

# Sentinel Integrity Solutions

Monthly Newsletter of Health & Safety  
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**4,026,315 Incident Free Man-Hours**

**Current EMR .066% & TRIR .00%**



## Working Safe for the Moments That Matter!

Have you ever thought about what would happen to your family if you were seriously injured at work? This is not something most of us like to think about. But, stop for a moment and consider how many times a day you do something unsafe at work, something that could result in an injury.

### THE MOMENT THAT CAN AFFECT THE REST OF YOUR LIFE!

Sadly, when a worker makes the poor decision to get in a hurry, take a short cut, or not follow safe work procedures, the family can be a victim, too. The impact of a workplace injury on a worker's family can be significant. The family is often affected by the cost of medical care and the impact of recovery time and rehabilitation. The family often has to deal with physiological and psychological changes as well as vocational and economic impacts.

### SAFETY ONLY TAKES A MOMENT

It often only takes a moment to think about what it means to do the task at hand safely. Assess your surroundings, wear the proper clothing, use appropriate protective equipment, and apply safe work procedures. All in all, wouldn't you agree that it is worth whatever it takes to keep yourself safe at work so you can continue to do work that you enjoy and that provides a good income for your family? After all, the goal is to go home every day to you family without injury.

#### This issue

Moments That Matter P.1  
Health & Safety News P.2  
Fall Prevention & CP Distractions P.3  
Distracted Driving Awareness P.4

### THE KEY TO COMMUNICATION

Communication is key to building a strong safety culture.

As important as your hard hat, gloves, vests, boots, glasses and tools, is the way in which you communicate potential hazards, expectations and the way in which you perform your job.

The key to effective communication comes down to listening with full focus, listening to what others have to say, but also to the clues that give insight to their thoughts and emotions as expressed in their body language or tone of voice.

By being an active listener, you can reduce misunderstandings and increase the possibility that when it is your time speak, your message is heard and understood just as you want for it to be.



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## "Making Safety Personal"

### Program

Sentinel Integrity Solutions "Making Safety Personal" Commitment Program is focused on helping all Sentinel employees achieve an Injury free workplace every single day. We will soon be implementing this program to provide a focal point for our employee's personal commitment to safety.

Below you will find our new "Making Safety Personal Cards" that will be coming out soon. Our employees will wear these as a reminder of why they continue to work safely each day.



# Health & Safety Department News

Sentinel has one of the best safety records in our industry!



### Front of Card



**"MAKING SAFETY PERSONAL"**

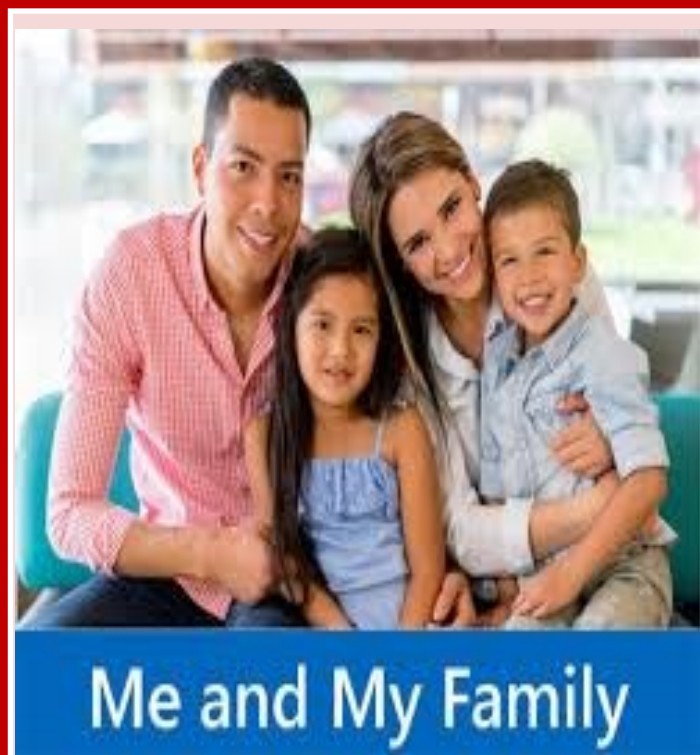
**CARD**

**Why do I work SAFE?**

- 1. My Wife & Kids**
- 2. My Fellow Co-Workers**
- 3. My Own Well Being**

This card serves to remind us that the most important reason for working safely is not just about the work itself, but rather about getting home safely to our loved ones at the end of the workday. I have a personal commitment to safety. I follow those procedures because I value and respect my coworkers and do not want to cause them or myself any harm.

