

*Hazard Recognition: Distracted Driving, Alcohol Awareness, Work Zones, Struck By
Safety Principle #4: All operating exposures can be controlled*

Hazard Recognition: Distracted Driving, Alcohol Awareness, Work Zones, Struck By						
April 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Don't Multi-Task	2 Rethinking Drinking	3 Make Driving Your Only Focus	4 Cancer Prevention	5 Get Organized	6 Financial Well-Being Tools	7 Pull Over If Necessary
8 Distracted Teen Drivers	9 Don't Tailgate	10 Saving For Financial Well-Being	11 Expect The Unexpected	12 National Autism Awareness Month	13 Be Patient And Stay Calm	14 Watch For Flaggers
15 Take 10	16 Keep Food Safe In The Slow Cooker	17 Alcoholism Can Affect Your Work	18 Fiber Matters	19 Drinking And Driving	20 Alcohol Affects People Differently	21 Pace Yourself
22 Alcohol Is A Diuretic	23 Lifting Loads	24 Zinc For Colds?	25 Struck By	26 Making Fitness Fun	27 Texting And Walking	28 Power Tools
29 Good House-keeping	30 Dealing With Stress!					

*Hazard Recognition: Distracted Driving, Alcohol Awareness, Work Zones, Struck By
Safety Principle #4: All operating exposures can be controlled*

*Hazard Recognition: Distracted Driving, Alcohol Awareness, Work Zones, Struck By
Safety Principle #4: All operating exposures can be controlled*

Daily Safety and Health Topics

April 2018

Hazard Recognition:

HU, Vehicle Safety, Poison Safety, Eye Safety

Entergy's 12 Safety Principles

1. All injuries are preventable
2. People are the most critical element
3. All Employees are responsible for safety
4. All operating exposures can be controlled
5. Management is responsible for establishing a safe work environment and clear expectations for safety performance
6. Safety is good business
7. Management must audit performance
8. Our work is never so urgent or important that we cannot take time to do it safely
9. Deficiencies must be corrected promptly
10. Employees must be trained to safely perform all assigned tasks and accountable for applying these skills on the job
11. Safety is a condition of employment
12. Off the job safety is an important part of overall safety efforts



*Hazard Recognition: Distracted Driving, Alcohol Awareness, Work Zones, Struck By
Safety Principle #4: All operating exposures can be controlled*

April 1, 2018

Safety, Health and Human Performance Focus

DON'T MULTI-TASK

Studies have shown that people are limited in the amount of information they can process at any one time. To accommodate the multiple demands that occur during driving, people are forced to shift their attention back and forth. To keep your attention on the road, avoid multi-tasking while driving.

Org Health & Diversity Focus

Knowledge sharing is essential for most companies to be successful. This month, Organizational Health and Diversity will share tips on creating a knowledge sharing culture at work. For more information on moving past obstacles and hidden knowledge sharing pitfalls within the workplace, visit the Organizational Health and Diversity webpage by clicking [here](#).

April 2, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - RETHINKING DRINKING

If you choose to drink alcohol, be aware of its lasting effects. Even if you stop drinking and try to sober up before getting behind the wheel, alcohol continues to enter the bloodstream, making it unsafe to drive. Know what counts as a standard drink (12 ounces of beer, 5 ounces of wine, 1.5 ounces of 80-proof liquor) and pace yourself by alternating nonalcoholic drinks. Most importantly, designate a driver who has not consumed any alcohol.

Org Health & Diversity Focus

“The only thing to do with good advice is to pass it on. It is never of any use to oneself.” – Oscar Wilde

April 3, 2018

Safety, Health and Human Performance Focus

MAKE DRIVING YOUR ONLY FOCUS

Many distractions exist while driving, but cell phones are a top distraction because so many drivers use them for long periods of time each day. Many drivers honestly believe they are making the safe choice by using a hands-free device, but in fact, these technologies distract our brains even long after you've used them.

Org Health & Diversity Focus

Knowledge sharing is an activity where knowledge (information, skills or expertise) is exchanged among people or organizations.

April 4, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - CANCER PREVENTION

About one-third of U.S. cancer deaths are due to poor nutrition, physical inactivity, overweight and obesity. How can you help reduce your cancer risk? Maintain a healthy weight throughout life, adopt a physically active lifestyle, and eat a healthy diet with an emphasis on plant sources. If you drink alcoholic beverages, limit your intake. Get tested for common cancers and pre-cancers, as recommended by your health care provider.

