

Hazard Recognition: General Safety Practices
Safety Principle #10: Employees must be trained to safely perform all assigned tasks and accountable for applying these skills on the job

Hazard Recognition: General Safety Practices

October 2017

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Daily Safety and Health Topics

October 2017

Hazard Recognition:

General Safety Practices

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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October 1, 2017

Safety Focus

USING TOOLS

Human Performance tools are tools that are as important as some of the physical tools you use to perform your work. It is sometimes hard to get back into the swing of things after holidays/vacation. Talk about the human performance tools you can use to work with the trap of change/off normal, distractions and other traps that may be present for you today. Specifically discuss Self Checking (STAR), Questioning Attitude and Effective Communication in briefs and put these great tools into action.

Health Tip of the Day

KIDS' SUN SAFETY

Did you know that just a few serious sunburns can increase your child's risk of skin cancer later in life? Kids don't have to be at the pool, beach or on vacation to get too much sun. Their skin needs protection from the sun's harmful UV rays whenever they're outdoors, even on cloudy days. Use sunscreen with UVA/UVB protection. In addition, keep them in the shade when the UV rays are strongest (10 am to 4 pm), and cover them up with protective clothing and a hat. Source: Centers for Disease Control and Prevention

Org Health & Diversity Focus

October is Dignity and Respect month. During this month, we will offer small gestures that can simply brighten someone's day or even help blossom a new friendship by simply treating everyone with dignity and respect. One pillar of dignity and respect is doing the right thing by doing your part to make your home, work and community environments better places for all through volunteerism. If you are interested in volunteering, please click [here](#) to access the Community Connectors portal to find volunteer opportunities in your area. Please note that participation in the Dignity and Respect campaign is strictly voluntary.

Human Performance Focus

PLACE KEEPING

Procedures, guidelines and directions are written to ensure our safety when doing a task. In addition, these steps are written to ensure tasks are done correctly to avoid accidents and rework. Perform all steps as written and then mark or check the steps off as you complete them.

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October 2, 2017

Safety Focus

FALLS - GENERAL

According to the U.S. Department of Labor, slips, trips and falls make up the majority of general industry accidents, which account for:

- 15 percent of all accidental deaths per year, the second-leading cause behind motor vehicles
- About 25 percent of all reported injury claims per fiscal year
- More than 95 million lost work days per year – about 65 percent of all work days lost

In general, slips and trips occur due to a loss of traction between the shoe and the walking surface or an inadvertent contact with a fixed or moveable object, which may lead to a fall.

What action can you take today to prevent a fall? Consider a mid-day or end of day check with your team to encourage discussion on how falls were prevented.

Health Tip of the Day

TAKE A WELL-BEING MOMENT

What if you scheduled just 15 minutes each week to focus on YOU? Take a broader view of health and go beyond physical well-being. Think about your social well-being (support and connections with others), emotional well-being (sense of purpose, resilience, restoring and rejuvenating), financial well-being and your environment (work, home, and community). Pick an area that you'd like to focus on and, in your 15 minutes, do one small thing to help strengthen your well-being. Source: HealthFitness

Org Health & Diversity Focus

Start with you. Reflect on how you see others, and how others see you.

Volunteer Opportunity – The Woodlands, TX

Power to Care Charity Classic Golf Tournament - 10:30am – 6:30pm

See the [Community Connectors Portal](#) if you are interested.

Human Performance Focus

SELF-CHECK

Do you have tasks that require you to be elevated from the ground at any height? If so, review your hazard mitigation plan before getting started. Do I need fall protection, have I established a drop zone, do I need a competent person on the ground as a look out, should the ladder be anchored/tied off?

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Safety Focus

SURFACE HAZARDS

Always correct walking surface hazards or problems if you can and report them if you are unable to correct them on your own. Use the examples below to generate discussion on how to remove or mitigate slip hazards.

- Weather hazards – rain, sleet, ice, snow, hail, frost
- Walking surfaces – polished or freshly waxed floors; loose, missing or uneven floors, carpets, tiles or mats, uneven or damaged surfaces/stair treads and sloped surfaces, metal plates and steps on equipment
- Clutter and housekeeping issues such as electrical cords or wire, air hoses, wet, greasy or muddy floors, dry floors with dust, powder or resin beads

Health Tip of the Day

YOGA

A review of yoga and cardiovascular disease published in the European Journal of Preventive Cardiology indicates that yoga may help lower heart disease risk as much as conventional exercise, such as brisk walking. Performing a variety of yoga postures gently stretches and exercises muscles. Source: Journal of Preventive Cardiology

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 2

Sweat the small stuff. It's often the small things, such as being kind and courteous, that make a difference.

Human Performance Focus

PHYSICAL ENVIRONMENT

We should all be aware of our physical environment and how it can quickly change. Street and highway traffic is an example of how our physical environment can change suddenly. An unattended wet spot on the floor changes our physical environment. Practice using situational awareness daily and it will help mitigate and in most cases eliminate the hazards that are presented when your physical environment changes suddenly.

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Safety Focus

TRANSITIONS

Transitioning from one surface type to another and shifting weight on a slippery surface are risk factors for slips. Identify at least three transitions you have made so far today and some others you may encounter through your walking route today. (Entering/exiting shower, entering/exiting your vehicle, transitioning through doors to different surfaces, ascending/descending ladders or equipment) Could you have fallen? What can you do to reduce your risk? Did you use STAR? Discuss the specific behaviors required to prevent falls.

