

*Safety Principle #9: Deficiencies must be corrected promptly
Hazard Recognition: Striking (or Struck By) Injuries*

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Daily Safety and Health Topics

September 2017

Hazard Recognition:

Striking (or Struck By) Injuries

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



September 1, 2017

Safety Focus

LINE OF FIRE

Ever held a cup while pouring hot coffee into it? Or held a nail for someone else wielding a hammer? In both instances, you're putting yourself in the line of fire. If something goes wrong, injury could result. We have numerous tasks and activities that place our hands, extremities and our bodies in a potential line of fire, but may not recognize the extent of risk, hazards or consequences.

Health Tip of the Day

PHYSICAL ACTIVITY AND COLON CANCER

Looking for a reason to boost your physical activity level? Many studies have found that 30 to 60 minutes of moderate-intensity to vigorous-intensity physical activity per day can help protect against colon cancer. Every level of physical activity can have important health benefits. If you have not been active in a while, start slowly and build up your activity gradually. If you have a chronic health condition, joint problems, or other limitations, your doctor can help you decide what activities are best for you. Source: American Cancer Society

Org Health & Diversity Focus

This month, we'll focus on the concept of culture and the theory of cultural adaptation – which can apply any time you move into a new environment – whether it's a geographic change or a job change. Understanding this theory can help us create a more inclusive work environment – whether we are moving into or welcoming someone into a new work group within the company or welcoming employees who are new to Entergy.

Human Performance Focus

QUESTIONING ATTITUDE

Today is the first day of a new month. Struck By is the hazard recognition for the month. Each one of us should examine our tasks to identify situations that bring Struck By into play.

September 2, 2017

Safety Focus

LINE OF FIRE

You could find yourself in any of the below line of fire situations:

- Caught inside of or in between different objects,
- Struck by an object,
- Or stored energy released by equipment

Be aware of your surroundings and understand when you are in the line of fire.

Health Tip of the Day

TRANS FATS BAN

The Food and Drug Administration has released a rule that partially hydrogenated oils, a source of artificial trans-fat, must be removed from food products by mid-2018. Trans fats raise "bad" (LDL) cholesterol and can lower "good" (HDL) cholesterol, contributing to the risk of heart disease and stroke. Common sources of trans fats are fried foods like doughnuts and French fries, and baked goods such as pastries, pie crusts, cookies, and foods made with stick margarine or vegetable shortenings. Look at the ingredients on product labels before you buy. If the words "partially hydrogenated" appear in the ingredient list, the product likely contains trans fats.

Source: U.S. Food and Drug Administration; American Heart Association

Org Health & Diversity Focus

WHAT IS CULTURE?

Culture is the characteristics and knowledge of a particular group of people, encompassing language, religion, cuisine, social habits, music and arts. An organization's culture can manifest itself in many ways – shared beliefs and values, communications, processes and much more.

Human Performance Focus

PEER CHECK

Identifying items, co-workers, and machinery that may be in the "Line of Fire." By doing this step, it can help mitigate a "struck-by" event. Review identified hazards with co-workers to ensure everyone agrees on the mitigation plan.

September 3, 2017

Safety Focus

LINE OF FIRE

How to mitigate Line of Fire situations:

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

Health Tip of the Day

SLOW DOWN: BACK TO SCHOOL MEANS SHARING THE ROAD

School days bring congestion: yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school. Source: <http://www.nsc.org>

Org Health & Diversity Focus

SURFACE CULTURE

Obvious surface cultures are aspects of culture that are visually observable, external, concrete and more likely to change. When employers teach about culture they may tend to concentrate on foods, holidays and fiestas but there are many other things that make up someone's culture.

Human Performance Focus

EFFECTIVE COMMUNICATION

Safety gaps or deficiencies will lead to events and/or errors. Employees should report these deficiencies as soon as they are identified. Prompt correction of these gaps is a critical step to avoid an event from occurring.

*Safety Principle #9: Deficiencies must be corrected promptly
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September 4, 2017

Safety Focus

LINE OF FIRE

Ask yourself the following questions to see if you are in the line of fire:

- *Where is my body or hand located in relation to the hazard?*
- *What is the worst-case scenario of my task?*
- *How can I protect myself from the hazard?*

Health Tip of the Day

SLEEP TIPS

- Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends.
- Practice a relaxing bedtime ritual. A relaxing, routine activity right before bedtime conducted away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety which can make it more difficult to fall asleep, get sound and deep sleep or remain asleep.
- If you have trouble sleeping, avoid naps, especially in the afternoon. Power napping may help you get through the day, but if you find that you can't fall asleep at bedtime, eliminating even short catnaps may help.
- Exercise daily. Vigorous exercise is best, but even light exercise is better than no activity. Exercise at any time of day, but not at the expense of your sleep.
- Evaluate your room. Design your sleep environment to establish the conditions you need for sleep. Your bedroom should be cool – between 60 and 67 degrees.
- Sleep on a comfortable mattress and pillows. Make sure your mattress is comfortable and supportive.

Org Health & Diversity Focus

WHY IS THIS CULTURE STUFF IMPORTANT?