### Back of Card



## Certificate of Safety Excellence



In recognition of their outstanding safe performance on the Who Dat Crackin' 2019 Turnaround. Sentinel received Safety recognition from Shell Norco for their outstanding safety performance during the turnaround. This recognition was achieved because of everyone's cooperation and personal commitment to our safety program. Our employees have been working hard to maintain production and minimize safety risk by working as one unified team. It is clear that teamwork is essential to safety and success. Way to go!



# SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



## FALL PREVENTION

The workplace must be assessed before each assigned job for potential fall hazards. When fall hazards cannot be eliminated then the use of a guardrail and fall-protection system and administrative controls must be used. There are three basic guidelines to be used if an employee could fall and used in order when planning work at elevated heights. These guidelines will help in keeping you safe when you're working at heights ... be sure you use them!

1. Fall prevention methods, such as guardrails.
2. Fall protection systems, such as a restraint system, positioning system and or fall-arrest system.
3. Distance protection, providing a safe distance from the unprotected sides and edges. (maintenance work ONLY)
4. Fall prevention plan, which are administrative controls that rely on special training and work practices.



A restraint device is a system that is rigged to allow workers to move only as far as the sides of the work area and prevents the wearer from reaching a fall hazard. The anchor must withstand a load of 800 pounds or a structure that cannot be moved or pulled over. No rescue plan is needed.

A positioning device is a system that shall be rigged in such a way that an employee cannot free fall more than 2 feet. The anchor must withstand a load of 3,000 pounds. A rescue plan is required.

A fall-arrest device is a system that shall be rigged in such a way that an employee cannot free fall more than 6 feet. The anchor must withstand a load of 5,000 pounds. A rescue plan is required.

Don't forget to always inspect your equipment before each use. If the equipment doesn't have its colored tag for its annual inspection, return the equipment to your supervisor. Remember, wearing a harness should not be your first choice to protect yourself from a fall, but, if fall protection is needed, wear it properly, inspect it, be trained and connect to the right anchor.

**Falls:**   
**Reduce the Risks**

## Safety Alert

### Cell Phone Distractions



The use of cell phones on job sites, while sometimes a necessity of communication, present a real hazard when it comes to distracting workers from safety practices.

Cell phones are powerful tools for sending and receiving valuable information. When used appropriately they add value to our lives, but when used inappropriately they can create workplace hazards that may not otherwise exist.

Cell phones divert workers attention away from what could be a critical moment. Workers should restrict cell phone use to during breaks or after shifts in order to avoid accidents. A lack of concentration when it is needed most is what normally results in fatal consequences. Restricting phone use while working also will ensure quality of work increase and promote team work among workers. But most importantly it will reduce the amount of accidents on site, especially falls which are the most common cause of death and injury on job sites.





## Distracted Driving Awareness

In 2019, The National Safety Council conducted a survey of the driving behaviors and attitudes of 2,000 Americans.

- 37% of respondents aged 18 to 34 said they felt a high degree of pressure to respond to work-related messages while driving, compared to 25% of the national average among all age groups.
- Parents with young children were more likely to be distracted while driving (87%) than were adults with no small children (74%).
- One in three drivers admitted to taking photos while driving.

The study also uncovered many variations in distracted driving behavior based on the operating system of the cell phone the driver used.

- 16% of iPhone users said they *never* get distracted while driving vs. 23% of Android users and 38% of other cell phone users.
- iPhone and Apple Car play users are more than twice as likely than Android users to video-chat, use social media, stream shows on Netflix and take photos and videos while driving.
- 10% of iPhone users admitted watching videos on YouTube while driving, while 4% of Android users admitted to doing the same.

### Its up to each of us to take responsibility for our actions

- You're the only person who can control your behavior behind the wheel.
- Every driving decision you make has consequences, for you and others.
- The consequences of a poor driving decision can range from a traffic violation to a costly crash, a life-changing injury or even a fatality.
- Make it your goal to be a distraction-free role model for other drivers.
- Visit [distracteddriving.nsc.org](http://distracteddriving.nsc.org) for more information.

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