Health Tip of the Day

RADON RISKS

Radon is a radioactive gas found in soil that can make its way into homes and other buildings. It's a major cause of lung cancer, second only to smoking. About one in 15 homes in the U.S. has high levels of radon, but since you can't see or smell it, testing is the only way to know if your family is at risk. Source: U.S. Environmental Protection Agency

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 3

Smile. A smile can be contagious.

Human Performance Focus

EFFECTIVE COMMUNICATIONS

Safety training is provided as a tool to instruct and teach employees to be safe. An essential element of effective communications is being a good listener. Be a good listener when attending safety training. Important verbal communications is being transferred to you to keep you safe and incident free.

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October 5, 2017

Safety Focus

STAIRS

Falls down stairs are not forgiving. Odds are you transition some stairs or steps during your workday. Use these practices to ensure your safety:

- Use Self Checking (STAR)
- Focus on transitioning the stairs
- Use the handrail
- Look at your path – do not carry items in a manner where your view of the step is blocked.
- Proceed slowly
- Ensure you have adequate foot placement on the step or stair

Report any steps/stairs that are in dimly lit areas OR that have deficiencies.

Health Tip of the Day

WORK IN WALNUTS

Add walnuts to your next shopping list. Walnuts are a good source of protein and are high in healthy fats (including omega-3). In addition to heart health benefits, studies show that these types of fats promote healthy aging of the brain. Work walnuts into your day by sprinkling them onto yogurt, oatmeal, salads, or cooked vegetables. Enjoy as a snack in small portions. Store in a cool, dark, dry place or in the fridge for a year and in the freezer for up to two years. Source: USDA Nutrient Database

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 4

Say “Hello”. You could make someone’s day.

Human Performance Focus

QUESTIONING ATTITUDE

I have recently completed HU training. I now need to apply the HU tools that I have learned on the job. Having a questioning attitude means asking myself, “am I identifying traps associated with the tasks that are asked of me”? Having a questioning attitude means “am I utilizing the HU tools to combat these traps”.

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Safety Focus

HAZARD REMOVAL OR MITIGATION - OUTDOORS

Hazard removal or mitigation when practical is a must. Outdoor areas:

- Keep parking lots and sidewalks clean and in good repair or condition.
- When snow and ice are present, remove or treat these elements. In some extreme cases, it may be necessary to suspend use of the area.
- Ensure someone or some department is responsible for treatment of pathways.
- Use adhesive striping material or anti-skid paint whenever possible.

Health Tip of the Day

FITNESS FOR THE NEW MOM

If you're a new mom looking to boost your energy and get back into shape, give the following options a try. Get moving outside with power walking or running with the stroller, or look for indoor activities at a fitness center with childcare. Get some activity and meet other moms with a "mommy and me" exercise class. If you prefer solo workouts, there are several DVD or streaming options. Before starting any exercise program, check with your physician and start slowly, even if you were active before and during pregnancy. Source: HealthFitness

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 5

Say "Thank you". Gratitude is a gift that's never too small to give.

Human Performance Focus

SELF-CHECK

Ask yourself, what HU tools and traps apply as it relates to spills, such as water on the floor, ice on the pavement, transformer oil on the ground, storm debris on the ground. **Stop** before you get started – **Think** about what you are trying to accomplish and assess your hazard mitigation plan – **Act** according to your plan – **Review** the outcome of your actions. By making this a routine practice it will become a habit with all tasks.

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Safety Focus

DRIVE SAFE!

Winter driving requires extreme care and caution but to drive safely, you also have to be able to see and other drivers need to be able to see you!

- Use Self Checking (STAR)
- Keep windshields, windows and mirrors free of ice and frost. Remove snow and ice from all lights even the hood and roof
- Slow down and leave plenty of room for lane changes and stops
- Look ahead in traffic - Actions by cars and trucks in front of you will alert you more quickly to problems, giving you a split-second of extra time to react safely
- Be on guard for accumulations of ice such as on bridges

Health Tip of the Day

BAGEL PORTION SIZE

A bagel can be a quick and easy breakfast option, but size matters! For example, a small, 3-ounce bagel has about 190 calories while an average 4.5-ounce bakery-type bagel has about 360 calories. For a balanced breakfast, try a smaller portion of a whole-grain bagel, spread with a tablespoon of peanut butter. Enjoy a piece of fruit on the side.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 6

Treat others the way *they* want to be treated. Find out what respect means to others.

Volunteer Opportunity – Hot Springs, AR

Trash Bash 2017 - 8:00am – 11:00am - See the [Community Connectors Portal](#) if you are interested.

Human Performance Focus

DISTRACTIONS

Distractions can be present in many forms. Humans allow distractions intentionally and unintentionally. Most distractions are from habits and behaviors we have developed. How do we fend off this trap? We all must acknowledge that it is present in our daily lives and use tools such as Self-Checking and Questioning Attitude daily to develop better habits and behaviors to fight off distractions.

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Safety Focus

ENTERING/EXITING VEHICLES - ONE STEP AT A TIME

The most common vehicle entry and exit injuries occur during the following actions:

- Jumping from the cab or bed of a truck
- Losing balance when entering or exiting a vehicle.

