

Safety Principle # 9

Deficiencies must be corrected promptly

September 2020						
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September 1, 2020

Office Daily Safety Message

September is National Preparedness Month

Hurricane season is not over yet, don't let your guard down. Ready.gov reminds us to be "prepared and not scared".

FEMA offers the following ways to save money when preparing for a disaster:

- Check your insurance coverage, most homeowners' and renters' insurance does not cover flood damage.
- Snap photos of important documents and personal belongings to help you quickly file an insurance claim.
- 30 days, the number of days that it takes for most flood insurance policies to go into effect. Don't wait until it's too late!
- Are you financially prepared for a natural disaster? Start setting aside a small amount of cash each week.
- Keep some cash on hand in case of emergencies, since ATM's and credit card readers may not be available.

Prepare for the unexpected and stay Safety Strong!

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September 2, 2020

Office Daily Safety Message

“Workout Wednesday”

Adding Intensity Minute by Minute!

If you are a regular walker and want to try to add some intensity – try adding a bit of running to your workout. For example, walk four or five minutes, then run for one minute. Repeat several times. Once you feel comfortable, increase from one minute of running to two minutes, then from two to three, and so on. You can stay with this interval option or keep going until you're a regular runner.

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September 3, 2020

Office Daily Safety Message

Make an Emergency Plan

Be prepared! Just like we have emergency plans at work, you also need one at home. Preparing your family for an emergency may start with a conversation over dinner. It is important to include your children in the disaster planning process. When the plan is completed, remember to practice the plan making sure that everyone knows what to do even when you are not there.

- Practice your fire escape plan by having a home fire drill at least twice a year with everyone in the home.
- Download a group texting app so your entire circle of family and friends can keep in touch before, during, and after an emergency.
- Be prepared for power outages by having enough food, water, and medication to last at least 72 hours.
- Don't forget to plan and prepare for your pet's safety and wellbeing.

Being prepared means being Safety Strong!

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September 4, 2020

Office Daily Safety Message

Plan to Evacuate

A wide variety of emergencies may cause an evacuation. In some instances, you may have a day or two to prepare, while other situations might call for an immediate evacuation. Planning is vital to ensuring that you can move quickly and safely, no matter what the circumstances.

Below are planning tips for a safe evacuation:

- Identify several places you could go in an emergency such as a family member's home or a hotel. Choose destinations in different directions so that you have options during an emergency.
- If needed, identify a place to stay that accepts pets. Most public shelters allow only service animals.
- Be familiar with alternate routes and other means of transportation out of your area.
- Always follow the instructions of local officials and remember that your evacuation route may be on foot depending on the type of disaster.
- Keep a full tank of gas if an evacuation seems likely. Plan to take one car per family to reduce congestion and delay.

What are other ways you and your family can be prepared?

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September 5, 2020

Office Daily Safety Message

When It's Time to Evacuate

Before you pick up and go (and if you have enough time) follow these steps:

1. Clean your yard – remove any objects hanging on trees or your home's exterior, such as birdhouses and wind chimes. Bring inside anything that is not nailed down including lawn furniture, trash cans, toys, and garden equipment.
2. Shut off utilities – turn off electricity, water, and gas, doing so will help prevent additional dangers including flooding, fire, and explosions.
3. Windproof windows and doors - if you don't have storm proof shutters, fit plywood coverings over all windows.
4. Protect indoor items – move valuables to higher levels in your home to prevent water damage. As an extra measure, wrap electronics and furniture in sheets, blankets, or plastic drop cloths.
5. Gather up pets – it is not safe for you to stay; it is not safe for Fido. Make plans to stay with friends or at a pet-friendly hotel.
6. Lock you house – crooks and looters take advantage of evacuations, lock all doors and windows and do not leave house keys in an obvious place such as a mailbox.

Stay informed and alert, it may be a matter of life or death.

