity each week.

Source: Science Daily



## Holiday Time!

May 23

Ahhh, the Friday before Memorial Day! A long weekend of relaxing and summertime fun awaits you. **PLEASE** don't forget that this is one of the most dangerous times you could be in - the day before a holiday.

Historically, it has been shown that people begin to think about what they are about to be doing instead of what they are actually doing just before a holiday. Complacency kicks in and we want to be there instead of here. Don't fall for it. Stay focused. Keep using a strong Questioning Attitude. Get through the day error and injury free and then GO ENJOY YOUR TIME OFF!

It only takes one brief second of inattention to become a victim of highly consequential errors.

## Health Tip of the Day

### REALISTIC FITNESS GOALS

Do you expect too much when you try to increase your physical activity? Success often leads to more success, but very high goals often lead to frustration. Start slow and set realistic goals for yourself. For example, unless you are already very active, don't set your new goal as 60 minutes of vigorous exercise every day. Instead, consider starting with activities like brisk walking for 10 to 15 minutes several days a week. By conquering smaller goals first, you are more likely to continue.

## Score yourself

May 24

If you had to score your safety knowledge, would you give yourself an “A”, “B”, “C”, or “F”? Here are a few things to consider:

*“A” – I am totally aware of what my role is in the company and how to safely perform each task that I am trained to do. When I am unsure I always stop and find out how to proceed safely. I always consider the consequences of what could happen as opposed to the likelihood of something bad happening.*

*“B” – I know what I am doing and will stop and ask if unsure. Most of the time I am certain of what I am doing and feel pretty safe doing it.*

*“C” – I am not sure what I am supposed to do so I don’t do anything when it comes to safety meetings or safety programs.*

*“F” – Safety is not my first priority, getting the work done is more important. We could accomplish so much more if we didn’t have all of these safety rules.*

If you did not get an “A”, please report directly to the nearest safety office for immediate assistance.

## Health Tip of the Day

### THYROID AWARENESS

Millions of people in the U.S. have thyroid diseases although half remain undiagnosed. These disorders are more common among women and tend to run in families. Fatigue is a common complaint for under- and over-active thyroid hormones. Since many symptoms may be hidden, the best way to know is to ask your doctor for a TSH (thyroid-stimulating hormone) test to verify the condition of your thyroid gland.

Source: National Institutes of Health

## Feel the heat?

May 25

Well, summer is upon us. Your management team encourages you to drink plenty of fluids and take breaks to allow your body to recuperate. Plan your work around the heat of the day when possible and do the heaviest work in the cooler temperatures of the morning and evening.

Hydrating with copious amounts of cool, clean water before, during and after a job is the best method of protection against becoming dehydrated and overheating your system. “No job is so urgent that we cannot take the time to do it safely”. Plan the work; work the plan!

### Health Tip of the Day

#### HEALTHY DESSERT IDEA

Looking for an easy and healthy dessert option? Consider cooked cranberries as a topping for angel food cake, low-fat yogurt, or reduced-fat ice cream. Mix one bag of fresh cranberries with a half cup of concentrated apple juice and 2 ounces of water. Simmer on the stovetop for about five minutes. Allow the mixture to cool and then refrigerate. One cup of cranberries contains just 50 calories and no fat. It also makes a colorful and tasty dessert topping!

## Memorial Day

May 26

Memorial Day is a United States federal holiday which occurs every year on the final Monday of May. Memorial Day is a day of remembering the men and women who died while serving in the United States Armed Forces. Formerly known as Decoration Day, it originated after the American Civil War to commemorate the Union and Confederate soldiers who died in the Civil War. By the 20th century, Memorial Day had been extended to honor all Americans who have died while in the military service. It typically marks the start of the summer vacation season, while Labor Day marks its end.

Don't let today be *your* Memorial Day. Keep your head in the game and make good choices that reflect the kind of decisions your family expects you to make. Don't take chances with your life and consider each move you make before you make it. Live Safe!

## Health Tip of the Day

### MUSIC IMPROVES EXERCISE

Does music motivate you to move your body? Those who listen to enjoyable music while working out often find that deciding to exercise is easier, and they usually feel that the exercise takes less effort. Consider adding some kind of music to your routine—pop, rock, classical, jazz, country, or whatever you enjoy.

## The day after

May 27

Memorial Day was yesterday and now we face another error-likely situation; the first day back after a holiday.

It is always fun to spend time with family and friends doing the things we love to do but now we have to come back to work and make a living. “Making a living” is hard to do if you aren’t living safe! Safety and Health provide you with the ability to prevent the alternative.

Use a strong Questioning Attitude as you approach work. Use the tools of Self-Check and Peer Check as you move through the day looking for ways to constantly improve the performance of what we do.

Don’t fall prey to risk taking and short cuts. Don’t let today be your last day. In the immortal words of the Outlaw Josey Wales –“Dyin’ ain’t much of livin’, boy”.

