

Hazard Recognition: Time Pressure, Ergonomics, Fatigue, OSHA, Gun Safety
Safety Principle #11: Safety Is a Condition of Employment

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November 2018						
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Safety Principle #11: Safety Is a Condition of Employment

Daily Safety and Health Topics

November 2018

Hazard Recognition:

Time Pressure, Ergonomics, Fatigue, OSHA, Gun Safety

Entergy's 12 Safety Principles

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



November 1, 2018

Safety, Health and Human Performance Focus

TIME PRESSURE

Time pressure on the job can come in many forms; ramp rates, due dates, daily schedules, and outage schedules are just a few of the time pressures that we face. Since we often cannot remove all of the time pressure, the key to success is in recognizing the time pressure trap and making conscious decisions about how to deal with it.

Org Health & Diversity Focus

The Org Health and Diversity focus for November will spotlight veterans we have working at Entergy and the reasons why they make the choice to work and live safe. To learn more about topics related to Organizational Health, Diversity and Inclusion, please visit our site by clicking [here](#).

November 2, 2018

Safety, Health and Human Performance Focus

ERGONOMICS – REPETITIVE MOTION

Employees perform daily tasks that require repetitive motions. These tasks can range from keyboarding, lifting, carrying, climbing, triggering power tools, and reaching. Over time the duplication of these motions can cause a wide range of injuries. Practicing good posture, ensuring the right tool fits the job and utilizing frequent stretching and breaks during the day will help in the prevention of repetitive motion.

Org Health & Diversity Focus

Did you know 13% of Entergy employees are veterans of the U.S. armed forces?

November 3, 2018

Safety, Health and Human Performance Focus

FATIGUE

Fatigue is a very common complaint and it is important to remember that it is a symptom and not a disease. Many illnesses can result in the complaint of fatigue and they can be physical, psychological, or a combination of the two.

Org Health & Diversity Focus

Did you know Veterans Day is intended to thank and honor all those who served honorably in the military – in wartime or peace?

November 4, 2018

Safety, Health and Human Performance Focus

OSHA

OSHA is part of the US Department of Labor. With the Occupational Safety and Health Act of 1970, Congress created the Occupational Safety and Health Administration to assure safe and healthful working conditions for working men and women by setting and enforcing standards and by providing training, outreach, education and assistance.

Org Health & Diversity Focus

Did you know Veterans Day originated as “Armistice Day” on Nov. 11, 1919, which was the first anniversary of the end of World War 1? Congress passed a resolution in 1926 calling for an annual observance, and Nov. 11 became a national holiday in 1938.

November 5, 2018

Safety, Health and Human Performance Focus

GUN SAFETY

How many in your group own guns for hunting and/or enjoy target shooting? You may clean your own guns, go to the shooting range or have your own homemade shooting range at home. Have you ever had a close call? What measures do you put in place to make sure everyone is safe? The National Child Safety Council has downloadable materials for the little ones in your lives. The materials include activities to teach them about safety. <http://www.nationalchildsafetycouncil.org/materials>

Org Health & Diversity Focus

Why do you choose to live and work safe? “I am a retired navy submariner. My wife Martina, who also works at River Bend, and I vacation with our family every summer in Pensacola Beach and, of course, we visit the Naval Air Station Aeronautical Museum.” – Chris Jensen, Systems Engineer, River Bend Station (U.S. Navy)

November 6, 2018

Safety, Health and Human Performance Focus

Health Tip of the Day - WATER GUIDELINES

How much water should you drink each day? It partly depends on where you live and how active you are. In general, most adults need about nine to 13 cups of beverages each day. This includes all fluids and food. On average, food provides about 20 percent of total water intake. If plain water sounds boring, spruce it up. Garnish your glass with a mint sprig and a slice of lime, lemon, orange, pineapple, kiwi, star fruit or even a few fresh berries.

Org Health & Diversity Focus

Why do you choose to live and work safe? “I live safe to teach my son how to live safe, especially now since he is a high school senior with hopes of attending college, as he would say ‘far, far away’ from his parents.” – Delrick A. Urquhart, Sr., Senior Lead Analyst, Utility Learning and Development (U.S. Army)

November 7, 2018

Safety, Health and Human Performance Focus

STAR

Stop Think Act Review: This HU component is often used with the Human Performance tool questioning attitude. Incorporating this tool and component before and during tasks is a key step in hazard recognition, scope change, and verification/validation.

