

*Hazard Recognition: Slips, Trips, Falls, Child Passenger Safety, Risk Assessment, Outdoor Activities
Safety Principle #9: Deficiencies must be corrected promptly*

<p style="text-align: center;">Hazard Recognition: Slips, Trips, Falls, Child Passenger Safety, Risk Assessment, Outdoor Activities</p>						
<p style="text-align: center;">September 2018</p>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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9 Deficiencies Must Be Corrected Promptly	10 Children's Eye Health	11 Child Passengers	12 Bicycle Safety Quiz	13 Correcting Deficiencies	14 Slips, trips and falls	15 Slips, trips and falls
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Daily Safety and Health Topics

September 2018

Hazard Recognition:

Slips, Trips, Falls, Child Passenger Safety, Risk Assessment, Outdoor Activities

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, 2018

Safety, Health and Human Performance Focus

SLIPS, TRIPS, & FALLS

These continue to be Entergy's #1 injury mechanism. We've had many major injuries from slips, trips and falls, including multiple broken bones, torn ligaments and tendons.

Tip: Treat walking as a task. When you need to walk somewhere: your job is to get there safely. No walking and texting or talking on the phone. Actively watch for slippery footing and uneven ground. And on stairs: ALWAYS use the handrail!!

Org Health & Diversity Focus

This year marks the 28th anniversary of the Americans with Disabilities Act. This month, Organizational Health and Diversity will provide tips and suggestions in communicating and interacting with people with disabilities.

September 2, 2018

Safety, Health and Human Performance Focus

SLIPS, TRIPS, AND FALLS

Being the other's keeper: If you see someone carrying a box up the stairs without holding the handrail – stop them and provide some coaching. Ask if there's another way to do the task, since a fall on the stairs often leads to very serious injuries. Is there a ramp they can use? Is there an elevator? Can the load be handled with one hand to free up the other hand for the handrail? If there is no other way – become their spotter: and help them up the stairs.

Org Health & Diversity Focus

One general tip for communicating with people with disabilities is to offer a handshake. People with limited hand use or who wear an artificial limb can usually shake hands.

September 3, 2018

Safety, Health and Human Performance Focus

LABOR DAY

If you are working today – it is because you are a shift worker, on call-out, or in some other outage situation. Use a good questioning attitude and ask yourself how this holiday could make the job different. Time-pressure? Short-staffed? Same as any other day? (which could be over-confidence.) Talk it over and use communication and situational awareness to prevent incidents.

Org Health & Diversity Focus

One general tip for communicating with people with disabilities is if you offer assistance; wait until the offer is accepted. Once accepted, listen to or ask for instructions.

September 4, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - ADD INTENSITY WITH JUST A MINUTE

If you're a regular walker and are ready 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.

Org Health & Diversity Focus

One general tip for communicating with people with disabilities is to relax! Don't be embarrassed if you happen to use a common expression that seems to relate to a person's disability such as "see you later".

September 5, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - WALK THE COURSE!

Love playing golf? Ditching the cart and walking the course means you could walk five miles or more. Ease into it by walking every other hole or even walking up the fairway instead of jumping in the cart after each stroke.

Org Health & Diversity Focus

When communicating with individuals who are blind or visually impaired remember to speak to the individual when you approach them. State clearly who you are and speak in a normal tone of voice.

September 6, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - CHECK YOUR 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: Stay away from tobacco. Maintain a healthy weight. Be physically active. Eat a nutritious diet and keep your cholesterol, blood pressure and blood sugar in check. To take a quiz to test your progress and learn more, visit www.heart.org and search for "My Life Check."

Org Health & Diversity Focus

When communicating with individuals who are blind or visually impaired remember never touch or distract a service dog without first asking the owner.

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September 7, 2018

Safety, Health and Human Performance Focus

RISK ASSESSMENT

There is a difference between hazard and risk. A major hazard that is located where people cannot reach it is a low risk. A relatively minor hazard (for example a minor tripping hazard) can be a high risk if it is located in an area where many people traverse every day. When doing a risk assessment, consider the hazard AND the exposure to people.

