

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

ISSUE 16 October 2020

5,736,997 Incident Free Man-Hours

Current EMR .66 & TRIR 0.00%

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Breast Cancer Awareness Month

As we move into the month of October, we remind everyone that October is National Breast Cancer Awareness Month. This month is dedicated to increasing public knowledge about the importance of early detection in fighting breast cancer. National Mammography Day (MAD), which will be observed on Oct. 16, will serve as a reminder to everyone to do their mammograms. The focus this year is breast density and the decline in mammograms as a result of the COVID-19 pandemic. Current national statistics suggest that the Covid-19 pandemic has resulted in nearly 285,000 mammogram screenings being overdue. Delaying cancer screenings such as mammograms delays cancer detection. This can make it more difficult to treat cancers and could even increase the number of cancer-related deaths. Cancer is most treatable when it is found in its early stages. Dense breasts are seen only on mammograms, and women with dense breasts have a higher risk of breast cancer compared to those without dense breasts. To highlight and bring attention to this critical health concern, Sentinel also encourages everyone to wear pink during the month to raise awareness. We want to encourage all, not to delay screening as a result of COVID-19. Every precaution is being taken to ensure that mammograms can be done safely.

Get your screening done today!

TURNAROUND TEAM - LEAD BY EXAMPLE

Sentinel Integrity Solutions completes on average, over 45 turnarounds a year. According to our clients, we set the standard on how turnarounds are executed. We always execute our turnarounds with a high degree of teamwork and professionalism. The Turnaround Division is a specialized team of multi-certified API in-spectors who were hand selected based off their specific skillsets. Our fulltime turnaround team executes in a superior level of professionalism at all times, and always has Sentinel's and our client's best interest in mind. Our turnaround team members work 72 plus hours weekly, all across the country, in all weather conditions, during any holiday, and with little time at home throughout the year.

Safety and the wellbeing of our team, contractors, and clients are always #1 priority.



Our full-time turnaround team members are our safety leaders on each and every turnaround. As our team travels from one client to the next; they are constantly refreshing, learning new site requirements, and staying up to date on industry safety regulations. Every client has their own safety

standards and our turnaround team makes it their priority to meet all those standards. Safety is critical to the successful execution of a turnaround. Our turnaround team has a cooperative teamwork spirit, and a "Lead by Example" approach in regards to managing Sentinel's safety standard.

We are one team with one goal, and if we execute as a team professionally, we are unstoppable!



**ONE TEAM
ONE GOAL**

no
limits

SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



IMPACT OF SLIPS, TRIPS & FALLS



SLIPS



TRIPS



FALLS

Slips, trips, and falls account for a majority of all incidents. These incidents often cause lasting problems with daily activities, while 15% of these incidents are fatal. They can be prevented through knowledge of common risk factors and the maintenance of a clean, and safe working environment.

STEP 1: Be aware of the common risk factors for these injuries.

| | |
|------------------------------------|---|
| • Doorways | • Unsecured cables/cords in walkways |
| • Ramps | • Unguarded heights |
| • Cluttered hallways | • Unstable work surfaces |
| • Uneven surfaces | • Unsecured mats |
| • Areas prone to wetness or spills | • Smoke, steam, or dust obscuring your view |
| • Poor lighting | • Ladders |
| • Inattention to detail | • Stairs |

What I need to do...

Notify my supervisor if or when I:

- Have problems walking or moving around.
- Experience frequent disorientation.
- Have vision problems that could prevent me from seeing hazards.
- Take medications that can cause dizziness.

STEP 2: Follow these tips to prevent slips, trips, and falls, and resultant injury.

- | | |
|--|--|
| 1. Clean up spills immediately. | 8. Remove tripping hazards from stairs and walkways. |
| 2. Stay off freshly mopped floors. | 9. Keep frequently used items in easily reachable areas. |
| 3. Secure any cords out of walkways. | 10. Check walkways and steps for obstructions. |
| 4. Use non-skid mats for slippery surfaces. | 11. Do not text while walking. |
| 5. Adjust gutter downspouts to drive water away from pathways. | 12. When using a ladder, always have at least three points of contact with the ladder. |
| 6. Wear shoes with good support and slip-resistant soles appropriate for the job task. | 13. Never stand on chair, table, or other surface on wheels. |
| 7. Ensure adequate lighting in work areas and hallways. | 14. Keep drawers/cabinet doors closed when not in use. |

Always inspect work areas to identify hazards that could cause slips, trips and falls.