Treat vehicle entry and exit as an important task. Avoid overconfidence! Discuss the safe behaviors when exiting vehicles. Use Self-Checking (STAR). Here are a couple to get you started – look before stepping out of the vehicle and hold on to something stationary (don't use the steering wheel unless it is locked) What are others?

Health Tip of the Day

BREAKFAST ON THE RUN

Mornings can be hectic, so make them easier by preparing some quick breakfast options ahead of time. Cut up fresh fruit so it's easy to grab in a rush. Hard-boiled eggs keep for several days in the fridge. You can even make scrambled eggs with leftover veggies (peppers, onions, tomatoes, etc.) and/or lean meat (ham, turkey) and wrap them in a whole-wheat tortilla for an easy breakfast burrito. Whole-grain cereal or a bowl of oatmeal with fruit is also a great choice. Source: HealthFitness Dietitian

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 7

Build cultural awareness. Differences are barriers only if we allow them to be.

Human Performance Focus

POST JOB REVIEW

We can all become safer and more effective employees from a lesson learned discussion. Discussing things that went right and/or wrong on a completed job or project will identify areas where there are gaps and room for improvement. In addition, post job reviews can discover any latent organizational weaknesses (LOW's) that may present.

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Safety Focus

LADDERS

Many of our employees use portable ladders. Remember these practices when using ladders.

- Select the right type of ladder
- Inspect the ladder – do not use deficient ladders
- Follow the weight rating on the ladder
- If you see that you will need to over-reach or lean to access the area where you need to work, *move the ladder*
- If you must work in high traffic areas from a ladder, use cones, flagging, spotters or signs to ensure that others do not bump you off the ladder.

Health Tip of the Day

SUICIDE RISK FACTORS

According to the National Institute of Mental Health, depression, other mental disorders, and substance-abuse disorders are risk factors for suicide. Studies show the best way to prevent suicide may be through early recognition and treatment of depression and substance abuse. If you or someone you know feels depressed and hopeless, help is available through an employee assistance program, physician, mental health professional, or the National Suicide Prevention Lifeline (1-800-273-8255).

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 8

Make a new friend. Start a conversation and learn something new.

Human Performance Focus

OVERCONFIDENCE

Using a ladder to do a task may seem simple when you've done it over and over again. However, there are rules set by OSHA pertaining to the use of ladders to keep us safe.

1926.1053(b) – When portable ladders are used for access to an upper landing surface, the side rails shall extend 3' above the upper landing surface to which the ladder is used to gain access. When such extension is not possible because of the length, the ladder shall be secured at its top to a rigid support that will not deflect, and a grasping device such as a grab rail shall be provided to assist employees in mounting and dismounting.

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October 10, 2017

Safety Focus

TAKE THE SAFE PATH

Entergy and contract workers work in all kinds of areas and conditions. It is unlikely that a sidewalk or safe walk path will be available every time. When safe walk paths are provided, take them. Do not take unnecessary risks like stepping over objects or walking through wet areas when you can go around them. Take time to look at other areas where you may have to walk.

Health Tip of the Day

EVERYDAY STRETCHING

Stretching is an excellent thing you can do for your health. To discover simple, yet effective moves that can help you limber up for sports, improve your balance and prevent falls, increase your flexibility, and even help relieve arthritis, back, and knee pain, checkout the Stretching Special Health Report from Harvard Medical School.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 9

Demonstrate mutual respect. Inclusion means being respectful regardless of position or title.

Human Performance Focus

PROCEDURES

Procedures are put in place to keep us safe. Review all procedures and work instructions before attempting a task. Ensure your hazard mitigation plan is aligned with your procedures.

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October 11, 2017

HOUSEKEEPING

Good housekeeping is also essential in preventing slips trips and falls. Assess the jobs you do today and your work area to ensure the following are true.

- Aisles and walkways clear
- Ladder landings clear
- Cords and hoses overhead when possible
- Material and tools are stored in an organized manner
- Remember to use self-checking (STAR)

Health Tip of the Day

PREVENT SKIN CANCER

According to the American Academy of Dermatology, melanoma is a potentially fatal form of skin cancer that has a high cure rate if detected early. Checking your own skin regularly can help ensure that skin cancer is diagnosed in its most treatable stage. For skin cancer screening resources and to learn about proper skin self-exam techniques visit:

www.aad.org and click on "Public and Patients."

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 10

Ask. It's ok to ask when you're not sure.

Human Performance Focus

MENTAL FATIGUE

This trap is very hard to recognize by employees that have been working long, odd hours. Storm restoration work, on-call duty and outages are the perfect situations for this trap to show up. Be mindful of this trap when working unplanned hours and events. Have a questioning attitude about your readiness to perform tasks.

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October 12, 2017

Safety Focus

ELEVATORS

Some Entergy buildings contain elevators. Elevators can stop before being exactly even with the floor. We have had employees experience falls when stepping out of the elevators because they tripped. Stop and look before exiting. This is where you could use STAR. Do not assume that the elevator car is level with the floor. Report any elevator problems to a supervisor or other building contact.

