

# Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

5,143,086 Incident Free Man-Hours

ISSUE 10 April 2020

Current EMR .066% & TRIR .00%

This issue

All About Safety - Our AIMS Division P.1  
Working Safely From Home / Mental Health P.2  
HSE Dept News P.3  
There Are No Shortcuts! P.4

## Respiratory Protection

Millions of workers are required to wear respirators in various workplaces throughout the United States. They protect workers against insufficient oxygen environments, harmful dusts, fogs, smokes, mists, gases, vapors, and sprays. These hazards may cause cancer, lung impairment, diseases, or death. Compliance with the OSHA Respiratory Protection Standard could avert hundreds of deaths and thousands of illnesses annually.

Respirators protect the user in two basic ways. The first is by the removal of contaminants from the air. These types include particulate respirators, which filter out airborne particles, and air-purifying respirators with cartridges/canisters which filter out chemicals and gases. Other respirators protect by supplying clean respirable air from another source. Respirators that fall into this category include airline respirators, which use compressed air from a remote source, and self-contained breathing apparatus (SCBA), which include their own air supply.

# CFR 1910.134



## Respiratory Protection

## ALL ABOUT SAFETY - OUR AIMS DIVISION

In our AIMS Divisions we provide Asset Integrity Management Services, which consists of developing and implementing mechanical integrity programs (time-based and risk-based) along with utilizing various inspection databases to assist our customers with the management of their assets. We verify and evaluate the precise data needed to perform an objective, quantitative risk assessment. We optimize this process by exporting data from a facility's current mechanical integrity software and importing the data into virtually any risk assessment software. Our risk assessments identify, evaluate and prioritize damage mechanisms that are likely to occur in process equipment. The risk assessment then accurately predicts the likelihood and consequence of failure for fixed equipment. We can also assist our clients in keeping their risk assessments evergreen. This includes the preparation in Management of Change Work Processes to ensure that the RBI software files are kept updated at all times. We train the nested or resident inspectors updating the analysis and inspection. The facility can understand in real time where the high risks are, what they must do to reduce them and what the savings will be.

We had a chance to catch up with our AIMS division Operations Manager, Brandon Chacon, and get his take on what separates Sentinel from the rest!

"I believe Sentinel sets itself apart by the diverse inspection backgrounds and expertise from our inspection team to our management team. This helps us better serve our clients with solutions that help our customers stay in compliance, establish cost-effective solutions, and operate efficiently and safely. Our inspection services are not one dimensional and we have a broad range of inspection services we can provide to our clients throughout the upstream, midstream and downstream markets.

We at Sentinel take great pride in providing the best product and support possible, which speaks volumes to our customer list and customer satisfaction. We actively discuss safety daily with our employees about any safety issues or concerns as it relates to personal safety and asset integrity safety. We implement across our team and clients, a safety culture that stands out from the rest, as we service a wide range of clients. We always make safety a team process in and outside of the workplace."

### AIMS Department Info

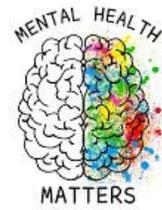
**Michael Warren**  
Director Of AIMS Division  
MWarren@sentinelintegrity.com

**Don Meyer**  
Associate Director Of AIMS Division  
DMeyer@sentinelintegrity.com  
281-457-2225 ext. 385

**Brandon Chacon**  
AIMS Division Operations Manager  
BChacon@sentinelintegrity.com  
713-670-4671

# SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



## Working Safely From Home

Whether you are new to working remotely, or your home is your primary office; Sentinel believes “Knowledge is Key”.

We wanted to share some tips on how to ensure that you are maximizing the potential and safety of your environment.



1. Set up a separate office/ working space. Bringing work materials to places such as the couch or the bed will interfere with your ability to relax later on when re-charging is necessary!
2. Choose a GOOD chair, or ditch the chair all together for a standing desk. Get up and move every hour and make sure that you get outside for some fresh air. This will reduce your overall long term mortality risk. Schedule workouts for added well being. This amplifies endorphins for an overall “good feeling”.
3. Set a schedule and STICK TO IT! It’s tempting to wake up late and work odd hours, but your health and quality of work will benefit by setting a schedule as if you were going to the office. Getting up and dressed instead of staying in PJ’s all day will help you will competent in your day to day routine. Research has shown

that self efficacy has a positive impact on health behaviors.

