

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety
ISSUE 09 March 2020

5,054,927 Incident Free Man-Hours

Current EMR .066% & TRIR .00%



ALL ABOUT SAFETY - OUR REFRACTORY DIVISION

Refractory is often used in the refining and process industries to help protect equipment operating at high temperatures. It is typically made of heat resistant materials, such as aluminum, silicon, magnesium, and occasionally even lime or fire clays. Equipment on which refractory is widely used includes incinerators, furnaces, kilns, and reactors, all of which need to be able to withstand high temperatures in order to operate safely and reliably. Our Refractory inspection division has access to a state of the art refractory laboratory with advanced refractory testing capabilities. It is staffed with certified API 936 inspectors that possess hands-on experience with managing major refractory projects, modern installation methods and engineering designs, and project planning and scheduling. Sentinel's highly trained refractory specialists provide our clients with a full range of consulting expertise to guide them through the daily obstacles present in our industry.

We had a chance to catch up with our Refractory Operations Manager—Marty Vaughn and ask him about what separates Sentinel from other companies? In his own words he said it best;

“Sentinel stands out 110% above other companies that I have worked for. I feel Sentinel really puts safety 1st and sets a standard that is expressed from the top to the bottom. New hires have mentioned to me you guys take Safety seriously. Not because we have to, but because it is a culture that defines us! It is so easy to get caught up in the push of the job that you can lose focus and put yourself or others in harm's way just in that quick instant. The slogan says be your brother's keeper and that's what we do.

As the Operations Manager, we feel it's important to never stop learning or you just become complacent. When there is down time, we are studying the history of the units, looking at thermal charts, and getting familiar with the plant's evacuation plans. Our approach to every job will always be with the right mindset and attitude to get the job done safely each and every day!” - Marty Vaughn

Refractory Department Info

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Understanding OSHA's Penalty Adjustments

Until five years ago, OSHA had not raised their penalty amounts since 1990. Now, with the Inflation Adjustment Act, OSHA is required to annually adjust penalty amounts by January 15th.

Fines increased by approximately 80% on August 1, 2016 and are adjusted annually moving forward. This year the penalty increase became effective on January 15, 2020. The good news is that the maximum penalty amounts did not increase drastically overall. Serious, other-than-serious, and failure to abate violations saw only a \$234.00 penalty maximum increase. Willful and repeat violations experienced a higher increase at \$2,339.00. The table below displays the current penalty amounts for 2020.

CURRENT OSHA FINES As of Jan. 15, 2020

Type of Violation	Penalty Maximum
Serious Other-Than-Serious Posting Requirements	\$13,494 per violation
Failure to Abate	\$13,494 per day beyond the abatement date
Willful or Repeated	\$134,937 per violation

SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



Ergonomics



THE TERM "ERGONOMICS"

Ergonomics is the scientific study of human work. It considers the physical and mental capabilities and limits of people as they interact with tools, equipment, work methods, tasks, and the environment. The primary goal of an ergonomics program is to reduce work-related injuries and illnesses by adapting the work to fit the person, instead of forcing the person to adapt to the work. In other words, "Let's find ways to work smarter rather than harder!"

- 1) Eliminate the need to carry. This may not be feasible, but it should be the first strategy to consider.
- 2) Rearrange the layout of the task to eliminate unnecessary carrying.
- 3) Reduce the weight of the object being carried.
- 4) Use mechanical handling aids such as fork lifts, hand trucks, cranes, and dollies.
- 5) Assign the task of carrying bulky objects to two or more people.
- 6) Eliminate tripping hazards with good housekeeping practices.

ILLNESS CONTROL & PREVENTION

5 Everyday Preventive Actions Help Fight Germs, Like Flu.

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. The likelihood that the coronavirus outbreak will affect the United States as significantly as the seasonal flu is highly unlikely.



Wash your hands often with soap and water for at least 20 seconds. This is the most effective way to fight germs.



Cover your mouth and nose with your sleeve or elbow when you cough or sneeze.



Avoid touching your eyes, nose, and mouth. Germs spread this way.



Use hand sanitizer. When soap and water are not available, alcohol-based sanitizers are effective at killing germs.



Keep your immune system healthy by getting sleep and rest while at home.

What should you do if you feel sick at work?

- ✓ Notify your immediate supervisor that you feel sick.
- ✓ Visit your Health-Care Provider
- ✓ Stay home for at least 24 hours after your fever is gone.
- ✓ Avoid direct contact with others as much as possible to keep from infecting them.
- ✓ When you're face to face keep a distance of 3 feet when possible.

Coronavirus Information

Please utilize the Centers for Disease and Control (CDC)

website:

<https://www.cdc.gov>

Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against the flu.

More information about the Coronavirus can be found at the CDC website.

LIFT SAFELY



Use your legs when lifting... Not your back



Health & Safety Department News

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



Mandated Procedures & Requirements

The Safety Department keeps track of all audit reports they receive. Each employee should be sending there audits to the Safety Department on a monthly basis. The audits are available electronically and/or you can complete them by hand and scan them to email. The audits should be sent to the Safety Department by the 10th of each month. The Safety Department encourages each person to do at least one audit each month while in the field. If you have any questions about the audits, please contact the Safety Department directly.