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September 6, 2020

Office Daily Safety Message

Labor Day is synonymous with the end of summer and would typically be packed with celebratory events like backyard barbecues, final excursions to the lake, picnics at the park, and beach parties. While there may not be large parties and cookouts this year, there are still hazards to be aware of during a holiday weekend.

Here are a few presented by the National Safety Council:

1. Road trip, anyone? Nearly 400 deaths result from motor vehicle collisions over the Labor Day Weekend.
2. Festive Fireworks! Children 10 to 14 years of age are at three times the risk of being injured by fireworks.
3. Alcohol in Moderation. Alcohol and parties often go hand in hand, be aware that drinking impacts your decision making, coordination, reaction time, and vision which makes you vulnerable to several hazards.
4. Boating Safety. Make sure you keep it safe by ensuring the boat is in good mechanical condition and carries all safety equipment including personal flotation devices, an emergency kit, and a first aid kit.
5. Conquering Outdoor Chores. If your plans include working outdoors this weekend, remember to check for frayed cords on electric power tools. Ladders are notoriously dangerous, remember your ladder safety.
6. Prevent Food-borne Illnesses. Minimize the chance of cross-contamination, wash your hands before and after you touch raw meat. Never leave food that requires refrigeration out in the sun and heat.
7. Hydration and Sun Protection. Soda and juice might be a bit tastier, but you should hydrate your body with water instead. Remember that it is still summer, and the sun is still raging. Use sun protection and stay hydrated!

An accident is never planned, keeping safety tips in mind may help prevent one!

It is also important to remember personal hygiene practices and precautions to prevent the spread of COVID among friends and family members. Wash your hands frequently, avoid touching your face, keep social distance as much as possible, only gather in small groups, and keep activities outdoors.

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September 7, 2020

Office Daily Safety Message

Labor Day: What it Means, U.S. Department of Labor

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882 in New York City. By 1894, 23 more states had adopted the holiday, and on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.

Labor Day is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Happy Labor Day!

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September 8, 2020

Office Daily Safety Message

After an Evacuation

If you evacuated from your home, check with local officials first before traveling to return home.

Residents returning to disaster affected areas after significant events should expect and prepare for disruptions to daily activities. Remember, returning home before storm debris is cleared is dangerous.

- Let friends and family know your plans for returning home
- Charge devices and consider getting back-up batteries in case power outages continue
- Fill up your gas tank prior to returning home
- Bring supplies such as water, non-perishable food, and cleaning supplies
- Avoid downed power lines, they may be live with deadly voltage
- If using a generator, remember to read all manufacturer's instructions and NEVER run a generator inside a home or enclosed building

Stay Safety Strong!

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September 9, 2020

Office Daily Safety Message

“Workout Wednesday”

Heart Health

Curious how you're doing with lifestyle factors to help keep your heart healthy?

According to the American Heart Association, there are seven keys to a healthy heart:

1. Stay away from tobacco
2. Maintain a healthy weight
3. Be physically active
4. Eat a nutritious diet
5. Keep your cholesterol in check
6. Keep your blood pressure in check
7. Keep your blood sugar in check

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September 10, 2020

Office Daily Safety Message

Common Reactions After a Natural Disaster

These events create a tremendous amount of stress and anxiety for those directly and indirectly affected. In the days and weeks following a disaster, you may begin to have some of these common reactions:

- Disbelief and shock
- Fear and anxiety about the future
- Disorientation; difficulty making decisions or concentrating
- Apathy and emotional numbing
- Nightmares and reoccurring thoughts about the event
- Irritability and anger
- Sadness and depression
- Feeling powerless
- Changes in eating patterns; loss of appetite or overeating
- Headaches, back pains, and stomach problems
- Difficulty sleeping or falling asleep
- Increased use of alcohol and drugs

Don't forget about our Entergy Assistance Plan, a Worklife Balance Program, if needed. The program can be reached by calling at 1-855-718-9396 or logging on to www.mylifevalues.com (Logon ID: Entergy – Password: worklife)

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September 11, 2020

Office Daily Safety Message

Tips for Coping After a Natural Disaster

It is normal to have difficulty managing your feelings after a natural disaster. However, if you don't deal with the stress, it can be harmful to your mental and physical health.