Health Tip of the Day

EXOTIC VEGGIES

Improve the variety of your diet by trying some exotic produce. Nopales or cactus pads are often used in Mexican or Southwest dishes. Jicama (Mexican yam bean or Mexican potato) can be used raw in salads and tastes similar to a pear or apple. Chayote can be used like squash. Cassava is often boiled and can be used like a potato. Have fun experimenting with veggies you have never tried. Doing so may expand your food choices.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 11

Find common ground. Discover what you have in common.

Human Performance Focus

CHANGE - ABNORMAL

What HU tool can I use to mitigate this trap? You can use the STOP work process to re-gather your thoughts about the task and review your JHA so new hazards can be identified. Make the STOP work process a team effort to ensure everyone agrees.

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Safety Focus

“GET THE BIG PICTURE®” – DON’T FOLLOW TOO CLOSE

Safe driving guidelines advise drivers to keep a safe distance between themselves and the car ahead. Drivers need enough time to react if that car makes a sudden turn or stop. It can be too difficult to estimate the recommended distances while driving and the exact distance would have to be adjusted for speed. Remember the second of the five Smith Driving Keys® states to “Get the Big Picture®” and use a four-second minimum following distance. The four-second rule is simple. Find a stationary object on the side of the road. When the car ahead of you passes it, start counting seconds. At least four seconds should pass before your car passes the same object. At night or in inclement weather, you can double the recommended time to eight seconds for additional cushion.

Health Tip of the Day

GOLF AND BACK PAIN

Although a relatively low risk activity, golf-related injuries are possible, especially to the low back, shoulders, hips, wrists, and hands. If you play golf, apply proper swing mechanics and consider trying exercises that strengthen your abdominals and back muscles and increase overall flexibility. Certified personal trainers can help if you are looking for a tailored plan to support your golf game.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 12

Communicate respectfully. It’s not just what you say, but how you say it.

Human Performance Focus

SELF-CHECKING

Let’s face it; practically all of us drive to and from work every day. We immediately start using our safety and human performance skills just to get to work. When driving your eyes should always lead the vehicle. Make sure you are looking up and out far enough to see what’s happening in your future (the road up ahead). Don’t get into the habit of staring at the back of the vehicle in front of you. If you do, the vehicle is now leading you. Question yourself “Am I looking far enough into my future”.

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Safety Focus

EMERGENCY PLANNING – KNOW WHO TO CALL

No one wants to have an emergency but the fact is when an emergency occurs, and they do, you have to know whom to call so help can get to you or your co-workers promptly. Remember Human Performance Principle One- “People are not perfect and even the best can make mistakes.”

- Discuss the actions you should take for an emergency as part of pre-job briefs.
- Know the emergency numbers – some plants have internal emergency numbers.
- Know the address of your location.
- If you are in a plant, be able to describe the area (elevation, building, equipment that is close.)

Health Tip of the Day

TACO SALAD TRUTH

Don't let the word "salad" mislead you when dining out. According to our registered dietitian, some taco salads contain more calories and fat compared with other menu items because the meat, cheese, sour cream, and fried shell can add up quickly. For a lower-calorie option, skip the fried shell, go for grilled chicken breast instead of taco meat, and opt for the sour cream on the side. Try extra salsa to add more veggies and flavor to your meal.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 13

Practice patience. Take the time to get the full story.

Human Performance Focus

PRE JOB BRIEF

Always have a plan just in case there is an emergency. Save a family member or friend's cell number in your mobile phone and name it ICE (In Case Emergency). First responders are trained to look for that number in mobile phones when an accident occurs.

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Safety Focus

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, or MSI. 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.

Health Tip of the Day

KEEPING PETS SAFE IN SUMMER

Summer heat can be a challenge for our furry friends because they don't sweat, so they cannot cool off as efficiently as their owners. Pets can experience dehydration, sunburn, and even heat stroke in the summer heat. Take precautions by avoiding exercise in the peak heat of the day. Provide your pet with plenty of shade and ventilation, have fresh water available at all times, and never leave your pet inside a hot car.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 14

Seek understanding. It's better to not fully understand than to fully misunderstand.

October 15 – October 21 has been designated as Freedom from Workplace Bullies Week by the Workplace Bullying Institute as a week for support, inspiration, peace and health. For more information or materials on workplace bullying, please visit the Organizational Health and Diversity library. Click [here](#).

Human Performance Focus

COACHING

Be a mentor, be an effective coach today. Find a new employee and transfer some safety and health knowledge that you've learned since you have been with the company. A great approach to this form of coaching is to say "let me test your knowledge on safety." Provide insight, details, and maybe a short story from your experience.

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Safety Focus

TOOL INSPECTION

Examine all hand and power tools before using them. Do not attempt makeshift repairs. If the tool is defective, discard it or tag it so you or another person will not be tempted to use it. These are some of the problems to look for:

- Flattened or chipped heads on striking tools.
- Loose or cracked handles.
- Broken wiring on power tools.
- Insulation that has been damaged.
- Missing guards.

Keep a strong Questioning Attitude when doing your inspection.

Health Tip of the Day

DROWSY DRIVING

As many as one in 25 adult drivers report they have fallen asleep at the wheel in the past month. In fact, drowsy driving causes up to 6,000 fatal crashes each year. Signs of drowsy driving include frequent yawning, difficulty remembering the last few miles, missing your exit, or drifting out of your lane. If you experience any of these warning signs, pull over. Above all, aim to be well-rested before hitting the road!