Org Health & Diversity Focus

Why do you choose to live and work safe? “My family is why I choose to work and live safe.” – James Wood, Incident Response Specialist (Command Master Chief, U.S. Coast Guard)

November 8, 2018

Safety, Health and Human Performance Focus

SAFETY FOCUS

Accident prevention is the responsibility of everyone. You've heard that statement probably more times that you can remember. But it's a fact. Safety has to be the responsibility of each and every one of us. No one person or department can constantly watch, guide or instruct every operation that is going on throughout a company each day.

Org Health & Diversity Focus

Why do you choose to live and work safe? I live safe because my life is filled with love from my family and I want to be able to return that love to them.” – Dillon Allen, Senior Manager, Project Management (U.S. Navy)

November 9, 2018

Safety, Health and Human Performance Focus

PEER CHECKING

Peer checking is a vital tool to use when you are unsure of a process or procedure. Always select a peer that is qualified to provide you with the experienced feedback that is required to ensure the desired outcome. In addition, having a questioning attitude will lead to peer checking in most cases.

Org Health & Diversity Focus

Why do you choose to live and work safe? “I don’t know about you, but being able to continue to make memories with my family is one reason I choose to work and live safe.” – Kim Welch Pittman, Project Manager, Nuclear Headquarters (CTR2, U.S. Navy)

November 10, 2018

Safety, Health and Human Performance Focus

WEEKEND SAFETY

TGIF – Baby-Boomers know this as Thank God Its Friday. If your weekend activities consist of physical or relaxing activities always take your safety cap with you. You have been engrained with a myriad of safety training for your toolbox. Display your safety knowledge with your family, but watch out, its contagious.

Org Health & Diversity Focus

Did you know in 1954 the 83rd U.S. Congress amended the 1938 act that made Armistice Day a holiday, changing the name to “Veterans Day”? President Dwight D. Eisenhower signed the legislation on June 1, 1954.

November 11, 2018

Safety, Health and Human Performance Focus

ERGONOMICS @ ENTERGY

Remember, ergonomics is the science of designing a job/workspace to fit the worker. Designing the workspace and improving behaviors will reduce work related musculoskeletal injuries keeping employees safe and healthy. Having an assessment completed by a trained and experienced ergonomist is an integral part of helping protect our employees from safety and health risks in the workplace.

RESET, an office ergonomic assessment tool, is designed to eliminate ergonomic risk factors associated with an office workspace. With supervisor approval, you can now receive a one-on-one consult with an ergonomic specialist who will evaluate your workspace and provide recommended improvements.

Org Health & Diversity Focus

Why do you choose to live and work safe? “We remember those who were called upon to give all a person can give, and we remember those who were prepared to make that sacrifice if it were demanded of them in the line of duty, though it never was. Most of all, we remember the devotion and gallantry with which all of them ennobled their nation as they become champions of a noble cause.” – President Ronald Reagan

November 12, 2018

Safety, Health and Human Performance Focus

OSHA – SAFETY STARTS WITH TRAINING

OSHA requires employers to provide training to workers who face hazards on the job. OSHA creates training materials, distributes training grants to nonprofit organizations, and provides training through authorized education centers. Be informed and request OSHA training if it's needed for your workgroup.

Org Health & Diversity Focus

Why do you choose to live and work safe? “I choose to live safe because I would hate to have to explain to my family and friends why I chose to do otherwise when given the option.” – Alison Stahl, Senior Nuclear Auxiliary Operator, Waterford 3 (U.S. Navy)

November 13, 2018

Safety, Health and Human Performance Focus

HEALTH FOCUS – A MOMENT OF MINDFULNESS

If you're doing more than one thing at a time, one may be tempted to do something rash. Multi-tasking isn't just tiring; it can affect your ability to remember things and even change the pathways in the brain because of its ability to adapt (neuroplasticity). Take a moment now to stop. Close your eyes. Focus on your breathing for one minute. Then come back to the hustle and bustle and commit to moments of mindfulness at least three times a day.

