

# Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

5,640,739 Incident Free Man-Hours

ISSUE 14 August 2020

Current EMR .66 & TRIR 0.00%

## CORONAVIRUS (COVID-19)

**WE ALL  
MUST DO IT  
TO GET  
THROUGH IT**



KEEP DISTANCE

WASH HANDS

This Issue

Staying Positive In The COVID19 Pandemic P.1

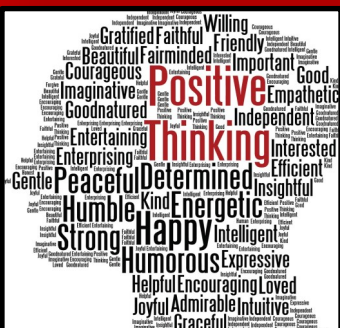
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## STAYING POSITIVE DURING COVID-19

In this moment, we all have a unique opportunity to reimagine what the future of work will look like and to operationalize it. In order for our mindsets to move from survive (I need to do what it takes to get through this) to thrive (I am ready to challenge myself, innovate, and exceed expectations), we have already moved out of crisis-management mode, through reintegration, and into a steady state for our future. As we have begun to motivate ourselves and others on our team to move through this progression, we have created an environment that allows employees to feel inspired, energized, and innovative.



What if there was a way you could easily expand your mind and see greater possibilities in the workplace related to COVID-19? What if you could develop better skills naturally to ensure the safety of others? When people think of having a positive attitude, they probably think it's little more than plastering a smile on their face and trying to think happy thoughts. But it's more than that. A positive attitude is something that goes deeper and has an effect beyond surface cheer especially in times like this. Negative attitudes promote fear, and a narrowing of focus and the mind, while positive attitudes do the opposite. No one should live in a constant state of "fight or flight", but negative attitudes create exactly that scenario.

The four P's are guiding principles helping our employees during COVID-19!

1. **Perspective**—Keeping perspective means that employees must try to see things in proper relation to the bigger picture. While it's accurate that the pandemic has created a sense of unpredictability, our reactions to what is happening are very much in our control and have the ultimate impact on how well we fare through this crisis together.
2. **Purpose**—Many of our employees have children or family who are bored and don't understand why they can't just do what they want. At times we may feel powerless over the situation, and yet our purpose is to help contain the virus. Stay focused on the purpose as it helps us all get through this.
3. **Positive thinking**—Positive thinking has helped humans overcome so much adversity. Numerous research studies have validated that positive thinking leads to positive outcomes. Staying safe and healthy while living through this pandemic will require positive thinking.
4. On the flip side, chronic worry will increase cortisol and lower immune functioning making people more vulnerable to the virus and other problems.
5. **Productivity**—Be productive by learning a new skills or even hobbies in your spare time. When you have the time take advantage of it and become proficient in something meaningful to you. Always focus on the task at hand and focus on working safely while also being productive.

**WEAR A MASK**  
**MY MASK  
PROTECTS YOU**



**YOUR MASK  
PROTECTS ME**

**ONLY TOGETHER CAN WE SAVE LIVES**

**WE WILL  
BEAT THIS  
TOGETHER**



**# COVID19**

# SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



## PUT THE BRAKES ON FATALITIES



Your brakes are one of the most important components of your vehicle's accident prevention systems. They are your first line of defense when it comes to avoiding any type of collisions on the roadway. This is why it's so important to take good care of your vehicles brakes by performing scheduled maintenance on them. August is Brake Safety Awareness Month, so we at Sentinel want to make sure you're informed about the best way to monitor the condition of your brakes.

Your brakes are made up of five components: the pads, rotors, calipers, lines and the master cylinder. Luckily, most of these parts usually last a long time; the parts that need the most routine maintenance tend to be the pads and rotors. Your brake fluid is what powers your brakes, by providing the force to stop your tires' movement. During routine maintenance, the brake fluid, brake pads and rotors should all be checked. You can also check your brake fluid and pads yourself in between visits to your mechanic. You should replace brake fluid frequently. Most automotive experts recommend changing your brake fluid every six months or every 12,000 miles. They also suggest replacing your brake pads yearly, which might seem too often at first. However, at the average speeds we drive today, brakes get hotter and wear down faster than they used to. Neglecting to replace your brake pads regularly can cause extensive wear and tear on your brake rotors, which are a much more expensive repair.



