

November 2019

					1 Daylight Savings Time Dangers	2 Reduce Workplace Stress
3 Drowsy Driving Week	4 Drowsy - Specific Groups	5 Signs of Drowsy Driving	6 Are You at Risk for Drowsy Driving?	7 Interventions for Drowsy Driving	8 Tips for Driving - Keeping You Safe	9 Sleep Disorders
10 Slips, Trips, and Falls	11 Be Aware of Your Surroundings	12 Work Preparation	13 Stretching	14 JHA	15 Taking Safety Home	16 Hand Safety
17 Lifting – Use Mechanical Aids	18 Housekeeping	19 Use Tools and Machines Properly	20 Hurry Up Can Hurt	21 It's Not My Fault	22 Take Regular Breaks	23 One Safeguard Doesn't Make It Safe
24 Horseplay on the Job	25 Wearing Rubber PPE	26 Use of Proper IPE	27 Switching, Tagging, Clearance Procedures	28 Thanksgiving Safety Message	29 What Can Hurt Me Today?	30 Five Common Contributing Factors

November 1, 2019

Field Daily Safety Message

End of Daylight-Saving Time Can Be Dangerous

Early Sunday morning (November 3rd) at 2:00 am we will turn our clocks back one hour for the end of Daylight-Saving Time. Most of us think: “*Fantastic! I get another hour of sleep*”; and yes, you will. However, there is a huge difference between the “society clock” and the “biological clock” we all work from. During such time changes there is statistically an increase in safety incidents.

Some things to keep in mind when switching back to standard time are:

Fatigue -- Studies suggest that it takes people who work traditional hours several days to fully readjust their sleep schedule after the time change. While it may seem a welcome gift to get an extra hour of sleep as opposed to losing an hour in the spring, there is a physiological consequence to changing our clocks. Don't be surprised if you feel a bit sluggish during the first week or so of November.

Accidents -- Evidence suggests that time changes increase safety problems both at work and at home. Just being aware of the increased risk of accidents in the period immediately following the time change may help you stay alert. Try to avoid building up a sleep debt in the days before the change.

November 2, 2019

Field Daily Safety Message

Reduce Workplace Stress

Stress can lead to depression and concentration problems. Common causes of workplace stress include long hours, heavy workload, job insecurity and conflicts with coworkers or managers.

Take your concerns about workplace stress to your supervisor to see how they might help you address them.

You may also contact our Worklife Balance Resources at 1-855-718-9396 or login into www.mylifevalues.com (Logon ID: Entergy – Password: worklife)

Staying Safety Strong by reducing stress is an important part of worklife balance.

November 3, 2019

Field Daily Safety Message

November 3rd – 10th is Drowsy Driving Prevention Week

Sleepiness and driving are a dangerous combination. Most people are aware of the dangers of drinking and driving but don't realize that drowsy driving can be just as fatal. Like alcohol, sleepiness slows reaction time, decreases awareness, impairs judgment and increases your risk of crashing.

It's nearly impossible to determine with certainty the cause of a fatal crash where drowsy driving is suspected. However, there are several clues at a crash scene that tell investigators that the person fell asleep at the wheel. For example, drowsy driving accidents usually involve only one vehicle where the driver is alone, and the injuries tend to be serious or fatal. Also, skid marks or evidence of other evasive maneuvers are usually absent from the drowsy driving crash scene.

Remain Safety Strong and don't drive drowsy ... your family depends on you in more ways than one!

November 4, 2019

Field Daily Safety Message

Drowsy Driving – Specific At-Risk Groups

In general, since all humans require sleep daily, any driver can succumb to fatigue or be at higher risk for experiencing a decrease of alertness or microsleep when that have not obtained adequate sleep (both in quality and quantity).

Research has identified the following groups as being at risk for having a fall-asleep crash.