Cultural awareness is critical to an inclusive working environment. Deeper cultural knowledge supports cross-cultural perspectives. Values, beliefs, family rearing, expectations, gender roles affect learning & can impact work. Culture basically defines the proper way to behave within an organization.

Human Performance Focus

S.T.A.R.

STOP-THINK-ACT-REVIEW: Today is the Labor Day holiday in America. Some employees may be required to work due to shift work or on-call work today. Whatever the reason you are at work today, always review your approach to each task you do today and account for all hazards.

September 5, 2017

Safety Focus

FLAGGING AND ROBUST BARRIERS

Safety flagging or barricades provide a temporary barrier to accessing areas where work activities or plant conditions present a hazard. It is important, and a requirement, to adhere to the warning presented by the flagging and barricades.

- Do not cross a danger flag or posted boundary without permission
- Use good situational awareness
- Be alert to your surroundings and comply with all posting and safety flagging or barricades directions.

Health Tip of the Day

MINIMIZE MUSCLE SORENESS

Ever feel stiff and sore a day or two after doing new exercises or pushing yourself harder than usual? This delayed onset muscular soreness often occurs 12 to 72 hours after changes in the type and intensity of activity your body is used to. Most experts think this is caused by very tiny tears in muscle tissue. To minimize DOMS, start gradually, and slowly increase the intensity and duration of your workouts over a period of several weeks. Remember to include a proper warm-up and cool down. Source: American College of Sports Medicine

Org Health & Diversity Focus

The theory of cultural adaptation refers to the process and time it takes a person to assimilate to a new culture. Cultural adaptation can apply in many situations – whether you're new to a country or to a company or business unit.

Human Performance Focus

SELF-CHECKING

We are back to work from our holiday weekend. Start the day and early morning off with a self-check of any safety deficiencies you may have recently detected. Whether you identified them 2 days ago, last week, or last year, bring it to your supervisor and work team(s) attention for discussion.

September 6, 2017

Safety Focus

SITUATIONAL AWARENESS

Situational awareness is a frame of mind in which you are aware of your surroundings and also aware of what could be of help or hazard to you. Situational awareness is accomplished through the effective use of several human performance tools and consists of three distinct elements:

- 1) Recognition of the inputs around you;
- 2) Understanding what those inputs mean;
- 3) Using that understanding to predict an outcome

Health Tip of the Day

FOOD SAFETY ON THE GRILL

It's the time of the year for cooking on the grill, but don't invite foodborne illness to your picnic! Be sure to wash your hands often. If you're marinating meats, poultry or fish, always allow them to marinate in the refrigerator. Discard any remaining marinade and don't use it on cooked foods. Use a food thermometer to make sure foods are cooked to a safe temperature. You can find a chart of safe minimum cooking temperatures at <http://www.foodsafety.gov>. Happy grilling!

Org Health & Diversity Focus

The theory of cultural adaptation refers to the process and time it takes a person to assimilate to a new culture. Some researchers describe four different stages of cultural adaptation:

- Honeymoon
- Culture shock
- Adaptation
- Acceptance

Human Performance Focus

CONCURRENT VERIFICATION

When identifying potential struck-by or line of fire type hazards, make sure everyone that can be impacted agrees and sign-off on the JHA or obtain a verbal acknowledgement.

September 7, 2017

Safety Focus

SITUATIONAL AWARENESS OBSTACLES

A situational awareness obstacle includes not performing a Job Site Review: If you are not monitoring the work area, you will not recognize the presence of potential or actual hazards. One of the keys to personal safety is learning to look for and recognize these hazards.

Health Tip of the Day

WHY SKIPPING MEALS ISN'T IDEAL

Skipping meals may cause you to feel hungrier and overeat later in the day or evening, and studies show that skipping breakfast and eating fewer meals throughout the day may lead to weight gain, moodiness and fatigue. Keep healthy snacks like low-fat yogurt, low-fat string cheese, dried or fresh fruit, whole-grain cereals and nuts on hand to grab if you miss a meal.

Org Health & Diversity Focus

The first stage of cultural adaptation is often called the honeymoon stage. This stage typically extends from arrival through the first couple of months. It is described as being filled with excitement and curiosity. People go out of their way to get acclimated to the culture and try to adhere to cultural norms.

Human Performance Focus

OVERCONFIDENCE

Employees should be aware of this trap when new computer applications, new tools, or work processes are introduced or implemented. Deficiencies and/or gaps should be identified and corrected timely to prevent errors or events from occurring.

September 8, 2017

Safety Focus

SITUATIONAL AWARENESS OBSTACLES

Even though we may sense a hazard that could be alerting us of danger, there is a tendency to underestimate the possibility of a looming risk. Some of the risks include thinking like:

- We've always done it that way
- It's faster to do it this way (Understand that we have a normalcy bias towards the status quo.)
- Nothing has ever happened when I do this, so nothing is likely to happen.

Look at every hazard as a potential accident. This will allow you to stop ignoring or discounting hazards and begin making assessments of the actual risk.

