

*Hazard Recognition: Fire Prevention, Falling Objects, Teen Driver Safety, Peer Coaching  
 Safety Principle #10: Employees must be trained to safely perform all assigned  
 tasks and accountable for applying these skills on the job*

**Hazard Recognition:  
 Fire Prevention, Falling Objects,  
 Teen Driver Safety, Peer Coaching**

**October 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4.6 Seconds	2 Smoke Alarms	3 Take a Walk	4 Falling or Dropped Objects	5 Distracted Driving	6 Coach
7 Fire Prevention	8 Training	9 Exercise Injuries	10 Drills	11 Don't Be Fooled	12 Peer Coaching	13 Clear The Way
14 Make Sure You Know	15 Bike Helmets	16 Falling Objects	17 Work to Failure	18 Ladder Safety	19 Ladder Safety	20 Leading Causes
21 Teen Driver Safety	22 Off Work Gun Safety	23 Eating Better	24 Occupational Fatigue	25 Sport Specific Workouts	26 Teen Driver Safety	27 Training and Human Performance
28 Time Changes & Sleep	29 Oranges	30 Pedestrian Safety	31 Burning Off Halloween Candy			

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## **Daily Safety and Health Topics**

**October 2018**

### **Hazard Recognition:**

## **Fire Prevention, Falling Objects, Teen Driver Safety, Peer Coaching**

### **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, 2018**

## **Safety, Health and Human Performance Focus**

### **Health Focus Tip - 4.6 SECONDS**

At 55 miles per hour, taking your attention off the road for less than five seconds is enough time to travel the length of a football field. Be a role model and protect yourself and the lives of others by never texting while driving or taking your focus off the road. Learn more at [www.distraction.gov](http://www.distraction.gov) and #JUSTDRIVE on Twitter.

### **Org Health & Diversity Focus**

October is Dignity and Respect month. During this month, we will offer small gestures that can brighten someone's day or even help blossom new friendships simply by treating everyone with dignity and respect. To learn more about topics related to Organizational Health, Diversity and Inclusion, please visit our site by clicking [here](#). Please note participation in the Dignity and Respect campaign is strictly voluntary.

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**October 2, 2018**

## **Safety, Health and Human Performance Focus**

### **SMOKE ALARMS**

Properly installed and maintained smoke alarms save lives. Smoke spreads fast and you need smoke alarms to give you and your family time to get out. The National Fire Protection Association offers the following insights:

- A closed door may slow the spread of smoke, heat and fire. Install smoke alarms in every sleeping room and outside each separate sleeping area. Install alarms on every level of the home.
- Smoke alarms should be interconnected. When one sounds, they all sound.
- Large homes may need extra smoke alarms.
- Test your smoke alarms at least once a month.
- When a smoke alarm sounds, get outside and stay outside.
- Replace all smoke alarms in your home every 10 years.

## **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 1 – Start with you.**

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**October 3, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip - TAKE A WALK**

Want a break from the stress? Does your house feel like an insane asylum? Slip out the door and let your feet take you somewhere. Not only will walking give you the opportunity to clear your head and take a break from that hectic situation, but it's great aerobic exercise, too.

**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.

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**October 4, 2018**

**Safety, Health and Human Performance Focus**

**FALLING or DROPPED OBJECTS**

Falling or dropped objects striking people account for over 50,000 injuries per year requiring treatment beyond first aid. Some result in fatalities. Prevention methods include use of tool lanyards, good housekeeping and use of barrier material to keep small items from falling through grating or over toe boards. Taking additional measures such as designating drop zone potential areas or rerouting crowds and foot traffic may be required. Refer to your business function safety manuals.

**Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 3 – Smile.**

A smile can be contagious.

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**October 5, 2018**

## **Safety, Health and Human Performance Focus**

### **DISTRACTED DRIVING**

The National Safety Council points out:

- Hands-free devices offer no safety benefit when driving.
- Hands-free devices do not eliminate cognitive distraction.

The NSC estimates that over 25% of all crashes are related to cell phone use. When driving, make driving the most important thing!

## **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 4 – Say “hello”.**

You could make someone’s day.

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**October 6, 2018**

## **Safety, Health and Human Performance Focus**

### **COACH**

“Perfection is not attainable, but if we chase perfection we can catch excellence.”  
Vince Lombardi – American football player, coach and executive.

Have you ever thought of yourself as a workplace coach? Peers have an amazing amount of influence on behavior. That influence can be good or bad but translates to great opportunity for us when we choose to be excellent in safety. Regardless of your job title, make it your mission to be a safety leader and coach!