Org Health & Diversity Focus

“Knowledge rests not upon truth alone, but upon error also.” – Carl Gustav Jung

April 5, 2018

Safety, Health and Human Performance Focus

GET ORGANIZED

In order to help keep your focus on the road while you're driving, take a minute to make adjustments to your vehicle settings such as climate control, GPS, sound systems, mirrors, seats, etc. before you begin to drive.

Org Health & Diversity Focus

Knowledge sharing is the ability to help others understand what contributes to an expert's intuitive ability to solve problems, innovate and make smart decisions.

April 6, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - FINANCIAL WELL-BEING TOOLS

Not sure where to start with a financial decision? Visit www.mymoney.gov and click on the "Tools" tab. This free government site offers a variety of calculators, worksheets and checklists to help you plan and manage your finances. Or, check out the "Life Events" section of the page for resources on handling many things that could change your financial situation such as marriage, buying a home, having a baby, or paying for college.

Org Health & Diversity Focus

One way to encourage knowledge sharing is to implement a mentoring philosophy. This can be done by teaming new employees with existing employees with the intention of transferring knowledge.

April 7, 2018

Safety, Health and Human Performance Focus

PULL OVER IF NECESSARY

According to NHTSA, 9 people are killed each day and more than 1,000 injured in crashes involving distracted drivers. If a situation arises that requires your immediate attention while driving, do not be tempted to multi-task. Please take the time to pull over in a safe place to take care of it. If answering the phone is too tempting, put it out of reach or turn it off while driving.

Org Health & Diversity Focus

“An investment in knowledge always pays the best interest.” – Benjamin Franklin

April 8, 2018

Safety, Health and Human Performance Focus

DISTRACTED TEEN DRIVERS

Drivers under the age of 20 have the highest proportion of distracted related crashes. The biggest distraction for this age group is the use of a cell phone. Teen drivers are overconfident in their ability to switch task between looking at their phone and the road.

Org Health & Diversity Focus

One way to encourage knowledge sharing is to share stories and best practices during team meetings. Make this a part of your meeting structure.

April 9, 2018

Safety, Health and Human Performance Focus

DON'T TAILGATE

Rear end collisions are #1 cause of accidents in work zones. Maintain a two second gap between your vehicle and the one in front of you. Traffic may unexpectedly slow down due to changes in surface condition, lane dividers, obstructions, etc.

Org Health & Diversity Focus

“Unless you try to do something beyond what you have already mastered, you will never grow.” – Ralph Waldo Emerson

April 10, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - SAVING FOR FINANCIAL WELL-BEING

According to many financial professionals, setting aside three to six months of income to handle emergencies and unexpected expenses is an important savings goal. If that target feels out of reach, start small. Set aside money from each paycheck or ask your financial institution to set up automatic transfers to a savings account. Even small changes, such as packing a lunch from home rather than dining out, can add up over time.

Org Health & Diversity Focus

“Knowledge has a beginning but no end.” – Geeta S. Lyengar

April 11, 2018

Safety, Health and Human Performance Focus

EXPECT THE UNEXPECTED

According to the Bureau of Labor Statistics there are approximately 100 construction worker deaths and 20,000 injuries every year in street construction accidents. Two-thirds of the fatalities were caused by motor vehicles. Remember to slow down and be alert when approaching work zones. Traffic lanes may change. Construction workers and vehicles may be working on or near the roadway.

Org Health & Diversity Focus

Access to others' knowledge can improve your own performance and sharing makes your knowledge more valuable.

April 12, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - NATIONAL AUTISM AWARENESS MONTH

Autism spectrum disorder is a complex developmental disability; signs typically appear during early childhood and affect a person's ability to communicate, and interact with others. ASD is defined by a certain set of behaviors and is a "spectrum condition" that affects individuals differently and to varying degrees. There is no known single cause of autism, but increased awareness and early diagnosis/intervention and access to appropriate services/supports lead to significantly improved outcomes.

Org Health & Diversity Focus

"A man can only attain knowledge with the help of those who possess it." – George Ivanovich Gurdjieff

April 13, 2018

Safety, Health and Human Performance Focus

BE PATIENT AND STAY CALM

On average more than 1,000 fatalities and 40,000 injuries occur each year in highway work zone-related crashes. For every minute an accident remains in a lane, traffic is delayed for an average of five additional minutes. The longer traffic is delayed, the more likely secondary and more serious incidents will occur. Even a fender bender or flat tire that only takes 10 minutes to clear can delay traffic for an entire hour. When this happens in construction zones, it leads to more congestion, more frustration, and longer commute times.