Health Tip of the Day

TRAINING ON A TREADMILL

Running on a treadmill is generally easier than running outside because there is less wind resistance and variation in terrain. To get the same workout as you would if you were running outside on level ground, set the grade (incline) to 1 percent. Used to running on varying types of terrain? Try adjusting the treadmill incline a bit higher for part of your workout and then bring it back down to 1 percent again.

Org Health & Diversity Focus

The first stage of cultural adaptation is often called the honeymoon stage. This stage typically extends from arrival through the first couple of months. Psychological impacts during the honeymoon stage can include: Open receptivity, naïveté, and fragile feelings.

Human Performance Focus

MULTIPLE TASKS

This trap may contain many hidden hazards. Multiple, hazard recognition assessments should be done to complement each task. Ensure you have an effective mitigation/elimination plan and report safety gaps as required.

September 9, 2017

Safety Focus

SITUATIONAL AWARENESS OBSTACLES

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

Health Tip of the Day

GRAB A PIECE OF GUM TO HELP PREVENT TOOTH DECAY

Did you know that chewing sugarless gum for 20 minutes following meals can help prevent tooth decay? Chewing gum increases the flow of saliva, which can neutralize and wash away the acids that lead to cavities. Look for the ADA (American Dental Association) Seal on gum packaging, and keep a pack in your purse, briefcase or pocket. Chewing gum is not a substitute for brushing and flossing. The ADA recommends brushing twice a day and flossing between teeth once a day.

Org Health & Diversity Focus

Factors that can help with adjusting to a different culture:

- Clear communication
- Connection with others
- Understanding
- Being part of the group
- Buddy system

Human Performance Focus

PEER PRESSURE

Employees should be on guard for this trap at all times. Employees must empower themselves to utilize the STOP work process to mitigate this trap. Hazards such as struck-by and line of fire will go undetected if we don't slow down to speed up.

September 10, 2017

Safety Focus

SITUATIONAL AWARENESS TECHNIQUES

- Explore the jobsite (360 degrees & surrounding areas)
- Identify potential hazards & concerns by physically pointing at them.
- Discuss the hazards and concerns with co-workers, supervisions, and observers.
- Eliminate or mitigate the hazards BEFORE starting work.

Health Tip of the Day

EATING BETTER (FOR CHILDREN AND FAMILIES)

- Start the day with a healthy breakfast. ...
- Let kids help plan and prepare one meal each week.
- Eat together as a family as often as possible.
- Take time eating, and chew slowly. ...
- Eat more vegetables and fresh fruits. ...
- Eat more whole grains. ...
- Drink plenty of fluids.

Org Health & Diversity Focus

Some researchers define the second stage of cultural adaptation as culture shock. "Culture shock" is a common experience that describes the feelings of confusion, stress and disorientation that can occur when entering an unfamiliar culture. Keep in mind that not everyone has the same reactions to cultural adjustment and may experience the symptoms of culture shock in varying degrees, and at different times - or may not experience culture shock at all!

Human Performance Focus

FATIGUE

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

September 11, 2017

Safety Focus

MITIGATE RISK

When several papers were pulled from the top of a locker a screwdriver fell from the top of the locker and landed on the floor. While no personnel were struck and no injuries occurred, the situation could have been much different. Good housekeeping includes not leaving or placing tools or materials where they may cause tripping hazards or where they may fall and strike an individual.

Health Tip of the Day

COMMON SIGNS AND SYMPTOMS OF STRESS

- Neck ache, back pain, muscle spasms, light headedness, faintness, dizziness
- Ringing, buzzing or “popping sounds
- Frequent blushing, sweating, cold or sweaty hands, feet
- Dry mouth, problems swallowing
- Frequent colds, infections, herpes sores. Rashes, itching, hives, “goose bumps”
- Unexplained or frequent “allergy” attacks
- Heartburn, stomach pain, nausea, excess belching, flatulence
- Constipation, diarrhea, loss of control
- Difficulty breathing, frequent sighing

Org Health & Diversity Focus

Some researchers define the second stage of cultural adaptation as culture shock. "Culture shock" is a common experience that describes the feelings of confusion, stress and disorientation that can occur when entering an unfamiliar culture.

Common reactions to culture shock include:

- Extreme homesickness
- Avoiding social situations
- Physical complaints and sleep difficulties
- Difficulty with workload and inability to concentrate
- Becoming angry over minor irritations
- Significant nervousness or exhaustion

Human Performance Focus

DISTRACTIONS

When accounting for deficiencies and gaps, be sure to use the self-checking tool to ask yourself: “Were there any distractions present when we completed our hazard assessment?” Account for all and leave nothing unchecked.

September 12, 2017

Safety Focus

STRUCK BY

A worker was repairing fencing and once the task was completed, descended the step ladder and misjudged the last step causing a bump to his right elbow. This is a reminder to maintain 3 points of contact (two hands and a foot or two feet and a hand) when ascending or descending a ladder.