Here are some tips for coping in these difficult times:

- Talk about it – this helps relieve stress and helps you to realize that others may be having the same feelings
- Spend time with family and friends – they can help you through this tough time
- Take care of yourself – get plenty of rest, exercise, and be sure to eat properly
- Limit your exposure to images of the disaster – watching or reading about the disaster will only create more stress
- Take one thing at a time – create a check off list, this brings on satisfaction by checking things off
- Do something positive – volunteer, helping others can give you a sense of purpose
- Avoid drugs and excessive drinking – this may offer temporary relief but can lead to larger issues
- Ask for help when you need it – if your feelings do not go away or are so intense that they interfere with your ability to function in daily life, reach out for help

Don't try to cope alone, help is available by contacting our Entergy Assistance Plan, a Worklife Balance Program, if needed. The program can be reached by calling at 1-855-718-9396 or logging on to www.mylifevalues.com (Logon ID: Entergy – Password: worklife)

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September 12, 2020

Office Daily Safety Message

Outdoor Activities

We still have some hot weather in September, so don't let your guard down when it comes to heat stress. Exercise is good and necessary, but please include rest, shade and HYDRATION in your plans.

The best hydration starts by prepping the evening before.

Don't forget WATER, REST, SHADE!

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September 13, 2020

Office Daily Safety Message

Water – It does your body good!

Did you know that by the time you are thirsty, you are already two to three percent dehydrated? Make sure to begin your hydration strategy prior to starting work. Trying to play catch-up for lost fluids is very difficult. Losing even two percent of body fluids can impair performance by increasing fatigue and affecting cognitive skills.

The key to being Safety Strong in hydration ... do not wait until it's too late to hydrate.

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September 14, 2020

Office Daily Safety Message

Continual Learning

Continual learning and improvement are critical for success in any area of our lives; whether that is as a parent, spouse, worker, leader, community member, etc. Having a growth mindset when it comes to work separates those who stay stagnant in their position at work and those who eventually land better opportunities for themselves. Continually learning and expanding your knowledge regarding what you do at work will allow you to be a safer and more efficient worker.

With any changes, even if it something that makes a work task safer, it is necessary to understand what impact that it has on your job. When processes, equipment, tools, etc. change for a work task it is necessary to be able to identify what new hazards may be created and what needs to be done to mitigate them. Being a worker who is able to foresee the issues that new changes bring and have solutions for those issues is critical to be successful as well as remain safe on the job.

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September 15, 2020

Office Daily Safety Message

Slips, Trips, and Falls

You take hundreds of steps every day, what can you do to prevent a slip, trip, or fall?

- Use good judgement when selecting your footwear for the day's activities
- Be alert for uneven surfaces, slippery surfaces, and tripping hazards
- Look for transitions between two surfaces
- Always use handrails

Keep your "eyes on path" always and take every single step seriously!

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September 16, 2020

Office Daily Safety Message

“Workout Wednesday”

Time to move!

It is easy to get caught up in a busy work week; answering emails, making phone calls, meeting deadlines. However, short breaks to move around will actually help you stay focused throughout the day. Take a standing/stretching break for 30 seconds every 30 minutes during your workday.

Do a few short exercises right at your workstation: squats, wall pushups, lunges, and arm stretches. This will help get your blood moving and will stimulate your brain to keep you on task!

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September 17, 2020

Office Daily Safety Message

Eating While Driving

When people think of distracted driving, they usually think about cell phones, GPS systems, and other distracting electronics in vehicles. Most people don't think about one of the oldest and most dangerous forms of distracted driving in existence today, eating while driving.

Did you know that coffee is the most dangerous item to have in your car in terms of distractions? What is your first reaction when coffee splashes out of the cup and onto your lap, leather seat, or nice carpeting? You cannot help but to take your focus away from the road!

