

Sentinel Integrity Solutions



Monthly Newsletter of Health & Safety
ISSUE 07 January 2020

4,899,801 Incident Free Man-Hours

Current EMR .066% & TRIR .00%

2020
Happy New Year

NEW YEARS RESOLUTION KEEPING SAFETY A TOP PRIORITY

Sentinel would like to extend a very happy and healthy new year to all! It is hard to believe 2020 is officially here. I am truly inspired by all we accomplished in 2019 in the name of SAFETY! Our collective passion resulted in another year of zero recordables! This epitomizes the power of "Making Safety Personal", extending our safety obsession beyond the workplace to our homes and our families. However, we must remember, our work is far from done.

It may be a new year, but our mission remains unchanged: eliminating preventable injuries. As we settle into our post-holiday routine and begin letting our new year's resolutions fall to the wayside, it is more important than ever to double down on our safety efforts. Looking forward to 2020, we will build upon the concept of "Making Safety Personal" as we expand our mindset, and develop new tools and technologies that will make eliminating injuries at work that much easier.

This year, I urge each of you to find a creative way to keep safety on the top of your minds each day. It can be as simple as scribbling "Making Safety Personal" on a post-it note, or being involved by sharing one of your personal safety stories. By keeping a copy of these goals on your desk, in your vehicle or worksite, it is a reminder to focus on the task at hand, as it sparks that safety mindset at that particular moment.

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I would like to challenge each of you to find a way to spark your Making Safety Personal mindset each day, both on and off the job. Whether it's a visual cue, an automated alert, a process change or anything in between. What's important is that we take action. Find what works for you and share it with us!

This issue

New Year -Safety A Top Priority P.1
Using Right Tool/ Complacency P.2
HSE Department News P.3
Safety In The New Year—Q/A P.4



Social media needs no introduction and almost everyone of us is present on one or the other social media platforms. For some, it's a way to make friends and for others it is a business advertisement platform. But besides the good, there's some bad that happens to you when you go social on the web. Well, social networking platforms are a golden opportunity for hackers to steal your sensitive information and use it for their malicious benefits. Every time you write a status update on your Facebook profile, you share it with your friends and several other marketers and groups. This information can be misused by the receiving end and could lead to serious consequences like losing financial assets.

SOCIAL MEDIA SAFETY TIPS

- | | |
|--|--|
| 1 Do not assume your social media is "private." | 5 Manage your privacy settings |
| 2 Do not post anything you don't want others to see | 6 Do not share your location |
| 3 Do not say anything to anyone online that you would not say to their face | 7 Review your content before posting online |
| 4 Do not accept a friend request from someone you do not know | 8 Share content with fewer people |

SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



DO YOU HAVE THE RIGHT TOOL FOR THE JOB?

There may be times when we get into a situation where it can be tempting to cut corners, use the wrong tool for the job, or use an item that is not meant to be used as a tool. Take time to think if you have ever done this or thought about doing something like this. What type of chance did you take?

The first step in safety when using tools and equipment, is to use the right tool for the job. But in addition to safety there are other reasons to ensure you choose the correct tool. For example ensuring you use the right tool will reduce the amount of effort you need to get a job done and ensure that you do not cause unnecessary damage to work surfaces and equipment. Work on construction sites is hazardous enough without adding to the risks by using the wrong tools for the job or using the right tools in the wrong way. Choose the right tool for a specific job and never use a tool not designed for the job you are doing. Never improvise or adapt if you are missing a tool or piece of equipment.

Examples of NOT using the right tool:

- Removing a guard or handle on a grinder.
- Using snipes, pipes, and/or cheater bars.
- Using a wrench instead of a hammer.
- Double wrenching.
- Screwdrivers being used as a pry bar.
- Using rope instead of getting a chain fall or come along.
- Using unapproved metal or plastic buckets to hoist tools.
- Picking up a heavy item instead of getting help from a coworker, forklift, or a lifting device.
- Standing on a handrail/knee rail instead of getting a scaffold or ladder.
- Even a crescent wrench at times could be the wrong tool for the job.



**Take the time to get the right tool
for the job every time.**

**It could make the difference on
whether you go home the way you came in.**



What is complacency?

When the same task is performed over and over on a continuous basis and without consequence, it can cause us to become more relaxed about personal safety and less focused on the job hazards and the environment around us.

A mindset of "I've been doing this work for many years and have never been hurt" or "I can do this job blindfolded" means only one thing.. **You have fallen into the complacency trap!**

FIGHT COMPLACENCY AND AVOID INCIDENTS

1. Work with a high level of Safety Awareness.
2. Look for and address signs of complacency and fatigue in your co-workers.
3. Discuss complacency and share lessons learned at your toolbox talks to heighten awareness.
4. Approach each task with a new and fresh approach to assessing the work hazards, controls, and your surrounding.
5. Stop to refocus when your mind begins to wander from the task at hand.
6. Take it one shift at a time.

Training

Multiple turnarounds are scheduled to begin soon; be proactive and verify your safety training is not scheduled to expire soon. If you have down time between jobs and know you need more safety training, contact the Safety Department to schedule your courses.



Don't forget to conduct your Safety Toolbox Meetings before every shift.

