

October 2020

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October 1, 2020

Field Daily Safety Message

Fatal Rules Review

Let's begin this month Safety Strong by reviewing "Our Fatal Rules":

1. Wearing required fall protection equipment
2. Wearing rubber protective PPE as required
3. Use of proper insulated protective equipment – cover-up (excludes Gas Operations)
4. Following critical switching, tagging, and clearance procedures (excludes Gas Operations)
5. Follow testing and grounding procedures
6. Follow company approved shoring, bracing, and egress procedures for trenching and excavations
7. For Gas Distribution employees follow approved company procedures when working in a gaseous environment
8. Follow approved company procedures working in confined spaces

October 2, 2020

Field Daily Safety Message

Overhead Clearances When Driving

When driving near or under awnings, it is important to remember this presents a hazard depending upon the height of your vehicle. There have been instances in the past where a company vehicle struck an awning, resulting in damage to either the company vehicle or to the awning itself. It is best practice to avoid driving under an awning or overhead canopy.

If you are faced with an awning or canopy, look for an alternate path that does not include traveling under it. You should also know your vehicle's height and take that into consideration when driving. If you have a spotter available, have the spotter spot the space you will be driving to ensure the path is clear. Always remember it is best to get out and look. Look for low hanging wires, tree limbs, awnings, etc.

October 3, 2020

Field Daily Safety Message

Do your Safety Glasses fit properly?

If your safety glasses do not fit properly, they can fail to keep your eyes safe.

Here are some tips regarding safety glasses:

- Selection of the right equipment is the first step. The type of eye protection needed for common tasks is defined in the safety manual or safety procedures for your business function. If you are unsure, contact your supervisor.
- Make sure your glasses fit properly by using the adjustable temple pieces and wearing the glasses close to the face.
- If your safety glasses do not fit your face properly, let your supervisor know.

Safety Glasses, an important part of your PPE.

October 4, 2020

Field Daily Safety Message

Distractions While Driving

Eliminating distractions both before and during driving is crucial for avoiding accidents.

Below is a list of general distractions to avoid while driving.

- Eating and drinking while driving
- Talking on the phone or to passengers
- Listening to the radio
- GPS
- Pedestrians
- Traffic
- Wrecks
- Aggressive Drivers
- Billboard Signs

By knowing what some common distractions are, it is easier to understand what to avoid before driving.

October 5, 2020

Field Daily Safety Message

Driver and Spotter

Are the driver and the spotter on the same page when it comes to backing up a vehicle?
Remember, they must agree on the following prior to backing:

- Hand Signals
- Maintaining Visual Contact
- If Visual Contact is lost, the driver will stop immediately
- Spotter will have one job and one job only during this time, to assist the driver in backing

Know the signs and maintain visual contact at all time!

October 6, 2020

Field Daily Safety Message

Three Points of Contact

Three Points of Contact, do you maintain this when exiting a vehicle?

The largest cause of falls when mounting or dismounting from trucks or trailers is failure to follow three points of contact. Many knee, ankle, and back injuries result from this type of fall.

Always remember:

- Two hands and one foot
- Two feet and one hand

October 7, 2020

Field Daily Safety Message

Did you sound that wooden pole prior to climbing?

Climbing a pole is a high-risk task that requires preparation and a great job hazard analysis. Remember to always “hammer test and prod test” each wooden pole prior to climbing. You must have confidence that the integrity of the pole has not been compromised in any way. We look for exterior signs on a pole such as woodpecker holes, decayed holes, or cuts, it is the interior integrity of the pole that may not be so easy to see.

What does “good” sound like when hammer testing a pole?

What does “dull” sound like when hammer testing a pole?

You must know the difference!

October 8, 2020

Field Daily Safety Message

Safe Exit of Vehicle

When exiting vehicle, visually inspect your landing zone before exiting to ensure no hazards exist. Maintain three points of contact until both feet are firmly planted on the ground. Never attempt to ride on, mount or dismount a vehicle in motion.