Org Health & Diversity Focus

Why do you choose to live and work safe? So many more smiles I want to give and places I want to travel. I strive to live life in a way that gives back. I and others have fought so hard. Let's not allow this to have been wasted." – Tina Morton, Senior Project Manager EA1(SCW), Ret. U.S. Navy Seabee

November 14, 2018

Safety, Health and Human Performance Focus

GUN SAFETY

Hunting season is here. Avid deer hunters are making plans for the season. Get safe. Get certified! If you don't already have your hunter certification, start with this convenient online Introduction to Hunter Education course provided by the International Hunter Education Association. IHEA also partners with a leading recreation safety training provider and state wildlife agencies to provide links to most states' online.

Org Health & Diversity Focus

Why do you choose to live and work safe? "I live safe for my family; I want to come home to them every single day." – Bree Wright, Analyst II, Enterprise Safety (Former Army National Guardsman)

November 15, 2018

Safety, Health and Human Performance Focus

TIME PRESSURE

Time pressure is everywhere. It's at home, work, church-life, and volunteering events. Tips to recognize and manage the time pressure trap.

- Stay in process; follow your procedures because this will eliminate false time pressure (sometimes perceived)
- Stay in role; each of you are experts in your area, and this knowledge is required for any job to be successful
- Stay focused; maintain a questioning attitude to head off potential problems
- Be ready; if something is not right, use questioning attitude to challenge the situation.

Org Health & Diversity Focus

Why do you choose to live and work safe? “Live safe is 24/7/365. I choose to live safe and to create and sustain a safe work environment because of our people – our Entergy family. Being an engaged safety steward is rewarding.” - Jerome Weisen, Senior Instructor, HR Operations (Command Master Chief, U.S. Navy)

November 16, 2018

Safety, Health and Human Performance Focus

MENTAL & PHYSICAL FATIGUE

When working long hours during a storm event or to meet deadlines, symptoms of fatigue can set in. Be mindful of fatigue and have an action plan to combat this hazard trap. Incorporate HU tools such as questioning attitude and situational awareness into your action plan.

Org Health & Diversity Focus

Why do you choose to live and work safe? “I work safely for my wife, Christine, our grandkids and the ‘Puppy Girls’.” – John Elnitsky, Senior Vice President, Nuclear Engineering and Technical Services (Rear Admiral, U.S. Navy)

November 17, 2018

Safety, Health and Human Performance Focus

OSHA STANDARDS (1910 & 1926)

The proper application of the standards at 29 CFR 1910 and 29 CFR 1926 depends upon the circumstances at the work site. In most instances, either or both sets of standards can be expected to be applicable to the operations of your company. OSHA standards are promulgated in two general categories:

- General standards which may be applicable to any workplace situation are promulgated at 29 CFR 1910.
- Specific standards promulgated at 29 CFR 1915 through 1919 addresses maritime workplaces exclusively. Additionally, specific standards are promulgated at 29 CFR 1926 and at 29 CFR 1928 to address construction and agricultural workplaces respectively.

Org Health & Diversity Focus

Did you know the red poppy is the national symbol of sacrifice and remembrance of those lost to war? The practice is taken from the poem *In Flanders Field*, written by John McCrae in 1915 and is traditionally done on Memorial Day, not Veterans Day.

November 18, 2018

Safety, Health and Human Performance Focus

SITUATIONAL AWARENESS OBSTACLES

Focus lock is a form of distraction that is so engaging that it directs all of our awareness on one thing, and by default, blocks all other stimulus around us. The smart phone is the single most focus lock ever invented. It robs us of our awareness in times and places where it's needed most. It is NOT ok to take your focus away from the task at hand. Maintain awareness of your situation.

Org Health & Diversity Focus

Why do you choose to live and work safe? “I live safe to set an example for family, for friends and for colleagues. I live safe to ensure my employees make it home to their families every single day.” – Bree Wright, Analyst II, Enterprise Safety (Former Army National Guardsman)

November 19, 2018

Safety, Health and Human Performance Focus

HEALTH FOCUS TIP – CANCER PREVENTION

The American Institute for Cancer Research recommends the following guidelines for cancer prevention:

- Eat a variety of vegetables, fruits, whole grains and beans
- Limit the amount of red meats (beef, pork and lamb) you eat and avoid processed meats
- Avoid sugary drinks
- Be physically active every day in any way for 30 minutes or more
- Aim to be at a healthy weight throughout life.