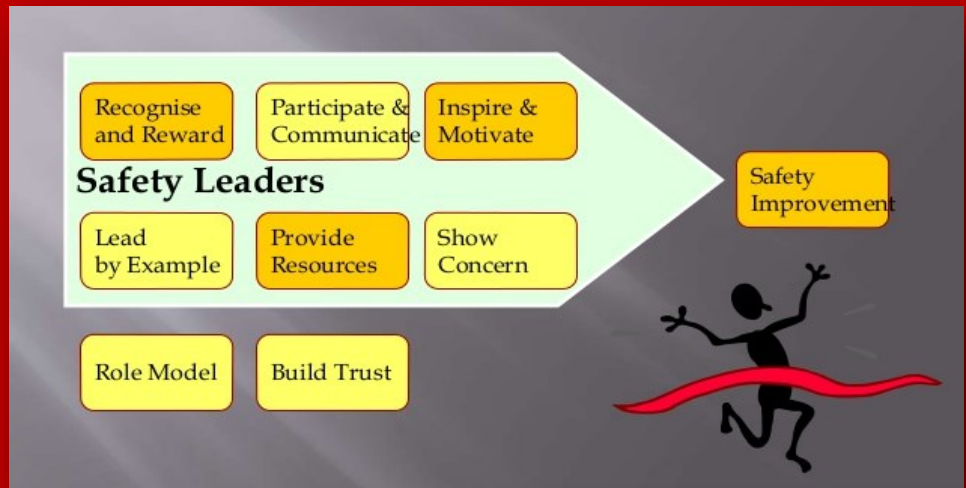
Leading an Effective Toolbox

Talk/Pre-Start Meeting

**T
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- Target
- Engage
- Ask Questions
- Mutually Agree

Safety Toolbox Meetings are an effective leadership tool that affords a worksite lead the opportunity to guide the worksite and demonstrate their commitment and the company's dedication to running a safe worksite, promoting teamwork and driving the message of "Safety First". We are all Safety leaders, and the path to be an effective Safety leader starts here!



Our December Safety Statistics

0 OSHA RECORDABLES
0 FIRST AID
0 NEAR MISS

Sentinel's Safety Employee of the Month

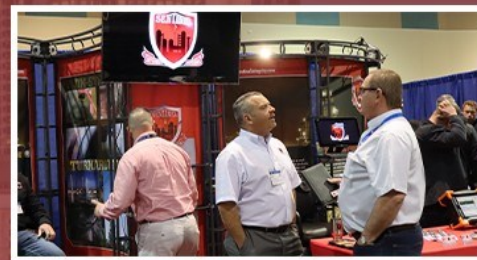
Scott Dirksen has been selected for our Safety Employee of the Month award. He is an inspector out of our Louisiana division on site at AmSty. Scott turns in all of his safety documentation including JSAs and weekly safety audits on time each and every week as he actively leads by example in his work. He is an ideal example of what integrity and buying into a safety first culture is all about, while providing great work for our clients. His efforts help increase the awareness of our safety program. His dedication and commitment serves as a vital link in the chain which drives our "Making Safety Personal" commitment and culture.



If you have a topic request, safety moment or any feedback towards the newsletter, please reach out to our Safety Director - Marty Bowles, or one of our Safety Coordinators, Hannah Page or Brandon Guidry. They can also be reached via email - Safety@Sentinelintegrity.com

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 IN THE NEW YEAR - Q & A



What is a Hazard?

An object or situation that has the potential to harm a person, the environment or cause damage to property.

Why should we report Hazards?

Reporting hazards enables us to fix problems before someone gets hurt. Sentinel's policy requires employees to report all hazards.

What should you do if you see a Hazard?

Report it to your Supervisor. If it's safe and practical to do so, fix it immediately. For example: rolling up a hose, removing a tripping hazard, clearing stuff away from an exit/fire extinguisher.

What are some Hazards in your work area? (Supervisors discuss with your crews)

Exposure to unguarded or unprotected equipment, loose / wet surface, objects on the floor, blocked walkways, poor design or lay-out of work area, uneven surfaces, small or inadequate walkways, repetitive movement, awkward/sustained postures, vibration, inadequate lighting, temperature extremes, humidity extremes, exposure to sunlight / uv radiation, threat of insect or animal bites, violence in the workplace, working alone, fatigue and extended shift work.

What is a Near Miss?

An incident that could have resulted in an injury or illness to people, danger to health, and / or damage to property or the environment.

What distracts us from performing tasks safely? (Supervisors discuss with your crews)

Cell phones, personal issues, workplace events, time pressures, fatigue, people around us, weather conditions, radios, music, poor housekeeping, being on "auto pilot".

How can we remain focused on our work? Maintain vigilance –always remember that what we are doing can hurt us if we get it wrong. Ask for help –if you are struggling to stay focused speak to your supervisor or the employee assistance program.

What can you do to improve Safety? (Supervisors discuss with your crews)

Workplace inspection schedule, improve housekeeping, training, shadow boards, equipment inspections, remove/tag out unsafe equipment, designated storage areas, separate light vehicles and heavy equipment, use spotters, wear PPE, journey management, fatigue management, healthy lifestyle challenge, sign in/out registers, and always plan your work.

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