Org Health & Diversity Focus

“All knowledge is connected to all other knowledge. The fun is in making the connections.”
– Arthur C. Aufderheide

*Hazard Recognition: Distracted Driving, Alcohol Awareness, Work Zones, Struck By
Safety Principle #4: All operating exposures can be controlled*

April 14, 2018

Safety, Health and Human Performance Focus

WATCH FOR FLAGGERS

Flaggers are present to control traffic flow in upcoming work zones. For your safety and the safety of the construction workers, you must slow down and watch their hand signals. They may need you to slow down, merge lanes, or stop immediately.

Org Health & Diversity Focus

You and your experiences are valuable. Your reasoning behind good decisions should be shared.

*Hazard Recognition: Distracted Driving, Alcohol Awareness, Work Zones, Struck By
Safety Principle #4: All operating exposures can be controlled*

April 15, 2018

Safety, Health and Human Performance Focus

TAKE 10

Flashing arrow panels or “lane closed ahead” signs mean you need to merge as soon as safely possible. Don’t zoom right up to the lane closure and then try to barge in. If everyone cooperates, traffic moves more efficiently. The “Take 10” technique involves putting on your turn signal at least three seconds before starting a lane change and using at least seven seconds to complete the lane change, looking at your mirrors throughout.

Org Health & Diversity Focus

One step in creating a knowledge sharing culture is to keep the communication transparent. Knowledge sharing via open communication develops a sense of trust and awareness.

April 16, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - KEEP FOOD SAFE IN THE SLOW COOKER

Slow cookers are a great way to prepare a tasty meal with little effort. Follow these tips before you set and go: always thaw meats and poultry ahead of time and be sure the slow cooker is turned to the right setting with the lid securely in place. Food stays safe as long as the slow cooker is on. Store leftovers in shallow containers and refrigerate within two hours. Do not reheat leftovers in a slow cooker; leave that for the microwave or stove.

Org Health & Diversity Focus

“Sharing your knowledge with others does not make you less important.” - Unknown

April 17, 2018

Safety, Health and Human Performance Focus

ALCOHOLISM CAN AFFECT YOUR WORK

The National Council on Alcoholism and Drug Dependence says workers with alcohol problems are 2.7 times more likely to have injury-related absences. An analysis of workplace fatalities showed that at least 11 percent of victims had been drinking. Alcoholism impacts the workplace in four key ways: premature death/fatal accidents, increased injury and accident rates, absenteeism and sick leave use, *and* productivity declines.

Org Health & Diversity Focus

One step in creating a knowledge sharing culture is to engage people via conversations and organize events specifically for improving conversations among coworkers.

April 18, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – FIBER MATTERS

Fiber is a key for good health. It comes in two forms: soluble and insoluble. Insoluble sources such as whole grains, many fruits and vegetables and wheat bran may help remedy constipation or stool irregularity. Soluble sources, including oatmeal, barley, nuts, seeds and legumes, are associated with lowering cholesterol, which may help prevent heart disease. Choose a variety of high-fiber foods each day. Increase fiber slowly and drink plenty of fluids.

Org Health & Diversity Focus

One step in creating a knowledge sharing culture is to create a knowledge base. Utilize tools like our Employee-Driven Excellence (EDE) SharePoint page to submit ideas and hopefully spur innovation.

April 19, 2018

Safety, Health and Human Performance Focus

DRINKING AND DRIVING

In every state, it's illegal to drive with a blood alcohol concentration of .08% or more. According to the Centers for Disease Control and Prevention, 28 people die in drunk driving accidents daily, resulting in 1 death every 51 minutes and an annual cost of more than \$44 billion in accident-related expenses.

Org Health & Diversity Focus

"If you have knowledge, let others light their candles in it." – Margaret Fuller

April 20, 2018

Safety, Health and Human Performance Focus

ALCOHOL AFFECTS PEOPLE DIFFERENTLY

While states have limits on how much alcohol a driver can legally consume before it becomes a crime, people respond to it differently. Factors that affect how a person responds include their body weight, medication taken, how much they have recently eaten and slept, their overall physical and mental health, etc.

Org Health & Diversity Focus

Knowledge sharing supports the communication and generation of ideas within an organization.

April 21, 2018

Safety, Health and Human Performance Focus

PACE YOURSELF

It takes 1 hour for 1 serving of alcohol to metabolize in your system, but it takes approximately 30 minutes for you to feel the effects of alcoholic drinks. If you are drinking at a pace of more than 2 drinks an hour, try a glass of water to slow yourself down.

Org Health & Diversity Focus

“In the long history of humankind (and animal kind too) those who learned to collaborate and improvise most effectively have prevailed.” – Charles Darwin

April 22, 2018

Safety, Health and Human Performance Focus

ALCOHOL IS A DIURETIC

Even though you are drinking liquids, drinking alcohol causes increased urination which means you are losing more fluids than you are gaining. Dehydration causes dry mouth, headaches, insomnia, irritability, and dizziness.