It is important that all findings are addressed immediately before work begins or continues. Remember, without good housekeeping practices, any other preventive measures such as installation of flooring, specialty footwear or training on techniques of walking and safe falling will never be fully effective.

IF YOU NOTICE A HAZARD, ACT.

HALLOWEEN SAFETY

Though trick-or-treating can be a fun family outing, parents have a lot to contend with. From the increased foot and vehicle traffic, to kids running ahead of you, parents may need some help making it through what can be a long night of craziness outside in the d-d-d-dark. We've gathered a few age-appropriate tips on etiquette and safety to make this the most non-scary Halloween (for parents) yet!



WALK SAFELY



Always obey traffic signals and use crosswalks; always walk on the sidewalk and look both ways before crossing the street; never dart into the street or cross between parked cars.

TRICK-OR-TREATING

Children under 12-years-old should always be accompanied by a parent; stick to familiar areas; teach your children to only approach clearly lit homes and to never go inside a stranger's home.



CHOOSE THE RIGHT COSTUME



When selecting a costume, be sure it fits properly to avoid trips or falls. Choose face paint/make-up whenever possible instead of a mask that may obstruct vision. Decorate costumes and bags with reflective tape or glow sticks.

NO TRICKS, JUST TREATS

Don't allow your child to snack on their candy while trick-or-treating - it is best to wait until you've inspected the treats carefully after you're home. Discard anything that is unsealed, has torn packaging, or looks questionable.



DRIVE WITH EXTRA CAUTION



Slow down! Especially in residential neighborhoods. Be alert during trick-or-treating hours. Take extra time to look for kids at intersections; eliminate any distractions inside your car so you can concentrate on the road.

PET SAFETY

Keep your furry friends away from the door to avoid them from sneaking out while trick-or-treaters approach your home. Candle lit pumpkins and candy (especially chocolate!) should stay out of reach. If they are wearing a costume, be sure it is free from small pieces that may be a choking hazard.





Health & Safety News

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



Get To Know Our Team

Joshua Lim

Position: Onsite Supervisor/Safety Coordinator at ExxonMobil - Baytown

How Long: 6 months

Hobbies: Hunting, fishing, boating, kayaking, gardening, and cooking

What do you enjoy the most about Sentinel: I enjoy my role at Sentinel. I work in a potentially highly dangerous environment but my team along with the client staff are great about their commitment to safety that's needed to go home to my family. I really enjoy our LPS Meetings/Stewardship Meetings along with the communication and feedback from my **TEAM** on how we can continually improve what we do on a day to day basis. The compliance, communication and commitment to safety here at Sentinel is what I enjoy most!

This is why I work **SAFE**



HALLOWEEN SAFETY POSTER CONTEST

Jump in on this month's Halloween Safety Poster contest!

Have your family join in on the fun and come up with the most creative poster you can think of in relation to Halloween Safety!

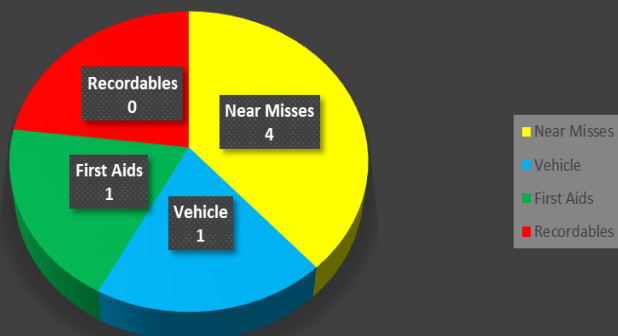
The contest will run until October 31st.

Please send a picture of you and a family member with the poster to Safety@sentinelintegrity.com

The winner will receive a \$50 gift card award!



September Incident Tracking



Sentinel Integrity Solutions HSE KPI DASHBOARD

| | % |
|---|------------|
| Job Hazard Analysis Audits Conducted | 99 |
| Worksite Audits Completed | 98 |
| Behavioral Based Safety Cards Completed | 88 |
| Fall Protection Quarterly Inspections | 100 |
| Total Performance | 96% |



Safety Employee of the Month

James Myers from the Aims Division is this month's safety award winner! He has done an outstanding job onsite as a leader of our safety culture at Huntsman Freeport.

He oversees the daily onsite inspection and maintenance related inspection tasks; from being a great point of contact for our client, inspectors and sub-contractors, to making sure all safety sensitive items are up to date and completed.

James is always easy going and very helpful in any way he can be.

Great job on this achievement, well deserved!



OCTOBER IS FIRE PREVENTION MONTH

Be Aware & Stay Safe!