## **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 5 – Say “thank you”.**

Gratitude is a gift that’s never too small to give.

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**October 7, 2018**

## **Safety, Health and Human Performance Focus**

### **FIRE PREVENTION**

The National Fire Protection's Fire Prevention Week starts today! The NFPA's theme Look, Listen, Learn, Be Aware – Fire Can Happen Anywhere is focused on the prevention of fires and fire related deaths in the home.

- Look for places fire can start.
- Listen for the sound of the smoke alarm.
- Learn two ways out of each room.

According to the NFPA, four out of five deaths occurring from fire occur in the home. Teach your family to prevent fires and always know the way out!

## **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.

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**October 8, 2018**

## **Safety, Health and Human Performance Focus**

### **TRAINING**

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

This safety principle is an important part of the overall safety and health management system. Identifying training needs, training employees and monitoring the application of safe practices in the field or work space helps us understand how we can learn from good performance and close gaps if needed.

Keep in mind, some training requirements are also compliance driven. Is your training up to date?

## **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 7 – Build cultural awareness.**

Differences are barriers only if we allow them to be.

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**October 9, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip - DON'T LET EXERCISE INJURIES GO UNTREATED**

If you injure yourself while exercising, don't ignore it. Far too often people ignore initial pain, swelling or discoloration. This can lead to worse problems and longer recovery times. To reduce exercise-related injuries, warm up and cool down properly. If you injure yourself, stop and seek treatment.

**Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 8 – Make a new friend.**

Start a conversation and learn something new.

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**October 10, 2018**

## **Safety, Health and Human Performance Focus**

### **DRILLS**

Running drills is an effective way to ensure employees and your family members know exactly how to react in the event of an emergency. Several workplace and home emergencies could occur. Fire, severe weather, active shooters, workplace violence and chemical, gas or steam leaks are some examples.

Drills help set the mental model of what to do, where to assemble and the available evacuation routes. Always evaluate the traffic situation when getting to an area of safety requires crossing streets. If you had to exit the area where you are right now, what would be the best route? What would be your alternate route?

## **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 9 – Demonstrate mutual respect.**

Inclusion means being respectful regardless of position or title.

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**October 11, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip - DON'T BE FOOLED!**

Terms often associated with nutrition quackery include miraculous, breakthrough, exclusive, magic, secret, unique, effortless, overnight, instant, and limited-time offer. Exercise judgment and ask questions before buying any nutrition product or program. One question to consider is if results are based on facts and sound science or only personal testimonials.

**Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 10 – Ask.**

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

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**October 12, 2018**

**Safety, Health and Human Performance Focus**

**PEER COACHING**

Coaching is a key to reinforce desired behaviors, promote learning and prevent issues. Peer coaching is a tremendous opportunity. Coaching is not always easy though but it should be. The response from peers can sometimes be related to the approach for providing feedback.

How often do you coach peers? What is your approach to peer coaching? What are some of the reasons you might be apprehensive to peer coach?

**Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 11 – Find common ground.**

Discover what you have in common.

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**October 13, 2018**

**Safety, Health and Human Performance Focus**

**CLEAR THE WAY**

Ensure exit paths in your work area and home are clear. Material stored in exit paths is a common problem in warehouses and other storage settings. Exits should also be clearly marked and allow retreat to safe refuge. Exits should never be locked where they are not usable if personnel are inside buildings.

**Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 12 – Communicate respectfully.**

It's not just what you say, but how you say it.

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**October 14, 2018**

## **Safety, Health and Human Performance Focus**

### **MAKE SURE YOU KNOW**

The phrase you don't know what you don't know can be used to mean many things. Most often, it is meant to say, there is more than you might see on the surface, look deeper.

While it may be impractical to know everything, we have tools, training, processes, procedures and people we can count on to help us know.

- Performing voltage checks are one way we know equipment is de-energized.
- Pre-job briefs are one way we know roles and responsibilities for work.
- Self-checking is one way we know we are on the right component.

Know before proceeding.

## **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 13 – Practice patience.**

Take the time to get the full story.

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**October 15, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip - BIKE HELMETS ARE FOR EVERYONE**

According to the Department of Transportation, when worn correctly, bike helmets can reduce risk for head injury by up to 85 percent. Make sure your helmet meets the U.S. Consumer Product Safety Commission standards and that you use it to set a good example, as well: If your kids see you wearing it, they'll want to wear one, too.

**Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 14 – Seek understanding.**

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

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**October 16, 2018**

## **Safety, Health and Human Performance Focus**

### **FALLING OBJECTS**

Whether you are the worker or the observer, be aware of the work, anticipate hazards and have a plan for retreat.