Org Health & Diversity Focus

“Share your knowledge. It is a way to achieve immortality.” - Dalai Lama

April 23, 2018

Safety, Health and Human Performance Focus

LIFTING LOADS

Materials must be secure and even prior to lifting in order to prevent them from slipping. It is also important that materials be stacked properly in order to avoid the potential of falls or collapse and provide barriers and warning signs to protect nearby workers.

Org Health & Diversity Focus

Of all of the reasons people don't share knowledge; not having enough time is the most common. Integrate knowledge sharing into everyday work processes.

April 24, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - ZINC FOR COLDS?

Cold and flu season is still lingering and, for many, this means taking some extra precautions to avoid getting sick. Is one of your remedies zinc lozenges? This may or may not be doing the trick. According to the National Institutes of Health, more research is needed before making any general recommendations about using zinc for the common cold. However, most experts agree that regular hand washing is one of the best ways to prevent colds and the flu.

Org Health & Diversity Focus

“Knowledge increases by sharing but not by saving.” – Kamari aka Lyrikal

April 25, 2018

Safety, Health and Human Performance Focus

STRUCK BY

According to BLS, Struck By is the third leading cause of serious non-fatal work related injuries behind overexertion and slips, trips, & falls on the same level. To protect yourself against struck by injuries, PPE should be worn in the work zone, ensure all hand tools and equipment are in good condition including guards, use spotters for backing, swinging, or lifting heavy equipment.

Org Health & Diversity Focus

“A lack of knowledge creates fear. Seeking knowledge creates courage.” – Candice Swanepoel

April 26, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - MAKING FITNESS FUN

If increasing fitness is on your priority list, choose activities that you find fun and look forward to. Invite a friend or family member to join you for a daily walk. Take a new fitness class. Join an intramural sports team. Aim for 10,000 steps a day. The possibilities are endless! Whatever you decide to do, talk with your doctor before you get started if you have any chronic health conditions, joint problems, or are currently pregnant. Start slowly to prevent injuries.

Org Health & Diversity Focus

One knowledge management strategy is to utilize storytelling as a way to share knowledge. Stories transform information into knowledge and provide context that give facts their meaning.

April 27, 2018

Safety, Health and Human Performance Focus

TEXTING AND WALKING

Struck By or Against Objects (excluding vehicles) is the leading cause of ER visits for people 15-24. Many of these are attributed to sports, but another leading cause is cell phone distracted walking. Texting while walking can cause pedestrians to cross roads unsafely. Texting should be reserved to when you are in a standstill position or sitting down.

Org Health & Diversity Focus

One way to encourage knowledge sharing is to develop a non-competitive atmosphere in your workgroup.

April 28, 2018

Safety, Health and Human Performance Focus

POWER TOOLS

All workers should be trained before using power tools. Ensure all protective guards are in working condition. Wear PPE including eye protection around tools and machinery that could cause dust and other objects to become airborne.

Org Health & Diversity Focus

“Example is the best precept.” – Aesop

April 29, 2018

Safety, Health and Human Performance Focus

GOOD HOUSEKEEPING

Take a minute do an inspection of your workspace to eliminate any hazards that may result in injuries if not addressed. Some items to look for are wet/greasy surfaces, open drawers, sharp edges, poorly stacked items, etc. Keep your area as organized as possible by getting rid of anything you don't need.

Org Health & Diversity Focus

One knowledge management strategy is to show your work. This strategy calls for making one's work visible with the intention of transferring the knowledge.

April 30, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - DEALING WITH STRESS!

For our ancestors, stress was a survival skill during brief, life threatening situations. Once the danger passed, their stress levels lowered. However, in today's world, we are constantly bombarded by stressors, such as work deadlines, traffic, and family obligations. We rarely get a break long enough to relax and relieve the stress. The over-activation of our stress hormones have been linked to high blood pressure, heart attacks, lower immunity, depression, anxiety, and more. Sleep and stress tend to cause a vicious cycle – if you're stressed, then you can't sleep, which makes you ill-prepared to handle the stressors of the next day, leading to more stress. To relieve stress before bed, try some relaxation techniques and disconnect from technology as much as possible an hour before bedtime. To ensure the proper amount of rest (7-8 hours is recommended), set an alarm reminding you to go to bed.

Org Health & Diversity Focus

Tracking lessons learned is an effective way to spread knowledge gained from experiences. Consider audio or video recording of debriefing sessions at the end of a project to capture the lessons learned.