

Sentinel Integrity Solutions

Monthly Newsletter of Health & Safety

ISSUE 12 — June 2020



5,519,167 Incident Free Man-Hours

Current EMR .066 & TRIR .00%



PROJECT SAFETY LEADERSHIP

Commitment is a major benefit of being a true safety oriented service provider. Sentinel's management and staff are genuinely concerned about the safety and wellbeing of our personnel and that of our clients. Safety performance is driven by the leadership of our organization. Leaders establish values, develop procedures, and enforce accountability for our safety programs here at Sentinel.

This month we had the chance to catch up with Colby Renfro, he is our Corpus Christi Division Manger, to talk about project safety leadership.

He said - "Our safety program is geared by every employee considering themselves a company safety representative. Our safety meetings are initiated by our safety representatives, but our employees are the ones that conduct the meetings. All employees actively participate, choose safety topics, and share personal experiences / example scenarios that may be encountered in the field. This is a huge advantage due to the fact we feel that every employee is a safety representative first, above everything else! There is usually one common theme with any good team, selflessness. The idea that a group of people can put aside personal agendas to achieve a common goal. In our business, there are very few circumstances that can be achieved successfully without the function of teamwork. For us, our foundation for teamwork is SAFTEY. "

One of the keys to our success here at Sentinel, is our effective leaders are able to see what safety excellence truly looks like and conveys that vision in a compelling way throughout our organization. Sentinel leaders act in a way that communicates high standards in safety, helps others question and rethink their assumptions about safety, and describes a compelling picture of what the future will always be.

Corpus Christi Division

Colby Renfro
Division Manager
CRenfro@sentinelintegrity.com

Rick Peel
RT Operations Manager
RPeel@sentinelintegrity.com

Tu Bui
Operations Manager
TBui@sentinelintegrity.com

Marcus Guerrero
Advanced Services Manager
MGuerrero@sentinelintegrity.com

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When we say that safety is a priority, we mean it.



Sentinel Integrity Solutions, Inc. has received the 2020 Platinum Safety Award from ConstructSecure.



SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



VEHICLE SAFETY

ATTENTION ALL DRIVERS – SLOW DOWN!!

Do not take the risk of hurting someone because you're in a hurry.

- Slow down and follow all posted traffic signs.
- Always have a spotter when backing or moving loads through the units.
- Be aware of pedestrians, bicyclists, spotters and flag persons. They have the right of way; but you must also watch for/yield to vehicles and equipment.
- Using a cell phone or radio while driving is **PROHIBITED**.
- Avoid doing anything that distracts you while driving.
- Focus on safe driving at **ALL TIMES**.
- Keep roadways clear of congestion to allow ERT vehicles to respond if needed.



NO HOT CARS!



A CAR'S TEMPERATURE WILL INCREASE

40

DEGREES IN AN HOUR

80 %

OF THIS INCREASE OCCURS IN THE FIRST

30
MINUTES



How Hot Will It Get?

Outside Temp (F) Inside Temp (F)
10 min. 30 min.

70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

EXPOSURE TO ULTRAVIOLET (UV) RAYS IS THE MOST IMPORTANT PREVENTABLE RISK FACTOR FOR SKIN CANCER

EASY WAYS TO HELP REDUCE YOUR RISK OF SKIN CANCER



MINIMIZE YOUR EXPOSURE TO THE SUN between 10AM & 4PM

APPLY GENEROUS AMOUNT OF SUNSCREEN before you go outside and to all exposed body areas

REAPPLY SUNSCREEN EVERY 2 HOURS Even on cloudy days reapply after swimming or sweating

WEAR CLOTHING THAT COVERS YOUR BODY and shades your face, ears and back of the neck

WEAR SUNGLASSES WITH UV COATING Label should say 100% UVA/UVB protection

DON'T USE sunlamps or tanning beds



WARM WEATHER SAFETY

TIPS FOR PET OWNERS

- Limit dog walks during hot times of the day.
- Make sure your pets have a constant supply of water.
- Don't leave your pet outside for more than a few minutes alone.
- Never leave your dog in the car!



ENJOY THE WARM WEATHER!



FORKLIFT REMINDERS

- ✓ Back up alarm is in working condition.
- ✓ Wear a safety belt when operating forklift.
- ✓ Ensure all loads are secured.
- ✓ Check path for uneven surfaces and loose grating before entering the units.
- ✓ Forks are at least 4" off the ground when driving with a load.





Health & Safety Department News

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



Sentinel's Monthly Safety Award Winner

Salvador Garcia has been going above and beyond to ensure our employees working at the CCR Citgo facility are taking the necessary precautions while working safely. He always steps up attending and participating in all scheduled Safety Meetings/Toolbox Meetings, completing BBS observations and self evaluations.

On a daily basis he shows incredible safety leadership by mentoring our crew and staying on top of his daily work tasks. He always goes above and beyond representing Sentinel's safety culture and is a big part of our companies success at CCR Citgo.

Great job Salvador! Keep up the great work.



