

*Hazard Recognition: Over Exertion, Slips Trips Falls, Heater Safety, PPE
 Safety Principle #2: People are the most critical element*

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February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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4 World Cancer Day	5 Winter is still here!	6 Veggie challenge	7 Elder friends and family	8 Wake up your oatmeal	9 Slip and fall	10 Five minutes for a healthy you
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Daily Safety and Health Topics

February 2018

Hazard Recognition:

Over Exertion, Slips Trips Falls, Heater Safety, PPE

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



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February 1, 2018

Safety, Health and Human Performance Focus

SLIPS, TRIPS AND FALLS

We are still in the midst of winter – so slips, trips and falls continue to be at an elevated risk. Even if you feel like you're an 'old pro' when it comes to winter hazards – don't let yourself become overconfident. Use your HU tools, such as STAR and prejob briefings to discuss slippery surfaces, including when driving. Also – watch out for others. Ask questions: "Do you have your ice cleats?" or "Are those stairs cleared of snow?" And watch out for visitors. A visitor from the south, to a location in the north may need some additional coaching when it comes to winter weather.

Org Health & Diversity Focus

For the next 28 days, Organizational Health and Diversity will provide tips on creating a more inclusive workplace. For more information on creating a more inclusive workplace, visit the Organizational Health and Diversity webpage by clicking [here](#).

CREATING AN INCLUSIVE WORKPLACE – TIP # 1

Recognize and reward one another for modeling inclusive behavior and fostering an environment of acceptance, respect and flexibility.

February 2, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – KEEP YOUR HEART HEALTHY

Take steps to lower your risk of heart disease. Heart disease is the leading cause of death for both men and women in the United States. To help prevent heart disease, you can:

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking & stay away from secondhand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink in moderation
- Manage stress

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #2

Be mindful of the language we use and make sure it's as inclusive as possible.

February 3, 2018

Safety, Health and Human Performance Focus

SLIPS, TRIPS & FALLS: STAR

What does self-checking for slips, trips & falls look like? Ask yourself: “Where I am working, what can cause a slip, trip or fall?” “How can I eliminate that hazard?” “Is there an alternate route I can take?” “Do I need to spread some de-icer?” “Do I need to spray the stairs with brine solution?” If it’s been snowing: “What areas need to be shoveled or de-iced AGAIN?” “Is there an uneven walking surface I can avoid?”

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #3

Make a new friend at work today – introduce yourself to someone you don’t know!

February 4, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – WORLD CANCER DAY

Changes in the way we live means that more and more people are exposed to cancer risk factors like smoking, poor diet and sedentary lifestyles. Equipping individuals and communities with the latest knowledge of the links between lifestyle and cancer risk is the first step in effective cancer prevention. Also, informing individual and communities that more than a third of cancers are preventable through adopting healthy behaviors.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #4

Think of diversity in its broader sense, moving beyond strictly ethnicity and race to include differences in age, sexual orientation, military status, and other groupings. Inclusion is about being open to perspectives different from your own and realizing that everyone's voice is important.

February 5, 2018

Safety, Health and Human Performance Focus

WINTER IS STILL HERE!

Heater safety - keep an eye on your heaters. Unfortunately, every year there are fatalities caused by carbon monoxide poisoning from faulty heaters or gas appliances, and also from improper placement of space heaters. Check your heaters often, don't operate them unattended, and purchase and install a carbon monoxide detector if you don't already have one. Also, make sure the batteries in your smoke/fire/CO detectors are good. (Set a reminder on your smartphone to check them quarterly.)

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #5

Make an effort to understand a coworker's long-term goals, talents, and passions outside of work.

February 6, 2018

Safety, Health and Human Performance Focus

Health Focus Tip - VEGGIE CHALLENGE

Challenge yourself to eat more veggies. To get started, include a serving of vegetables with lunch at least three days this week. Enjoy a salad, vegetable-based soup, low-sodium tomato juice, a side of raw or steamed veggies, or sliced peppers and cucumbers in addition to lettuce and tomato on a sandwich. Vegetables are low in calories and packed with fiber, vitamins, minerals and disease-fighting natural compounds.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #6

Invite a new employee or someone you don't know very well to lunch!