Distracted driving, it comes in many forms!

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September 18, 2020

Office Daily Safety Message

Practice Good Ergonomics

With many of us sitting at our home office all day, practicing good ergonomics can help workers stay healthy. If left untreated, ergonomic problems can result in muscle and joint injuries.

According to the National Safety Council, factors that contribute to poor ergonomics include working in awkward positions; having a poorly set-up workstation; overexerting yourself when lifting, pushing or pulling; and sitting for too long in one position.

To avoid ergonomic issues, stretch or walk around regularly. It is not recommended to remain sedentary for lengthy periods of time.

Remember your 30 for 30!

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September 19, 2020

Office Daily Safety Message

Take a Walk

Want a break from the stress? Does your house feel like the walls are closing in around you? 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, it's great aerobic exercise, too.

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September 20, 2020

Office Daily Safety Message

Good Enough

“Good enough” is a mindset that plagues individuals both at work and at home in different aspects of life. When we aim lower than what we know our potential is we are leaving a lot on the table. When it comes to safety, aiming lower than what is expected can lead to serious injuries.

We can adapt a good enough mindset in any activity where hazards are present, whether at work or at home. How do we fall into the “good enough” mentality?

- Complacency
- Lack of training/understanding of the task
- Culture of others around us
- Lack of energy/fatigue

How to avoid the “good enough” mindset when it comes to safety:

- Know the expectation and aim for your best
- Recognize when you are not feeling your best or when you are fatigued
- Remind yourself why safety practices are in place
- Have others hold you accountable

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September 21, 2020

Office Daily Safety Message

Computer Eye Strain

As more people use computers in the workplace and home, complaints of eye fatigue, difficulty focusing, and discomfort have become commonplace.

You may find you need glasses when working at a computer, or that your prescription needs updating.

Next, look at your computer workstation:

- **Screen distance:** You should sit about 20 inches from the computer monitor, a little farther away than reading distance, with the top of the screen at or below eye level.
- **Equipment:** Choose a monitor that tilts or swivels. Adjust them appropriately for the lighting in the room. Use a glare reduction screen on the monitor if needed.
- **Furniture:** An adjustable chair is best. The top of the monitor should be at eye level. Place the monitor on a stand if needed.
- **Rest Breaks:** Take periodic rest breaks and try to blink often to keep your eyes from drying out. Every 20 minutes take a 20 second break and look away 20 feet to give your eyes a rest. Move them up, down and to both sides focusing on something at least 20 feet away.

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September 22, 2020

Office Daily Safety Message

Distracted Driving is SELFISH!

By driving distracted, you are basically telling everyone else on the road that you are more important than they are, and you don't care if they get hurt or killed because of your own reckless actions.

Of course, most distracted drivers think they are "good at it" or can somehow evade the dangers. Unfortunately, with distracted drivers, they don't have the excuse that alcohol clouded their judgement, they just have poor judgement while sober.

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September 23, 2020

Office Daily Safety Message

Workout Wednesday

Reduce Stress

Countless studies show that excess stress can cause real physical symptoms like headaches, upset stomach, increased blood pressure, chest pain, and trouble sleeping.

Warning signs that you could be experiencing too much work-related stress include feeling anxious or irritable, fatigue, muscle tension or headaches, social withdrawal, problems concentrating, trouble sleeping, and apathy or loss of interest at work.

A few ways to help manage stress at work include:

- Exercise: minimum of 30 minutes of activity at least 3-4 times per week
- A healthy and nutritious diet: more fruits, veggies, and omega 3; less sugar, caffeine, and nicotine
- Healthy relationships for support: talk it out, prioritize social connections, have fun!
- A regular, adequate sleep schedule: shoot for 8 hours of sleep per night, no screens 1 hour before bed
- Prioritize and organize your workdays and weeks ahead of time
- Getting rid of bad habits such as micromanagement, negativity, unrealistic expectations of self and others

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September 24, 2020

Office Daily Safety Message

Don't forget to enter your Close Calls and Good Catches.