In our industry, many things could happen that result in falling objects. A co-worker could drop a tool, a tree limb could dislodge, a deteriorated cross arm could fall or overhead equipment could fail. Using tool lanyards, safety lines, simply staying out of a drop zone area and wearing hard hats are all practices that keep us safe from falling objects.

## **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 15** – Share your point of view.

Everyone has a perspective. Let others benefit from yours.

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**October 17, 2018**

## **Safety, Health and Human Performance Focus**

### **Health Focus Tip - WORK TO FAILURE**

One key to weight training for increased strength is to work muscles beyond their present capacity, also known as muscle failure. Once you have completed several weight training workouts with lighter resistance, choose a weight for each exercise that you can only lift eight to 12 times with proper form. You know you have reached muscle failure when you cannot do another repetition properly. This "training to failure" gives you the biggest gains in the least amount of time.

### **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.

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**October 18, 2018**

## **Safety, Health and Human Performance Focus**

### **LADDER SAFETY – Part 1**

Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries. This time of year many of you may be using ladders at home to clean gutters. Here are a few tips to stay safe.

- ☞ Make sure you have an appropriate ladder for the job. The type of ladder and height of ladder should be considered.
- ☞ Read and follow all labels/markings/load ratings on the ladder.
- ☞ Look for overhead power lines before handling a ladder. Do not use conductive ladders near power lines.
- ☞ Always inspect the ladder prior to using and tag damaged ladders out of service.

## **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 17 - Reinvent the wheel.**

Do something that hasn't already been done.

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**October 19, 2018**

## **Safety, Health and Human Performance Focus**

### **LADDER SAFETY – Part 2**

Preventing falls from ladders requires safe ladder use practices.

- ☰ Use ladders as they are intended. (Don't fold and lean a step ladder, extend extension ladders at least 3 feet above elevated surfaces and at a four to one ratio)
- ☰ Use ladders on stable and level surfaces.
- ☰ Maintain 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing.
- ☰ Keep your body near the middle of the step and always face the ladder while climbing.
- ☰ In some cases, portable ladders are required to be secured at the top.

## **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 18 - Be open.**

Try to experience new thoughts and ideas as learning opportunities.

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**October 20, 2018**

## **Safety, Health and Human Performance Focus**

### **LEADING CAUSES FOR FIRES**

Cooking, smoking and heating equipment are the culprits. Cooking equipment is the leading cause of home structure fires and home fire injuries. Smoking is the leading cause of civilian home fire deaths. Heating equipment is the second most common cause of home fire fatalities.

Always make sure:

- Cooking and heating equipment is maintained in good working order.
- Anything on fire is attended (candles, cigarettes (which are bad for you on many levels) and fireplaces are examples).

## **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 19 - Be flexible.**

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

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**October 21, 2018**

## **Safety, Health and Human Performance Focus**

### **TEEN DRIVER SAFETY**

Today begins the National Highway Transportation Safety Board's Teen Driver Safety Week for 2018. Set a good example and insist on safe driving habits for the teen in your family. The NHTSB says these 5 things are myths.

Myth 1 – Drivers can multitask.

Myth 2 – Speaking on the phone is the same as speaking to a passenger.

Myth 3 – Using hands free devices is safe.

Myth 4 – Texting only at stoplights is OK.

Myth 5 – Voice texting is safe to do while driving.

Research shows that drivers are distracted for at least 27 seconds after sending a voice text.

## **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 20 - Join the team.**

Do your part to support teamwork.

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**October 22, 2018**

## **Safety, Health and Human Performance Focus**

### **OFF WORK GUN SAFETY**

Please ensure your firearms are kept in locked storage locations that are not accessible for children. Leave guns unloaded when they are not being used. According to huntereducation.com, four basic rules apply for the firearm operator and can prevent accidental shootings.

- Treat every firearm as if it were loaded.
- Always keep the muzzle pointed in a safe direction.
- Be sure you are aware of your target and what is beyond it.
- Keep your finger outside the trigger guard until you are ready to shoot.

Weapons (which includes more than guns or firearms) are prohibited in the workplace by Entergy's System Policy on Workplace Violence Prevention and Weapons. See policy for rules and work related exceptions.

## **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 21 - Be a relationship builder.**

Seek ways to expand your network.