4. Get involved in your virtual telecommuter community. It is important to ramp up your communication with your team. Maintaining healthy social habits will help you stay motivated.

5. Keep the kitchen stocked with healthy snacks and meals. Think brain food! Its important to fuel our bodies with nutrition that will keep us going, versus the sugar overload that will cause us to crash.

## Mental health can affect worker safety

We don’t diagnose and treat physical conditions in the work place, outside of first aids; however we do talk and teach physical health, as well as listen to concerns affecting workers physical well being. This same approach should be applied to Mental health in employees. It’s easy to imagine how a worker’s mental state might affect his or her ability to make good decisions and recognize potential hazards. According to NIOSH, “It really is a win-win for the organization and the worker when you invest in the well being of the workers more comprehensively....

Workers will bring that impression back to the workplace with increased productivity, decreased injury and illness risk, decreased health care spending and more engagement in their work”.

### WFH TIPS + TRICKS



## THE GLOBAL BURDEN OF MENTAL HEALTH



- 1 in 4 People Will Suffer From Mental Disorder
- Depression is the 2nd leading cause of disability (20-29 Year Olds)
- 300 Million People suffer from depression globally
- Mental Illness Will Cost The World \$16 USD Trillion by 2030
- 275 Million People suffer from anxiety globally
- India Has The Greatest Burden of mental and behavioural disorders
- 46.8 Million People suffer from dementia globally
- 6.5% Of Indian Population Suffers From Serious Mental Disorder
- 40 Million People suffer from bipolar disorder globally
- 91.8% Chinese Suffering From Depression Don't Seek Health
- 51 Million People suffer from Schizophrenia globally
- Brazil Has The Most Depressed individuals in Latin America
- Mental Health Disorders Are More Common in Women
- Suicide Is The Third Leading Cause of death in 15-19 year olds



# Health & Safety Department News

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



## Sentinel's Safety Employee of the Month

Thomas Travis has been selected for our Safety Employee of the Month award. Thomas has a high regard for the job, safety, and the people around him. Thomas always fills out a detailed JSA and communicates effectively with his team. Thomas is also great at notifying people in areas where he conducts radiography, and always verifies the required safety protocols are properly in place. He also takes pride in making sure his truck is safe, clean, and properly stocked to complete the job task at a moments notice, which is a great start to a safe work day! Congratulations & great work Travis — We are proud to have you as part of our Sentinel Team!

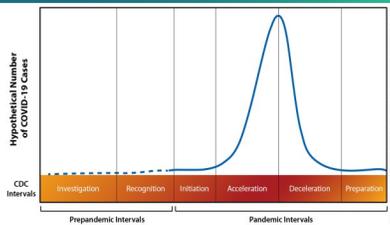
## Sentinel's Quarterly Safety Award Winner

Emanuel "Manny" Sheets has been selected for our Safety Employee of the Quarter award. Manny has show outstanding dedication as Site Lead to keeping everyone at the Dow Michigan site safe. He takes pride in cultivating a safety conscious environment & attitude, always putting safety first when completing tasks. With over 30,000 safe man hours under his belt without an incident, we are proud to have him on our team and leading a safety conscious culture!

Way to set the example Manny, Great Job!