## Health Tip of the Day

### MIGRAINE HEADACHES

Did you know that certain foods and beverages can trigger migraine headaches for some people? These include: alcohol (especially red wine), caffeine, aged cheeses, sauerkraut, peas, aspartame, cultured dairy products, salted, cured and dried meats, and chocolate. If you suffer from migraines consider avoiding foods or other things that seem to cause migraines for you. Keep a journal to help you identify triggers. Get plenty of sleep and drink enough fluids. Try to relax and reduce the stress in your life. Also try to get regular exercise.

Source: FamilyDoctor.org

Values can be defined as those things that are important to or essential to someone. That someone can be an individual or, collectively, an organization. One place where values are important is in relation to vision. Entergy's values directly reflect that of its Vision: ***We Power Life.***

That is no easy task, but one worth performing. When you think about how important our roles are, it gives each of us a sense of pride. Our values are reflected in this Vision statement and consist of the following:

- **Create and Sustain a Safe and Healthy Life**
- Possess a Winning Spirit
- Focus on Our Customers
- Grow the Business
- Be Active Team Players
- Treat People with Respect
- Aggressively Look for Better Ways
- Take Actions to Achieve Results
- Above All, Act with Integrity

Every one of our values can be seen in the daily walk our employees exhibit. These values are not just words they are actions each of us choose to follow.

### Health Tip of the Day

#### FITNESS ON THE ROAD

Think ahead. To stay toned while traveling, book a hotel with a workout room or inquire where the nearest fitness centers are located. Alternately, revive old but dependable exercises. Sit-ups, push-ups, lunges, and jumping rope can all be done in your hotel room.

Source: ACE Fitness

Have you ever wondered why people do the things they do? Did you know that each human being has a set of perceptions and beliefs? Furthermore, did you know that these beliefs and perceptions come from experiences?

Perceptions and beliefs stemming from experiences drive our thoughts. Our thoughts motivate our feelings, our feelings affect our behaviors and ultimately our behaviors are seen in results. Science has proven this to be true and has also shown us that changing a person's beliefs and perceptions is difficult to do.

If we want to change results, we have to change experiences. This is more easily done through positive reinforcement of the correct behaviors than it is to use punishment! If we want to see others work more safely, we must encourage them when we see them do something right! Congratulate a co-worker today when they are demonstrating the right behavior.

### Health Tip of the Day

#### **SMOKELESS TOBACCO ISN'T SAFE EITHER**

Some say that smokers would be better off switching to smokeless tobacco (chewing or snuff) for health reasons. Don't be fooled. The American Cancer Society reports that smokeless tobacco isn't safe either. Smokeless tobacco increases the risk for cancers of the mouth and throat and may contribute to heart disease and high blood pressure. The best type of tobacco is no tobacco at all!

Source: American Cancer Society

## Managed Defenses

May 30

Each organization provides defenses for its employees. We discussed several barriers earlier this month such as; Personal Protective Equipment, Policies, Procedures, etc. These barriers or defenses serve to protect each individual as they perform tasks for the company. These defenses break down over time and need to be maintained just like any other form of protection.

Managed defenses are the strongest form of barrier we can use. They are current and do not contain ambiguity. Managed defenses are proven effective and are comprised of past successful experiences.

Managed defenses provide the lowering of severity of all errors. We as an organization have the accountability to ensure what we are working with is up to date, makes sense, and provides the best protection for each employee.

### Health Tip of the Day

#### CHEESE LOVERS

Looking for a cheese with less saturated fat and cholesterol? Try low-moisture, part-skim mozzarella. One ounce contains about 85 calories, 5 grams of total fat, 3 grams of saturated fat and only 15 milligrams of cholesterol. It is often a more healthful alternative to higher fat cheeses for sandwiches, salads, snacks and casseroles. Some low-fat varieties may not work well in cooking, so test a small amount when using in a recipe.

Source: USDA



## I Love Lucy – Chocolate Factory

May 31

If you've ever seen the TV Series I Love Lucy, you probably remember the episode where Lucy and Ethel go to work in a candy factory. The Supervisor tells them how to do their job and leaves. She comes back and tells them to speed it up. They get behind and start taking short cuts. It appears that they can handle the work load based on the drive-by performed by the supervisor, but the reality is they have short cut themselves into a hole.

All the while, the supervisor (since she is not observing or coaching) thinks they are doing a great job so she speeds up the process even more. One of the first things to go in order for Lucy and Ethel to keep up is what it says on the sign in the background! Safety!

Does this sound familiar? Hopefully not, but if it does, STOP and ask questions until you and your management understand the goals of your work. It's not about taking shortcuts and just 'speeding up'!



### Health Tip of the Day

#### HUNGER VERSUS APPETITE

What's the difference between appetite and true hunger? Hunger is your body's physical response to lack of food. Your stomach may growl, you may feel tired, slightly irritable or even have a headache. Appetite is more about the desire for food. It is the mental and emotional drive to eat, which can be affected by time of the day, food availability, social acceptance, stress and boredom. Tuning into your body's signals and eating when you are truly hungry is an important part of healthy weight management.