Specific At-Risk Groups:

- Young people-especially males under age 26
- Shift workers and people with long work hours-working the night shift increases your risk by nearly 6 times; rotating-shift workers and people working more than 60 hours a week need to be particularly careful
- Commercial drivers-especially long-haul drivers – at least 15% of all heavy truck crashes involve fatigue
- People with undiagnosed or untreated disorders-people with untreated obstructive sleep apnea have been shown to have up to a seven times increased risk of falling asleep at the wheel
- Business travelers-who spend many hours driving or may be jet lagged

November 5, 2019

Field Daily Safety Message

Drowsy Driving: The Warning Signs

Your eyelids droop and your head starts to nod. Yawning becomes almost constant and your vision seems blurry. You blink hard, focus your eyes and suddenly realize that you've veered onto the shoulder or into oncoming traffic for a moment and quickly straighten the wheel.

This time you were lucky; next time you could become the latest victim of the tragedy of drowsy driving.

Here are some signs that should tell a driver to stop and rest:

- Difficulty focusing, frequent blinking, or heavy eyelids
- Daydreaming; wandering/disconnected thoughts
- Trouble remembering the last few miles driven; missing exits or traffic signs
- Yawning repeatedly or rubbing your eyes
- Trouble keeping your head up
- Drifting from your lane, tailgating, or hitting a shoulder rumble strip
- Feeling restless and irritable

Eliminate this hazard – DON'T DRIVE DROWSY!

November 6, 2019

Field Daily Safety Message

Are You at Risk for Drowsy Driving?

No one knows the exact moment when sleep comes over their body. Falling asleep at the wheel is clearly dangerous but being sleepy also affects your ability to drive safely even if you don't fall asleep.

Before you drive, consider whether you are:

- Sleep-deprived or fatigued (6 hours of sleep or less triples your risk)
- Suffering from sleep loss (insomnia), poor quality sleep, or a sleep debt
- Driving long distances without proper rest breaks
- Driving through the night, mid-afternoon or when you would normally be asleep
- Taking sedating medications (antidepressants, cold tablets, antihistamines)
- Working more than 60 hours a week (increases your risk by 40%)
- Working more than one job and your main job involves shift work
- Drinking even small amounts of alcohol
- Driving alone or on a long, rural, dark or boring road

Elimination of this risk is so very important. Know the signs of drowsy driving!

November 7, 2019

Field Daily Safety Message

Interventions for Drowsy Driving

Drowsy driving affects everyone! According to the National Highway Traffic Safety Administration, every year about 100,000 police reported crashes involve drowsy driving. These crashes result in more than 1,550 fatalities and 71,000 injuries annually. The real number may be much higher, however, as it is difficult to determine whether a driver was drowsy at the time of a crash.

Below are a few interventions to reduce drowsy driving:

- Crash avoidance technologies: New and existing safety technologies such as drowsiness alert and lane departure warnings can detect common drowsy driving patterns and warn drivers to stay in their lane or take a break
- Getting more sleep: According to the American Academy of Sleep Medicine and the Sleep Research Society, adults should get seven or more hours of sleep each night
- Medication labels: A 2015 article by Consumer Reports found that side effects warnings are not always clear

What are other interventions can your group come up with to prevent drowsy driving?

November 8, 2019

Field Daily Safety Message

Tips for Driving – Keeping You Safe

Since falling asleep while driving is so dangerous, you should know these tips to keep you on the safe side:

- Try to avoid driving when you are feeling drowsy.
- If you will be driving for a long period of time, avoid using the cruise control setting. Staying actively involved with your driving can help you stay alert.
- If you find yourself becoming drowsy or distracted, keep the car cool to help promote alertness. Listen to music or get involved with an active conversation to help relieve the monotony associated with driving.
- Avoid driving for long periods at night or driving for long distances alone. If you must travel long distances, make a point of stopping at a rest area every 1-2 hours to exercise and increase your energy level. If necessary, stop in a rest area to take a 15-20-minute nap to avoid falling asleep behind the wheel. Once you begin driving again, make a point of sitting up straight.
- Slouching down in the seat can promote sleepiness, particularly if you are driving at night.