Health Tip of the Day

REASONS TO STRETCH

1. Decreases muscle stiffness and increases range of motion.
2. May reduce your risk of injury.
3. Helps relieve post-exercise
4. Reduces muscular tension and enhances muscular relaxation.
5. Improves mechanical efficiency and overall functional performance.
6. Prepares the body for the stress of exercise.
7. Promotes circulation
8. Decreases the risk of low-back pain

Org Health & Diversity Focus

The third stage of cultural adaption is often called the adjustment stage. During the adjustment stage, frustrations are often subdued as people begin to feel more familiar and comfortable with the cultures of their new environment. Navigation becomes easier, friends and communities of support are established, details of local languages may become more recognizable, etc.

Human Performance Focus

S.T.A.R.

STOP-THINK-ACT-REVIEW: All pinch-points, line of fire, and possible struck-by hazards. Utilizing STAR to eliminate and/or mitigate these hazards should be a daily focus before attempting any task.

September 13, 2017

Safety Focus

LINE OF FIRE

A worker was on top of a crane jib for disassembly, while lowering the top sheave into the stowed position, his fingers were caught between the frame of the upper and lower sheaves. This is a reminder to always be aware of your surroundings, including any moveable or rotating equipment.

Health Tip of the Day

KEEP YOUR KIDNEYS HEALTHY

According to the National Kidney Foundation, about 26 million American adults have chronic kidney disease and millions more are at risk. Diabetes and high blood pressure are the most common causes. To keep your kidneys healthy, exercise regularly, control your weight, monitor your blood pressure and cholesterol, eat a healthful diet and don't smoke or abuse alcohol. Talk to your doctor about getting tested if you have high blood pressure, diabetes, heart disease or a family history of kidney disease.

Org Health & Diversity Focus

Researchers often refer to the third stage of cultural adaption as the adjustment stage. During this stage, people begin to feel more familiar and comfortable.

Psychological impacts during this stage: new awareness and increased self-esteem. Factors that promote adjustment during this stage: clear communication, patience, and support.

Human Performance Focus

CHANGE-ABNORMAL

If the tasks or job suddenly changes, be empowered to STOP work and review previous hazards identified and any new ones that may pose a threat to a successful outcome. New deficiencies can be hidden within a job-scope change.

September 14, 2017

Safety Focus

STRUCK BY

A crew member was lowering a 10 pound hammer by rope to a lower elevation that was approximately 75 feet lower when the rope became undone and hammer fell approximately 65 feet striking an employee on the upper left arm. When performing material handling activities such as lowering objects, use proper lanyards on tools, flag the area underneath your work, and verify that all personnel follow the established protocol for determining when the “all clear” has been established prior to entering the cone of influence.

Health Tip of the Day

TUNA RECIPE

Looking for a new twist on tuna salad? Try a Mediterranean tuna pita. Mix one can of light tuna (canned in water) with 1 tablespoon of olive oil, 1 tablespoon of lemon juice, cracked black pepper and 1/4 cup of finely chopped red onion and parsley leaves. Add sliced tomatoes and a few sliced Kalamata olives. Serve the tuna mixture with whole-grain pita bread and add a side salad for a healthy and light meal.

Org Health & Diversity Focus

The last phase of cultural adaptation – acceptance – may happen quickly or may take significant time. Acceptance doesn't necessarily mean that new cultures or environments are completely understood; rather it signifies a realization that complete understanding isn't necessary to function and thrive in the new surroundings. During the acceptance stage, people have the familiarity and are able to draw together the resources they need to feel at ease.

Human Performance Focus

COACHING

We can all utilize the coaching tool to reinforce timely reporting of safety and health deficiencies. Make coaching a part of your hazard review, daily safety briefing, and safety meeting schedules.

September 15, 2017

Safety Focus

LINE OF FIRE

A worker while prepping filler rod encountered a loose guard on a grinder. The employee attempted to repair the grinder. Upon testing the repair, the guard spun catching the employee's glove, pulling the employee's glove between the guard and the disk. This is a reminder that power tools should be handled very carefully in order to avoid personal injury or damage to the equipment. Guards shall be kept in place and in good condition at all times.

Health Tip of the Day

TOO MUCH EXERCISE?

Exercise brings physical and mental health benefits, but compulsive exercising can be dangerous. Signs of a problem include exercising despite pain or injury, being unable to skip even one day of exercise, exercising for many hours each day to compensate for binge eating or exercising to the point of dizziness, dehydration or extreme fatigue. If you think you might have a problem with compulsive exercise, talk with a physician, psychologist, exercise physiologist or counselor.

Org Health & Diversity Focus

"One of the things I tend to do is open myself up to a variety of voices. I try to expose myself to the kind of culture shock that occurs when you talk to people who speak a different language." ~ Pierre Omidyar

Human Performance Focus

QUESTIONING ATTITUDE

If you have to ask yourself, "should I report this as a safety issue or possible error - likely situation", the issue needs to be reported. Be aware of your reporting responsibilities for deficiencies. Remember, our goal is the elimination of errors and safety events. Timely reporting for correction is a critical step.