What does your landing zone look like?

October 9, 2020

Field Daily Safety Message

Every Step Matters

From step stools to extension ladders, make sure you're putting the right foot forward. Every year over 100 people die in ladder related accidents and thousands suffer from disabling injuries. The goal of Ladder Safety Month is to draw attention to the danger of improper ladder use and how easily ladder-related injuries and deaths can be prevented.

Here are some tips:

- Select the proper ladder for the type of work to be performed
- Use ladder only for the purposes for which they were designed
- Inspect ladders for defects prior to use and at monthly intervals
- Defective or broken ladders should not be used and tagged "out of service"
- Recognize load rate capacity of ladder, remember this load includes both the person and material
- Ladders should be placed at proper angles before climbing

* Download the NIOSH Ladder Safety phone app for accurate angles of inclination.

October 10, 2020

Field Daily Safety Message

Before you drive, do you get out and look?

Looking at the surroundings that are in the path of your vehicle can prevent you from hitting a stationary object. Anytime you will back a vehicle and you do not have a spotter, you should get out and look. Look for any objects in the path you will take during backing that may encounter the vehicle. Some examples are stumps, mailboxes, flowerbeds, junk in customer's yards, tree limbs, equipment and other vehicles to name a few.

Discuss with your workgroup what situations will present a need to get out and look and if possible, identify other objects your vehicle may encounter so that everyone will know additional hazards to look for.

October 11, 2020

Field Daily Safety Message

Overexertion

To prevent overexertion, it is important to listen to your body. If you believe you are tired, it is important to stop and take a break. Engage in a conversation with coworkers if you are not working alone and take a short break to allow yourself to rest. If you believe you are pulling too hard while working a task or becoming overheated, listen to your body and stop.

Use your questioning attitude to look for solutions to avoid overexertion.

October 12, 2020

Field Daily Safety Message

Hazards of Laydown Yards

There is a long list of hazards present in a laydown yard depending on what is stored there and the operations that take place in and around them.

Some common hazards to consider are:

- Slip, trip, and fall hazards – This is one of the most common hazards in yards that are poorly organized with items just thrown everywhere. Workers who must navigate the area are more likely to experience a slip, trip, or fall.
- Struck-by hazards – Yards often have equipment moving in and out of them throughout the day. Moving equipment presents a struck-by hazard for any workers in the area.
- Biological hazards – Insects and animals are not often considered when discussing the hazards of a yard. Snakes, ticks, spiders, bees, wasps, and racoons love the shelter of equipment or a pole pile.

Stay alert and aware in all laydown yards to remain Safety Strong.

October 13, 2020

Field Daily Safety Message

When you think of situational awareness, what do you think of?

Maybe a racehorse with blinders on? All the horse cares about is what is directly in front of him as he runs down the track. In our line of work, that way of thinking is dangerous.

It is easy to talk about the scope of a job and identify the hazards, but once the work starts, the situation changes, and a worker's vision may shrink. Often there are so many things going on around the working environment or we become absorbed in our own thoughts, that we fail to spot things that could pose a serious threat to our safety.

We must make sure every day that we remove our blinders in order to see the hazards that exist around us. Staying situationally aware and refusing to become complacent will help you and your co-workers to get the job done right and go home safely every time.

October 14, 2020

Field Daily Safety Message

Spotter Safety

While spotting for equipment operators -- including trucks -- may not seem like a dangerous task, it certainly is. Spotting for equipment has been proven to be an effective safeguard for preventing incidents between pedestrians and the equipment, as well as preventing property loss incidents.

Basic safe work practices for spotting:

- Driver and spotter shall agree on hand signals before backing up.
- Spotter shall always maintain visual contact with the driver while the vehicle is backing.
- As the operator, stop anytime you lose sight of the spotter.
- Spotter shall not have additional duties while they are acting as spotters.
- Spotter shall not use personal mobile phones, personal headphones, or other items which could pose a distraction during spotting activities.
- Spotters should wear high-visibility clothing during night operations.
- Review the work area for any additional hazards such as trip hazards or fixed objects that the equipment can strike. Remove any people, objects, or equipment prior to needing to back into an area to eliminate the possibility of a strike.