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**October 23, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip - EATING BETTER ON A BUDGET**

Keep in mind the 3 P's: plan, purchase and prepare. Plan your meals and snacks for the week by finding quick and easy recipes online and using a grocery list. Purchase food items at the best price by checking for sales and coupons. Buy produce in season and other items in bulk. Prepare meals in advance by doubling up on recipes and freezing in individual portions. Try meatless meals by substituting with beans and peas.

**Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 22 - Build trust.**

Be fair. Limit bias and favoritism.

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**October 24, 2018**

## **Safety, Health and Human Performance Focus**

### **OCCUPATIONAL FATIGUE**

Fatigue is not just about sleep. Experts say even poor social interactions at work contribute. Major risk factors for fatigue are: long work hours, working many days in a row, other changes in work schedule, heavy workloads, harsh environmental conditions, lack of sleep and medical conditions.

Fatigue contributes to slow reaction times, errors and decreased cognitive ability.

Combat fatigue by ensuring employees take breaks, scheduling work when employees are most alert and promoting the importance of sleep.

### **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 23** - Lead the way.

Let your inclusive behavior light a path for others.

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**October 25, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip - SPORT-SPECIFIC WORKOUTS**

A popular way to change up your workout is to participate in sport-specific training. If you are a golfer, avid tennis player or skier, you may be able to improve your performance and decrease your risk of injury with this type of training. Check out group classes or workshops in your area or consider asking a certified personal trainer to design a sport-specific program for you.

**Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 24 - Listen.**

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

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**October 26, 2018**

**Safety, Health and Human Performance Focus**

**TEEN DRIVER SAFETY – SEAT BELTS**

The National Highway Transportation Safety Board highlights parental influence as the most beneficial method in developing good teen driver safety habits.

Seatbelt use is the lowest among teen drivers. Wear your seatbelt. In almost 60% of the crashes analyzed, teens were not wearing seatbelts.

**Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 25** - Remember, we all make mistakes.

Resist the urge to point out the ones others make.

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*Hazard Recognition: Fire Prevention, Falling Objects, Teen Driver Safety, Peer Coaching  
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**October 27, 2018**

## **Safety, Health and Human Performance Focus**

### **TRAINING AND HUMAN PERFORMANCE**

Safety Principle #10 is all about training and implementation of those learnings in the field. Always conduct training like performance is expected in the field. If personal protective equipment is required in the field, it should be worn in training.

Utilize human performance tools such as questioning attitude, peer coaching and pre-job briefs in training settings to reinforce field expectations.

## **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 26** - Do the right thing.

Make a difference. Get caught being good.

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**October 28, 2018**

## **Safety, Health and Human Performance Focus**

### **TIME CHANGES & SLEEP**

According to the Center for Disease Control, at least 35% of adults are not getting enough sleep. A time change is coming up on November 4<sup>th</sup>. The experts say it can take several days for some of us to readjust to time changes. The adjustment depends on several things including how well rested you are when the time change occurs.

Prepare for the upcoming time change by setting a scheduled bed time, turning off the electronics and making sure you have some time to coast down mentally before trying to go to sleep.

## **Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 27 - Become a mentor.**

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

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**October 29, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip - ORANGES ADD ZEST TO SALAD**

Add sweetness and color to your next salad by adding a small can of mandarin oranges. One half-cup (canned in juice) contains about 50 calories, no fat, and is rich in vitamin C. Mandarin oranges make a great addition to a spinach salad, along with chopped mushrooms, onions and sweet red peppers.

**Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 28 - Lend a hand.**

A little help can go a long way.

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**October 30, 2018**

**Safety, Health and Human Performance Focus**

**PEDESTRIAN SAFETY AND HALLOWEEN**

Kids love the magic of Halloween. Maybe you are planning on trick-or-treating or going to a haunted house. Maybe you have kids in your neighborhood. In 2017, there were 160,000 medically consulted injuries and 6,700 pedestrian deaths.

- Cross roads or intersections in well-lit and designated areas.
- Ensure costumes are visible and have a flashlight.
- Practice safe and cautious driving habits.

**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.

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**October 31, 2018**

**Safety, Health and Human Performance Focus**

**Health Focus Tip - Burning off Halloween Candy**

To burn off the calories from 2 fun-sized snickers bars (160 calories), you will have to run for 12 minutes at an 11 ½ minute mile, swim for 11 minutes at a moderate pace or cycle for 28 minutes at 10 mph. All calorie burn estimates are based on a calculation for a 180 lb. male. You may need to extend your exercise based on your own metabolism.

**Org Health & Diversity Focus**

**Dignity & Respect Month Tip # 30** - Be a champion of dignity and respect.

Demonstrate respect for self, others, and your community.

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