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Why Work/Life Balance Is A Workplace Safety Concern

As the concept of wellness makes its way into our workplace around we are beginning to realize that it's a critical part of employee health and safety. A big part of wellness is finding the right balance between your work life and your personal life. We encourage our employees to develop a good balance of the two and how it may experience a reduction in the overall risk of workplace injury and an increase in safety compliance. It's a relatively simple thing that can have a far-reaching impact on both physical and mental health. Below we'll show you why it works and what you can do as part of the Sentinel team to find more balance.

First and foremost, we must realize that work/life balance isn't a one size fits all deal. Our policies our tailored to our own safety culture and this often requires coaching and mentoring with employees. As with any health and safety program, we all must take an active role in making it work effectively.

What can we do to manage this work/life balance?

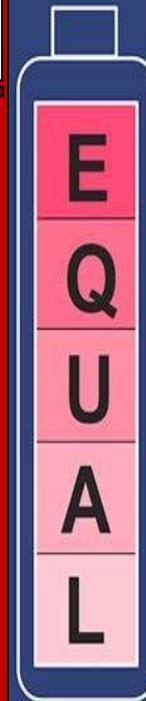
- ⇒ Take Breaks
- ⇒ Make To—Do Lists
- ⇒ Unplug from Technology
- ⇒ Build Downtime into your Schedule

There's no question about it: a healthy workforce is one that is able to successfully manage the demands of both work and life so that neither suffers. It's both unacceptable and dangerous that nearly three quarters of workers are disengaged from their jobs and that must change.

Whether you start small or begin with a grand gesture, employees will appreciate the support as they strive to find a work/life balance that works for them. Talk to your workers and find out what types of initiatives they'd like to see, and watch as they help your business become stronger, more productive, and safer!

EQUAL Strategies

For Achieving a Healthy Work-Life Balance



ESTABLISH BOUNDARIES

(Allot a) QUIET SPACE

UNPLUG

ALLOCATE YOUR TIME

LISTEN TO & LOVE YOURSELF



STRESS MANAGEMENT IN YOUR LIFE



SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



Benzene Awareness

Benzene is a clear, colorless, flammable liquid that is extracted from crude oil. It is also called Benzol, coal naphtha, cyclohexatriene, phene, phenyl hydride, and pyrobenzol. Benzene is widely used to produce many other chemical compounds. Styrene and cyclohexane are major products of benzene as well as detergents, dyes, insecticides, pharmaceuticals, varnishes, and plastics. It is also an excellent solvent, although it should never be used as such due to its extreme flammability. Because it forms explosive mixtures with air, benzene may be used as a fuel component for internal combustion engines and it is an excellent octane enhancer. Benzene is often present at levels from 1/2 percent to 5 percent in gasoline, diesel fuel, and aviation gas as a byproduct of the refining process. What a useful chemical—but it has drawbacks.

Benzene

Other names: Benzole cyclohexatriene

Chemical structure:



Chemical formula: C₆H₆

Molar mass: 78.11 g/mol

Benzene Properties

- Colorless liquid
- Unique smell
- Boiling point of 80.1 °C
- Melting point of 5.5 °C
- Insoluble in water, but dissolves well in organic solvents
- Flammable with sooty flame

Physical hazards:

- ⇒ Flammability is a prime concern.
- ⇒ Vapors can form explosive mixtures.
- ⇒ Benzene is incompatible with oxidizers

Health hazards:

- ⇒ Inhalation, the primary route of exposure: Poisonous
- ⇒ Eye exposure: Severe irritant
- ⇒ Skin exposure: Contact is moderately irritating (burns and blistering in extreme cases) and poisonous
- ⇒ Ingestion (swallowing): Moderately toxic
- ⇒ Described as a narcotic.

Benzene is a carcinogen and primarily an inhalation hazard. Inhalation of high concentrations can affect central nervous system function. Aspiration of small amounts of liquid benzene immediately causes pulmonary edema and hemorrhage of pulmonary tissue. Benzene is harmful, especially to the tissues that form blood cells. Brief exposure of 5-10 minutes to benzene in air at very high levels can cause death. Exposure to benzene happens mostly from breathing contaminated air from industry, automobile exhaust (20% of exposure), tobacco smoke (50% of exposure), or gasoline fumes.