Org Health & Diversity Focus

When communicating with individuals who are blind or visually impaired remember to tell the individual when you are leaving.

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September 8, 2018

Safety, Health and Human Performance Focus

OUTDOOR ACTIVITIES

We still have some hot weather coming 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 the evening before. (NOT including alcohol... just sayin')

Org Health & Diversity Focus

When communicating with individuals who are blind or visually impaired do not attempt to lead the individual without first asking; allow the person to hold your arm and control his or her own movements.

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September 9, 2018

Safety, Health and Human Performance Focus

DEFICIENCIES MUST BE CORRECTED PROMPTLY

Do you walk past deficiencies, but not see them anymore because you've become accustomed to them? Look for opportunities to slow down and actively watch out for deficiencies that you may be missing. In other words – try to use 'fresh eyes' and see things that a new employee might see. Document deficiencies, and help get them corrected!

Org Health & Diversity Focus

When communicating with individuals who are blind or visually impaired remember to be descriptive when giving directions. Verbally give the person information that is visually obvious to individuals who can see.

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September 10, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - CHILDREN'S EYE HEALTH

Good visual skills are important for children to be successful in school. Poor vision can lead to a variety of problems such as headaches, fatigue, and eyestrain. According to the American Optometric Association, school-age children should have eye exams at least once every two years, or more often if recommended by your eye doctor.

Org Health & Diversity Focus

When communicating with individuals who are blind or visually impaired remember if you are offering a seat, gently place the individual's hand on the back or arm of the chair so that the person can locate the seat.

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September 11, 2018

Safety, Health and Human Performance Focus

CHILD PASSENGERS

According to the CDC, over 120,000 children were injured in U.S. motor vehicle crashes in 2015, and 663 of them died. 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.

Org Health & Diversity Focus

Positive language can be empowering. Use affirmative phrases such as a “person who is blind” or a “person who is visually impaired” instead of a negative phrase such as “the blind”.

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Safety, Health and Human Performance Focus

Health Focus Tip - BICYCLE SAFETY QUIZ:

When do most bicycle injuries occur?

A) Rush Hour B) Evening C) Morning

B: Evening. In order to remain visible, cyclists are encouraged to wear light-colored clothing and use lights and reflectors on you and your bike. It is never OK to wear headphones while riding on the roads.

Org Health & Diversity Focus

Positive language can be empowering. Use affirmative phrases such as a “person who is deaf” instead of negative phrases such as “the deaf” or “deaf and dumb”.

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Safety, Health and Human Performance Focus

CORRECTING DEFICIENCIES

Why correct them promptly?

- 1) To prevent injuries.
- 2) It shows we value our employees – you point it out – it gets fixed.
- 3) It sets precedent.
- 4) It makes Entergy a great place to work.

Org Health & Diversity Focus

Positive language can be empowering. Use affirmative phrases such as a “person who uses a wheelchair” instead of a negative phrase such as “confined or restricted to a wheelchair”.

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Safety, Health and Human Performance Focus

SLIPS, TRIPS & FALLS

Need some retail therapy? Check your shoes for good tread. If they are worn – treat yourself to a new pair of work shoes or boots! And spend your hard-earned money on good ones. Cheap shoes often have substandard soles that will wear quickly.

Org Health & Diversity Focus

Positive language can be empowering. Use affirmative phrases such as “person with a physical disability” instead of a negative phrases such as “crippled”, “lame” or “deformed”.

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September 15, 2018

Safety, Health and Human Performance Focus

SLIPS, TRIPS, & FALLS

All of our field or plant workers are subject to multiple trip hazards every day. It is easy to become overconfident with these hazards. After all, you walk many, many miles, every week – on and off the job. But one look at our statistics shows that we have many slip, trip, & fall injuries. Use your questioning attitude at the beginning of EVERY trip from point A to point B. Ask yourself – “Where are the trip hazards, and how do I avoid them?” And of course: when using stairs: USE THE HANDRAIL!