It takes time to report Close Calls/Good Catches. There are several reasons people hesitate to report them. However, it is truly important that you report them. If not, what is lost is a free lesson in injury prevention. The few minutes spent reporting and investigating Close Calls/Good Catches can help prevent similar incidents and even severe injuries.

You may have many experiences at home or during off hours where you experience a close call or a good catch. Are you safety-minded around the clock? Have you influenced the safety mindset of those around you?

The difference between a Close Call/Good Catch and an injury is typically a fraction of an inch or a split second!

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September 25, 2020

Office Daily Safety Message

Social Safety

We often hear about cyber safety when referring to children and teens' screen time and social media use. But what about your own safety when using technology and social media?

Don'ts of social networking:

- Avoid Making False or Misleading statement
- Don't believe everything you read.
- Do Not Disclose Privileged or Confidential information

Safety Tips for Social Networking:

1. Sharing Too Much Information (TMI) -- Never share your ID number, home address or home phone number, and bank account and credit card information.
2. Customize privacy options -- Social networking sites increasingly give users more control over their own privacy settings. Don't assume you have to take whatever default settings the site gives you.
3. Limit work history details on LinkedIn.
4. Don't violate your company's social networking policies

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September 26, 2020

Office Daily Safety Message

Child Passengers – Using the Correct Seating Position

Did you know that the leading cause of death to children ages 3-14 in the U.S. is motor vehicle accidents? In 2017 in the United States, 794 children ages 12 and younger died as occupants in motor vehicle crashes. 37% of these children were not restrained.

The solution: Safer driving practices (i.e. no driving and texting!) and using age-appropriate child restraints until age 12.

- Birth to age 2: Rear-facing child infant seat.
- Age 2 to at least age 5: Forward facing car seat.
- Age 5 until seat belt fits properly: Booster seat.
- Up to age 12 – no front seat use.

Buckle up using the right equipment when it comes to safety for our child passengers!

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September 27, 2020

Office Daily Safety Message

Is Your Child's Seat Installed Properly?

Studies show properly installed child safety seats reduce fatal injury by 71% for infants, 54% for toddlers ages 1-4, and 45% for children ages 4-8. Different studies have shown an alarming percentage of child car seats installed improperly. Tests have shown 50 to 95% of car seats with at least one installation problem. Teach your loved ones about car seats at www.safekids.org.

For tips on the right car seat fit try this: <https://www.safekids.org/tip/right-fit-your-childs-car-seat>

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September 28, 2020

Office Daily Safety Message

Safety at Home

We often focus on safety at work so that employees can “go home to their families the same way they arrived at work.” What about safety when you are home?

There are similar safety concerns at almost every home. Use this checklist to see whether you are addressing some of the larger safety issues in your home:

- Are there working smoke alarms in the house? Are they in the proper locations?
- Are chemicals and other harmful substances locked up to protect children and pets?
- Do you and other family members wear proper PPE when doing yard work?
- If you have a pool, does it have a proper fence and locking gate?

What other measures can you take to ensure the safety of your family and your home?

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September 29, 2020

Office Daily Safety Message

Eye Protection at Home

Prevent Blindness America has declared September as Home Eye Safety Awareness Month to remind everyone of the hazards in their own homes that could impact their sight. Home is often the place where we forget to look for safety hazards as we do chores that we've done hundreds of times before.

Remember to wear safety goggles or face shields when mowing or using a weed eater or power saw. Turn off power tools when near bystanders or when children approach. Wear goggles to protect your eyes from fertilizers, pesticides, and other chemicals, including bleach. Wash your hands thoroughly after using any chemicals before touching your eyes or face.

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September 30, 2020

Office Daily Safety Message

WHY are you choosing to work safely today?

Your health?

Your family?

Your company?

You should always strive to work safely for your own sake, but there are also huge consequences for those around you if you choose to take risks on the job.

Finding your “why” moves safety to the next level.