Routine maintenance can take you a long way, but there are several signs which can indicate something needs immediate attention. The biggest indicator is when the warning light on your dashboard display turns on. By the time you see that light, however, it may already be too late. If you notice odd noises when you brake, that can be your earliest warning that something is wrong with your rotors or that your pads have worn down too low. Your brakes might also begin pulling your vehicle to one side or stuttering as you press down on them, which can indicate they need to be replaced. Finally, if it becomes hard to apply pressure to your brakes or if they are less responsive than normal, there could be a problem with your brake system. At that point it is best to get every component checked for leaks, wear and damage.



Is this your car's only brake indicator?  
It could mean:

- parking brake is engaged
- issue with your anti-lock brake system
- very worn brake pads or shoes
- low or leaking brake fluid

As part of Sentinel's Vehicle inspection program, we ensure our vehicles are inspected daily before use. By completing a vehicle inspection report monthly we are able to keep track of routine maintainance or any type of repair that needs to be completed to keep our vehicles operating safely.



MONTH: JULY, 2020

VEHICLE INSPECTION REPORT

EMPLOYEE NAME: Supervisor VIN:1#####5534

Body:	Dented	Scratched	Busted	Broken	Good	Comment
Front grill					X	
Headlight-passenger					X	
Headlight-driver					X	
Windshield					X	
Front door-passenger					X	
Front door-driver					X	
Mirror-passenger					X	
Mirror-driver					X	
Rear door-passenger					X	
Rear door-driver					X	
Rear window					X	
Rear bumper					X	

This August, make sure you take the time to have your vehicles brakes inspected. In the event of a sudden stop, it is the best protection for you and other drivers on the road.

**"PUT THE BRAKES ON FATALITIES"**





# Health & Safety News

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



## Safety Selfie & Escape Room Challenge Winner

Congratulations to Jamie Luna! He is the winner of our Safety Challenge. He was able to solve the escape room puzzle and also be the first one to turn in his 5 safety selfie photos to secure the win and earn his \$50 Visa gift card!



Thank you again to everyone who participated in the challenge!



(Brandon Marks)

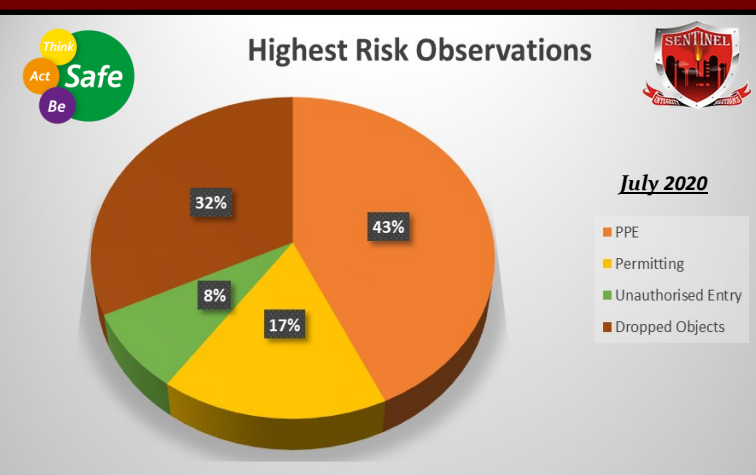
## Quarterly Safety Award Winner!

Congratulations to Brandon Marks. He is our Quarter Safety Award winner! He recently moved in to a new role. He moved from the XOM Refinery to the XOM Chem Plant and has done an outstanding job since this move. He has had 3 NLI captures, where he found things (Inspection items) that had been missed by previous inspectors. With his business team, he was able to fix these findings. This has occurred on multiple occasions. His attention to detail, hard work, and integrity does not go unnoticed. Great job on always being an incredible Safety leader!

