

*Hazard Recognition: Building Safety, Electrical Safety, Fall Prevention, Heat Stress
 Safety Principle #5: Management is responsible for establishing a safe work
 environment and clear expectations for safety performance*

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 Building Safety, Electrical Safety, Fall Prevention, Heat Stress**

May 2018

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Daily Safety and Health Topics

May 2018

Hazard Recognition:

Building Safety, Electrical Safety, Fall Prevention, Heat Stress

Entergy's 12 Safety Principles

1. All injuries are preventable
2. People are the most critical element
3. All Employees are responsible for safety
4. All operating exposures can be controlled
5. Management is responsible for establishing a safe work environment and clear expectations for safety performance
6. Safety is good business
7. Management must audit performance
8. Our work is never so urgent or important that we cannot take time to do it safely
9. Deficiencies must be corrected promptly
10. Employees must be trained to safely perform all assigned tasks and accountable for applying these skills on the job
11. Safety is a condition of employment
12. Off the job safety is an important part of overall safety efforts



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May 1, 2018

Safety, Health and Human Performance Focus

IT'S BUILDING SAFETY MONTH

How is your building safety plan at home? Do you have discussions with your family about sheltering in place? Have you determined the safest location to shelter? Let's take those types of conversations to our families. If you are unsure about the best location to designate for shelter at home, contact local first responders for guidance. This is a critical element in living a safe and healthy life!

Org Health & Diversity Focus

For the month of May, Organization Health and Diversity will focus on the importance of mental health. Did you know many mental illnesses can be debilitating and qualify as an invisible disability? For more information on what conditions are considered a disability or if you would like to learn why it is important for you to self-identify in PeopleSoft, please visit the Organizational Health and Diversity's Compliance page by clicking [here](#).

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May 2, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – WHAT IS ASTHMA?

Asthma causes symptoms such as wheezing, shortness of breath, chest tightness, and cough that vary over time in their occurrence, frequency and intensity. **Asthma is a common and potentially serious chronic disease** that imposes a substantial burden on patients, their families and the community. It causes respiratory symptoms, limitation of activity, and flare-ups (attacks) that sometimes require urgent health care and may be fatal.

Org Health & Diversity Focus

Each year, millions of Americans face the reality of living with a mental health condition, as 1 in 5 U.S. adults will experience a mental health condition in their lifetime.

May 3, 2018

Safety, Health and Human Performance Focus

HOME EVACUATION

Now that the family is clear on where to take shelter, what is the evacuation plan? Many of us have split plan homes where the master bedroom is either completely across the house from the kids' rooms, or it is downstairs and the kids are upstairs. Because of the home design, there is a chance that the kids' will have to play a part in their safety. Imagine if a fire broke out and you cannot get to them. It is important that our families (especially kids) are trained on how to evacuate the home based on different scenarios. Let's manage our families' safety as well as we would manage our work. Visit your local fire station for guidance. They will train you and your family.

Org Health & Diversity Focus

The National Alliance on Mental Illness works each year to provide support, educate the public and advocate for equal care of people living with mental illness. To learn more about NAMI, visit their website <https://www.nami.org/About-NAMI>.

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May 4, 2018

Safety, Health and Human Performance Focus

I'M NEW HERE. WHERE DO I GO?

Entergy hires new employees throughout the year. That is excellent for the business! Is everyone aware of his/her building safety requirements? Whether you are an office employee or a field employee, there are things to know about the buildings we work in. Two important things everyone MUST know are the building evacuation plan and the shelter in place location.

Org Health & Diversity Focus

Mental health affects everyone regardless of culture, race, ethnicity, gender or sexual orientation.

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May 5, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – FATIGUE BEHIND THE WHEEL

Drowsy driving is a serious risk to everyone on the road, leading to an average of 83,000 crashes per year. Lack of sleep can impair your ability to drive as much as drinking too much alcohol. Warning signs include frequent yawning, missing exits, drifting lanes, or not remembering the last few miles. Aim to be well-rested before hitting the road. If you feel drowsy while driving, pull over to a safe place and change drivers, if possible, or take a short nap.

Org Health & Diversity Focus

Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.

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Safety, Health and Human Performance Focus

THE MOST DISABLING INJURY CAUSE

Falling down is not only the most common office incident; it is also responsible for causing the most disabling injuries. In fact, office workers are 2 to 2.5 times more likely to suffer a disabling injury from a fall than non-office workers. We subconsciously get up and walk. Habit tells us it doesn't require much thought, but does it? Let's take precautions to prevent falls so that we can prevent disabling injuries.

