

Sentinel Integrity Solutions

Monthly Newsletter of Health & Safety

ISSUE 04 October 2019

4,081,543 Incident Free Man-Hours

Current EMR .066% & TRIR .00%



SAFETY LEADERSHIP

Making A Culture Of Safety Our Foundation

Our October Monthly Newsletter is to encourage all employees to take leadership in Safety and truly become a SAFETY LEADER! This month we are focusing our attention on Safety Leadership! By understanding the four essential parts of developing our foundation which consist of Committing, Identifying, Analyzing and Maintaining, we can create a culture of safety that includes a positive shift in thinking and behavior commitment company wide.

Safety is a familiar concept to us all. We read safety reports before we buy a car, instruct our children to wear bicycle helmets and buckle our seat belts in the car. We are surrounded by safety labels on everything from plastic bags to furniture. But how often do we talk about safety in our workplace, where we spend one-third of our adult lives? The answer to this question is not often enough. Data shows that each year an average of 3 million people in the workplace face some kind of injury at work.

Although our culture of safety has been developed and successful, we as a team must constantly reinforce safety messages, stress the importance of working as a team and regularly evaluate progress to ensure the overall strength of our safety culture. Check in with your fellow employees and management to get their feedback and suggestions and how to improve where needed.

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Remember we are always looking for opportunities to learn and gather knowledge to perform our daily work tasks. This team-centered approach will reinforce the idea that "we're all in this together" and contribute to our success in making safety our foundation!



This issue

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October is Fire Prevention month so it's a good time to raise awareness and implement steps to protect your family. According to the National Fire Protection Association, a home structure fire is reported every 87 seconds each year and 3 out of 5 home fire deaths occur in homes without smoke detectors and/or without working smoke detectors.

When it comes to fire safety

Always do the following:

1. Keep any flammables far from space heaters.
2. Replace any improperly grounded receptacles.
3. Make sure of no loose fittings, leaking valves or faulty pilot lights.
4. Clear any debris or flammable materials stored near your HVAC.
5. Upgrade any overloaded circuit breakers, panel boxes, or fuses.
6. Inspection of individual breakers.
7. Use space heaters only on solid or firm surfaces and never plug a space heater into a power strip.
8. Always inspect fire extinguishers and ensure they are up to date.

4 Steps to be as prepared as possible

1. Home (or workplace) fire escape plan
2. Changing your smoke-alarm batteries
3. Awareness of any chemicals in the home
4. Awareness of fires and what causes them

SAFETY TOPIC

SENTINEL INTEGRITY SOLUTIONS



Can You Fail a Drug Test Due to CBD?

As the medical marijuana industry continues to leave its footprint on the field of medicine, science — and the general population — are exploring new ways of experiencing it. Cannabidiol, or CBD, has stepped into the spotlight as a highly-regarded form of alternative medicine and has gained much traction in the medical marijuana industry. Furthermore, its list of benefits is no longer purely hypothetical. A growing body of research is finding that CBD could be highly beneficial to treat certain medical conditions. That doesn't mean it's workplace-friendly, though, which leads to the question:

Can you fail a drug test due to CBD?



What does all of this mean for drug testing in the age of legal marijuana? Managing a drug-free workplace is becoming increasingly challenging. Individual states are legalizing the use of marijuana for medicinal and sometimes even recreational purposes. However, it's still not tolerated in the workplace. Sentinel Integrity promotes a drug free workplace and does not condone the use of any drugs during employment.

Where does CBD fit into all of this? As it turns out, it's a much more simple and straightforward answer than marijuana.

Again, it points back to the fact that CBD doesn't get you high. According to Quest Diagnostics Director of Science and Technology, Barry Sample, CBD likely won't show up on a drug test: "If the product contains only CBD and has had the THC removed, then an individual being tested would not be expected to test positive for marijuana or marijuana metabolite." In other words, marijuana drug tests screen for THC, not CBD.

This is an important point, because CBD is still widely taboo, as people assume it's the same as marijuana. However, because it doesn't bring that kind of high, people who use it aren't actually impaired. Thus, the risks that drug use brings simply aren't there.

Most hemp oil or CBD products are usually sold with much lower levels of THC (compared to marijuana), so most CBD consumers won't have trouble passing a drug test. For those using extremely high levels of CBD or hemp oil (over 2,000 mg per day), it's possible, though unlikely, that this could produce a "false positive" result on a drug test. Even then, a follow-up test would provide more conclusive results.



Breast Cancer
AWARENESS MONTH

October is Breast Cancer

Awareness Month

According to the American Cancer Society, Breast Cancer is the second leading cancer causing death in women, with an estimated 385,221 new diagnoses projected in 2020.

What is Breast Cancer?

Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancer) if the cells can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. Breast cancer occurs almost entirely in women, but men can get breast cancer, too.

Breast Cancer Risk and Prevention

A risk factor is anything that increases your chances of getting a disease, such as cancer. But having a risk factor, or even many, does not mean that you are sure to get the disease. While you can't change some breast cancer risk factors—family history and aging, for example—there are some risk factors that you can control.

Can Breast Cancer Be Prevented?

There is no sure way to prevent breast cancer. But there are things you can do that might lower your risk. This can be especially helpful for women with certain risk factors for breast cancer, such as having a strong family history or certain gene changes.



Health & Safety Department News

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

Sentinel's Safety Employee of the Month— September

Paul has shown complete dedication to his safety and the safety of others while on various jobs. He has continued to demonstrate superior leadership towards safety excellence with exceptional competence and professionalism throughout Sentinel and our industry. Way to go Paul! You are a perfect example of true Safety Leadership!