Safety Crossword & Trivia Challenge Winner

AND THE
WINNER
IS

Congratulations to our Safety crossword and trivia challenge winner Cortney Dannelley! She works on site at ExxonMobil Baytown as a Data Analyst in the XOM Quality Support Department. She was the first one to answer all of the questions correctly and submit them on time to the Safety department!

Congratulations to Cortney on winning the **\$25 visa gift card!**

Be on the lookout for July's newsletter, as we will be giving away a **\$50 gift card** to the winner of our Safety Escape Room Puzzle Challenge!

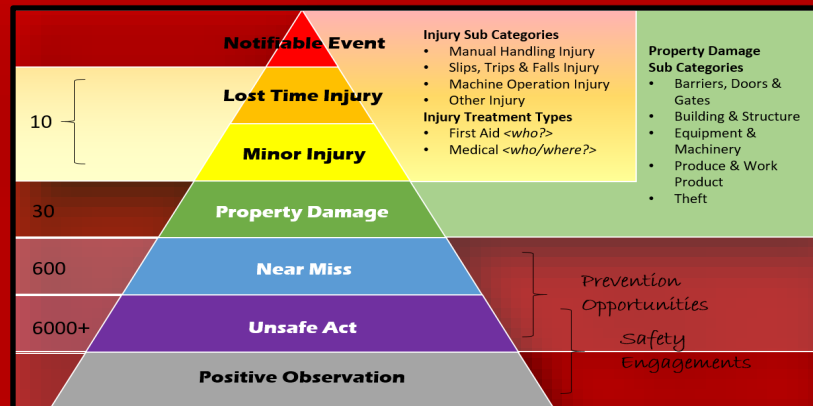


Sentinel's Safety Improvement Plan

Our goal is to achieve sustainable, best-in-class, safety performance. We do this by building a strong unified leadership safety culture that engages and empowers employees at all levels to take ownership in reducing unsafe acts and exposure to accidents and injuries. We recognize that our commitment to a culture of safety is based on leadership action in areas of consistency, fairness, teamwork, and cooperation between work areas, effective communication, and our relationship with employees. Our actions and behaviors demonstrate that

Our Approach — Safety Principles:

1. We reduce risk tolerance level in all our work applying prevention-based approach to safety (safety triangle).
2. We are productive only when we are safe.
3. We will stop for 3-seconds before acting to be safe.
4. We will work safe one job activity at a time.
5. We encourage and enable employee feedback in working safely.
6. We strive to compliment, encourage, and increase safe behaviors in all our work.
7. We will move out of our comfort zone to coach safety and will always accept corrective feedback in working safe.
8. We believe in safety leadership from each person.
9. We strive in doing the "hard right not the easy wrong."

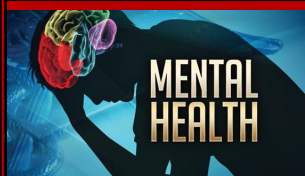


Got SAFETY?

JUNE is National Safety Month!



National Safety Month (NSM) highlights four leading causes of preventable injuries and deaths on a national scale, providing the latest information and resources in effort to help keep more people safe. Observed annually in June, NSM focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities. Now, more than ever, safety is crucial both inside and outside the workplace, which is why we here at Sentinel will still be recognizing National Safety Month. Each week in June, we are highlighting four various safety topics below:



Mental Health

We hear a lot about the mind-body connection in our everyday lives. Once relegated to the fringes of medical establishments that treated the mind and body as separate, the idea that our mental health affects our physical well-being is now widely accepted. So it seems logical that more attention is being paid to the importance of mental health in the workplace. Mental health can severely affect worker safety. Even if no actual illness is diagnosed, it's easy to imagine how a worker's mental state might affect his or her ability to make good decisions and recognize potential hazards.



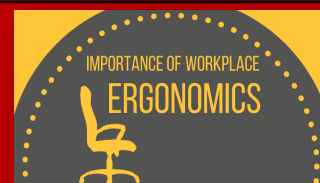
Building a Safety Culture

A "Safety Culture" represents attitudes of employees about their approach to safety, their perceptions of risk, their beliefs on responding to and controlling risk, and engagement in activities that represent (and reinforce) a safety culture. A safety culture has been described as the product of the individual and group values, attitudes, competencies and patterns of behavior that determine the commitment to, and the style and proficiency of all health and safety programs.



Safe Driving

Every seven seconds someone is injured in a car crash and every fifteen minutes there is a fatality in one. When you're behind the wheel of a vehicle whether alone or with passengers – driving safely should always be your top concern. We're more distracted than ever, so it's crucial to know the basics of safe driving and practice them every time you're on the road. By implementing policies and procedures along with educating our employees it can help reduce these accidents from happening.



Ergonomics

We all face challenges at work from time to time when that challenge is pain, it can't be ignored. Ergonomic injuries are more common than you think, and it's not only if you work a desk job. Ergonomics is the science of designing a safe and efficient job environment to work in, whatever that environment might be. Our bodies are very good at giving us warning signs when something needs to change. We just need to be willing to listen and take action.

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