Effects of exposure Benzene is acutely toxic if absorbed through the skin or if the vapors are inhaled. High levels of benzene can cause drowsiness, dizziness, rapid heart rate, headache, tremors, confusion, and unconsciousness. Breathing lower levels over a long period of time can harm blood cells and bone marrow and cause cancer. Eating or drinking high levels of benzene can cause vomiting or irritation of the stomach, dizziness, sleepiness, convulsions, rapid heart rate, coma, and death. With exposures from less than five years to more than 30 years, individuals have developed, and died from, leukemia according to several studies.

Boating Safety

How To Stay Safe While Boating



4,463 boating accidents were reported in 2016
o 701 fatalities
o 80% as a result of drowning
o 85% of victims were not wearing life jackets
o 2,903 injuries
o \$49 million in damages to property

Always be aware of the weather

Don't go boating if there is a chance of heavy rain or other extreme conditions.



Have a pre-departure checklist

This should include:

1. Life jackets
2. Sound producing devices
3. Lights
4. Distress signals
5. Fuel
6. Tools
7. First Aid



Use common sense

Operate the boat at safe speeds

Stay alert

Respect buoys and navigational aids

When undocking:

Cast off lines

Pull in fenders

Let the wind blow you away

When clear and safely away from dock:

Shift to forward

Depart at idle speed

When docking

- Slow your speed
- Take water currents and wind into account

Docking with wind in your face

- Approach the dock at a 30 to 40-degree angle
- Swing the boat quickly
- Secure the bow and reverse until the stern swings in

Docking with the wind at your back

- Approach the dock at a 10 to 20-degree angle
- Stop the boat
- Allow the wind to drift you into the dock



TOP 5 Summer Safety Tips for Pet Parents



Hope you are having a nice summer! With the hot weather setting in, we wanted to remind folks that amidst the fun and games, pet health should be kept top of mind to help ensure a safe season for all. To keep dogs and cats out of harm's way, the ASPCA has created a helpful infographic with the Top 5 Summer Dangers for Pets, including:

1 Fireworks & Thunderstorms

Loud noises like fireworks are one of the top reasons pets go missing, so secure your pet in an escape-proof place. If your pet does go missing, download the ASPCA app for a free step-by-step digital toolkit to help find your pet: www.ASPCAapp.org.



2 Sun & Heat

High summer temperatures and bright days can mean dehydration, overheating, and scorched paws. Know the signs of overheating (excessive panting, increased heart rate, and weakness) and bring your pup indoors or to a cool, shady place.



3 Toxic Chemicals

Insecticides, citronella products, and glow sticks are toxic to pets. Keep your pet away from areas where chemicals have been sprayed and ensure dangerous products are out of reach.



4 Parties & Barbecues

If your pet's joining the party, make sure guests don't feed your pet human food (especially grapes, onions, avocado, and chocolate) and ensure alcoholic drinks are kept out of your pet's reach.



5 Hot Cars

Even with the windows open an inch, a car's temperature can reach over 100° in 10 minutes on an 85° day. One quick errand can turn dangerous in minutes, so leave your pet safely at home. Sign our Hot Car Pledge to help save lives this summer and all year long.



Health & Safety News

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



Quarterly Safety Award Winner



Congratulations to Christopher Leath from our Houston RT division on earning our Quarterly safety award for the 2nd qtr. His hard work and dedication working safely on each RT project has really stood out. He acknowledged improvements to the JHA process and did an excellent job demonstrating this on several projects. His overall organizational immersion and commitment to safety has definitely shown. This has resulted in remarkable, measurable, and sustained safety performance over a prolonged period of time.

Again, outstanding job Christopher!

Monthly Safety Award Winner



Congratulations to Ethan Hatler from our Louisiana division. When you have such a positive safety attitude, you think first and then take action. Your mind is able to recognize unsafe habits or behavior. It helps to recognize hazards that arise and respond appropriately. This is exactly why he has been selected. At times this aspect of safety can be easily overlooked. Each day he shows up he is in the right safety mindset and his positive attitude reflects on to others. You never give safety a day off. Thank you for staying safe and helping to keep others safe on the job, too!



This months award is well deserved Ethan!