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 15

Share your point of view. Everyone has a perspective. Let others benefit from yours.

Human Performance Focus

HAND TOOL QUESTIONING ATTITUDE

What does that look like? Ask yourself questions: “How can this tool, in this task, cause an injury?” or “What is the ‘line of fire’ for this task?” (so that you can stay out of the line of fire.) Also – “If this tool were to break, what is the most likely cause?” Also – “What is the right PPE for using this tool?”

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October 17, 2017

Safety 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.

Health Tip of the Day

STRETCHING DURING PREGNANCY

From the first trimester onward, your stretching routine should focus on a few key groups of muscles, especially if you're short on time and can't properly stretch every muscle in one session. Key muscle groups to stretch during pregnancy include your lower back, chest, neck, upper back, shoulder rotators, quadriceps, hamstrings, calves and hip flexors. If a muscle or group of muscles is overly tight, it can create a functional imbalance where the opposing muscles are overly stretched, or weak. For example, as your belly stretches to accommodate your growing womb, your lower back muscles tend to become tight and less flexible because they must compensate for weak abdominal muscles to maintain posture.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 16

Get someone else's point of view. After sharing your perspective, give others a chance to share theirs.

Human Performance Focus

STAR

As described above, safety should be a part of every job, every task, every time. Using STAR regularly is a great habit to develop. Use Stop, Think, Act, and Review so often that it becomes a habit, and to NOT use it would seem abnormal. The same as using your seatbelt in your car. If you use it all the time, and then forget it once – you feel 'naked' without it.

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October 18, 2017

Safety Focus

DO THE RIGHT THING

The right thing is not necessarily the easy thing, the popular thing or even the cool thing to do. True heroes have ethical standards of behavior to guide them and they do what they believe to be right. Even though it seems obvious safety is a priority, there are times when it is not an easy choice. For example, when the job is running late you may be tempted to take a shortcut. Making the safe choice even under difficult circumstances is the right thing to do. Do not fall in to the time pressure trap!

Health Tip of the Day

PREVENT MOSQUITO BITES

Different types of mosquitoes spread different viruses. The best way to protect yourself is to prevent mosquito bites by using an insect repellent containing a U.S. Environmental Protection Agency-registered active ingredient for use on skin or clothing. The Centers for Disease Control and Prevention recommend DEET, picaridin, IR3535, or oil of lemon eucalyptus (not "pure" oil of lemon eucalyptus) against mosquitoes. Always follow the directions on the package. Wear long sleeves and pants when possible.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 17

Reinvent the wheel. Do something that hasn't already been done.

Human Performance Focus

PRE-JOB BRIEFS

Sometimes, when under time pressure, it becomes tempting to skip the pre-job brief. After all – it takes time to do a good briefing. However, don't fall to that temptation! A pre-job brief is an excellent time to discuss how to handle the time pressure. If the pressure is particularly bad – let's discuss why – and how to handle it.

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October 19, 2017

Safety Focus

TOOL SELECTION

Make, and take, the time before you pick up a tool and begin working to think about the requirements of the job. Ask yourself, do I have the right tools for the job? Select tools designed for the intended and specific use. Using a tool for something other than its intended purpose often damages the tool and could cause you pain, discomfort or injury. Do a good pre-job brief before you start any job.

Health Tip of the Day

Banana Nutrition Benefits: 110 calories; 0.5 grams of fat; 27 grams of carbohydrates; 14 grams of sugar; 3 grams of fiber; 1 gram of protein; 25% of daily vitamin B6; 16% of daily manganese.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 18

Be open. Try to experience new thoughts and ideas as learning opportunities.

Human Performance Focus

MULTIPLE TASKS REMINDER

Remember: Multitasking is actually a misnomer. It is actually 'attention swapping'. If you are trying to do too many tasks at the same time, you will eventually become distracted away from an important piece of information – and an incident will occur.

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October 20, 2017

Safety Focus

SAFETY AWARENESS BEHAVIORS

How do you know you have developed good safety awareness? Here are some good examples of behaviors that suggest you have good safety awareness:

- Before you begin a job, you consider how to do it more safely.
- You make sure you know how and when to use personal protective equipment.
- As you work, you check your position to reduce strain on your body.
- While you are working, you become aware of any changes in the area like people coming or going, jobs beginning or ending.
- You start talking with others about safety.

Monitor yourself today and see if you have good safety awareness and keep a strong questioning attitude.

Health Tip of the Day

GETTING STARTED WITH ACTIVITY

Would you like to be more physically active, but not sure if exercising in a gym or with others is right for you? As a start, try doing something in the comfort of your home, like gardening or following an exercise video, or consider a walking group with friends that you are comfortable with. Talk with your health care provider before starting if you have any health conditions or if it's been a while since you've been active.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 19

Be flexible. Things don't always go as planned. Adapt to changing conditions when necessary.

Human Performance Focus

OVERCOMING OVERCONFIDENCE

Overconfidence plays a key role in many injuries. It blinds us to hazards – since we may be so confident nothing is going to happen, that we don't even start looking for hazards. Don't let overconfidence get you! Use a good questioning attitude – even on common everyday tasks: ask yourself – “how can this task hurt me?” And then prevent it!