If you snooze, you will lose. Don't drive drowsy!

November 9, 2019

Field Daily Safety Message

Sleep Disorders

Undiagnosed sleep disorders or sleep disorders that are not being treated properly can cause you to feel drowsy throughout the day. These symptoms can be worsened when performing repetitive activities such as driving.

Working with your doctor can help you learn if you have sleep disorders such as restless leg syndrome, narcolepsy or obstructive sleep apnea that could be affecting your ability to perform tasks like driving safely.

- **Narcolepsy-** Narcolepsy is a chronic condition that affects your ability to properly regulate your sleep schedule. Narcolepsy is caused by environmental triggers that induce your brain to rapidly release the chemicals which lead you to fall asleep. This can cause sudden loss of muscle control, strong emotions or severe daytime fatigue.
- **Obstructive sleep apnea-** This condition causes the patient to stop breathing while you are asleep. This can be caused by the airway becoming blocked or conditions that cause the airways to become floppy or narrowed because the body relaxes to the point where the muscles that regulate your breathing do not function properly. Sleep apnea can cause patients to become forgetful, grumpy, impatient or suffer from headaches.
- **Restless leg syndrome and periodic limb movement disorder-** Restless leg syndrome or periodic limb movement disorder commonly coexist in patients. In combination, these conditions can cause insomnia, excessive daytime sleepiness and daytime fatigue. It can also cause difficulty when you try to move your limbs, which can result in you losing control when performing activities such as driving.

Don't wait until it's too late!

November 10, 2019

Field Daily Safety Message

Slips, Trips, and Falls

Slips, trips and falls are the number one cause of industrial injuries in the U.S. Thousands of disabling injuries and even deaths occur each year as a result of slips, trips and falls.

Pay attention to your movements and surroundings:

- Stop, Think, Act and Review as you go through your daily tasks
- Focus on where you're going, what you're doing, and what lies ahead.
- Expect the unexpected.
- Take responsibility for fixing, removing, or avoiding hazards in your path.
- Walk, don't run.
- Watch out for floors that are uneven, have holes, etc.
- Don't carry loads you can't see over.
- Walk slowly on slippery surfaces. Slide your feet and avoid sharp turns.

Don't let a slip, trip, or fall keep you from enjoying all that life has to offer.

November 11, 2019

Field Daily Safety Message

Be Aware of Your Surroundings

Safety starts with awareness. Being aware of your surroundings will alert you to any potential danger and allow you time to react. This awareness can reduce safety incidents.

Lacking awareness of one's surroundings places employees in high-risk exposure situations that can lead to safety incidents, such as:

- Being distracted by loud noises or coworkers
- Taking one's eyes off the road while driving
- Multitasking
- Rushing to complete a task
- Working while fatigued or extremely tired
- Working at a new job site

THINK and be aware of your surroundings!

November 12, 2019

Field Daily Safety Message

Work Preparation

Ensure everyone understands the task required, roles and responsibilities, job impact, and human performance traps and tools when it comes to preparing for work. Take the time to examine the work area to identify and mitigate hazards and reduce the potential for risk.

During documented pre-job briefings, make sure everyone on the crew is involved and takes an active role. This will help to ensure that hazards and risks are identified by everyone along with promoting ownership of the elimination and the mitigation of hazards and risks.

When everyone is involved in work preparation we will:

- Minimize errors associated with human fallibility
- Reduce risk
- Create and sustain a safe and healthy culture
- Remain Safety Strong

November 13, 2019

Field Daily Safety Message

Stretching

Getting into the right position is key to working safely. Keep the work close to your body and between your hips and shoulders. Avoid reaching and repetitive tasks. A stretching routine is a good supplement to ergonomics, for when optimal postures cannot be maintained.

What are your stretching plans for the day? Stretching is not a one and done thing!