Sentinel's Safety Employee of the Month



Congratulations to Chris Cotton out of our Louisiana division. He has been selected as our Safety Employee of the Month! Chris has come a long way with buying into our safety first culture. Over the last two years, Chris has become more active in safety participation (XOM Quality LPOs, JLAs, and LPSAs). He submits his JLAs on time every Friday and meets the expectations set for his LPOs. He also does an awesome job of making sure we are aware of new standards and information when that information is put out by ExxonMobil.

Keep up the great work Chris, your efforts are greatly appreciated!

Importance of HSE Lessons to Share

At Sentinel, we believe that every accident is preventable. This means that our target always is to achieve zero accidents on all of our projects. Safety is one of our core values that hold true across our business. Rather than a priority, we see safety as a value; priorities change whereas values tend to stay with us and grow stronger as we move through life. There is a simple reason why safety is so important to us: lives depend upon it. We also believe that it is important to share lessons learned across our industry. We all share a responsibility to help drive standards up for the sake of everyone who works with or around us each and every day!

SENTINEL INTEGRITY SOLUTIONS
HSE Lessons to Share

TOPIC: First Aid Incident **Date:** 12/12/2020

WHAT HAPPENED?
 On 2/12/20, a refractory inspector was climbing down into a duct and entered a secondary cyclone. The employee climbed down the scaffold and out on the outrigger deck. The knuckle then gave way on the scaffold and as the employee started to fall, he tried to catch himself using his left arm causing a severe shoulder strain. The employee then climbed out of the secondary cyclone and contacted his immediate supervisor.

FIRST ACTIONS	GENERAL LEARNINGS	RISK ASSESMENT
The employee was able to climb out of the secondary cyclone and notify his immediate supervisor.	Always inspect the area in which work is being performed to ensure the workspace is free from hazards.	Prior to entering the confined space, the area should have been inspected for hazards to ensure it was safe to perform the required job task at hand.
The employee then discussed the description of the incident and how it occurred.	When working in confined spaces, make sure the proper steps are taken to ensure communication between the person working inside the confined space and outside of the confined space.	Utilizing the proper radio communication both inside and outside of the confined space. Prior to entering the confined space, all necessary precautions and procedures must be in place to ensure hazards are identified.
The employee was then taken to onsite medical for further evaluation.	Ensure that scaffolds are always inspected prior to use. If a scaffold is inspected and the integrity of the scaffold is in question, notify supervision immediately before proceeding to work.	When working on scaffolds, always visually inspect the scaffold is in good condition and properly erected. Be sure to observe that the scaffold has an inspection tag and has been inspected by a competent person

Our February Safety Statistics

0 OSHA RECORDABLES
1 FIRST AID
4 NEAR MISSES REPORTED

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.



BEHAVIOR BASED SAFETY



The Basics of an Observation



How to know if BBS program is working



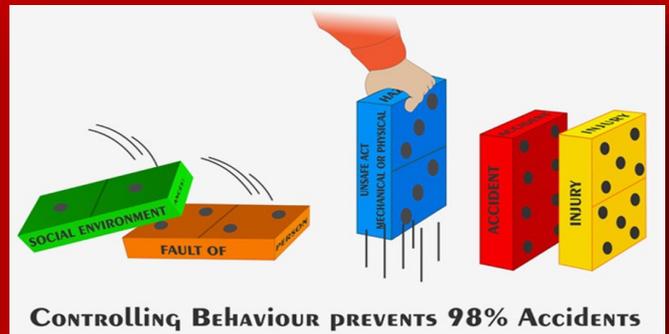
The Behavior Based Safety Checklist

BEHAVIOR BASED SAFETY

Behavior Based Safety (BBS), is a process that Sentinel uses to inform management and employees of the overall safety of our workplace through safety observations. BBS is intended to focus a workers attention on themselves and their peers; daily safety behavior. Our BBS program's goal is to improve employee safety throughout our organization. We use audits or inspections to reduce the number of injuries, and compliance with our policies and procedures. BBS focuses more on observable safety-related behaviors, rather than on whether people are following rules. Once a risky behavior is identified, employees analyze system and environmental factors influencing the risky behavior, brainstorm improvements, and then use future observations to verify those changes.

The Basics of an Observation

Employees who are observers are trained to conduct on- site safety reviews on other employees with an eye on their behavior. These observers record safe and unsafe behaviors, and noting safe and unsafe workplace conditions. The observer then shares the findings with the worker and provides feedback, as positive feedbacks are encouraged.



The Behavior Based Safety Checklist

Sentinel implements a BBS program to determine the appropriate list of behaviors to observe based on the unique behaviors and risks of our organization. We have developed a checklist format that is easy and quick for observers to complete in the field and lists the target behaviors.



BBS In Conclusion

The root causes of incidents are not always obvious, but they are often caused in some part by one or more unsafe behaviors. BBS can help change unsafe behaviors in the workplace. Having manageable goals with a clear plan of action is what makes our BBS program so successful!



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