“Before you do it, take time to think through it”

October 15, 2020

Field Daily Safety Message

Working on Energized Lines and Equipment

Cell phones, radios, and pagers shall not be used while employees are performing tasks involving the following:

- Hot sticking
- While in the primary rubber glove zone
- While performing work on a live gas line that requires the use of a fire watch (unless needed in the event of an emergency)

Employees may have communication with them, but all work shall be stopped, placed in a safe condition and all employees moved out of the primary rubber glove zone or area where gas is present before using the communication device.

“Safety by choice, not by chance”

October 16, 2020

Field Daily Safety Message

Line of Fire – Stay Clear

The line of fire is any path an object or force may travel. If you're in the path when something fails, or a process breaks down, you may face serious injury.

Identifying and mitigating lines of fire is a critical component and discussion point for every tailboard or JHA plan including design and scouting processes. We must strive to separate ourselves from the potential release of all energy types, not just electrical.

Can you name other situations that we must be alert to the line of fire?

October 17, 2020

Field Daily Safety Message

Fatigue on the Job

You are the most important safeguard in protecting yourself and others while at work. When you are not able to fully focus and perform your duties correctly, you could be leaving yourself and others at risk for injury. Being tired on the job is a major problem for workers.

Some reasons for fatigue:

- Lack of sleep
- Too many demands at work or home
- Health problems

Below are a few safe work practices to prevent or improve fatigue issues:

- Get plenty of rest.
- Know the side effects of any medication that you are taking
- Take care of your health
- Eat a good diet

October 18, 2020

Field Daily Safety Message

Well Body

The wellbeing of our bodies is everything to us. If we do not take care of our health at some point our bodies will develop problems. Without our health we are not able to fulfill our daily tasks. Eating well should be a major goal for everyone to maintain good health throughout life.

Some tips for a better diet:

- Drink water – Water serves many important purposes for our bodies
- Limit food with processed sugar – Sodas, candy, sweets and other junk food are filled with processed sugar which may lead to obesity and diabetes
- Eat more fiber – Fiber has been proven to fight off cancer and limits the number of calories your body will absorb
- Choose whole grain foods – Whole grains contain many nutrients
- Take a multivitamin – Multivitamins can help you get essential vitamins and nutrients you may not be getting in your diet

Stay Safety Strong with a better diet!

October 19, 2020

Field Daily Safety Message

Slips, Trips, and Falls

Walking is such a common task that we very often get complacent about it, or even overconfident. Slips, trips and falls are the most common injury mechanism at Entergy.

Make walking a part of your hazard analysis:

- Getting to the other side of the plant: hazardous task.
- Walking from your vehicle to a building over cracked sidewalks: hazardous task.
- Walking across a field to assess a broken utility pole: hazardous task.
- Walking from one building to another in the rain: hazardous task.

Take safety precautions to prevent slips, trips and falls. For example: Don't walk and use your phone at the same time; and purposefully pick your path.

October 20, 2020

Field Daily Safety Message

Use the right tool for the job!

When a hammer is needed, do not substitute with a different item. Tools are designed for a specific purpose and any deviation from the manufacturers designed usage could result in injury or death.

Remember, it only takes a second to change your life forever.

“Shortcuts lead to deep cuts”

Remain Safety Strong!

October 21, 2020

Field Daily Safety Message

Clutter Free Zone

A clean work area is important to maintain during any work task. We should maintain the motto “clean as you go”. This is important because during any work task our work areas, including a vehicle, can quickly become cluttered with hazards.

Some hazards include:

- Blocked escape routes
- Slips, trips, and falls
- Fire hazards
- Falling objects
- Loose objects in a vehicle

What other hazards are associated with clutter in a work area?

October 22, 2020

Field Daily Safety Message

Is your “High Visibility Workwear” faded?