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February 7, 2018

Safety, Health and Human Performance Focus

ELDER FRIENDS AND FAMILY

Heaters – check up on elder friends/family members who may not be as savvy on technology as you are. They may not know about CO detectors and smoke/fire detectors that have 10-year batteries. The 10-year batteries are the prevention to this headline: “Family dies in house fire. Smoke detectors in the home had dead or no batteries.” Be your Brothers and Sisters and Elders Keeper.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #7

Greet people in the hallway, elevator, etc.

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February 8, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – WAKE UP YOUR OATMEAL

Tired of your morning oatmeal? Add tasty and nutritious toppings to shake things up a bit. Give these ideas a try: sliced strawberries and plain non-fat yogurt sprinkled with cinnamon, dried apricots and honey, apple butter and raisins, or sliced bananas and chopped walnuts. One cup of cooked oatmeal, before toppings, contains four grams of fiber and is a good source of many nutrients.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #8

Look for opportunities daily to thank others or recognize them in a positive way.

February 9, 2018

Safety, Health and Human Performance Focus

SLIP & FALL

Slip potential – a fairly simple relationship between the friction of your shoes on the walking surface, and your ability to keep your center of gravity above those shoes. When the coefficient of friction is too low – and your shoes slip too easily – you may find your feet have taken a trip you did not intend them to – and be located a long way from your center of gravity. When this happens – you are in danger of, at least: a bruised ego, and/or backside. At worst: broken bones. (A contractor a few years back broke both forearms in a same-level fall.) One solution: wear ice cleats when walking on icy surfaces. (Care should be exercised when using cleats on stairs.) Another solution: take smaller steps – or even scoot your feet on icy surfaces to make it easier to keep your center of gravity over your feet.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #9

Make an effort to learn something about a culture that is different from the one in which you were raised.

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February 10, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – FIVE MINUTES FOR A HEALTHY YOU

What steps do you take to keep yourself and your family safe and healthy? There are many small things you can do that are simple and take five minutes or less. For example, wash your hands, buckle your seat belt, read a food label, or take a moment for a deep breathing break.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #10

Pick a job or business function you don't know much about and ask someone in that area about the work they do.

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February 11, 2018

Safety, Health and Human Performance Focus

Valentine's Day is quickly approaching. Avoid a safety issue at your home: make a wise purchase for your spouse/loved ones. And don't be cheesy: a last minute 'bouquet of candy bars' will surely land you in the dog house.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #11

Join an [Employee Resource Group](#) at Entergy!

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February 12, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – MIX IT UP

The body's ability to adapt means the same workout won't continue to bring gains in strength or cardio over time. To keep your muscles challenged, mix it up. If you normally walk or run on a track or flat route, try some hills or steps. Vary your strength routine by changing the order of exercises, number of reps, and/or speed. Mixing it up keeps your workout fresh. Just work in high-intensity and speed gradually to prevent injuries.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #12

Treat one another equitably. Ensure everyone has opportunities to contribute and advance, and to access professional development opportunities and training.

February 13, 2018

Safety, Health and Human Performance Focus

SLIPS, TRIPS AND FALLS

Walking is such a common task that we very often get complacent about it, or even overconfident. Slips, trips and falls are the most common injury mechanism at Entergy. Make walking a part of your hazard analysis. Getting to the other side of the plant: hazardous task. Walking from your car to the Entergy Building over cracked sidewalks: hazardous task. Walking across a field to assess a broken utility pole: hazardous task. Walking from one building to another in the snow: hazardous task. Take safety precautions to prevent slips, trips and falls. For example: Don't walk and use your phone at the same time; and purposefully pick your path.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #13

Get to know your coworkers personally.