November 14, 2019

Field Daily Safety Message

Job Hazard Analysis

How do we start each job?

Every job begins with a quality JHA (Job Hazard Analysis). This form is used to document hazards, barriers and the control plan for critical task associated with job assignments. If employees can recognize hazards, they can act to protect themselves and others.

Do not view the JHA as just another form, it is a form that can mean the difference between life and death.

No job is too big or too small to bypass the JHA.

November 15, 2019

Field Daily Safety Message

Taking Safety Home

We spend a lot of time talking about safety in the workplace. The safety information that you learn on the job should be taken home to your family. Take the time to share your safety knowledge with your family that may apply to your home.

Be Safety Strong at home by:

- Performing a proper Circle of Safety around the family vehicle
- Sharing why backing into a parking space is important
- Proper PPE around the house
- Information about drowsy driving that you have learned through Daily Safety Messages

What other ways can you be Safety Strong at your home?

November 16, 2019

Field Daily Safety Message

Hand Safety

During rigging activities, the sudden urge to maneuver a piece of wood under a load when landing it or moving something out of the way at the last minute while the load is being set, could have the potential to cause great injury.

We always want to be mindful of where we are placing our hands during any material handling activity, don't pass or reach under a load. If the wood you are landing the load on needs adjusting, use a pole or something other than your hands to make the adjustment.

Do not place your hand where you can't see it, you may not get it back

November 17, 2019

Field Daily Safety Message

Lifting – Use Mechanical Aids Whenever Possible

Instead of attempting to carry or lift something that is heavy to save a sliver of time during your workday, take the extra minute to use a wheelbarrow, conveyor belt, crank or forklift.

Too many injury risks are involved with trying to lift something that weighs too much.

If you lift with your back, you will hear it crack!

November 18, 2019

Field Daily Safety Message

Housekeeping

We do a great job at eliminating and mitigating hazards during critical tasks but sometimes we overlook the lesser. Typically, on job sites, in warehouses, or in the backs of any trucks you will find remnants of old jobs or new jobs alike. This material, when properly stored is safe to work around. However, when not properly stored it presents hazards such as slips, trips, and falls, along with unsecured loads.

To prevent an accident, make sure that loose material is gathered and sorted. Once it has been sorted, properly store/secure this material to keep it out of harm's way. When walking the yard or job site, be aware of your surroundings and look for housekeeping issues to prevent them from getting worse. If you see something, do or say something.

If we all work toward a clean and safe work place, we will ensure we all go home safe.

November 19, 2019

Field Daily Safety Message

Use Tools and Machines Properly

Take the proper precautions when using tools, and never take shortcuts. Taking shortcuts is one of the leading causes of workplace injury. It's a huge safety risk to use scaffolding as a ladder or one tool in place of another for a specific job.

Using tools, the right way, greatly reduces the chance of workplace injury.

November 20, 2019

Field Daily Safety Message

Hurry Up Can Hurt

Almost everyone has been guilty of speeding through a job. We forget, until it's too late, that "hurry up can hurt". In just about every instance, hurrying on the job does not do much to increase productivity. Usually it is simply an easy way to get a job done—get a tough job out of the way - or try to get off the job as soon as possible.

Let's look at some hurry up acts. Which ones have you caught yourself doing?

- Didn't wear safety glasses because the job would only take a few minutes.
- Used the wrong ladder because the proper one was too far away.
- Didn't use proper lockout procedures because you could fix it yourself and wouldn't have to bother anyone else.
- Took a short cut between machinery or stockpiles of materials.
- Reached "just-a-little-bit-further" on the ladder so you didn't have to get down and move it
- Didn't slow down this time at a blind corner because you never saw anyone there before.

The list is endless. Do they sound familiar? Too familiar? Sometimes when you are in a hurry, nothing bad happens. Other times there may be "near misses", but eventually a serious injury will occur.

Is it worth your eyesight, your limbs, or even your life to save those few minutes?

