

## September 2020

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**September 1, 2020**

### **Field Daily Safety Message**

#### Generator Awareness

Now like never before, customers have easy access to generators to power their homes during outages. This is great for customers to use while we work to restore power lines

safely, but these generators can cause a hazard to our employees. When working an outage – especially storm restoration – remember to keep your eyes and ears open for signs of customer generators in use and use all safety precautions to mitigate the hazard of potential back feed.

Hurricane restoration has revealed that some customers are alternatively served through solar energy – just because you cannot hear a generator does not mean the hazard is not present!

Hazard mitigation is required, regardless of sight or sound!

**September 2, 2020**

**Field Daily Safety Message**

Working from a Bucket

Day in and day out, we climb in and out of buckets on trucks. We do this task so often that it becomes routine. Routines get old and we tend to forget steps in the process. We ask ourselves what could really happen to me if I forget a step or two in the process after climbing into this bucket? That one step that may have been missed could mean the difference between life and death. It could mean the difference in seeing your family at the end of work or not seeing your family. Think about it. It is a reality!

Starting today, ask for a peer check from a co-worker before climbing into a bucket. Ask your co-worker to check your fall protection gear for worn straps, rusty clamps or D-rings, or sewed stitching that may have started to unravel, etc. If any unsafe climbing gear is discovered, discard it and replace immediately. **DON'T TAKE A CHANCE!**

After climbing into the bucket, ask your co-worker to continue with the peer check making sure that your lanyard is properly clipped both to your fall protection equipment and to the bucket.

**DON'T TAKE SHORTCUTS ... IT IS NOT WORTH THE RISK!**

**September 3, 2020**

**Field Daily Safety Message**

Line of Fire – Released Energy

Total elimination of released energy hazards is not always possible and engineering controls may not be feasible or they can fail. Because of this reality, it is important to decrease your chance of being a victim of line of fire injuries by not putting yourself in harm's way. Understand the work tasks going on around you and the associated hazards.

During storm restoration and every day, it is very important to identify line of fire issues which involve released energy.

Here are a few examples:

- Broken overhead limbs (widow makers)
- Broken poles and lines under stress and strain
- Overhead loads
- Soil shifting
- Slip/Trip/Fall from elevation

Each task requires us to use Situational Awareness to consider the likelihood of what could happen, the consequences if something did, and how best to eliminate or mitigate the risk.

Protect yourself and others on the jobsite by recognizing line of fire hazards from released energy.

**September 4, 2020**

**Field Daily Safety Message**

COVID-19 Precautions in Company Vehicles

Due the enclosed nature of vehicle cabs, special attention must be given to cleaning and disinfecting company vehicles. Commonly touched surfaces include steering wheels, radio and ventilation controls, gear shift, turn signals, console surfaces, door handle, etc.

Employees should disinfect the commonly touched surfaces within the vehicle at the beginning of the work shift and at the end of the work shift. Employees should use hand sanitizer upon entering the vehicle and prior to touching any other surfaces.

Don't forget that if you are riding more than one to a vehicle, face masks must be worn.

**September 5, 2020**

**Field Daily Safety Message**

Hand Sanitization and Rubber Gloves

The CDC recommends washing your hands with soap and water as the best protection against COVID-19. This is also best practice for cleaning hands if using rubber gloves across our industry.

Employees using rubber gloves for protection while working should:

1. Use soap and water to wash your hands before use.
2. Use approved hand sanitizers that have been vetted through a chemical control review process.
3. When using any other hand sanitizing product, thoroughly rinse hands with water and towel dry before putting on gloves. Washing with water (and soap if available) will remove any fragrance and/or oils that may have been added to the product.

**September 6, 2020**

**Field Daily Safety Message**

Face Coverings

Remember, face coverings required by Entergy per the CDC's recommendations are used to protect OTHERS from YOUR respiratory droplets. Recent updates determine face coverings with exhalation valves or vents are no longer acceptable for use by Entergy employees. Neck gaiters are recommended to be rolled back on itself to create a double layer of fabric for more effective protection.

When to use face coverings:

1. Recommended: when performing any activity outside of the home
2. Required: When on Entergy property or while working on behalf of Entergy. Face coverings can be removed when:
  - Working outdoors while maintaining social distancing (>6 feet)
  - Working in a room (or other enclosed area) where others are not present
  - Working from home

**September 7, 2020**

**Field Daily Safety Message**

Truck Safety

Slow it DOWN to avoid Truck Rollovers!

