

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety

ISSUE 23 May 2021

6,162,706 Incident Free Man-Hours

Current EMR .64 & TRIR 0.00%

This issue

Safety In Radiography / Beat The Heat P.1
Aerial Work Platforms (AWP'S Safely) P.2
HSE Dept News / Spot The Hazard P.3
May Is Healthy Vision Month P.4
STRESS...At Work / Stress Management

Safety In Radiography

Visual observations, even with magnification, cannot locate all small, below the surface defects in the cast, forged metals or in weld -metals such as found in pressure vessels, boilers, and nuclear components. Proper NDT will, however, reveal all such indications, without damage to the components. Radiography is one type of

testing that uses X rays and gamma rays. X rays are unidirectional and their wavelengths can be varied within certain limits, to suit the conditions Gamma radiography differs from the X-ray radiography, in that the gamma rays are multidirectional and their wavelengths, being characteristic of the source, cannot be regulated.

All sources of ionizing radiations are potentially dangerous. They should be stored and handled in accordance with the instructions of the supplier of the source. The exposure to the radiation by the operators should be regularly monitored and

only a trained and certified operator should be allowed to do the work. As most of us know, X-rays and gamma rays are dangerous for people and other living organisms.

Therefore, the radiographic testing we do is carried out safely at all times. When radiographic testing is done on location, a safe perimeter is created around the inspection zone. No one is allowed in that perimeter during the inspection. For that reason this often takes place outside working hours. After testing, the inspected objects are not radioactive and can be handled safely. Sentinel is fully certified to safely store, transport and use the X-ray tubes and gamma ray isotopes that are necessary for industrial radiography.

Sentinel Integrity Solutions offers both conventional and digital radiography inspections in a safe and secure manner as a part of our comprehensive on-stream and turnaround inspection services. Safety is always our #1 priority when handling radiation.



When the temperature and humidity rise, so does the potential for heat-related illnesses such as heat rash, heat cramps, heat exhaustion, and heat stroke. Here are some tips for you to stay healthy when it's hot outside.



AVOID BEING OUTSIDE DURING THE HOTTEST PARTS OF THE DAY.

Temperatures are usually at their highest from 11 a.m. to 2 p.m.



DRINK PLENTY OF WATER.

Drink water even if you do not feel thirsty; avoid drinks that contain alcohol or caffeine.



WEAR APPROPRIATE CLOTHING.

Wear lightweight, light-colored, loose-fitting clothing.



WEAR SUNSCREEN.

Use SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).



NEVER LEAVE ANYONE IN A CAR.

On an 80-degree day, the temperature inside the vehicle can heat up to 109 degrees in just 20 minutes.



RT Division Manager

Ivan Winkler



Corporate RSO

Jeffery Meadows



SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



Aerial Work Platforms

An aerial work platform (AWP) is an adjustable platform used to provide access to equipment or to inspect above ground structures. Aerial work platforms can be manual or powered to raise or lower the platforms. An AWP must be used only by a trained, qualified, and authorized person. AWP manufacturers recommend that those who use an AWP must be trained and must read, understand, and implement all information for the safe use of the AWP. At Sentinel, we have developed a written safety program designed specifically for AWP. OSHA requires fall protection for those working on AWP. Aerial work platform compliance is under two industry standards: American National Standards Institute (ANSI) and OSHA. OSHA is a regulatory agency that enforces compliance with these standards and may cite businesses under the "general duty clause." Only trained persons can operate an aerial platform, and they must use all required PPE for the job. Operating on an AWP presents hazards such as tip-over, collapse, electrical shock, injuries from falling objects, contact with overhead objects.

Operating on Aerial Work Platforms:

- ⇒ Only a trained person can operate on an AWP.
- ⇒ Operator must know how to inspect an AWP before use.
- ⇒ AWP's must be inspected prior to work
- ⇒ All hazardous conditions must be recognized and corrected.
- ⇒ Workers must know the procedure for dealing with hazards in unsafe conditions.