Org Health & Diversity Focus

When communicating with individuals who are deaf or hard of hearing remember to gain the person’s attention before starting a conversation. This can be done by gently tapping on the person’s arm or shoulder.

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September 16, 2018

Safety, Health and Human Performance Focus

NATIONAL GUACAMOLE DAY!

The avocado is a great source of Vitamins B, K, C, E and Potassium. It is also rich in 'good fat' (monounsaturated fat) that helps to lower cholesterol. So go ahead and eat some avocado or guacamole today! (But take it easy on the sour cream with the guacamole.)

Did you eat too much? Go for a walk instead following the temptation to sit down or take a nap. It will jump start your metabolism to burn some calories and reduce your blood sugar.

Org Health & Diversity Focus

When communicating with individuals who are deaf or hard of hearing remember to look directly at the individual, speak clearly, in a normal tone of voice, and keep your hands away from your face.

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September 17, 2018

Safety, Health and Human Performance Focus

SLIPS, TRIPS & FALLS

Continue to be #1 cause of death in the U.S. in non-vehicle related accidents. One of the most hazardous places for falls: Stairs. Solution: USE THE HANDRAIL!!

Org Health & Diversity Focus

When communicating with individuals who are deaf or hard of hearing remember to use short, simple sentences and avoid smoking or chewing gum.

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September 18, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - QUICK TIP TO RELIEVE STRESS

Here's a quick relaxation technique for stress relief: Sit comfortably with your back straight and take a deep breath in through your nose into your abdomen. Hold your breath for a few seconds, and then gently exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. Repeat this process for several minutes while you feel the stress slip away.

Org Health & Diversity Focus

When communicating with individuals who are deaf or hard of hearing remember if the individual uses a sign language interpreter, speak directly to the person and not the interpreter.

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September 19, 2018

Health Focus Tip - HOW TO GRADUATE FROM WALKING TO RUNNING

Try gradually adding running to your workout. To start, walk four or five minutes, and then run for one minute. Repeat the pattern several times. Once you feel more comfortable, try to increase from one minute of running to two minutes, and then from two to three, and so on. This is generally a safe way for many people to increase their activity level.

Org Health & Diversity Focus

If possible, when communicating with individuals with mobility impairments put yourself at the wheelchair user's eye level.

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September 20, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - BREAK THE CYCLE - STOP BINGE EATING

Binge eating is when a person has frequent episodes of eating large amounts of food in a short period of time and feels out of control. If this sounds familiar, there is hope. Breaking the cycle of binge eating takes time and patience. Many people benefit by getting help from a registered dietitian and/or licensed psychologist with experience in disordered eating.

Org Health & Diversity Focus

When communicating with individuals with mobility impairments do not lean on a wheelchair or any other assistive device.

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September 21, 2018

Safety, Health and Human Performance Focus

CHILD PASSENGER SAFETY

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>

Org Health & Diversity Focus

When communicating with individuals with mobility impairments do not assume the individual wants to be pushed – ask first.

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September 22, 2018

Safety, Health and Human Performance Focus

HEALTHY GROUP SAFETY AND HUMAN PERFORMANCE DEFICIENCIES

UTILITY GROUP SAFETY PHILOSOPHY: DEFICIENCIES

- We must audit to improve performance and identify deficiencies
 - When safety deficiencies are found with our procedures, equipment or facilities, prompt action must be required to:
 - 1) Overcome Safety Hazards
 - 2) Reinforce the Message that Safety is a priority
- We must communicate action taken and status of correcting deficiencies

Org Health & Diversity Focus

When communicating with individuals with mobility impairments offer assistance if the individual appears to be having difficulty opening a door.

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September 23, 2018

Safety, Health and Human Performance Focus

SLIPS, TRIPS & FALLS

SLIPS, TRIPS, & FALLS
“I find your lack of concern for slip, trip and fall hazards... disappointing.”
- Darth Vader

Org Health & Diversity Focus

“Just because a man lacks the use of his eyes doesn’t mean he lacks vision.”
– Stevie Wonder

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September 24, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - Sugar and Hydration

Did you know that due to the processing demands that sugar places on the body, it can be a factor in your dehydration? Consider using beverages with lower sugar content to help stay hydrated.