September 16, 2017

Safety Focus

MITIGATE RISK

A worker was applying aluminized tape to a cable tray in an area with very limited space. While applying pressure to the tape, the worker's right elbow rotated upward and he struck his elbow against the underside of a stainless steel band that was wrapped horizontally around the a cable tray. The edge of the banding cut through the worker's shirt sleeve. Use the job site review and pre-job brief to identify potential risks and brief on measures to take to ensure safety for the conditions identified.

Health Tip of the Day

NUMBER ONE SNACK CHOICE FOR KIDS

Did you know that fruit is the number one snack that parents give to their children under age six? This is encouraging news, particularly given the recent rise in childhood obesity. The key is making fruit (along with other nutritious choices) visible and convenient. For tips on adding more fruits and vegetables to your meals and snacks, visit www.fruitsandveggiesmorematters.org.

Org Health & Diversity Focus

ENVIRONMENTS THAT SUPPORT CULTURAL DIVERSITY HAVE

- High expectations for all employees
- High level of respect for cultural and linguistic diversity
- High level of interaction and collaborative group work
- Multicultural perspectives infused throughout the work environment
- A proactive approach to cultural conflict through open discussions
- Zero tolerance for culturally insensitive behavior

Human Performance Focus

QUESTIONING ATTITUDE

Struck-by injuries can be minor or fatal. The difference may be inches or luck. Keep a questioning attitude around ANY and ALL moving equipment to keep yourself and others safe.

September 17, 2017

Safety Focus

LINE OF FIRE

A worker experienced injury when a large counter weight struck his right hand when he slid it in the line of fire along the bottom of the top counter weight, while retrieving his tagline. This is a reminder to maintain situational awareness, keep yourself and others out of the line of fire.

Health Tip of the Day

HELP YOUR FAMILY GET ACTIVE

When it comes to heart health, it's important that we think not only of our own cardiovascular health but also that of future generations. A study last year found that obese children and teens have as much plaque in their arteries as a 45-year-old adult, setting them up for heart disease and other serious health conditions much earlier than their parents.

Org Health & Diversity Focus

A common definition of inclusion is the act or state of including or being included within a group or structure. There are some elements of culture that can change based on a person's new environment but there are some that are harder to change.

Elements of Culture:

- Clothing
- Values
- Language
- Government
- Technology
- Food
- Music/dance
- Arts/literature
- Family structures
- Religion

Human Performance Focus

STRUCK-BY INJURY AWARENESS

"I find your lack of concern for struck-by hazards... disturbing."

- Darth Vader

September 18, 2017

Safety Focus

WEARING PROPER PPE

An individual received a cut to the knuckle while performing grinding. The grinder caught the edge of a weld, causing it to kick out. The individual was wearing the proper PPE and had the appropriate attachments and guards on the tool. Having the proper PPE and machine guards avoided a more significant injury.

Health Tip of the Day

COPING WITH STRESS AT WORK

Everyone who has ever held a job has, at some point, felt the pressure of work-related stress. Any job can have stressful elements, even if you love what you do. In the short-term, you may experience pressure to meet a deadline or to fulfill a challenging obligation. But when work stress becomes chronic, it can be overwhelming — and harmful to both physical and emotional health. Unfortunately such long-term stress is all too common. In 2012, 65 percent of Americans cited work as a top source of stress, according to the American Psychological Association's (APA) annual Stress in America Survey. Only 37 percent of Americans surveyed said they were doing an excellent or very good job managing stress.

Org Health & Diversity Focus

There are some elements of culture that can change based on the new environment but there are some that are harder to change. Elements of culture are sometimes harder to change such as:

- Gender roles
- Social roles and status
- Beliefs and expectations
- Worldview
- Customs
- Child-rearing
- Patterns of work and leisure
- Nonverbal communication

Human Performance Focus

PRE-JOB BRIEFS

Struck-by injuries seem to occur infrequently. However – they can be very severe, even fatal. (2nd most common U.S. accidental fatality in 2010) Include all struck-by hazards in pre-job briefs since some workers may not be aware.

September 19, 2017

Safety Focus

LINE OF FIRE

While aligning 40 ft. spools of pipe and matching the holes to the flanges, an employee was injured when attempting to tighten the pins. He placed his hand in a pinch point between the two pipe flanges. Hands are one the most injured parts of the body. Keep your eyes on your hands to avoid injury and understand when the hands are in the line of fire.

Health Tip of the Day

WHY IS BREATHING IMPORTANT DURING STRETCHING?

In addition to increasing your flexibility and range of motion, stretching improves circulation and helps release tension and stress. To gain the most benefits from your stretching, you must breathe deeply and regularly. Many people, however, tend to hold their breath while they stretch. If you hold your breath, you likely won't see major improvements in your flexibility, and you put yourself at risk for injury.

Org Health & Diversity Focus

“Culture makes people understand each other better. And if they understand each other better in their soul, it is easier to overcome the economic and political barriers. But first they have to understand that their neighbor is, in the end, just like them, with the same problems, the same questions.” ~Paulo Coelho

Human Performance Focus

STRUCK-BY STAR

Stop. Think: What moving equipment can injure us today? Vehicles? Equipment? Tools? Other? Act: with a questioning attitude. Review: Any struck-by hazards that we missed or could turn over to the next crew?