Aerial Lift Pre-Shift & Workplace Inspection Checklist																											
Operator Name: _____		Inspection Date: _____																									
Location Where Work is Done: _____		Type of Work Being Performed: _____																									
<table border="1"> <thead> <tr> <th>Pre-Shift Inspection</th> <th>Subcategory</th> <th>Inspected</th> <th>Remarks</th> </tr> </thead> <tbody> <tr> <td>Emergency Controls</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Access Controls</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Platform Position Controls</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Platform, Hydraulic and/or Other Controls</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Other</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>				Pre-Shift Inspection	Subcategory	Inspected	Remarks	Emergency Controls				Access Controls				Platform Position Controls				Platform, Hydraulic and/or Other Controls				Other			
Pre-Shift Inspection	Subcategory	Inspected	Remarks																								
Emergency Controls																											
Access Controls																											
Platform Position Controls																											
Platform, Hydraulic and/or Other Controls																											
Other																											

Workplace Inspection			
Hazardous Conditions		Inspected	Remarks
Obstructions or Hazards			
Overhead Obstructions			
Ground Conditions			
Weather Conditions			
Other			

AERIAL LIFTS can prevent fatal falls, but only if you...

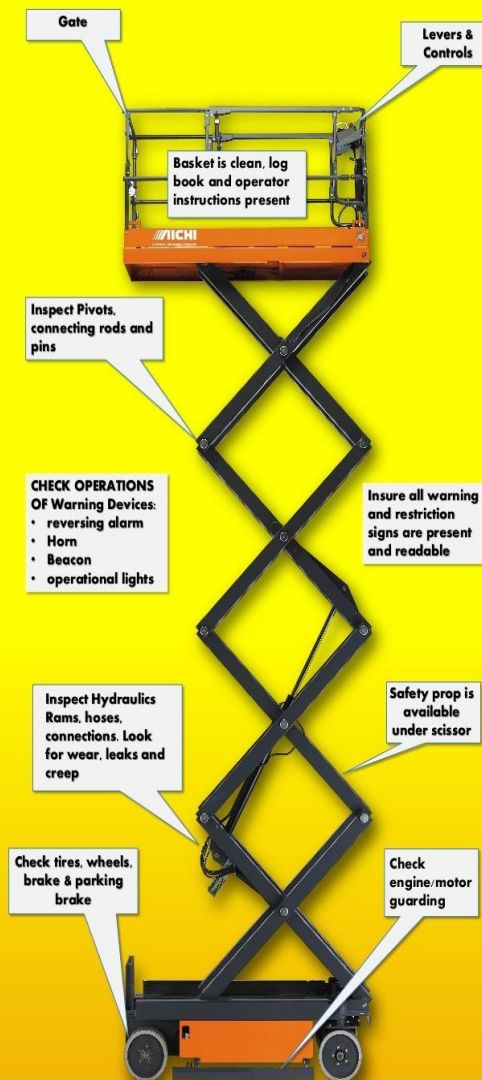
- ✓ Follow the manufacturer's instructions
- ✓ Use proper fall protection
- ✓ Watch out for uneven ground, potholes, bumps, and debris that could cause the lift to tip over



- ✓ Close lift-platform chains or doors, and check guardrails
- ✓ Do not climb on or lean over guardrails
- ✓ Do not exceed the load limits
- ✓ Avoid contact with overhead hazards

Scissor Lift PRE-SHIFT INSPECTION

Because a life does depend on it.



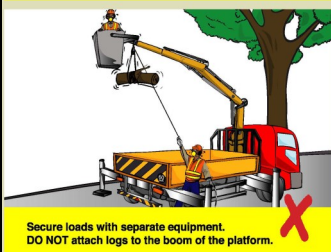
Hook your harness to a designated anchorage point. ✓



Work within the work platform. DO NOT climb or stretch over the guard rails. ✗



Observe the safe working load limit. ✓



Secure loads with separate equipment. DO NOT attach logs to the boom of the platform. ✗



Use proper work platforms. DO NOT use suspended manages to prune trees. ✗



Check your harness and lanyard. Make sure it fits well and is not damaged. ✓

THE MAIN CAUSES OF AERIAL LIFT DEATHS ARE:

FALLS

ELECTROCUTIONS

COLLAPSES OR TIP OVERS





Health & Safety News

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



Monthly Safety Award Winner

Congratulations to Alex Medina. He is currently assigned at the Citgo East Plant Refinery in Corpus Christi. His daily assignments can include (but are not limited to) PMI, CE, Ropes, and UT. He is constantly focused on completing his tasks in a safe manner. He also makes sure those he is working with maintain safe working values. If he has an idea/suggestion to perform a task in a different manner, he will speak up to ensure the safety of others around him. It is an added value that is highly appreciated and respected. Great job Alex! Thank you for hard work each and every day to ensure everyone is working safely!