Sentinel's Wall Of Safety Champions

A Sentinel Safety Champion is a member of our workforce who promotes safe working with their own actions. They strictly adhere to our company's health and safety guidelines. They are always committed to improvements for the safety of our work practices. That is why this month we are highlighting our Sentinel Wall of Safety Champions! Congratulations to all of the hard working men and women who are such an important part of our team!

SAFETY EXCELLENCE

BE A SAFETY CHAMPION



BE SUN SAFE

UV Safety—Be Sun Safe

The most dangerous time of the day is between 10 a.m. and 4 p.m. when the sun's rays are strongest. Working around reflective or hot surfaces and equipment compounds the danger of overexposure to the sun. Avoiding the sun may seem like the easiest solution, and if there is work that can be done indoors during the peak sun exposure hours, that is a good solution. We take extreme pride in protecting our employees from UVR exposure, but also from heat illness.

Use sunscreen. Not just any kind, but one with a sun protection factor (SPF) of at least 30. The American Cancer Society recommends applying sunscreen to all body surfaces not covered with hair, a hat, or clothing, about 20 minutes before going outside. If you perspire heavily or work around water, use a waterproof sunscreen and reapply periodically.

Cover exposed areas. Sweltering temperatures can lure workers into unsafe sun behavior. Many workers complain that it's too hot to wear pants and long-sleeved shirts. Instead, they choose shorts, tank tops, or go shirtless. The body of the less-dressed becomes a target for the burning sun. To help prevent burning, wear lightweight, tightly woven, opaque clothing.

Wear a wide-brimmed safety hat. This protects your head and face from direct sunlight. It should protect the ears, neck, temples, and lower face. A bandana worn around the neck provides further protection.

Wear sunglasses. Outdoor workers often overlook UVR damage to the eyes, yet the eyes are six times more sensitive than skin to ultraviolet radiation. Sunglasses or other protective eyewear is a must. Ultraviolet light increases the risk of cataracts and photokeratitis (inflammation of the cornea). Make sure employees wear sunglasses that block out UVR rays. This type of protection is particularly important if working around water.

SUN PROTECTION AT WORK

FACT. OUTDOOR WORKERS HAVE A HIGHER THAN AVERAGE RISK OF DEVELOPING SKIN CANCER.

SKIN CANCER IS THE MOST COMMON FORM OF CANCER IN THE UK. THE RISK OF SKIN CANCER BECOMES GREATER WITH INCREASING AMOUNTS OF EXPOSURE TO THE SUN.

MORE MEN THAN WOMEN DIE OF SKIN CANCER

125,000 NEW CASES DIAGNOSED IN THE UK EACH YEAR

2746 DEATHS PER YEAR IN THE UK ALONE

WORKERS IN THE CONSTRUCTION SECTOR ARE **6X MORE LIKELY** TO DEVELOP SKIN CANCER THAN THE GENERAL POPULATION.

DANGERS OF UV

- CARCINOGENIC
- CANNOT BE SEEN OR FELT
- CAN PASS THROUGH CLOUDS
- NOT RELATED TO TEMPERATURE
- CAN PASS THROUGH LOOSELY WOVEN CLOTHING
- CAN REFLECT OFF SURFACES E.G. METAL, CONCRETE, WATER...

THE SKIN IS THE BODY'S LARGEST ORGAN. IT PROTECTS AGAINST HEAT, SUNLIGHT, INJURY, AND INFECTION. YET, SOME OF US DON'T CONSIDER THE NECESSITY OF PROTECTING OUR SKIN.

PROTECTING YOUR EYES

UV RAYS CAN ALSO PENETRATE THE STRUCTURES OF YOUR EYES AND CAUSE CELL DAMAGE. ACCORDING TO THE CDC, SOME OF THE MORE COMMON SUN-RELATED VISION PROBLEMS INCLUDE CATARACTS, MACULAR DEGENERATION, AND PTERYGIUM (NON-CANCEROUS GROWTH OF THE CONJUNCTIVA THAT CAN OBSTRUCT VISION).

IT'S JUST SMART TO TAKE GOOD CARE OF YOUR SKIN!