Org Health & Diversity Focus

Why do you choose to live and work safe? “I want to help others for as long as I can and I can only do these things by living in a safe and healthy manner. Let’s always be humbled to know that it is up to us to be safe. Set the example and continuously learn and improve.” – Tina Morton, Senior Project Manager EA1(SCW), Ret. U.S. Navy Seabee

November 20, 2018

Safety, Health and Human Performance Focus

EYEWASH SAFETY

OSHA Regulation 29CFR1910.151 states that where the eyes or body of any person may be exposed to injurious corrosive materials, suitable facilities for quick drenching or flushing of the eyes and body shall be provided within the work area for immediate emergency use.

In the event eye-wash equipment is deployed during an emergency, be sure to continuously flush the eyes for no less than 15 minutes. Immediately contact supervision, and ask that the SDS for the material be located. The SDS will contain emergency treatment information, and should be communicated to any emergency response personnel.

Org Health & Diversity Focus

Why do you choose to live and work safe? “I live safe today because I worked at one of the most dangerous jobs in the world...on the flight deck of an aircraft carrier.” – Greg Klein, Procurement Specialists, Supply Chain (U.S. Navy)

November 21, 2018

Safety, Health and Human Performance Focus

GUN SAFETY

While hunting season is an exciting time for the outdoor enthusiast, it's imperative that safety be priority number 1. When it comes to safety, the old adage is true: an ounce of prevention is worth a pound of cure. Here are some hunting safety tips to follow.

- Always keep the barrel of your firearm pointed in a safe direction.
- Firearms should be unloaded when not in use.
- Don't rely on your gun's safety. Treat all firearms as if they're loaded and ready to fire.
- Be sure of your target and what's beyond it.
- Use proper ammunition.
- If your gun fails to fire when the trigger is pulled, handle with care.
- Always wear eye and ear protection when shooting.
- Be sure the barrel is clear of obstructions before shooting.
- Don't alter or modify your gun, and have it serviced regularly.

Org Health & Diversity Focus

Why do you choose to live and work safe? “When I'm gone, there is a hole in my wife and kids lives even though we can still talk on the phone or video chat. I want to make sure I live safe so they never have to experience that hole in a deeper and more permanent way due to an unsafe action I take.” – Dillon Allen, Senior Manager, Project Management (U.S. Navy)

November 22, 2018

Safety, Health and Human Performance Focus

SAFETY REQUIREMENT

Being safe is a condition and requirement of employment and it should also be your first commitment to your family, friends and co-workers. The people that you interact with daily are counting on you to be safe.

Org Health & Diversity Focus

Happy Holidays and be safe from Organizational Health and Diversity!

November 23, 2018

Safety, Health and Human Performance Focus

HEALTH TIP OF THE DAY – GET MORE VITAMIN C

Eating foods rich in vitamin C helps keep your teeth and gums healthy, aids in absorbing iron, supports wound healing and plays a role in immune system health. Our registered dietitian recommends choosing at least one vitamin C-rich food each day. Good choices include green peppers, strawberries, citrus fruits, tomatoes and broccoli.

Org Health & Diversity Focus

Why do you choose to live and work safe? “I live safe because I firmly believe in leading by example. As a safety professional, I cannot expect others to live safe if I am not doing so myself.” – Bree Wright, Analyst II, Enterprise Safety (Former Army National Guardsman)

November 24, 2018

Safety, Health and Human Performance Focus

FATIGUE

Working an unplanned weekend shift or overtime storm work can contribute to fatigue. Your normal work is complete, and now you have been called in to do extra work. Use self-checking for yourself and a peer check from others to combat this trap.