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October 21, 2017

Safety Focus

CARPAL TUNNEL SYNDROME

Carpal tunnel syndrome is caused by compression of the median nerve at the level of the carpal tunnel. This tunnel is formed at the wrist by the transverse ligament over the carpal bones in the hand. Early signs or symptoms may include numbness or tingling in the thumb, index or middle finger and one-half of the ring fingers. Persons are often awakened at night by the hand "falling asleep." Symptoms are often increased when driving or attempting to hold objects. Frequent dropping of objects is a common complaint. Proper use of all human performance tools is key to preventing this type of injury.

Health Tip of the Day

MAKING HEALTHY CHOICES

Providing healthy meals that your family will eat and finding time to be active can be a challenge. Your eating and activity choices are important to your overall health. Planning a healthful diet and getting the right amount of physical activity is **All About You** taking charge.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 20

Join the team. Do your part to support teamwork.

Volunteer Opportunity – Cabot, AR

Special Olympics of Arkansas - 7:00am – 5:30pm - See the [Community Connectors Portal](#) if you are interested.

Human Performance Focus

OVERCOMING OVERCONFIDENCE II

“It’s just a chisel. No moving parts. I’d feel stupid asking for help on how to use such a simple tool. Wow... that head really looks mushroomed. Ok, let me swallow my pride and ask for help on this one. After all – asking for help is a lot smarter than breaking something or getting hurt.”

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October 22, 2017

Safety Focus

AM I IN THE LINE OF FIRE?

Being in the line of fire indicates that you or someone else is placed in the path of something that could cause injury or something more severe. Here are a few questions to ask yourself:

- Do I recognize if others are in my work area?
- Do I take the time before every task to check my surroundings and my equipment to determine what the safest position is?
- Do I consider myself when I think about what could go wrong with my task?
- Have I eliminated every hazard that I could?
- Did I use my human performance tools?

Health Tip of the Day

YOUTH AND DRIVING

Experts say there are eight "danger zones" that can increase the risk for young drivers: inexperience; not using seat belts; driving with other teen passengers; nighttime driving; and driving while distracted, drowsy, reckless, or impaired. Parents can help, by enforcing restrictions such as no cell phone use and limiting the number of teenage passengers when driving.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 21

Be a relationship builder. Seek ways to expand your network.

Volunteer Opportunity – The Woodlands, TX

Leukemia & Lymphoma Society Light the Night Walk - 4:30pm – 8:00pm

See the [Community Connectors Portal](#) if you are interested.

Human Performance Focus

OVERCOMING OVERCONFIDENCE III

Being in the line of fire is not the most common injury mechanism. However, line of fire injuries can be VERY severe, including fatal. So it is worth our time to NOT be overconfident when assessing line of fire hazards. How? Include line of fire discussions in all job briefings. Discuss where and when people or body parts should NOT be.

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October 23, 2017

Safety Focus

HANDLING SUSPENDED LOADS

There is a high risk of serious injury if a suspended load should fall during handling operations. To prevent an injury, the following approaches, at a minimum, should be implemented:

- Make sure all are trained and certified in the gear they operate
- Avoid carrying loads over people
- Don't forget that forklift masts, forks, hoists or empty buckets are also considered a suspended load
- Be aware of what is being moved, its swing and stability
- For overhead cranes and hoists, remote controls are recommended to allow operation and movement of the machinery from a safe distance
- Utilize specific hand signals for operators and employees and make sure everyone in the environment of a load lift understands what they mean
- Keep a strong questioning attitude

Health Tip of the Day

TRY A MASSAGE

Massage can help relieve muscle tension, ease stress and reduce anxiety. Preliminary research shows that it may help improve back pain and quality of life for people with some chronic conditions. When making an appointment, ask about your therapist's training, and mention any medical conditions you have. During your appointment, relax, but be sure to speak up if you are feeling pain or uncomfortable.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 22

Build trust. Be fair. Limit bias and favoritism.

The Organizational Health and Diversity site has many tools and a library that offers resources that can help. Click [here](#) to view the library.

Human Performance Focus

MENTAL STRESS

It is possible for us humans to do things under stress that we would not do otherwise. Watch for signs of stress in your friends, family and coworkers. If you see the signs, ask them to take a break, have a cup of coffee, and ask them how they are doing. When they say "fine", say: "No... how are you really doing?"

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October 24, 2017

Safety Focus

EXAMPLES OF LINE OF FIRE HAZARDS

Think about the work you do daily. Take note of your tasks that might place you in the line of fire. Examples of line-of-fire hazards:

- Electric hand tools which could kick back if they jam or catch
- Torque wrenches or other levers used to apply force
- Chains or slings under tension
- Loads that could fall or tip as restraints are released
- Fluids (hydraulic, air, water) when a tap is opened or a fitting loosened
- Shards flying when hitting brittle materials with a hammer

Health Tip of the Day

DON'T FORGET THE HELMET

Wearing a bicycle helmet reduces head injury risk by 66 to 88 percent! Always wear a helmet when riding a bike. Look for a Consumer Product Safety Commission sticker to ensure the helmet meets safety standards. Insist that your children put on their helmets before getting on their bikes, just like they buckle up when they get in a car.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 23

Lead the way. Let your inclusive behavior light a path for others.