### Preparedness and Response Framework for COVID-19 Pandemic



Outbreaks of respiratory illness, including pandemics caused by a new virus, typically follow a pattern and can be divided into intervals. [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

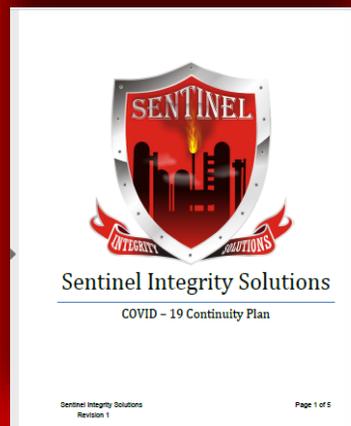
## COVID-19 Pandemic

A pandemic is a global outbreak of disease. Pandemics happen when a new virus emerges to infect people and can spread between people sustainably. Because there is little to no pre-existing immunity against the new virus, it spreads worldwide. The virus that causes COVID-19 is infecting people and spreading easily from person-to-person. On March 11, the COVID-19 outbreak was characterized by the World Health Organization as a pandemic.

This is the first pandemic known to be caused by a new coronavirus. In the past century, there have been four pandemics caused by the emergence of new influenza viruses. As a result, most research and guidance around pandemics is specific to influenza, but the same premises can be applied to the current COVID-19 pandemic. Pandemics of respiratory disease follow a certain progression outlined in a "Pandemic Intervals Framework." Pandemics begin with an investigation phase, followed by recognition, initiation, and acceleration phases. The peak of illnesses occurs at the end of the acceleration phase, which is followed by a deceleration phase, during which there is a decrease in illnesses. Different countries can be in different phases of the pandemic at any point in time and different parts of the same country can also be in different phases of a pandemic.

Here at Sentinel we have been proactive in building our own COVID-19 Continuity Plan. We have implemented reporting guidelines and started developing a risk matrix for awareness, information gathering and tracking. This a trying time for all and it certainly drives us to consideration of previously unforeseen risks and mitigation steps that can hopefully reduce potential impacts due to COVID -19 for the continued path of keeping our employees safe!

**March Safety Statistics**  
**0 OSHA RECORDABLES**  
**0 FIRST AID**  
**0 NEAR MISSES REPORTED**



Sentinel Integrity Solutions COVID-19 Sentinel Reporting Guidelines		
Scenario	Sentinel Employee Action	Sentinel Supervisor Action
At work	<ul style="list-style-type: none"> <li>If symptoms DO NOT include COVID-19 like symptoms (FEVER, COUGH, AND SHORTNESS OF BREATH):               <ul style="list-style-type: none"> <li>Follow Sentinel company policy for illness</li> </ul> </li> <li>If COVID-19 like symptoms (FEVER, COUGH, AND SHORTNESS OF BREATH) are present:               <ul style="list-style-type: none"> <li>Employee must inform supervisor of need to leave work immediately</li> <li>Employee should seek care from personal/healthcare provider</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Require medical clearance (personal or Sentinel healthcare provider) to determine when safe to return to work</li> <li>Continue to assess importance of staying home if ill</li> </ul>
	<ul style="list-style-type: none"> <li>If tested for COVID-19, follow protocol below:               <ul style="list-style-type: none"> <li>Employees should NOT report to work and seek care from a personal healthcare provider</li> <li>If an employee is unable to report for work due to a COVID-19 related concern, including quarantine, they should follow personal/healthcare provider's instructions</li> <li>Notify supervisor as soon as possible</li> <li>Stay home until free of any COVID-19 like symptoms for 72 hours</li> <li>If you are tested for COVID-19, please follow "Tested for COVID-19 Protocol" below</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Direct employee to leave work immediately and to seek care from a personal healthcare provider</li> <li>Contact Division/DE Manager and Corporate Safety Department</li> </ul>
At home	<ul style="list-style-type: none"> <li>Settle employees are asked to notify their supervisor if under quarantine due to ill household members, travel or any other reason</li> <li>Follow Sentinel company policy for quarantine</li> <li>If you become ill with COVID-19 like symptoms, then follow the "At home" section above</li> </ul>	<ul style="list-style-type: none"> <li>Ensure that employee remains off work or isolate and remain the personal or Sentinel healthcare provider's report</li> <li>Contact Sentinel Corporate Safety Department to report the illness</li> </ul>
Quarantine (Household or Travel)	<ul style="list-style-type: none"> <li>Settle employees are asked to notify their supervisor if under quarantine due to ill household members, travel or any other reason</li> <li>Follow Sentinel company policy for quarantine</li> <li>If you become ill with COVID-19 like symptoms, then follow the "At home" section above</li> </ul>	<ul style="list-style-type: none"> <li>Complete the Sentinel COVID-19 Exposure Reporting Form</li> </ul>
Tested for COVID-19	<ul style="list-style-type: none"> <li>Once before a health &amp; safety, any employee who has taken a COVID-19 test is asked to report being the test to his/her supervisor</li> </ul>	Reporting Protocol for Potential COVID-19
Negative Test Results	<ul style="list-style-type: none"> <li>Employee who receive negative COVID-19 test results are asked to inform their supervisor</li> <li>If an employee tested for COVID-19 and receives a negative result, the employee should consult with his/her personal healthcare provider on the appropriate time to return to work</li> <li>Employee should not be in a sensitive or critical facility within 72 hours of having a test</li> </ul>	<ul style="list-style-type: none"> <li>Ensure employee is removed from office or jobsite</li> <li>Contact Site Safety Supervisor and Sentinel Corporate Safety Department to report the test and results</li> <li>Complete Sentinel COVID-19 Exposure Reporting Form</li> </ul>
Positive (Identified) Test Results	<ul style="list-style-type: none"> <li>Employee who receive positive COVID-19 test results are asked to inform their supervisor</li> <li>Follow orders of local healthcare provider</li> </ul>	<ul style="list-style-type: none"> <li>Complete Sentinel COVID-19 Exposure Reporting Form</li> </ul>