September 20, 2017

Safety Focus

HANDS IN THE LINE OF FIRE

A pipefitter injured his left hand in a pneumatic powered pipe cutting machine when he rested the hand on the stationary piece of the machine. While the machine was operating, the individual's hand was pinched between the rotating and stationary pieces of the machine.

Health Tip of the Day

A BETTER SHOE FIT

Did you know that how you lace your shoes can help reduce foot pain and prevent injury? There are many different types of lacing patterns you can use to adapt for and minimize foot pain or structural abnormalities. For example, if your athletic shoes have an inner and outer set of eyelets, experts suggest only using the wider set of eyelets on the shoe, particularly if you have a narrow foot. This helps the shoe fit more snugly.

Org Health & Diversity Focus

WAYS PEOPLE FEEL ACCEPTED IN A NEW ENVIRONMENT:

- Making new friends
- Knowing who to contact for things
- Knowing how to get around and work effectively in the new environment

Human Performance Focus

PHYSICAL ENVIRONMENT

We're past mid-September. However, it is still very hot in some of our service territory. Ensure work groups include hydration in pre-job briefs and work plans in areas where weather is still summer-like.

September 21, 2017

Safety Focus

FALLING OBJECTS

While placing a tag on material stored in a racking system, the racking system twisted and fell forward towards the employee nearly striking him. It was subsequently learned that racking system was overloaded with weight on the top rack of the storage device. Additionally, upon inspection of the failed racking system it was discovered that there were no cross members installed to support the overall structure of the racking system. Racking systems should routinely be inspected for overloading and proper storage of materials.

Health Tip of the Day

IT'S CITRUS SEASON

Citrus fruits are delicious and nutritious. Best known for their high vitamin C content, these fruits are also good sources of other nutrients such as potassium, folate, fiber and a variety of phytochemicals (health-protecting compounds found in plants). Choose from favorites including oranges, grapefruits and tangerines. Select citrus fruit that is firm, feels heavy for its size, has vibrant color and a smooth peel. Add them to a salad or simply peel and enjoy!

Org Health & Diversity Focus

TIPS FOR WELCOMING A NEW EMPLOYEE:

1. Discuss roles and responsibilities early and re-check for understanding
2. Assign a peer buddy that can help answer questions about the new environment
3. Help build a social network between peers
4. Encourage open dialogue between you and the new employee
5. Have frequent “check-ins” during the first few months

Human Performance Focus

MULTIPLE TASKS

Multitasking is really ‘switch-tasking’. Try to focus on finishing one task at a time. If jobs require ‘switch-tasking’ – recognize the hazard of the distractions – and add personal ‘quality control’ checks to keep you focused. Write notes if it will help.

September 22, 2017

Safety Focus

FALLING OBJECTS

While rigging material, workers lost control of a canvas tool bag and it fell approximately 45 feet, striking an individual on his hard hat. The material in the tool bag was being manually landed to lift it over a parapet wall and the tool bag handle became unhooked due to the failure of the safety latch on the hook. It was later learned that the safety latch on the lifting hook was not robust and failed prematurely. Regardless of the equipment failure, all personnel should be aware of the “all clear” protocol and not be in the stay clear of the cone of influence.

Health Tip of the Day

TAKE STEPS TO START A WALKING GROUP

Walking groups are a great way to get moving. They provide safety in numbers, make the time go by faster and help you stick with your activity. They can also create a circle of enthusiasm and social support. Find potential walkers at your fitness center, in your neighborhood, at work or possibly with other parents at your kids' sporting events. Then, get the group together and head out for a walk!

Org Health & Diversity Focus

JOIN AN EMPLOYEE RESOURCE GROUP

The Multicultural & Women's ERG provides information and explores opportunities related to Entergy's changing workforce demographics, while addressing issues that uniquely impact multicultural and female employees. [Join by clicking here! Or visit the ERG page on the OH&D website.](#)

Human Performance Focus

TIME PRESSURE

Sometimes we hurry to finish big jobs on Friday – so we can wrap them up before the weekend. This is an error trap. Take the time to do the job right (safely). Imagine the delay if a serious event occurred?

September 23, 2017

Safety Focus

HAND IN LINE OF FIRE

An employee attempted to remove a trailer coupler from the ball on the Gator by using the manual trailer jack. The latch locking mechanism was in the open position with the employee's left hand resting on top of the latch. As the employee got the coupler to come loose, the trailer popped upward as the weight of the Gator came downward and pinched the employee's left hand between the latch of the trailer and the bed of the Gator. Safety awareness includes maintaining awareness of hands and potential pinch points while operating equipment.

Health Tip of the Day

SUMMER SNACKS

As the temperature rises, what sounds better than something cool, crunchy, and sweet? Frozen grapes are a great way to enjoy this nutrient-packed fruit. Just rinse, pat dry, put into a plastic bag, freeze overnight, and enjoy! Other refreshing summer snacks include sliced watermelon and seasonal berries. Take advantage of this seasonal bounty and fuel your body with delicious summer snacks.

