

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety
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4,964,214 Incident Free Man-Hours

Current EMR .066% & TRIR .00%



SAFETY IS NOT ABOUT NUMBERS

IT'S ABOUT PEOPLE

Safety is not about numbers, but about how people form evaluations regarding how we work safely. At Sentinel, we believe that everyone plays a role in providing a safe environment by taking appropriate actions and making the right decisions. Our philosophy that emphasizes our focus on eliminating workplace injuries and illnesses through the engagement and accountability because when it comes to safety, zero incidents is the only acceptable goal.

Cultivating a culture of safety requires a common vision and the efforts of everyone in our organization. Valuing people and motivating their participation as the basis for Sentinel's culture is key. Everyone must understand their roles as safety leaders, and feel free to implement these skills at all levels.

We strongly believe that a culture of safety is a means of empowerment, and any employee anywhere in our company can impact and improve our work environment. We aim to emphasize trust and integrity so that employees feel that they can be open and honest about any safety concerns, freely asking questions.



By valuing our people and the vital role they play in safety, we cultivate their commitment and nurture a culture where all of our employees have an active role in their own safety and those around them as well!

This issue

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Our Tubing Department

Our Tubing Inspection department maintains a staff of fully qualified and highly trained data analyst's and acquisition technicians capable of evaluating and inspecting heat exchanger tubing assemblies using a variety of modern tubing inspection applications and more. Our Tubing department stands out from the rest because of their dedication to provide the safest and highest quality service to our clients. Our Analysts and Technicians take pride in being the best in the industry.

We had a chance to speak with Jonathan Konerza our Tubing Division Manager to get his insight on what both Safety and Leadership means to him and their department below:

Safety Insight

The most important reason safety is so important to our division is that simply we want our employees to go home to their families each and every night in the same condition as when they left for work.

Leadership Insight

We encourage our analysts and technicians to take ownership of their respective projects. If they own the project, they tend to pay more attention to details.

SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



Low Risk / High Frequency Tasks

Why is it that the low risk / high frequency (routine) tasks that we perform on a daily basis, have a higher incident or injury rate versus high risk tasks?

Most individuals overlook the inherent dangers of a routine task simply because we've done them a hundred times, and nothing has ever happened.

TASK

Walking →

Climbing stairs/ladders →

Housekeeping →

Lifting →

RISK

Slips, trips, uneven surface

Slippery surface or ladder rung

Debris in eyes, mishandling sharp objects

Poor body position



Should I perform a risk assessment for everything I do?

YES, you should perform a risk assessment for every task you do, whether it's written (formal), verbal (safety meeting topic) or a self assessment. The task should always be assessed before, during and after the task is completed. Utilizing JHA's before every shift is a useful tool to identify and mitigate hazards.

JHA STEPS

- 1 Work Request, Define and Categorize Work
- 2 Raise JSA & Define the Equipment and Work Scope
- 3 Form a JSA Team (if required)
- 4 Define Work Steps
- 5 Conduct Work Site Assessment
- 6 Conduct Risk Assessment
- 7 Submit for approval
- 8 Approve or Re-Assess



SENTINEL INTEGRITY SOLUTIONS

JOB SAFETY ANALYSIS POCKET CARD

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You can always prevent an injury from occurring when you ask questions, perform risk assessments and follow proper Job hazard analysis steps and procedures.



Prevent Identity Theft

This Tax Season

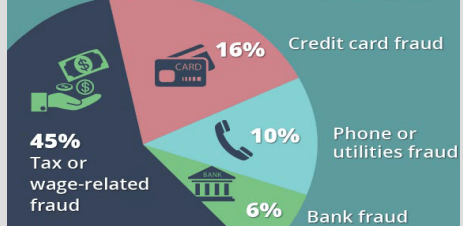
It's tax season, which it means it's also time for tax scams, with many online scams that attempt to steal people's tax refunds, bank accounts, or identities. Help yourself avoid these scams by knowing what kinds are out there and taking steps to keep your money safe. Below are some of the most common scams you should be cautious about.

The email says that user is owed a refund and should forward bank account information to deposit refund. Once the scammer has the bank account information, that account will see a big withdrawal, not a deposit.