During storm restoration, we have experienced preventable truck rollovers. Below are a few tips to keep in mind when driving a bucket truck:

- Ensure your truck is operating properly by completing your daily truck inspection. Don't forget to check your tires, brakes, and suspension.
- Slow it down – If the posted speed limit is 55 mph, this does not mean you must travel at 55 mph! Remember to never overdrive the road conditions, i.e. a two-lane highway, curvy or hilly highway.
- Avoid sudden maneuvers and remember your truck has a high center of gravity.
- Stay alert, focused, and pay attention – know what is ahead of you, behind you, and beside you. Try to anticipate the other driver's actions.
- Never drive if you are fatigued or feel ill.
- Be aware of poor weather and road conditions. During storm restoration, we may try to maneuver around debris, not realizing that we are close to the edge with a soft shoulder that could give way.

These times are challenging, let's do our part by SLOWING it down to prevent truck rollovers.

**September 8, 2020**

## **Field Daily Safety Message**

### Hierarchy of Controls for Safety

The idea behind the hierarchy is that control methods at the top of the list are potentially more effective and protective than those at the bottom.

- Elimination is the most effective way to reduce hazards but sometimes can be the most difficult to implement. By working de-energized, we have eliminated the possibility of a flash.
- Substitution is a way to remove a hazardous situation and replace it with a less hazardous situation. Are we using the right tool or equipment for the job?
- Engineering Controls are used to remove a hazard or place a barrier between the employee and the hazard. Often older equipment works well but may not have the safeguarding that newer equipment may have.
- Administrative Controls are frequently used with existing processes where hazards cannot be controlled by elimination, substitution, or engineering.
- Administrative controls are policies and/or procedures which explain how to perform a job or task.
- PPE does not eliminate a hazard; it only serves as a barrier. If the barrier is breached, you are now exposed to a hazard.
- PPE is always a last resort and should never be looked at as a primary control for a hazard. The more safeguards in place for a hazard the least likely an incident will occur.

**September 9, 2020**

## **Field Daily Safety Message**

Direct Controls – Hazard Recognition

What is a direct control?

A barrier/control specifically targeted to the high-energy source that effectively mitigates exposure to the high-energy source when installed, verified, and used properly and is effective even if there is unintentional human error during work that is unrelated to the installation of the control.

What are examples of direct controls?

- Lockout/tagout
- De-energizing equipment
- Cover (insulating barriers)
- Machine guards
- Hard physical barriers
- Fall protection equipment that limits free fall
- Airbags and seatbelts
- Roll over protection
- Thermal insulation

A core principle in our new Safety Classification Model (SCL) is that the primary differentiator between success and failure is the presence or absence of direct controls.

**September 10, 2020**

**Field Daily Safety Message**

Get a Grip and Rollout the Mat

The transition area where a person enters a building is one of the most vulnerable for slips. If the weather is rainy or damp, the person will enter the building with wet shoes, wet coat, or a wet umbrella. If the floor surface is a hard floor like marble or tile, and the transition area does not have a mat or runner, the probability of a slip and fall is greatly increased.

Always make sure the mats are in place, laying completely flat, and not worn or torn.

**September 11, 2020**

**Field Daily Safety Message**

Take Time to Inspect!

Take the time to inspect your PPE daily. As your last line of defense, it is your most important task of the day.

Promptly remove any worn or damaged items from service and have them immediately replaced.

Take no shortcuts and remain Safety Strong!

**September 12, 2020**

**Field Daily Safety Message**

Power Tools

Use power tools to help reduce the repetitive use of force. If you need to reach areas above your head, do not overexert yourself. Get a ladder or an extension tool.

Taking the effort to get the right tool for the job will pay off in the end.

**September 13, 2020**

**Field Daily Safety Message**

Stretching – It Feels So Good!

With work-related musculoskeletal disorders accounting for more than 30 percent of all nonfatal occupational injury and illness cases each year, we are recommending stretching as part of our ergonomics program to help prevent injuries.

Stretching allows your body time to recover, relax and prepare for work. Frequent stretching will also help prevent muscles from getting stiff and reduce discomfort.

Just like your favorite athletes warm up their muscles to prevent injuries before hitting the field, so should you!

September 14, 2020

## Field Daily Safety Message

### Working Aloft

All materials, equipment, and tools to be used aloft should be raised and lowered by means of handline, canvas bucket, material handler, or other suitable means and positively controlled. When attaching material or tools to a handline, the ground person should be far enough away from the load in order to be clear of any objects that might accidentally be dropped from overhead (line of fire). Care shall be taken by employees working overhead to prevent tools or material from falling.

Employees may raise or lower supplies using alternative measures such as:

- The bucket can be lowered to a level where employees minimize reaching above their head to pass materials, equipment, or tools.
- Personnel working alone may drop materials to the ground after determining the drop area below is clear and the dropped materials will not present a hazard to the public.
- When a worker on the ground cannot physically reach the worker aloft, small items less than 2 pounds in weight may be tossed to worker aloft provided worker aloft and on ground is wearing all required PPE. Workers **shall not** toss any items with sharp points (screwdrivers, drill bits, etc.) to other workers.