Org Health & Diversity Focus

ACCOMMODATION

Cultural accommodation refers to the process by which individuals may take in values and beliefs of the host culture and accommodate them in the public sphere, while maintaining the parent culture in the private sphere.

Human Performance Focus

STRUCK-BY AWARENESS

National Safety Council reported in 2010 that struck by injuries were the #1 cause of accidental fatalities for 15-24 year old age group; and 2nd for all ages. Add struck-by hazards to your 'mental checklist' for questioning attitude.

September 24, 2017

Safety Focus

RISK IN CONGESTED AREA

An individual sustained a laceration to the leg while traversing from one elevation to another. The worker came in contact with a sharp object in a highly congested area that was infrequently accessed. Latent conditions could exist in these areas and go undetected. Stop and assess your travel path prior to traversing through congested or infrequently accessed areas, especially when carrying tools or material.

Health Tip of the Day

PATH TO IMPROVED HEALTH

- Start the day with a healthy breakfast. It refuels the body and provides energy for the day.
- Let kids help plan and prepare 1 meal each week.
- Eat together as a family as often as possible.
- Take time eating, and chew slowly. It takes 20 minutes for the brain to tell the body that you are full.
- Eat more vegetables and fresh fruits. Aim for a total of 2 cups of fruit and 2 1/2 cups of vegetables each day.
- Eat more whole grains. Examples include oats, brown rice, rye, and whole-wheat pasta. Try to eat at least 3 ounces of whole grains each day.
- Drink plenty of fluids. Choose water, low-fat or nonfat milk, and low-calorie beverages.
- Serve a variety of foods.
- Serve food in small portions

Org Health & Diversity Focus

“The role of a creative leader is not to have all the ideas; it’s to create a culture where everyone can have ideas and feel that they’re valued.” ~ Ken Robinson

Human Performance Focus

MENTAL STRESS

Stress can ‘consume your thought-life’. This is not good when driving or working or doing any task that requires a minimum of distraction. Stress will never completely go away – so try to compartmentalize the stressor – and focus on the task at hand.

September 25, 2017

Safety Focus

POSITIVE CONTROL OF OBJECTS

While a worker was carrying two scaffold poles from one elevation to another, he stopped to reposition them to maneuver through a congested area. When he was repositioning the poles, he lost positive control of one of the poles and it fell. The dropped pole struck one worker and then another worker who was a few steps below. Lack of hazard recognition for roping off the area or using spotters could have prevented injury to the workers.

Health Tip of the Day

WHAT IS SLEEP APNEA?

Sleep apnea (AP-ne-ah) is a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep. Breathing pauses can last from a few seconds to minutes. They may occur 30 times or more an hour. Typically, normal breathing then starts again, sometimes with a loud snort or choking sound. Sleep apnea usually is a chronic (ongoing) condition that disrupts your sleep. When your breathing pauses or becomes shallow, you'll often move out of deep sleep and into light sleep. As a result, the quality of your sleep is poor, which makes you tired during the day. Sleep apnea is a leading cause of excessive daytime sleepiness.

Org Health & Diversity Focus

“Culture is communication, communication is culture.” ~ Geert Hofstede

Human Performance Focus

JOB SITE REVIEW

Often, pre-job briefs are not held on the job location. When you get to the location after the brief, take two minutes to assess the job site and look for hazards that were not covered in the briefing – and mitigate them.

September 26, 2017

Safety Focus

STRUCK BY

A worker was injured while operating a pneumatic impact wrench to de-tension large studs. During operation, a mechanical failure of the tool occurred. A piece from the tool struck the left forearm of the employee. Lessons learned included to verify that tooling is in serviceable condition and verify you are wearing the proper PPE for the work activity such as long sleeved garments.

Health Tip of the Day

MORE THAN A STRETCH: YOGA'S BENEFITS MAY EXTEND TO THE HEART

Posted April 15, 2015, 4:26 pm, Updated February 28, 2017, 9:48 am
Julie Corliss, Executive Editor, *Harvard Heart Letter*

As a long-time yoga enthusiast, I'm always happy to hear about benefits newly attributed to this ancient practice. Doing yoga for a few hours each week helps me feel calmer and more balanced, both physically and mentally. Now, new research suggests that my habit also may be helping my heart. 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.

Org Health & Diversity Focus

LAYERS OF CULTURE

Different layers of culture exist between people even within the same culture. These layers include:

- The national level: the nation as a whole
- The regional level: ethnic, linguistic, or religious differences that exist within a nation
- The gender level: gender differences (female vs. male)
- The social class level: educational opportunities and differences in occupation
- The corporate level: culture of an organization and applicable to those who are employed

Human Performance Focus

PROCEDURES/STRUCK BY HAZARDS

If using a procedure and an unidentified struck-by hazard is discovered, mark up the procedure to include the struck-by hazard, and get it to the responsible party to have the procedure updated.

September 27, 2017

Safety Focus

CUTTING

A worker used a fixed blade box knife for cutting herculite and sustained a laceration to the thigh when the knife slipped. The behavior that should have been exhibited was to use self-retracting safety blade cutters. Risk can be eliminated when using the proper tool for the job.