Our Sentinel Team—Motiva Port Arthur

We have been working at Motiva Port Arthur since 2010 executing numerous turnarounds and supporting the run to maintain efforts with our nested team. All of our employees are involved with safety. They are aware of what's going on and at this site there is a culture of people who constantly are looking out for each other.

Our Sentinel Team's SAFETY extends beyond the job-site.

They are highly motivated in their safety efforts, sharing values and demonstrating a strong sense of teamwork. They encourage and coach one another on the importance of reporting hazards or near-misses, and their active participation in both our clients Health and Safety programs as well as our own.

We are proud of our safety record and our team at Motiva Port Arthur. We thank you for contributing your hard work and dedication to safety over the last 10 years!



Pictured left to right:

Justin Lecourias, Darwin DeJean, David Richards, Harold Joubert, Juan Zavaleta, Net Bush, Ronnie Bryan



Spot The Hazard Challenge

Who is ready for a challenge to help you nurture your visual skills identifying workplace hazards? To win this challenge you will need to identify the unsafe acts and unsafe conditions.



There are 27 total hazards in the image. Can you find them?



There can only be one winner! The first one to complete this challenge by circling your answers, finding all 27 hazards, and sending a copy to the following email — Safety@sentinelintegrity.com will win a **\$25 gift card**.

EYE HEALTH

Healthy Vision Month

MAY Is Healthy Vision Month

Taking care of your eyes can be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day. To keep your eyes healthy, get a comprehensive dilated eye exam: an eye care professional will use drops to widen the pupils to check for common vision problems and eye diseases. It's the best way to find out if you need glasses or contacts, or are in the early stages of any eye-related diseases.

Nine ways you can help protect your vision

1. Get regular comprehensive dilated eye exams.
2. Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since some are hereditary.
3. Eat right to protect your sight: In particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut.
4. Maintain a healthy weight.
5. Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs.
6. Quit smoking or never start.
7. Wear sunglasses that block 99 percent-100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
8. Wash your hands before taking out your contacts and cleanse your contact lenses properly to avoid infection.
9. Practice workplace eye safety.

Eyes and Overall Health



Taking care of your eyes also may benefit your overall health. People with vision problems are more likely than those with good vision to have diabetes, poor hearing, heart problems, high blood pressure, lower back pain and strokes, as well as have increased risk for falls, injury and depression. Among people aged 65 and older, 54.2 percent of those who are blind and 41.7 percent of those with impaired vision say their overall health is fair or poor. Just 21.5 percent of older Americans without vision problems reported fair to poor health. For this Healthy Vision Month, take care of your eyes to make them last a lifetime. If you haven't had an exam in a while, schedule one now. Taking care of your eyes can be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day.

IT'S ALL IN THE eyes

Did you know that your eyes can give clues to your overall health? Here are **10 HEALTH PROBLEMS** that your eyes could be showing signs of.

NUTRITION DEFICIENCY
Poor nutrition can cause a variety of problems — including dry, irritated eyes and blurry vision. Ask your eye doctor if dietary changes or supplements will help.

ALLERGIES
Don't suffer from red, itchy, watery eyes caused by allergies. Your eye doctor can prescribe treatments to keep your eyes comfortable year-round.

COLOR VISION CHANGES
Do colors look faded? Changes in your color vision may be a sign of early cataracts or other eye health problems.

LIVER PROBLEMS
Yellow eyes could be a sign of liver problems. See your eye doctor and general physician to make sure your eyes are healthy and your liver is functioning normally.