The caller knows your name and maybe your address, too. He says he's from the Internal Revenue Service (IRS) and tells you that you owe back taxes and must pay up now or face arrest or deportation. One way to avoid phone scams is to let voicemail pick up calls from people you don't know, especially during tax season.

Not everyone who offers to do your tax return is a legitimate tax preparer. Phony tax preparers and tax preparation websites are interested only in stealing your money and financial information. Stay away from websites that look suspicious or promise results that are too good to be true.

Most prevalent forms of ID theft





Health & Safety Department News

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



Sentinel's Safety Employee of the Month

""While Marshall Stary was performing piping inspections he quickly communicated findings of deficient piping components, one being a loose bolt on a flex pipe that required immediate escalation to leadership. While leadership was determining the best corrective action he intervened when he noticed plant personnel getting ready to tighten the bolt that was still operating at very high temperatures. That person was not aware of the current situation and Marshall advised them that the flange connection should not be disturbed since the condition of the flex pipe was unknown. That person fully understood and did not proceed. Marshall's actions are greatly appreciated.""

- John Duford-



Top Ten Violations in Construction FY 2019

1. Fall Protection, Duty to Have (1926.501)
2. Scaffolding (1926.451)
3. Ladders (1926.1053)
4. Fall Protection, Training (1926.503)
5. Eye and Face Protection (1926.102)
6. General Safety & Health (1926.20)
7. Head Protection (1926.100)
8. Excavations Specific Requirements (1926.651)
9. Aerial Lifts (1926.453)
10. Fall Protection, Systems Criteria/Practices (1926.502)

Our January Safety Statistics

0 OSHA RECORDABLES
1 FIRST AID
0 NEAR MISSES

Join our Safety Committee Team

Want to make a difference in Safety? Have the drive and passion to share ideas, motivate others and be a part of something special? Get involved and put SAFETY FIRST! The brand new Sentinel Safety Committee will be made up of volunteers from all levels of our organization who truly have a passion for keeping up with and updating safe work practices. Our Safety Committee Team would meet once a month and assist in determining the needs of what programs we can improve on and additional training we can offer in the future. As a team, we will brainstorm and find solutions to problems that cause workplace accidents, illnesses, and injuries. By doing so we can eliminate these that are preventable in the future.

If you are interested in volunteering to be a part of our team, please reach out to us via email at

Safety@Sentinelintegrity.com



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.

We are passionate about our work and want to produce a newsletter that will provide Managers, Inspection Professionals, and Administrators with tips, news, and advice.

SAFETY

is

EVERYONE'S RESPONSIBILITY!

It WON'T Happen to ME!

There are many excuses someone will give for not working safely. Some common excuses include: I didn't know, I didn't have time, I lost my PPE, nothing will happen, etc. One of the worst excuses to have for not working safe is a "it won't happen to me" mindset. This excuse communicates a mindset that is set on not completing a task safely or shows a person is relying on luck to keep safe while on the job.

Experience and Attitude Towards Workplace Safety

There is no substitute for experience. Experience, for the most part, allows us to work more efficiently and safely, however this is not always the case. Experience can also lead to complacency or a higher level of tolerance for risk. When an employee has done the same task or has been in the same occupation for many years they can have the "it won't

happen to me mindset". This doesn't mean that **newer employees** cannot have the same mindset, but it is often very experienced employees who fall into this mindset trap. We have all heard stories of experienced workers or supervisors getting seriously injured from becoming complacent towards known hazards. It is necessary to be mindful of your attitude towards safety on the job.



(Picture not affiliated with Sentinel)



(Picture not affiliated with Sentinel)

Why it is Necessary to Avoid This Mindset?

Complacency can be hard to avoid, however having the mindset that an incident or injury will not happen can put you at a great risk of sustaining an injury. Believing you are not susceptible to the hazards of the job is a quick way to be injured. No one is able to avoid injury from the majority of hazards from just having experience alone. It takes action on top of that experience to ensure safeguards are in place and safe work practices are being followed to avoid injury. No matter how much experience you have, the necessary steps still need to be taken to prevent an incident from occurring.

Summary

Do not let experience on the job affect **your attitude** towards taking the correct steps to work safe. Hazards need to be controlled. They are only controlled when we as workers take the time to implement the proper safeguards and follow safe work practices. Evaluate your attitude towards safety as well as what hazards or work tasks you may have become complacent towards.



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