Working aloft and the line of fire go hand in hand. Always remain aware!

**September 15, 2020**

**Field Daily Safety Message**

Preventing Heat Illnesses

Reduce the chance that workers will experience a heat illness by:

- Taking regular rest breaks.
- Staying hydrated by drinking plenty of water.
- Taking advantage of shade when possible.
- Performing physical activities when the temperature is cooler, if possible.
- Acclimating employees to working conditions.
- Wearing garments made from breathable woven or knit fabrics that promote moisture wicking and do not trap heat.
- Have a strong Questioning Attitude.

Protective clothing worn to protect workers against extremely dangerous hazards, such as flash fire or electric arc flash, chemical contact or welding is necessary for worker protection. If heat stress is also a hazard, choose the lightest-weight, most breathable fabric to protect from the other hazards and then follow the basic heat stress reduction work practices listed above to minimize or prevent heat stress.

**September 16, 2020**

## **Field Daily Safety Message**

Indirect Controls – Hazard Recognition

What is an indirect control as it relates to Hazard Recognition?

Last week we mentioned “Direct Controls”, this week will cover “Indirect Controls” as it relates to our new Hazard Recognition.

Most non-specialized personal protective equipment like hard hats, gloves, and boots are not direct controls because they are not specifically targeted to a high-energy source. Indirect controls are controls we already have in place every day and every night at work.

What are examples of indirect controls?

- Rules/procedures/expectations
- Experience
- Training
- Warning signs
- Alarms
- Cones
- Use of human performance tools
- General PPE
- JHA

A core principle in our new Safety Classification Model (SCL) is that the primary differentiator between success and failure is the presence or absence of direct controls.

**September 17, 2020**

**Field Daily Safety Message**

Bees and Wasps

Take the hazards that bees and wasps create seriously when working outdoors. Even if you are not allergic to them someone close by may be. Do a site check before entering an area to perform work. Avoiding areas where insects are present is your best option to prevent stings. When avoiding them completely is not an option and there is a nest in the area, try to not disturb them.

If they are honeybees and contact cannot be avoided, have them removed to another location by a professional (they are protected by law). If they are any other kind of bee or wasp, and there is no other option, have them killed to protect yourself and others from stings. Always have an EpiPen nearby if you or a coworker is severely allergic to insect stings.

**STINGS ARE NOT ONLY PAINFUL... THEY COULD BE DEADLY!!**

**September 18, 2020**

**Field Daily Safety Message**

Act “SLIM”

SLIM is an acronym that stands for stop, look, identify, and manage. These four categories, if covered before the job starts and discussed during the JHA portion of the job, will go a long way toward keeping you and your co-workers safe.

The following is a brief breakdown of each of the four categories:

- STOP: Engage your mind before your hands. Visualize the task and be sure you understand what needs to be done before you start working.
- LOOK: Carefully observe your work location to find any hazards.
- IDENTIFY: Point out the effects that the hazards could potentially have on you and your co-workers. Ask yourself if you can complete your task safely.
- MANAGE: What are the options to mitigate any hazards prior to the start of work, and can the crew continue the job as planned?

If all four of these are discussed and there is consensus among the group, only then is it time to go to work.

**September 19, 2020**

**Field Daily Safety Message**

Dog Bite Prevention

Dog attacks can be as minor as a small single bite to as serious as death. It is now estimated that over 40% of all households have at least one dog. Because of this number the chance of encountering an aggressive dog is very high.

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.
- 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.

Don't get complacent, just because the dog recognized you the last time does not mean he still feels the same way this time!

**September 20, 2020**

## **Field Daily Safety Message**

### Taking Safety Home

Many, many hours every year are spent discussing safety in our workplace. The safety information you learn on the job should be taken home and passed on to your family in order to keep them safe. Help your family recognize hazards which will help protect them from harm.

Below is a small basic checklist to gauge whether you are addressing some of the larger safety issues in your home:

- Are there working smoke alarms in the house and are they in the proper locations?
- Are chemicals and other harmful substances locked up to protect small children and pets?
- Do you and other family members wear proper PPE when doing yard work such as weed eating or while using a chainsaw?
- If you have a pool does it have a proper fence and locking gate?

If you answered “no” to any of these questions, call a STOP work at home and make the necessary changes in order to remain Safety Strong at home.

**September 21, 2020**

Field Daily Safety Message

De-energized But Not Grounded

When work is performed on conductors or equipment (600 volts or above) that has been de-energized but not grounded, remember the work shall be done using all energized work rules.

Otherwise, all phases, neutral, and shield wires of the circuits shall be properly voltage tested, grounded and bonded together.

Do you have a safety question? Be sure to refer to the current *Transmission and Utility Operations Safe Work Rules Manual* or contact your local safety specialist.