## Monthly Safety Award Winner!

Ron Pluenneke is a perfect example of what stewardship stands for. He completes what is asked of him while leading his team in a coaching manner. He's very knowledgeable in his craft, conducts himself in a professional way and is willing to share his time to teach others who need it. His dedication to Safety is a direct reflection of his hard work and willingness to lead, while holding 100% accountability for anything that he is involved in. Congratulations Ron! This award is well deserved.

(Ron Pluenneke)



**Trevor Laverqne** has been a safety driven team member since his hire with Sentinel. He has exceeded in all job tasks safely for us at ExxonMobil BR. He always turns in weekly JLAs



on time, weekly covid-19 health checks, and follows Exxon's LPS system exceptionally well. Trevor also had a good catch last month. He found signage that was not properly placed and visible for personnel entering a top deck area. The area required fall protection and the signage was not visible to personnel entering the decking. The signage was on the back side of scaffolding and entrance gate, so you could not see it until you entered through the gate and turned



around. Trevor stopped work and brought this to safety's attention and together completed an NLI and addressed the issue. Great job Trevor!







# Employee spotlight



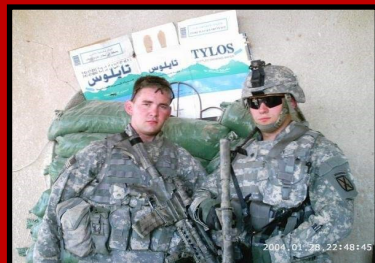
**Brandon Guidry** was hired as the Louisiana Division Safety Coordinator on April 25, 2018.

Prior to his start in the industrial safety field, Brandon had an extensive ten-year career in medicine, dating back to his start in 2004 as a medic in the United States Army. He began his industrial safety career as a safety technician at ExxonMobil BRPO in 2017, where his duties included inspecting and servicing all site safety equipment, fire watch, and hole watch. Since his hire with Sentinel Integrity Solutions in April of 2018, Brandon has been responsible for managing and maintaining the safety needs for the Louisiana Division, including managing and meeting all safety requirements for all Louisiana Division nested sites, projects, and turnaround operations, as well as assisting the Louisiana Division Management team with daily operations.

In the United States Army, Brandon went through EMT-B training, Advanced Life Support training, LPN school, Mountain Medic/Cold Weather



Survival course, and many other high-level combat medical courses. In 2006, he was assigned to 2<sup>nd</sup> Brigade, 4-31 Infantry Battalion out of Fort Drum, NY. Due to his high level of medical training, physical training scores, and expert weapon ability, he was then assigned to the 4-31 Infantry's Scout/Sniper platoon. He trained along side the Scout/Snipers for the remainder of the year until deployment to Iraq beginning on August 16, 2006. In Iraq, his Scout/Sniper was assigned to Task



Force 4-31, which was the first permanent coalition force presence in the Sunni region south of Baghdad, frequently referred to as the "Sunni Triangle of Death." He was responsible for the health and welfare of about forty soldiers that were assigned to his Scout/Sniper platoon. They worked daily with their sister Iraqi Army battalion to re-establish the rule of law and the legitimacy of local Iraqi forces to the area. Task Force 4-31 became a model vehicle of contemporary counterinsurgency theory and practice. They established six patrol bases, 17 battle positions, and assisted the Iraqi Army in the establishment of many more public needs. They conducted over fifty air assaults, three amphibious operations, and fired nearly four hundred counter-fire artillery missions against enemy forces and in support of troops in co

tact. The soldiers of TF 4-31 set about improving the community, aiding in the improvement of schools, roads, irrigation canals, community centers, and emplacing solar power streetlights. In February 2008, after his time of service ended, Brandon returned home with a continued dream of playing college baseball and pitching at the college level. He tried out and made the team at Louisiana State University at Eunice in 2009.

(See NY Times article: <https://www.nytimes.com/2009/05/02/sports/baseball/02pitchers.html>.)



In the summer of 2010, Brandon began working full-time with his father at a local Respiratory care company, where his duties included screening/tracking/managing patients, patient setups, overall patient care, and sales. During this time, he also completed his degree in Health Management.

In his time off, Brandon enjoys spending his time with family and friends, playing softball, hunting, fishing, and cooking. He has four children, three daughters and one son, and they love spending most of their weekends traveling and at the ballpark.



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