Org Health & Diversity Focus

Why do you choose to live and work safe? “My 30 years in the U.S. Navy taught me to maintain and work in a safe environment. Entergy has allowed me to realize the importance of ‘creating and sustaining a safe and healthy life’.” - Jerome Weisen, Senior Instructor, HR Operations (Command Master Chief, U.S. Navy)

November 25, 2018

Safety, Health and Human Performance Focus

LINE OF FIRE

How to mitigate line of fire situations:

- Use your job site review
- Know where your hands and body are at all times - situational awareness
- Eliminate the hazard when possible
- Use effective work practices for minimizing hazards

Org Health & Diversity Focus

WHAT IS CULTURE?

Did you know a number of countries honor their veterans each year on Nov. 11? Although the name is different, Canada and Australia observe “Remembrance Day” on Nov. 11 in honor of their veterans.

November 26, 2018

Safety, Health and Human Performance Focus

Health Tip of the Day – APPEALING EXERCISES: GO SOCIAL

Lack of interest in exercise is a common roadblock for many people, especially older adults and individuals with physical limitations or chronic conditions. To make it more appealing, consider the social aspect of physical activity via group exercise classes. These include tai chi, yoga, Pilates, chair exercise, step aerobics or dance and water aerobics. Look for knowledgeable, certified instructors who make sure the group stays safe while they are having fun!

Org Health & Diversity Focus

Why do you choose to live and work safe? “We enjoy driving our cars and going to car shows...I’m glad I am able to take the safety culture from work back home to my garage so I can keep enjoying them.” – Roy Branscum, Senior Maintenance Planner, Power Generation (U.S. Navy)

November 27, 2018

Safety, Health and Human Performance Focus

COACHING

We must all strive to receive coaching well. Our natural tendency may be defensiveness: “I’m not doing anything wrong...” But a coach’s desire is to help you. They care about you – or they would not be using their time (a precious commodity) to have a discussion with you.

Org Health & Diversity Focus

Why do you choose to live and work safe? “Hannah (daughter) attends college at Southeastern University, working hard at school and in her job. I’m very proud of her and she is one of my biggest reasons to live and work safely.” Todd LeCompte, Senior Transportation Mechanic, SE Louisiana Fleet Maintenance (U.S. Marine Corps)

November 28, 2018

Safety, Health and Human Performance Focus

ERGONOMICS - ABOVE SHOULDER WORKING HEIGHTS

Working above shoulder height and at workstations that are too high for the task can cause workers to use awkward shoulder, back, and neck postures. Working in these types of awkward postures can increase the risk of musculoskeletal injury. Reduce your risk of MSI by avoiding the following:

- Repeating the same movement over and over.
- Holding the same posture for long periods of time.
- Handling heavy weights.
- Working in a twisted posture.
- Falling into the trap of overconfidence.

Org Health & Diversity Focus

Why do you choose to live and work safe? “My other reason for choosing to live safe is my wife and our three cats. I committed to my wife after 30 years of military service that I would spend more time at home – and we would enjoy retirement together!” - Jerome Weisen, Senior Instructor, HR Operations (Command Master Chief, U.S. Navy)

November 29, 2018

Safety, Health and Human Performance Focus

SAFETY AS A PERSPECTIVE

For some, safety only becomes an important consideration when they are doing a dangerous job or task. They rationalize that safety procedures can be bypassed or ignored when the task is simple, small, routine and seemingly presents little risk of injury. Unfortunately, this type of thinking is why many routine, and apparently safe tasks or jobs, end up resulting in the most serious of accidents.

Safe work habits should not be limited to those projects or tasks that are the most difficult or dangerous. Safe work habits should be part of your everyday work routine. If safety is not incorporated into every job or task you do, it is only a matter of time before an accident occurs.

Org Health & Diversity Focus

Why do you choose to live and work safe? “This sweet lady (his wife) and memories I’m making with her is why I live safe.” – Roger Kitchens, Military Veteran Recruiter, HR Operations (U.S. Army)

November 30, 2018

Safety, Health and Human Performance Focus

TIME PRESSURE

Time pressure is a type of psychological stress that occurs when a person has less time available (real or perceived) than is necessary to complete a task or obtain a result. Deploy your Human Performance tools when you encounter time pressure.

Org Health & Diversity Focus

Why do you choose to live and work safe? “I live safe because there are so many sunsets and sunrises that I still want to see and experience.” – Tina Morton, Senior Project Manager EA1(SCW), Ret. U.S. Navy Seabee