Org Health & Diversity Focus

When communicating with individuals with speech impairments concentrate on what the individual is saying and be patient. Take as much time as necessary.

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September 25, 2018

Safety, Health and Human Performance Focus

GETTING THE FLU

The CDC reports that the seasonal influenza (flu) viruses are detected year-round in the United States, but that the viruses are most common during the fall and winter. The exact timing and duration of flu seasons can vary, but influenza activity often begins to increase in October. That is why the time is now to plan on getting your flu vaccine. Since it takes up to two weeks for the anti-bodies to develop, don't delay: get your flu vaccine today!

Org Health & Diversity Focus

“Attacking people with disabilities is the lowest display of power I can think of.”
– Morgan Freeman

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September 26, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - DON'T SCALE DOWN YOUR MOOD

For some people, even a small weight gain can create a cycle of frustration, making them turn to food for comfort, which only adds to the problem. Remember that small changes in your weight can also be due to fluid changes or extra clothing. Consider making a shift from being weight-centered to being health-centered by eating a nutritious diet, staying active and feeling good about yourself, no matter what the scale says!

Org Health & Diversity Focus

When communicating with individuals with speech impairments it's okay to ask the individual to repeat what he or she said and then repeat it back to ensure understanding.

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September 27, 2018

Safety, Health and Human Performance Focus

RISK ASSESSMENT

A risk assessment is different than a hazard assessment. A risk assessment is a combination of a hazard assessment and an exposure assessment. Risk could be viewed as H x E (hazard times exposure).

For example – something with a very high hazard but a low exposure could still be a relatively high risk. Also – something with a relatively low risk, but a high exposure to people could still be a high risk.

Org Health & Diversity Focus

Remember when communicating with and about people with disabilities treat the individual with dignity, respect and courtesy.

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September 28, 2018

Safety, Health and Human Performance Focus

SLIPS, TRIPS, AND FALLS

Fall death rates increased by 30% from 2007 to 2016 for older adults. Why? More of our

Fall death rates increased by 59% from 2007 to 2016 for older adults. Why? More of our baby boomers are reaching retirement age. What can you do? Teach your older family members and friends these facts, and help them do a fall hazard assessment at their home. For example: add a handrail to stairs, even stairs with only one or two steps. These can result in serious injuries for the elderly. Also – do an assessment and, if necessary, forbid your older family members from climbing ladders. There comes an age where loss of flexibility and balance will prevent that activity.

Org Health & Diversity Focus

HEADER

Remember when communicating with and about people with disabilities relax and listen to the individual.

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September 29, 2018

Safety, Health and Human Performance Focus

SAFETY LEADERSHIP 101

Safety is more than common sense. A robust Safety Management System (SMS) is a

living, breathing organism that requires constant attention. Be a leader, and follow the rules, and help others to follow them also. They were written to protect you and your coworkers.

“Common sense is the least common of the senses” - Mark Twain

Org Health & Diversity Focus

Remember when communicating with and about people with disabilities offer assistance but do not insist or be offended if your offer is not accepted.

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September 30, 2018

Safety, Health and Human Performance Focus

FATIGUE

On Sep. 30, 1945, 43 people were killed when a Scotland to London train derailed due to high speed. The driver was known for being very conscientious, and had read the bulletin

high speed. The driver was known for being very conscientious, and had read the bulletin notifying drivers of an area of maintenance requiring slow speeds. He entered a 15 mph turnout at 60 mph. One possible cause: Fatigue due to working 26 days in a row. Lesson learned: Fatigue can and does lead to incidents: both minor and catastrophic. Follow work-rest rules, and watch for coworkers who may be experiencing fatigue. Help them find a solution! (Get relief and get rest!)

Org Health & Diversity Focus

“There is no greater disability in society than the inability to see a person as more.”
- Robert M. Hensel

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