AUTOIMMUNE DISEASE
Autoimmune disease is when your body's defense mechanism against disease-causing microbes starts attacking normal, healthy cells. Dry eyes and dry mouth can be the warning signs of an autoimmune disease called Sjögren's syndrome, which damages glands that produce tears and saliva.

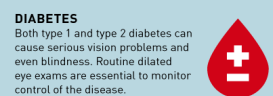
CANCER
Your eye doctor can check for sun damage that can cause cancer of the eyelids and front of the eye. Remember to wear shades outdoors in daylight to shield your eyes from UV.

DEMENTIA
Amyloid protein that builds up in the brain in Alzheimer's disease may appear in the retina as an early marker of the condition. Detection requires a special test called SD-OCT.



HIGH BLOOD PRESSURE

Early signs of damage from high blood pressure can be detected in a routine eye exam so potentially life-saving treatment can be initiated and adjusted as needed.



DIABETES

Both type 1 and type 2 diabetes can cause serious vision problems and even blindness. Routine dilated eye exams are essential to monitor control of the disease.

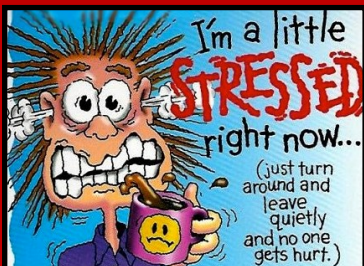


STROKE

During a dilated eye exam, your eye doctor can examine the health of blood vessels in the retina and detect signs of increased risk of carotid artery disease and stroke.



Stress.... At Work



What Is Job Stress? Job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury. The concept of job stress is often confused with challenge, but these concepts are not the same. Challenge energizes us psychologically and physically, and it motivates us to learn new skills and master our jobs. When a challenge is met, we feel relaxed and satisfied. Thus, challenge is an important ingredient for healthy and productive work. The importance of challenge

in our work lives is probably what people are referring to when they say "a little bit of stress is good for you.

What are the Causes of Job Stress? Nearly everyone agrees that job stress results from the interaction of the worker and the conditions of work. Views differ, however, on the importance of worker characteristics versus working conditions as the primary cause of job stress. These differing viewpoints are important because they suggest different ways to prevent stress at work. According to one school of thought, differences in individual characteristics such as personality and coping style are most important in predicting whether certain job conditions will result in stress - in other words, what is stressful for one person may not be a problem for someone else. This viewpoint leads to prevention strategies that focus on workers and ways to help them cope with demanding job conditions. Although the importance of individual differences cannot be ignored, scientific evidence suggests that certain working conditions are stressful to most people. The excessive workload demands and conflicting expectations are good examples. Such evidence argues for a greater emphasis on working conditions as the key source of job stress, and for job redesign as a primary prevention strategy.

Work Stress Symptoms. Signs & Causes

Work related stress is quite simply a form of stress caused by things that happen at work.



Causes of Stress



Job Pressure: Co-Worker Tension, Bosses, Work Overload

Money: Loss of Job, Reduced Retirement, Medical Expenses

Health: Health Crisis, Terminal or Chronic Illness



Relationships: Divorce, Death of Spouse, Arguments with Friends, Loneliness



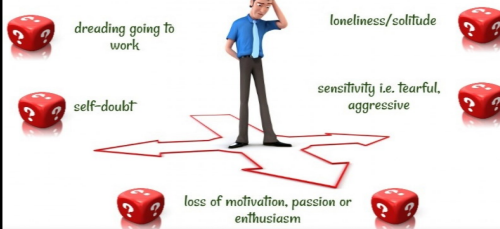
Poor Nutrition: Inadequate Nutrition, Caffeine, Processed Foods, Refined Sugars

Signs of work related stress



- ✓ Sleep deprivation
- ✓ Mood swings
- ✓ Eating habits
- ✓ Smoking and drinking

Feelings associated with work related stress



Role of counselling in fighting Stress Symptoms

Counselling extends to unravel the underlying feelings and emotions associated with the job.



It emphasize to underline the deep seated issues to cope with the rising work related stress.

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

Nederland

8900 A First Street
Nederland, Texas 77627

(409) 790-7426