Human Performance Focus

PEER PRESSURE

Didn't that end in high school? No. It's all around us. For example, some motorcycle riders don't wear helmets because some of their friends don't. However, states that have repealed helmet laws have seen as much as a 48.6% increase in motorcycle fatalities. Feeling some peer pressure? Give yourself confidence by researching the hazards and learn the best way to protect yourself. It's the smart thing to do.

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October 25, 2017

Safety Focus

YOUR EYE IS A TERRIBLE THING TO WASTE

A pair of safety glasses will protect your eyes when you least expect them to! Wear them! When you are welding, grinding, working with chemicals, weed eating, etc. wear the appropriate eye protection and face shields. Do not take your eyes for granted. Flying objects land in the most peculiar places. Do not expose your eyes to flying debris. Remember consequences versus likelihood.

Health Tip of the Day

7 THINGS YOUR EYE COLOR SAYS ABOUT YOUR HEALTH

There's more to eye color than meets the eye. For one, contrary to what you may have learned in grade school, there's more than a single gene involved, which is why your specific hazel hue can look so vastly different from your daughter's, says Rachel Bishop, MD, chief of the consult service section of the National Eye Institute. Though as with skin pigmentation, she says, you'll see eye color similarities among families and ethnicity.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 24

Listen. People feel respected when they know you're listen to their point.

Volunteer Opportunity – Jackson, MS

UMMC Poverty Simulation - 8:45am – 11:45am

See the [Community Connectors Portal](#) if you are interested.

Human Performance Focus

COACHING

Carry your 'Entergy Safety Attitude' with you when off-the-job. For example, we may wear safety glasses when necessary at work, but do you wear them off the job? Take the opportunity to teach others. Explaining to someone why they need to wear safety glasses off the job may 'open their eyes' to a hazard that they were taking for granted.

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October 26, 2017

Safety Focus

UNDER PRESSURE

Operating pressurized components can place you in the line of fire. If you are opening a valve, the valve itself can become a projectile and strike you or someone else. Some things to remember when there is a significant differential pressure across a component you are operating:

- Wear appropriate PPE
- Position your body away from the direction of flow of the source
- Do not position your body over or in front of the component
- Ensure others are clear of the line of fire
- Slowly adjust the component to equalize pressure
- Listen for flow changes to ensure you are getting expected results from your action

Health Tip of the Day

TRY MACADAMIA NUTS

- Macadamia nuts are one of the best, as they have the highest fat and lowest protein and carb content of any nut
- Pecans and Brazil nuts are also high in healthy fat and low in protein, while providing abundant antioxidants and minerals
- Almonds and pistachios contain beneficial antioxidants, fats, vitamins, and minerals as well, but should be eaten in moderation due to their high protein content

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 25

Remember, we all make mistakes. Resist the urge to point out the ones others make.

Human Performance Focus

PEER CHECK

What is it? It is an 'in-process' second check by another person. The 'peer-checker' must be equally qualified. Peer checks off-the-job also help prevent unwanted incidents. What does that look like? "Hey Tommy... I think I'm doing this right... what do you think?"

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October 27, 2017

Safety Focus

WHY IS JOB HAZARD ANALYSIS IMPORTANT?

Many workers are injured and killed at the workplace every day in the United States. Safety and health can add value to your business, your job and your life. You can help prevent workplace injuries and illnesses by looking at your workplace operations, establishing proper job procedures and ensuring that all employees are trained properly. One of the best ways to determine and establish proper work procedures is to conduct a job hazard analysis. A job hazard analysis is one component of the larger commitment of a safety and health management system.

Health Tip of the Day

HOW'S YOUR BALANCE?

Good balance is important, especially as we age. It helps reduce the risk of injuries from falls by increasing stability and improving coordination. Simple exercises may help you improve your balance. Try standing on one foot, holding the position for up to 10 seconds, repeating several times on each leg. Hold onto a sturdy chair to help you remain steady as you get started. Combining lower-body strengthening exercises with balance activities is also beneficial. If your legs or core muscles are weak or your balance is poor, ask a fitness professional for help getting started.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 26

Do the right thing. Make a difference. Get caught being good.

Human Performance Focus

TRICK-OR-TREAT SAFETY AWARENESS

There will be many costume parties this coming weekend, and Trick-or-Treaters will be out on the 31st. Watch out for people in costumes with masks! Many masks limit peripheral vision, making it harder for children AND adults to see traffic when walking on sidewalks or streets. Slow down when driving, and be your fellow human's keeper. And if you see any scary clowns... don't run them over. It's just a costume.

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October 28, 2017

Safety Focus

LADDERS

Portable ladders are used by many of our employees. Remember these practices when using ladders.

- Select the right type of ladder
- Inspect the ladder – do not use deficient ladders
- Follow the weight rating on the ladder
- If you see that you will need to over-reach or lean to access the area where you need to work, move the ladder
- If you must work in high traffic areas from a ladder, use cones, flagging, spotters or signs to ensure that others do not bump you off the ladder.

Complete a JHA prior to performing any task and always do another if the scope of the job changes.