Org Health & Diversity Focus

One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

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May 7, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – MANAGING HIGH BLOOD PRESSURE

High blood pressure is dangerous because it makes your heart work too hard, hardens the walls of your arteries, and can cause the brain to hemorrhage or the kidneys to function poorly or not at all. If not controlled, high blood pressure can lead to heart and kidney disease, stroke, and blindness. What you eat affects your chances of developing high blood pressure (hypertension). Research shows that high blood pressure can be prevented—and lowered—by following the Dietary Approaches to Stop Hypertension (DASH) eating plan, which includes eating less sodium.

Org Health & Diversity Focus

The prevalence of adults living with a mental illness is staggering. There are an estimated 16.3% of Hispanic adults living with a mental health condition.

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Safety, Health and Human Performance Focus

Health Focus Tip – FRACTURES/FALL PREVENTION

It's never too early or too late to take steps to protect your bones from osteoporosis fracture risk, especially the bones in your spine. Broken bones of the spine are common in people with osteoporosis and often go unnoticed until more serious problems occur. Many falls result in broken bones. Some common causes of falls include outdoor and indoor hazards. Certain lifestyle behaviors can also increase your chances of falling.

Org Health & Diversity Focus

The prevalence of adults living with a mental illness is staggering. There are an estimated 19.3% of Caucasian adults living with a mental health condition.

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Safety, Health and Human Performance Focus

FALL PROTECTION IS A FATAL RULE

It is really simple. Wear required fall protection equipment. Fall protection devices are worn in the manner they are intended (adjusted properly) when working at heights four feet and above. Always check your device for damage prior to putting them on and ensure you have proper tie off points. If you question any of it in your mind, take those concerns to your supervisor.

Org Health & Diversity Focus

The prevalence of adults living with a mental illness is staggering. There are an estimated 18.6% of African-American adults living with a mental health condition.

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May 10, 2018

Safety, Health and Human Performance Focus

HOUSE KEEPING

The responsibility belongs to all of us. We are accountable for our own work area and any areas we enter. When we walk past a trip hazard without addressing it, we accept the risks associated with everyone who encounters the hazard after us. Entergy's work areas belong to all of us.

Org Health & Diversity Focus

May 10th is National Children's Mental Health Awareness Day. This campaign seeks to raise awareness about the importance of children's mental health and show that positive mental health is essential to a child's healthy development. For more information visit the Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://www.samhsa.gov/children/awareness-day/2018>



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Safety, Health and Human Performance Focus

HOLD ON

We encounter countless areas that have only a few steps between floors. Do you know that you are supposed to hold the handrails when you walk up and down those steps? Why do we exercise such precautions when we use stairwells but not when we encounter a handful of steps? It only takes one step for a person to fall. Handrails help prevent falls.

Org Health & Diversity Focus

The prevalence of adults living with a mental illness is staggering. There are an estimated 13.9% of Asian adults living with a mental health condition.

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Safety, Health and Human Performance Focus

OSHA'S VIEW ON FALL PREVENTION

To prevent employees from being injured from falls, employers must:

- Guard every floor hole into which a worker can accidentally walk (using a railing and toe-board or a floor hole cover)
- Provide a guard rail and toe-board around every elevated open sided platform, floor or runway
- Provide working conditions that are free of known dangers

Org Health & Diversity Focus

The prevalence of adults living with a mental illness is staggering. There are an estimated 28.3% of American Indian/Alaska Native adults living with a mental health condition.

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May 13, 2018

Safety, Health and Human Performance Focus

OSHA'S VIEW ON FALL PREVENTION

To prevent employees from being injured from falls, employers must:

- Keep floors in work areas in a clean and, so far as possible, a dry condition
- Select and provide required personal protective equipment at no cost to workers
- Train workers about job hazards in a language that they can understand

Org Health & Diversity Focus

“A child’s mental health is just as important as their physical health and deserves the same quality of support.” – Kate Middleton

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Safety, Health and Human Performance Focus

FEAR ELECTRICITY

Employees and contractors within our company work around extremely high voltages. Some work around voltages not as high as 20 kV. There are those of us who have only been near 120 V outlets. One thing we should all have in common is a healthy fear of electricity. What does that mean? It means we set the expectation that no one underestimates the dangers of electricity. We de-energize when our safety is questioned, use proper PPE when working around electricity, use proper tools for the job, use ALL barriers that will protect us, etc. It also means we stop and think before placing the coffee cup next to the keyboard.