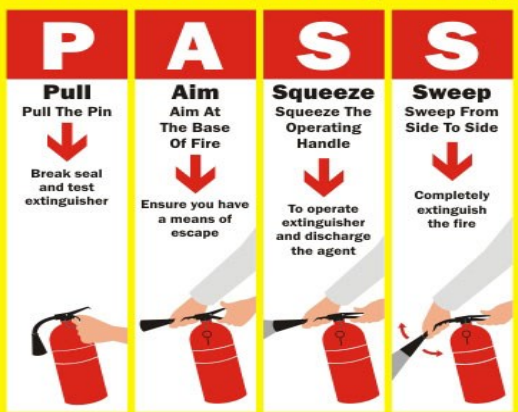


With Americans spending more time at home than ever before, it's even more important to help ensure you are prepared in the event of a home fire. For Fire Prevention Month this October, Sentinel wants to share important safety reminders to help ensure your family and home are protected from the threats of smoke and fire. According to the National Fire Protection Association (NFPA), three out of five fire deaths occur in homes without working smoke alarms. Even if you have smoke alarms in your home, you and your family may not be sufficiently protected. Now is the perfect time to enhance your home's safety by having working smoke and carbon monoxide (CO) alarms on every level and in every bedroom, and to take additional safety measures to help ensure you are prepared. Sentinel encourages you to be ready for the unexpected to protect your home with the following safety reminders:

- **Every level, every bedroom:** For protection and peace of mind, install smoke alarms on each level of the home, including the basement, and in every bedroom, and install CO alarms on every level and near all sleeping areas.
- **Test and maintain:** Once alarms are installed, it is important to maintain your alarms by testing them regularly. Even though testing alarms is as simple as pressing a button and waiting for the beep, a consumer survey showed that more than 60% of consumers do not test their smoke alarms monthly. Test alarms regularly and change the batteries every six months if you have battery-powered alarms.
- **Don't forget about CO:** In the fall and into the colder months of the year, the risk of CO poisoning increases dramatically. CO is an invisible, odorless gas produced by fuel-burning devices such as stoves, generators and fireplaces, and can only be detected with a CO alarm. Make sure to install CO alarms in your home.
- **P.A.S.S. the fire extinguishers:** Beyond alarms, having fire extinguishers – and knowing how to use them – is an important part of maintaining a safe home for you and your family. According to the NFPA, the number one cause of home fires in the U.S. is unattended cooking. Place fire extinguishers in convenient locations such as the kitchen and garage, and on every level of the home. P.A.S.S. Simply pull the pin, aim the nozzle at the base of the fire, squeeze the trigger and sweep from side to side.

How To Use Fire Extinguisher

Remember the **PASS** word (Pull - Aim - Squeeze - Sweep)



- With more people cooking, it's even more important to include fire extinguishers as part of a home safety plan.
- Once alarms and fire extinguishers are properly installed in your home, don't forget about your escape plan.

According to the NFPA, only 32% of American households actually developed and practiced an emergency escape plan. Involve everyone in your household when developing an emergency escape plan. Identify two exits out of each room, including windows and doors, and set a dedicated meeting spot outside. Once outside, stay outside and call 911.

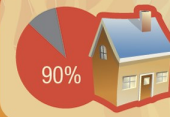
Be sure to practice your escape plan with the entire family at least twice a year!

FIRE SAFETY

WHAT YOU SHOULD KNOW

Every day at least one child dies in a home fire.

And every day, 293 children are injured by fire and burns.

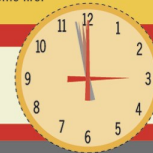


Home fires account for nearly 90 percent of all fire-related fatalities.

Working smoke alarms reduce the chance of dying in a home fire by half.



77% of families have **not** developed and practiced a home fire escape plan, one of the most important components to surviving a home fire.



Fire can spread rapidly through a home, leaving a family as little as two minutes to escape safely once the alarm sounds.

**HAVE WORKING SMOKE ALARMS.
PRACTICE AN ESCAPE PLAN.**



Ask Us



Why We Work Safe



"Everytime you do a job, you have to remember who the outcome will all effect - not only our own families, but the families of the other workers involved."



"Due to the privilege of receiving such excellent safety training, it has inspired me to share safety topics with my family."



Why I Work Safe

Houston

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Houston, Texas 77049

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Louisiana

1954 West Shore Avenue
Port Allen, Louisiana 70767

(225) 421-8640

Corpus Christi

3038 Leopard Street
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Nederland

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