Health Tip of the Day

HEALTHY EATING ON THE ROAD

If you'll be hitting the road soon plan ahead to eat well and save money! Pack a cooler with nutritious snacks like sandwiches, washed and cut-up fruits and vegetables, low-fat yogurt or string cheese. If you don't have space for a cooler, try peanut butter sandwiches, whole-grain crackers, nuts and seeds, or dried fruit. When dining out, choose water instead of alcohol or sugary drinks. Order a dinner salad to start your meal, then share an entrée with someone else. Safe travels!

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 27

Become a mentor. You-yes, you-can help others realize their potential.

Human Performance Focus

PROCEDURE USAGE/ADHERENCE

What do you do if you need additional guidance on a task that doesn't have a written procedure? First: Ask for help from supervision or experienced personnel. Then, if necessary, perform a Job Hazard Analysis on the task. Going through a good JHA will force you to identify steps, analyze for hazards, and then develop mitigations for each one.

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October 29, 2017

Safety Focus

BE WILLING TO ASK FOR HELP

Sometimes, in order to stay safe, we have to accept the fact that we cannot do a particular job all alone. We have to say to a co-worker, "Will you give me a hand?" Are you too proud to say those words? Are you reluctant to bother someone in the middle of that person's own work? Those are easy reasons to understand — but they are not worth getting hurt. You do not have to be too proud, because everyone needs help occasionally. In addition, you don't have to get hurt just to avoid interrupting someone else — after all, wouldn't you be glad to give someone else a minute or two of your time in order to prevent an injury? Do not allow embarrassment to stop you.

Health Tip of the Day

PREVENT TICK BITES

Ticks are most active April to September, so take steps to prevent tick bites. Use repellents with at least 20 percent DEET on exposed skin and clothing (follow label instructions carefully). Check clothing, skin, gear, and pets carefully for ticks. Bathe or shower within two hours after coming indoors so you can find ticks more easily. Place clothing in a dryer on high heat for 10 minutes to kill ticks (leave damp clothing in the dryer longer). To learn more, visit www.cdc.gov and search for "ticks."

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 28

Lend a hand. A little help can go a long way.

Human Performance Focus

OVERCONFIDENCE

"I find your level of overconfidence disturbing. Ask for help when you need it."

-Darth Vader

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October 30, 2017

Safety Focus

EXTENSION CORDS

Extension cords are such a common item in the workplace and in the home, that many people take them for granted and fail to realize they can be hazardous if used improperly. To prevent accidents, employees should start by choosing the right extension cord for the job.

- Extension cords are considered temporary wiring and are intended only for temporary use.
- The extension cord chosen will depend on whether it is being used indoors or outdoors and the length needed. Do not use indoor cords outside. Do not plug one cord into another to make it longer; use a cord of the right length.
- The choice of extension cord might also depend on conditions of use, such as whether it will be used in areas where there is moisture, heat or chemicals. If so, select cords specially constructed to resist these conditions.
- The gauge and length of an extension cord indicate the maximum wattage of equipment the cord can power. Check the label on extension cords to determine proper application.

Health Tip of the Day

CAN'T SLEEP?

If you have difficulty sleeping, check your sleep behavior. Each person is a little different, but try these tips and see which ones best improve the quality of your sleep: go to bed and get up at the same time every day, even on weekends; avoid alcohol and caffeine for several hours before going to bed; avoid heavy meals prior to bedtime; exercise regularly; turn off all electronics; and be sure the temperature, sound and light in your bedroom are ideal for sleeping.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 29

Live a healthy life. Do something good for you mind, body, and soul. Encourage others to join you.

Human Performance Focus

FIRST SHIFT

It is the first workday back after a weekend that may have included you wearing a ridiculous costume and drinking too many adult beverages. Even if you didn't attend any parties this weekend, it's time for us to get our minds back in the game. In other words: "get your head and your hands in the same place."

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October 31, 2017

Safety Focus

PARKING SAFETY

To prevent parking-related accidents, equipment operators should be trained to follow safety precautions similar to these below:

- **Always try to find a level surface to park on.** If no level surface is available, be sure to put a chock under one of the tires to prevent it from rolling if the parking brake fails.
- **Set the parking brake** every time you park. Make sure you test the parking brake at the beginning of your shift when you do the equipment inspection.
- **Turn off the engine before dismounting the equipment.** Even if the vehicle slips into forward or reverse gear, it will not start driving when the engine is off.
- **Remove the key** to prevent unauthorized operators from getting on the forklift.

Remember to Stop-Think-Act-Review to prevent parking-related accidents.

Health Tip of the Day

TRICK-OR-TREAT

Make this Halloween safe and healthy! Stay safe by wearing well-fitting masks, costumes and shoes to avoid blocked vision, trips and falls. For treats, give healthy options a try, such as individual packs of raisins, trail mix, nuts, or pretzels (factory wrapped). For party guests, offer a variety of fruits, vegetables and low-fat dips.

Org Health & Diversity Focus

DIGNITY & RESPECT MONTH TIP # 30

Be a champion of dignity and respect. Demonstrate respect for self, others, and your community.

Human Performance Focus

HALLOWEEN SAFETY AWARENESS

“On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.” (www.safekids.org) What can you do? Make sure they can see well if they are wearing a mask. Also – maintain positive control over children if they are walking near streets. And lastly: If they will be walking near streets: Make them HIGHLY visible with reflective tape, costumes, lights, etc.

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