Continuous Safety Improvements

The Safety Department is always identifying the best practices and leading continuous improvement initiatives to reduce work process risk, raise safety awareness, and improve safe work practices. In regards to our efforts, the Safety Department will be analyzing and reviewing our current incident reporting process and looking to implement a root cause analysis procedure for all incidents including near misses as well.



Safety Regulation Update

OSHA Approves New Respirator Fit Testing Protocols to Protect Workers from Airborne Contaminants

The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) today issued a final rule that provides employers with two new fit testing protocols for ensuring that employees' respirators fit properly.

The new protocols are the modified ambient aerosol condensation nuclei counter (CNC) quantitative fit testing protocol for full-facepiece and half-mask elastomeric respirators, and the modified ambient aerosol CNC quantitative fit testing protocol for filtering facepiece respirators. Both protocols are variations of the original OSHA-approved ambient aerosol CNC protocol, but have fewer test exercises, shorter exercise duration, and a more streamlined sampling sequence.

These two quantitative methods add to the four existing in Appendix A of OSHA's Respiratory Protection Standard, which contains mandatory respirator fit-testing protocols that employers must choose from to protect employees from hazardous airborne contaminants. The rule does not require employers in general industries, shipyard employment, and construction to update or replace their current fit testing methods, and does not impose additional costs.

The rule became effective September 26, 2019.

Continuing Reminders

DISA produces Sentinel's Monthly Random Selections for each policy. You will be contacted by your supervisor and/or the Safety Department if you are selected. Please ensure you take care of this in a timely manner in order to stay active.



There is no job so important that you can't take the time to perform it safely!



Roles and Responsibilities for Permit Required Confined Space Entrants

For safe entry of a permit-required confined space, OSHA designates roles for key persons involved in the procedure. Workers' roles vary depending on the amount of training and experience they have working in confined spaces.

The first role we will discuss is that of the Attendant. The duties described in OSHA standard 1910.146 require an Attendant to be stationed outside the PRCS and they may not enter for any reason. They certainly are not allowed to perform rescue by entering the space and must not leave the area unless relieved by another trained Attendant. As you might guess, the Attendant is there to monitor the situation and maintain communication with the workers. Serving as a critical link for those working inside the Attendant is able to monitor from a safe distance. Attendants are able to call for help if there is an accident and can perform non-entry rescue procedures such as winch rescue as long as they do not enter the space.

The next role in the confined space entry team is that of Authorized Entrant. This worker has been trained to be aware of the hazards confined spaces can potentially contain. He or she is conscious of the responsibilities of each entry role of the confined space team as well as the controls, equipment and other requirements for safe entry. The Authorized Entrant is trained not only on the Personal Protective Equipment (PPE) required for entry, but also to recognize the tell-tail signs of unsafe conditions.

The final person in a confined space team is the Confined Space Supervisor. This is typically the person who knows the most about the confined spaces on a job site. The Supervisor has many duties including knowledge of the hazards: not only what hazards might be faced in the PRCS but also signs and symptoms of exposure, and the likely consequences of that contact.

The Confined Space Supervisor must verify the entry by making sure the permit has been filled out correctly, that all equipment for entry, such as gas monitors, are in place, and that any tests required by the permit have been conducted. Clearly all these roles aid in making confined space entry as safe as possible.

Each team member has clearly-defined responsibilities and together they provide the greatest chance for safety in potentially hazardous environments of permit-required confined spaces.



Critical Elements of an Effective Lockout/Tagout Program

The lockout/tagout standard – 29 CFR 1910.147 – is arguably one of the best OSHA standards ever written. Think about it, for the price of a lock and tag, an employee can be confident they are protected from the sudden release of hazardous energy while performing maintenance, cleaning or servicing activities on equipment. When performed correctly, lockout/tagout is extremely beneficial; however, when performed incorrectly or when training is not sufficient, serious injuries and fatalities may occur.

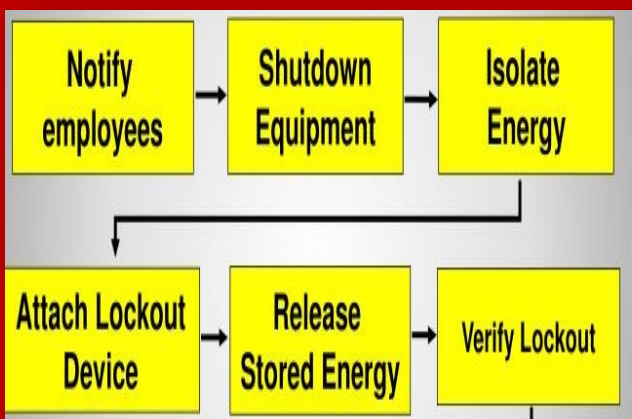
Control of Hazardous Energy

Use Lockout Tagout to control Hazardous Energy before equipment maintenance or adjustment.

Hazards of not using Lockout Tagout

Amputation, Burns, Cuts, Fractures, Electrocution, Chemical Exposure

Six Steps in Lockout/Tagout



Release from Lockout - Tagout

Inspect Work Area - check for parts, tools, missing guards

Check to ensure the equipment is ready to operate

Ensure everyone is clear of the equipment before starting

Make sure they know the machine is going to be started

Remove Locks & Tags

Sentinel's 3 Rules

#1: Know the Equipment

#2: Know the Energy Sources

#3: Use Lockout Tagout EVERY time!



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