If you have a topic request, safety moment or any feedback towards the newsletter, please reach out to our Corporate Safety Director - Marty Bowles, or one of our Safety Coordinators—Hannah Page / Brandon Guidry.



# WHEN IT COMES TO SAFETY, THERE ARE **NO SHORTCUTS**

## THERE ARE NO SHORTCUTS!

Everyone takes a shortcut at one time or another. You cross the street between intersections instead of using the cross-walk or jump a fence instead of using the gate. But in many cases, a shortcut can involve danger. If you have the habit of taking dangerous shortcuts, break it. At work, it can be deadly.

If you are told to go to a particular work area, Sentinel expects you to take the safe route, not the shorter, hazardous one. If there isn't a safe way to get where you need to go, let your supervisor know. The supervisor will see to it that you are provided a safe means of access. It's your responsibility to avoid dangerous shortcuts and to warn against anyone else you see taking them.

Even if the job will only take a few minutes, it isn't worth risking your safety and health for those few minutes by allowing yourself to become a victim of time pressure. Wear personal protection to safeguard your body parts. Use proper, well-maintained equipment. Don't improvise to save time. Ladders, steps, and walkways are built to insure your safety, as well as for your convenience. Use them. Don't go from one elevation to another by climbing a column or sliding down a rope. The safest way isn't always the shortest way, but it's the surest way.

## **INCREASE YOUR FOCUS** **BY TAKING IT ONE SHIFT AT A TIME**

By staying focused, not only do you keep yourself safe, but  
you keep others safe around you.

If we all do our part then we all get to go home safely.

- Participate in your tool box talk.
- Do a complete day of hazard assessment for each task.
- Identify SIMPOS (simultaneous operations)
  - Ask yourself, "What's going on within 35 feet of your job site & how will their task affect you?"
- Review your JHA & Permits for completeness & is signed off.
- Check for isolation changes.
- Don't be tempted to take shortcuts. The seconds it saves you, can last you a lifetime of regret.
- Make sure you have the controls in place prior to starting your task.
- Before starting your task, ask yourself, "What am I about to do, & how can it hurt me or others?"

### Houston

6606 Miller Road 2  
Houston, Texas 77049

(281) 457-2225

### Louisiana

1954 West Shore Avenue  
Port Allen, Louisiana 70767

(225) 421-8640

### Corpus Christi

3038 Leopard Street  
Corpus Christi, Texas 78408

(361) 887-2014