November 21, 2019

Field Daily Safety Message

It's Not My Fault

How many times have you heard a child exclaim "it's not my fault!" or "it wasn't me!"? Whether or not these statements are true is beside the point, what we are talking about is how we conduct ourselves and what image we project to those around us.

A responsible, conscientious person will say "it's not my fault, but it's my problem". These individuals identify themselves by their actions; they pick up that piece of garbage on the ground, they're quick to lend a co-worker a hand or show them a better, safer way. They step up and take the high road any chance they get.

They may not be a supervisor or a lead hand, but they lead by example, they answer to themselves. When you hear "Ah...somebody's bound to get that", they are that somebody, for them there's always something to do, always an opportunity.

When you get enough of these people working together (there's never enough, always looking for new members) you get a company of people that do the right things, follow safe work procedures, help and look out for each other and co-workers throughout the site. They project an image of accountability and carry a reputation for getting things done and asking, "what else can we help you with".

If this sounds familiar, keep up the good work! If this sounds like an opportunity, welcome aboard!

We're always looking for new Safety Strong members!

November 22, 2019

Field Daily Safety Message

Take Regular Breaks

So many work-related injuries and illnesses occur because a worker is tired, burned out and not alert to their surroundings. Taking regular breaks helps you stay fresh on the job. One trick to staying alert is to schedule the most difficult tasks when your concentration is best, like first thing in the morning.

Don't forget to stretch often, your muscles will thank you!

November 23, 2019

Field Daily Safety Message

One Safeguard Doesn't Make It Safe

A lot of time and effort is spent every single day to keep workplaces incident-free and employees healthy. There are many different challenges to address to be able achieve this. Many different things could go wrong during a work task or throughout a day that can result in injury to employees.

It is important to realize that achieving a safe workplace is combination of many different efforts and not just any single action or safeguard.

Some individuals have the “good enough mindset” when it comes to implementing safeguards during their work tasks. For example, they may have the mindset that if they are wearing their PPE, which is our last line of defense, that this is “good enough” for performing the task. There most likely are three or four more safeguards that need to be put into place to be sure that the task will be performed safely.

Take the time to prepare for every task. No two tasks are alike!

November 24, 2019

Field Daily Safety Message

Horseplay on the Job

Horseplay leads to many injuries and property loss damage incidents in the United States every year. While you should enjoy the work that you do, your work should always be completed safely and responsibly. While horseplay may seem innocent and fun it can lead to devastating consequences.

Here are a few examples:

- A guy pulls the chair from beneath a coworker as he goes to sit. The victim falls and bruises his tailbone and cannot properly walk for weeks.
- A man decides it would be funny to blow an air horn in a coworker's ear. This action ruptures the victim's eardrum, requiring medical attention.
- A worker decides to jump on the side of a piece of equipment and catch a ride. The operator hits a bump at a fast speed to scare the other worker. The worker falls off and is run over by the equipment and dies.

Discuss other examples of horseplay and the potential outcomes.

November 25, 2019

Field Daily Safety Message

Wearing Rubber Personal Protective Equipment (PPE)

Wearing rubber PPE is the last line of defense when performing working on energized lines or equipment. Therefore, it is so important to visually check your PPE prior to each use.

All rubber goods that are found to have defects should be taken off the trucks and replaced. Be sure that the test dates are good dates also.

“Practice it! Knowing safety is not enough!”

November 26, 2019

Field Daily Safety Message

Use of Proper Insulated Protective Equipment (IPE)

IPE is used to provide workers protection from contacting energized conductors, but unlike Rubber PPE it is not worn on the body. IPE is used to prevent incidental contact with energized parts by the worker. They are designed for the primary purpose of protecting against incidental contact and may also reduce the exposure to or effects of an arc blast or arc flash.

Remember to inspect IPE for possible defects before each use. When storing IPE items, blankets, insulated barriers made of fiberglass or phenolic resin, or live-line tools such as hotsticks, switchsticks, and shotgun sticks, avoiding folding, sunlight, and any chemical or substance which could cause damage.