Org Health & Diversity Focus

“Mental health can improve overall well-being and prevent other illnesses.” – Vikram Patel

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Safety, Health and Human Performance Focus

Health Focus Tip – PREVENT SKIN CANCER

Follow these tips to protect your skin from the sun's damaging ultraviolet rays and reduce your risk of skin cancer:

- **Seek shade when appropriate**, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- **Wear protective clothing**, such as a lightweight long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- **Generously apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher**. Broad-spectrum sunscreen provides protection from both UVA and UVB rays.
- **Reapply sunscreen every two hours**, or after swimming or sweating.
- **Use extra caution near water, snow and sand**, as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- **Perform regular skin self-exams** to detect skin cancer early, when it's most treatable, and see a board-certified dermatologist if you notice new or suspicious spots on your skin, or anything changing, itching or bleeding.

Org Health & Diversity Focus

“My hobbies include maintaining my physical and mental health. It’s a full-time job.” –
Olivia Thirlby

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Safety, Health and Human Performance Focus

Health Focus Tip – HEAT STRESS

Exposure to extreme heat can result in occupational illnesses and injuries. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness. Encourage workers to drink plenty of fluids and take frequent breaks to avoid becoming overheated.

Org Health & Diversity Focus

“There is no health without mental health; mental health is too important to be left to the professionals alone, and mental health is everyone’s business.” – Vikram Patel

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Safety, Health and Human Performance Focus

Health Focus Tip – MAY IS HEALTHY VISION MONTH

Taking care of your eyes can be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day. To keep your eyes healthy, get a comprehensive dilated eye exam: an eye care professional will use drops to widen the pupils to check for common vision problems and eye diseases. It's the best way to find out if you need glasses or contacts, or are in the early stages of any eye-related diseases.

Org Health & Diversity Focus

“We need to do a better job of putting ourselves higher on our own ‘to do’ list.” – Michelle Obama

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May 18, 2018

Safety, Health and Human Performance Focus

ELECTRICAL HAZARDS BRING ADDITIONAL HAZARDS

Overhead and buried power lines are especially hazardous because they carry extremely high voltage. Fatal electrocution is the main risk, but burns and falls from elevations are also hazards associated with contacting high voltage. We must do everything in our power to avoid a contact.

Org Health & Diversity Focus

Per the Substance Abuse and Mental Health Services Administration, nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.

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Safety, Health and Human Performance Focus

GROUND-FAULT PROTECTION

Normal use of electrical equipment causes wear and tear that results in insulation breaks, short-circuits, and exposed wires. If there is no ground-fault protection, these can cause a ground-fault that sends current through the worker's body, resulting in electrical burns, explosions, fire, or death.

Org Health & Diversity Focus

“People talk about physical fitness, but mental health is equally important.” – Deepika Padukone

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May 20, 2018

Safety, Health and Human Performance Focus

CLEARANCE AND TAGGING

Clearance and tagging procedures are critical barriers against electrical hazards. It is vital that we take these procedures seriously, know the processes and implement them with complete understanding and agreement.

Org Health & Diversity Focus

Per a statistic provided by the National Institute of Mental Health, nearly 50% of youth aged 8-15 didn't receive mental health services in the previous year.

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Safety, Health and Human Performance Focus

Health Focus Tip – STROKE PREVENTION LIFESTYLE TIPS

Strokes can and do occur at ANY age. Nearly one quarter of strokes occur under the age of 65. The risk of stroke more than doubles each decade after the age of 55. **80% OF STROKES ARE PREVENTABLE!**

Org Health & Diversity Focus

“We need, ultimately, to be able to view mental health with the same clear-headedness we show when talking about physical health.” – Matt Haig

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Safety, Health and Human Performance Focus

HEAT STRESS DOMINO EFFECTS

Prolonged exposure to high temperatures:

- leads to dehydration
- increases core body temperature
- elevates metabolism and accelerates fatigue
- causes mental fatigue
- can lead to stroke

Org Health & Diversity Focus

“The problem with the stigma around mental health is really about the stories that we tell ourselves as a society. What is normal? That’s just a story that we tell ourselves.” – Matthew Quick

May 23, 2018

Safety, Health and Human Performance Focus

WALKING/WORKING SURFACES

What is the walking/working surface like in your area? Is there a need for an anti-slip mat, grip tape, safe cord strips, mud chucks, lighting, paint stripes? Take a moment to observe areas where you tread. Go back and observe areas where people have tripped or slipped but didn't fall. Talk with your management and your local safety specialist or champion about the surface. Enter that close call/good catch. Thank you for practicing prevention!