Over time, high visibility workwear can fade and not stand out as much to the eye. This process can be accelerated through hard work with the accumulation of stains. This is not always evident to the person wearing the diminished high visibility workwear.

If you see someone wearing significantly faded high visibility workwear, please let them know. The person may not be aware of the fade because they are normally not looking at themselves in a high visibility work setting.

“Stop accidents before they stop you!”

October 23, 2020

Field Daily Safety Message

JHA/JSA

JHA/JSA's are vital to a successful game plan before work begins. When working with a crew, everyone should take time to look around and provide feedback about what they have assessed on the jobsite.

Having the input of the entire crew adds tremendous value and gets everyone on the same page. If one person is usually in charge of completing the JHA/JSA, change it up today. Have someone else on the crew complete the form and conduct the tailboard and see what everyone learns about their style.

Remember to provide positive feedback about the process.

October 24, 2020

Field Daily Safety Message

Lifting, We Do It Every Day

Lifting is a task we do every day and is typically thought of as high frequency/low risk. It just takes that one instance where situations line up that can result in long term impacts to our body.

Remember these keys when lifting:

- Stop and Think before picking anything up - assess the object and its weight
- Use proper form when lifting and carrying – wide stance, bend at knees, tighten abs, head high, and chin up
- Lift with your legs and not your back
- Keep weight close to your body
- Pivot with your feet, don't twist your body

“Safety by choice and not by chance”

October 25, 2020

Field Daily Safety Message

Using the Right Tool for the Job

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 the right tool, the right way, greatly reduces the chance of workplace injury.

“Shortcuts cut life short”

October 26, 2020

Field Daily Safety Message

Power Tool Safety

Tools can seriously injure or kill if not maintained and used properly.

Inspect the cord, never use a plug that has had the ground prong removed. Know the proper use of tool and hazards associated with use. All safety guards and switches must be in place and working properly. Wear ALL appropriate PPE and keep work area free of clutter.

“Safety rules are your best tools”

October 27, 2020

Field Daily Safety Message

“FR News”

How do I know when it's time for a new FR garment?

It is recommended to remove clothing from service if:

- The garment is torn, ripped, threadbare, or frayed around the edges
- The garment is stained with a flammable substance that cannot be removed through laundering
- The garment has had contact with bleach

Look at your FR clothing, is it time for replacement?

October 28, 2020

Field Daily Safety Message

Men Working

“Men Working” signs must go on each side of the road if the employee is working in traffic.

Each sign placed must be in advance of the oncoming traffic, and each truck working nearby must have high-visibility traffic cones surrounding the truck.

“Stop accidents before they stop you” by being Safety strong.

October 29, 2020

Field Daily Safety Message

Jewelry Reminder

Is your jewelry conductive?

Everyone must be aware if any of their jewelry could present an electrical hazard. Articles of jewelry that are conductive must be removed. Jewelry (rings, necklaces, earrings) that pose a danger shall not be worn while an employee is performing his/her job function. Jewelry can get caught in or on equipment causing injury.

Remember, no exposed conductive material shall be worn while employee is performing work on energized facilities.

October 30, 2020

Field Daily Safety Message

Dog Bites

For employees who work in the field, they understand that dealing with dogs is a common occurrence. We cannot assume all dogs are friendly since we do not understand the owner's intentions with the dog. By maintaining a questioning attitude, we can ensure that we stay focused around dogs and that will help eliminate the chance of experiencing a dog bite or attack by a dog.

Below are some tips to follow when you encounter dogs in the field:

- Never turn your back to a dog.
- Have PPE on hand ahead of time and assume you will encounter a dog. Types of PPE include spray and a Bulli Ray stick.
- Be prepared when you are working in the field to encounter dogs.
- Always ensure you are wearing proper footwear.
- Ensure your first aid kit is stocked in case you need to administer first aid.
- Maintain a questioning attitude.

October 31, 2020

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 distracted driving that you have learned through Daily Safety Messages

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