“Work safely, you may not get a second chance.”

November 27, 2019

Field Daily Safety Message

Following Switching Tagging & Clearance Procedures

Switching, Tagging, & Clearance Procedures are very important when de-energizing a section of line. These procedures are to ensure that there has been an elimination process of energized lines. This procedure is for the protection of the workers and the public in many cases. Tags are placed on poles and equipment by the controlling authorities and should not be removed unless the proper steps are taken by the right personnel.

Remember to use the written procedure, place keeping, and effective communication (three-part communication) to ensure correct execution.

November 28, 2019

Field Daily Safety Message

Thanksgiving Safety Tips

This Thanksgiving Holiday more than 13 million Americans will travel to spend the holiday with friends and family, leaving their homes empty for opportunistic burglars.

Follow these Thanksgiving safety tips to ensure your family's safety this holiday season.

- Remove fall-related objects that might allow access to your home. For example, ladders for cleaning leaves out of gutters can be used to enter a window or scale a fence
- Don't post Thanksgiving travel plans on social media letting people know that you will be out of town
- Make sure to have all mail, newspapers, and deliveries stopped or picked up by a neighbor, friend or relative
- Never leave a key hidden outside. Burglars know all the best hiding places
- Secure all windows, including those upstairs and reduce the chance of easy entry by cutting tree limbs away from second-story windows
- Have a friend move your car occasionally if it is parked in the driveway
- Use timers to operate lights

Remain Safety Strong during Thanksgiving.

From our home to yours, Happy Thanksgiving!

November 29, 2019

Field Daily Safety Message

What Can Hurt Me Today?

Every day before our work begins, we go through processes to evaluate the work for the day as well as the associated hazards. These processes include self-checks as well as a work area inspections and inspection of tools or equipment. During this process a main objective should be identifying hazards so that we can take steps to eliminate or mitigate the hazards found.

One useful question to ask yourself before a work task begins is: "What can hurt me?".

While a positive mindset and attitude are important for success in the workplace, asking yourself critical questions such as "what can hurt me today?" can trigger you take the extra time to really evaluate a work task. Take ownership of hazards in your work area and see them through that they get fixed.

After all you never know what safeguard or action may make the difference in preventing an injury.

November 30, 2019

Field Daily Safety Message

Contributing Factors for Safety Events

There is a long list of possibilities for what can contribute or cause a workplace injury. Unsafe conditions and unsafe acts are often at the root cause of why injuries occur. Unsafe acts are a huge factor in most workplace injuries.

Here are most common Contributing Factors in workplace injuries:

Distractions- There are many distractions that can take away focus from the work task at hand. These distractions can be in our actual work environment, such as clutter or noise, or a mental distraction. Mental distractions stemming from what is going on in our home life can serve as a huge disruption to getting tasks done safely at work.

Complacency- Many workers do the same tasks over and over for many years. Because of this familiarity with their work, complacency can set in. Complacency leads to taking shortcuts or not following normal work procedure. When this occurs, an injury is more likely to occur on the job.

Poor Housekeeping- Housekeeping is a major issue in some workplaces. Poor housekeeping leads to many different hazards. Some common injuries include slips, trips, falls, lacerations, sprains, and strains. A lack of housekeeping often is a signal that there are larger safety issues at hand.

Poor Preplanning- The lack of planning leads to a huge number of issues. When the hazards of a new task are not evaluated prior to work beginning, hazards are going to be left uncontrolled. This leaves employees at risk for injury. Poor preplanning can also lead to issues with not having the correct equipment, tools, materials, personnel, training for the work as well as a lack of time to get the job done.

Taking Shortcuts- A major unsafe act that results in many workplace injuries is taking shortcuts. There are various reasons why a worker takes a shortcut, but eventually enough safety shortcuts will lead to a workplace injury