**September 22, 2020**

**Field Daily Safety Message**

Under the Load

All ground personnel shall remain out from under the load and out of the drop zone when established. When attaching material or tools to a handline, the ground person should be far enough away from the load in order to be clear of any objects that might accidentally be dropped from overhead.

Stay out of the line of fire and remain Safety Strong!

**September 23, 2020**

**Field Daily Safety Message**

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.

**September 24, 2020**

**Field Daily Safety Message**

Fuse Barrel

In years past, there have been serious employee injuries resulting from being struck by fuse barrels. Many employees have completed this task so many times that this has become routine and the hazards are no longer recognized. We have become complacent.

To mitigate the possibility of the fuse barrel from falling, a positive control stick attachment shall be used when raising or lower fuse barrels from the ground. If a positive control device is not available for the type switch, the employee shall wear a face shield in addition to other required PPE.

Complacency and line of fire ... don't get struck by either!

**September 25, 2020**

## **Field Daily Safety Message**

### Poisonous Plants

Poison Ivy, Poison Oak, and Poison Sumac are the three most common poisonous plants that somebody working outside will come in contact with. All three have common health effects but are different in appearance. They can also differ based on the region you are located in.

- Poison Ivy: Will always have three leaves, never any less or more. Poison Ivy will never have thorns.
- Poison Oak: Will always have three leaves, never any less or more. Poison Oak will never have thorns. Similar to Poison Ivy, but its wider and more rounded.
- Poison Sumac: Stems that come off of the trunk are red and can contain loose berries.

Keep an eye out for all of these plants signs while working and you should be able to identify them as poisonous.

**September 26, 2020**

**Field Daily Safety Message**

Power Tools

Power tools can cause serious injury if not handled with caution. Follow instructions and warning labels. Make sure equipment is working properly. Keep tools out of the reach of children. Sharpen blades carefully.

WORK SAFELY – You might not get a second chance!

**September 27, 2020**

**Field Daily Safety Message**

Am I wearing the proper FR clothing and am I wearing it correctly to perform my job safely?

Remember employees shall wear an outer layer of flame-resistant apparel (FR pants and long sleeve FR shirts) rated for the available arc energy of the equipment/line being worked when working on ungrounded transmission or distribution circuits or equipment, and when performing switching and other activities that may expose the employee to electric arc, flames, or flash fires.

Also, to reduce flash burn injuries when employees are exposed to a potential electric arc and/or flash fire:

- a. FR shirts shall be tucked in and fully buttoned excluding the top button unless an underlayer of FR is tucked in and rated for the available arc energy.
- b. The entire arm shall be covered with FR clothing and/or rubber PPE.

Dress for success to remain Safety Strong.

**September 28, 2020**

**Field Daily Safety Message**

What is a Drop Zone?

A drop zone is an exclusion zone below any elevated work where it is deemed safe to drop materials to the ground rather than by means of a handline, canvas bucket, material handler, or other suitable means based on the hazard assessment.

The area of the drop zone will depend on the type of work and size/weight of equipment or material used in elevated work area. Special consideration should be given to the types of material (glass, porcelain, metal, wood, etc.) and ground condition (concrete, hard ground, mud, water, etc.) when determining whether to use a drop zone to descent material.

An object as small as a bolt can cause serious injury or even death when dropped from a higher level and striking an employee on the ground.

**September 29, 2020**

**Field Daily Safety Message**

Preventing Heat Illnesses

Risks You May Not Realize

Your body reacts to high external temperature by circulating blood to the skin which increases skin temperature and allows the body to give off its excess heat through the skin. When the muscles are being used for physical labor, less blood is available to flow to the skin and release the heat.

Sweating is another means the body uses to maintain a stable internal body temperature in the face of heat. Sweating is effective only if humidity is low enough to permit evaporation and if the fluids and salts lost are adequately replaced. When the body cannot dispose of excess heat, it will store it. When this happens, the body's core temperature rises, and the heart rate increases.

As the body continues to store heat, the individual begins to lose concentration and has difficulty focusing on a task, may become irritable or sick and often loses the desire to drink. Co-workers often notice the symptoms of heat stress before the individual.

You can do your part by coaching each other, making it easy for co-workers to coach you and following your training and procedures for work. Water, Rest, Shade!

**September 30, 2020**

**Field Daily Safety Message**

On the Job Fitness

A utility worker is an industrial athlete. The physical requirements of performing underground and overhead utility work are strenuous. Strains and sprains resulting from improper worker positioning begin to emerge as workers age. Shoulders, elbows, back, and knees are common injuries.

Our company encourages stretching and warmups before beginning work and prior to starting a task. Warming up muscle groups reduces the frequency of soft tissue injuries.

Have you stretched today?