Health Tip of the Day

DEFENSIVE GAME PLAN FOR HEALTHY TAILGATING

Any coach will agree, a good defense is critical to success on game day. If you're heading to the stadium, having a defensive game plan can help you enjoy a healthier tailgating experience. Warm up for game day with a good workout. Tackle the calorie heavyweights by eating smaller portions of your favorite tailgating fare. If you choose to drink, don't get sacked by too much alcohol; pack bottled water and alternate drinking it with your alcoholic beverage.

Org Health & Diversity Focus

“Learning a foreign language, and the culture that goes with it, is one of the most useful things we can do to broaden the empathy and imaginative sympathy and cultural outlook of children.” ~ Michael Gove

Human Performance Focus

MOTORCYCLE SAFETY AWARENESS

We're nearing the end of September, and the weather will cool down soon. The cooler weather often brings out motorcyclists (since they can wear their leather and not be so hot.) Motorcycle fatalities have doubled since 2007. Since motorcycles are smaller than cars – you have to TRY to WATCH FOR MOTORCYCLES!

September 28, 2017

Safety Focus

HAND AWARENESS

Worker received an abrasion to his right finger while performing grinding activities. While working in a small, congested area the worker unintentionally bumped the grinder trigger on and it cut through the workers leather glove contacting his finger. Using the Job Site Review and Pre-Job Brief can identify potential risk and brief on measures to take to ensure safety for the conditions; place equipment in a safe condition when not in use (unplug) or establish a temporary barrier.

Health Tip of the Day

MOLDY CHEESE: TO EAT OR NOT TO EAT?

If you notice a spot of mold on your cheese, what should you do? It depends on the type of cheese. Molds are used to make some kinds of cheese, such as Roquefort and Gorgonzola. These molds are safe to eat. With hard cheese, such as cheddar, trim off at least one inch of cheese around and below all moldy spots; the rest is safe to eat. However, if you see mold on a soft, shredded, crumbled or sliced cheese, like cream cheese or cottage cheese, throw the cheese away.

Org Health & Diversity Focus

American novelist Florence King once said, "America is the only country in the world where you can suffer culture shock without leaving home." This is because of our great variety in cultures from region to region, state to state, town to town, and even within the same communities.

Human Performance Focus

OVERCONFIDENCE

Overconfidence is a recipe for an unwanted event. Overconfidence causes us to believe that "it won't happen to me". And when you think it won't happen to you... you won't see it coming... and it will happen... eventually.

September 29, 2017

Safety Focus

STRUCK BY

While working in a congested area, a worker struck their leg against a scaffold knuckle sustaining a laceration to the leg. Using the Job Site Review and looking 360 degrees, inside and under can mitigate the potential risk to injury by identifying and mitigating the hazards.

Health Tip of the Day

HOW INTENSE IS YOUR ACTIVITY?

The "talk test" is a great way to gauge how intense an activity is. During a moderate-intensity activity (such as brisk walking), you can generally talk comfortably, but not sing the words to your favorite song. During vigorous-intensity activity (such as jogging), you can talk, but not without pausing for a breath every few words.

Org Health & Diversity Focus

Cristina DeRossi is an anthropologist at Barnet and Soutgate College in London. Per DeRossi, "Culture encompasses religion, food, what we wear, how we wear it, our language, marriage, music, what we believe is right or wrong, how we sit at the table, how we greet visitors, how we behave with loved ones, and a million other things".

Human Performance Focus

VAGUE OR INTERPRETATIVE GUIDANCE

If using a procedure or instructions, and the guidance is unclear, or steps are not spelled out clearly (i.e. cannot follow the circle/slash method) – then STOP and inform your supervisor. Get the procedure/instructions cleared up before proceeding.

September 30, 2017

Safety Focus

AVOIDING THE LINE OF FIRE

Assess and re-assess your work. Use the appropriate human performance tools to mitigate and eliminate the surrounding risks. Understand:

- "Where am I about to put my hands?"
- "What risk is involved placing my hands here?"
- "What could possibly slip or move while I am performing my work?"
- "What is best body position and motion to prevent my hand from striking an object should a slip or other sudden releases of tension occur?"

Health Tip of the Day

EDIBLE FLOWERS

Edible flowers include dill, dandelions, jasmine, lavender, lilac, mint, nasturtiums, rosemary and roses. They can be used as a beautiful garnish for many foods. Buy edible flowers from a gourmet shop or a source that can verify the flowers were not sprayed with pesticides or exposed to toxic chemicals. Do not eat flowers from florists, nurseries or garden centers. Remember, not every flower or every part of a flower is edible. If uncertain, consult a good reference book or gourmet shop.

Org Health & Diversity Focus

Visit the Organizational Health & Diversity site [here](#) for tips, tools, training and webinars related to creating a great work culture.

Human Performance Focus

FIRST SHIFT/LATE SHIFT

It's Saturday and you're working. It can be easy to unconsciously 'let your guard down' on the weekend. Stay focused on safety this weekend by making a conscious decision to use a questioning attitude: Ask yourself: "What must I do to stay safe right now." Keep asking yourself that question throughout the day.