Org Health & Diversity Focus

"I have long recognized a link between fitness and mental health and I think we need to encourage young people to take part in sports and team activities because we know it has such positive results." – Tipper Gore

May 24, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – WORK LIFE BALANCE

For a lot of people, the pursuit of a healthy work/life balance seems like an impossible goal. With so many of us torn between juggling heavy workloads, managing relationships and family responsibilities, and squeezing in outside interests, it's no surprise that more than one in four Americans describe themselves as "super stressed." And that's not balanced or healthy. Over time, stress also weakens our immune systems, and makes us susceptible to a variety of ailments from colds to backaches to heart disease. The key to managing stress lies in that one magic word: Balance. When workers are balanced and happy, they are more productive, take fewer sick days, and are more likely to stay in their jobs.

Org Health & Diversity Focus

Per a statistic provided by the National Institute of Mental Health, African Americans and Hispanic Americans used mental health services at about half the rate of Caucasians in the past year and Asian Americans at about 1/3 the rate.

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Safety, Health and Human Performance Focus

RIGGING AND ELECTRICAL CONTACT

Two riggers discovered that the initial path they planned to take was blocked by another crane. They selected another route that appeared to be clear. Their focus on ground obstacles prevented them from noticing low-hanging electrical wires above. Crane contact with the wire resulted in the death of one of the riggers. They had eyes on path, right? Do you see how quickly a change can become fatal? All they did was “select another route”. This is another learning opportunity for us to realize that simple changes are factors in what we do.

Org Health & Diversity Focus

“Self-esteem is as important to our well-being as legs are to a table. It is essential for physical and mental health and for happiness.” – Louis Hart

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Safety, Health and Human Performance Focus

WALKING

Three common contributors to falls: walking surfaces, footwear and distractions. Most of us who are of working age will not fall and bounce right back up. How do we know that? - Because a large number of our injuries result in strains, sprains, tears, and (if you recall from earlier this month) disabling injuries. How do we prevent these injuries?

We attack the contributors:

- exercise and stretch throughout the day (cold muscles are easy to tear)
- eliminate distractions while walking (put your phone and documents away)
- choose our footwear cautiously
- report and repair surface issues.

Org Health & Diversity Focus

“Change the way we all talk to each other about our mental health.” – Kate Middleton

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Safety, Health and Human Performance Focus

THE HEAT IS ON

Spring and summer months are here. Have you begun discussions and taking actions around work schedules, hydration, and other precautions for working outdoors? Leaders, let's get prepared and start gearing up for the heat.

Org Health & Diversity Focus

Approximately 26% of homeless adults staying in shelters live with serious mental illness.

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Safety, Health and Human Performance Focus

CLOSE CALL/GOOD CATCH

Based on the hazard recognitions for this month, have you captured any items related to one of the topics? Please take a moment to share that with the team. What action(s) was/were taken to prevent an incident?

Org Health & Diversity Focus

“Mental health needs a great deal of attention. It’s the final taboo and it needs to be faced and dealt with.” – Adam Ant

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Safety, Health and Human Performance Focus

Health Focus Tip – CHOOSE 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, may help 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. Since all fats are high in calories and can add up quickly, keep a close eye on your portions.

Org Health & Diversity Focus

Serious mental illness costs America \$193.2 billion in lost earnings every year.

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Safety, Health and Human Performance Focus

DO YOU UNDERSTAND THE CHART?

The heat index chart is something that many non-office employees at Entergy are exposed to and have in their possession. The chart tells us how hot it really feels when you factor relative humidity with actual air temperature.

How it works:

1. Find the number where the current temperature and the % relative humidity meet on the chart
2. The number is in a colored section of the chart. Adhere to the guidance provided based on the color

If you don't have the chart, download a heat index app onto your smart device. Keep this handy as you or someone else work in your yard. You could save a life by recognizing what precautions to take during heat exposure.

Org Health & Diversity Focus

“We readily go to the health club when our doctor suggests we need more exercise, but we regularly neglect the ‘mental health club’ that our well-being more truly requires.” – Pico Lyer

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Safety, Health and Human Performance Focus

HEAT STRESS PREVENTION

Think about all the tools we have to prevent heat stress. Are we actively applying those tools to our tasks or are we telling ourselves things like, “it won’t take that long”, “I can get it done quickly”, “I’ve got this”, “let me take this thick safety gear off for two minutes”?

I see overconfidence, self-imposed time pressure, and improper use of PPE all leading to a dangerous set-up. Thank you for being aware of the heat stress risks, but don’t allow “how the heat makes you feel” to dictate your actions. Plan, prepare and be mindful of your health and your actions.

Org Health & Diversity Focus

Depression is the leading cause of disability worldwide and is a major contributor to the global burden of disease.

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