THE NEED TO PROTECT YOUR SKIN FROM THE SUN HAS BECOME VERY CLEAR OVER THE YEARS, SUPPORTED BY SEVERAL STUDIES LINKING OVEREXPOSURE TO THE SUN WITH SKIN CANCER. THE HARMFUL ULTRAVIOLET RAYS FROM BOTH THE SUN AND INDOOR TANNING "SUNLAMPS" CAN CAUSE MANY OTHER COMPLICATIONS BESIDES SKIN CANCER - SUCH AS EYE PROBLEMS, A WEAKENED IMMUNE SYSTEM, AGE SPOTS, WRINKLES, AND LEATHERY SKIN.

USING THE UV INDEX

WHEN PLANNING YOUR OUTDOOR ACTIVITIES, YOU CAN DECIDE HOW MUCH SUN PROTECTION YOU NEED BY CHECKING THE ENVIRONMENTAL PROTECTION AGENCY'S (EPA) UV INDEX. THIS INDEX MEASURES THE DAILY INTENSITY OF UV RAYS FROM THE SUN ON A SCALE OF 1 TO 11. A LOW UV INDEX REQUIRES MINIMAL PROTECTION, WHEREAS A HIGH UV INDEX REQUIRES MAXIMUM PROTECTION.

HOW TO PROTECT YOUR SKIN?

WEAR PROPER CLOTHING WEARING CLOTHING THAT WILL PROTECT YOUR SKIN FROM THE HARMFUL ULTRAVIOLET (UV) RAYS IS VERY IMPORTANT.

AVOID THE BURN SUNBURNS SIGNIFICANTLY INCREASE ONE'S LIFETIME RISK OF DEVELOPING SKIN CANCER.

GO FOR THE SHADE STAY OUT OF THE SUN, IF POSSIBLE BETWEEN THE PEAK BURNING HOURS.

USE EXTRA CAUTION WHEN NEAR REFLECTIVE SURFACES, LIKE WATER, SNOW, AND SAND EVEN THE WINDOWS OF A BUILDING CAN REFLECT THE DAMAGING RAYS OF THE SUN.

APPLY BROAD-SPECTRUM SUNSCREEN GENEROUSLY APPLY BROAD-SPECTRUM SUNSCREEN TO COVER ALL EXPOSED SKIN

While the sun's rays are strongest in the spring and summer, employees are actually at risk throughout the year. Clouds, wind, or other weather conditions, and shiny or reflective surfaces like water or metal, can intensify the sun's ability to burn the skin. Check the weather forecast each day—both for that day and for the days to come. This way, you're prepared for what's come and can take the appropriate precautions to protect your workers by reducing their exposure to UV radiation.



July Is National Vehicle Theft Prevention Month

Vehicle Theft Protection

Motor vehicles are the primary mode of transportation for most of us, and often an indispensable part of our lives. But what would happen if your vehicle suddenly disappeared? Over 700,000 drivers fall victim to this costly crime each year. In 2020, about three-quarters of a million vehicles were stolen in the United States, and nearly half of those thefts were due to driver error. Vehicle theft is a multi-billion-dollar crime, with the cost of stolen vehicles coming in at about \$6 billion in 2020 alone. 75% of those vehicles were automobiles. Summers prove to be the worst season for vehicle theft. So, to help drivers keep their vehicles safe, NHTSA is continuing its annual Vehicle Theft Prevention Campaign during July.

A motor vehicle was stolen every 43.8 seconds in the United States in 2020.

Use common sense when parking and exiting your vehicle:

- Take your vehicle's key; do not leave it in or on your vehicle.
- Close and lock all windows and doors when you park.
- Park in well-lit areas if possible.
- Never leave valuables in your vehicle, especially if they can be seen from outside the vehicle.



Thieves want vehicle parts and valuable items, too.

Radios and wheel covers aren't the only popular stolen vehicle parts thieves take. They want whatever sells, from the mandated labeled parts to those that aren't. Some of the most popular vehicle parts or valuable items stolen from vehicles include doors, engines, transmissions, air bags, radios, GPS units, cell phones, iPads, laptops, and purses.

Safety Facts

721,885

NUMBER OF VEHICLES

STOLEN IN THE U.S.

IN 2020

Where's My Ride?

If you are a victim of vehicle theft, follow these steps:

- Contact police immediately to file a stolen-vehicle report.
- You will need a copy of the police report to provide to your insurance company.
- Contact your insurance company to file a claim within 24 hours of your vehicle being stolen.
- If you find your vehicle before authorities do, contact the police and your insurance company immediately.



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