February 14, 2018

Safety, Health and Human Performance Focus

PERSONAL PROTECTIVE EQUIPMENT: LAST LINE OF DEFENSE

For years, many people thought that safety = PPE. This is not true. Safety is a complex management system of engineering solutions, management practices, procedures, and employee practices; including the use PPE. OSHA recognizes a hierarchy of controls, with the best solution being: engineering away the hazard. That is: If it is possible to engineer a solution that keeps the human and the hazard separate – do it. If you cannot, then other hazard controls are necessary. PPE is the least effective hazard control, and therefore last line of defense. Why least effective? Human nature. For example: “I don’t need to wear that high-vis vest... I’ll only be out there a minute.” And then BAM!

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #14

Do some soul-searching – what biases might you hold that prevent you from being fully inclusive of others?

February 15, 2018

Safety, Health and Human Performance Focus

PPE

PPE is the last line of defense, and less effective than engineering solutions, since engineering solutions are permanent (more or less). However, PPE is sometimes the only answer. For example: there are hazards that cannot be engineered away. That is why employees wear hard hats, or cut resistant gloves or safety-toed shoes. So, PPE is the least effective safety tool in OSHA's hierarchy of controls, but it is a very necessary part of an overall safety management system. Use it to the best of your ability. And, since we humans all make mistakes: help others when you see they may have forgotten a piece of PPE.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #15

Watch out for pitfalls. Avoid common pitfalls when interacting with others. Believing that certain groups of people are good at only certain things will hinder inclusion and limit our ability to achieve business results.

February 16, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – SMART SNACKS

Healthy snacking may help keep hunger at bay and boost your energy between meals. Smart snacking can also prevent overeating at mealtimes and balance your nutrition throughout the day. Opt for nutritious snacks such as fruits, veggies, low-fat or nonfat yogurt, a handful of nuts, or air-popped popcorn.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #16

Ask for someone else's opinion today!

February 17, 2018

Safety, Health and Human Performance Focus

OVEREXERTION

How do we prevent overexertion? Listen to your body – CAREFULLY. As we age, we absolutely cannot do the things we did when we were younger. Even a twenty-something does not heal the way they did when they were teenagers. New tools have made applying torque easier than it was in the past. No longer do we need to ‘just find a longer cheater bar’. If you find you need to pull too hard on a wrench or a valve – STOP! Talk to others. Look for solutions that don’t involve you pulling harder and getting a pulled-muscle injury. Look for torque applying tools that do the work for you.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #17

Hang out with someone who’s different from you.

February 18, 2018

Safety, Health and Human Performance Focus

PRINCIPLE #2

“The most important thing in life will always be the people in this room. Right here, right now. Salute, mi familia.”

Vin Diesel, in The Fast and the Furious

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #18

Think about your work teams – do they include individuals with different backgrounds, experiences and perspectives?

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February 19, 2018

Safety, Health and Human Performance Focus

SLIPS, TRIPS & FALLS

Our lives get so busy, that we often forget about the little things in life... like walking. We have had injuries from tripping on a crack in a sidewalk, tripping on an expansion joint, slipping on ice, slipping on stairs, tripping on an extension cord... etc., etc. Slips, trips & falls are the most common injury mechanism at Entergy. Make certain that you include slips, trips & falls in your hazard assessment today. Work in office? You need to do it also. Office workers make up a significant portion of our injury statistics. Stop, Think, Act and Review!

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #19

Have a discussion about how your team can create a more inclusive work environment, and agree to take at least one action to help foster inclusion.

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February 20, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – RISKS IN YOUR MEDICINE CABINET?

Drug abuse isn't limited to illegal drugs. In fact, over 22,000 people die each year from prescription opioid pain medications, making drug poisoning the top cause of unintentional death in the U.S. What can you do? Ask questions about your medications to make sure you understand what you're taking, why, and how to take it correctly and safely. Keep medicines out of the reach of children, never share prescription medications, and dispose of them properly. For more information, visit www.drugabuse.gov.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #20

Understand the true perks of diversity. From a business standpoint, diversity is all about building a dynamic team that incorporates different backgrounds and cultures.

February 21, 2018

Safety, Health and Human Performance Focus

OVEREXERTION

OSHA considers overexertion to be an ergonomic issue. This makes sense, since overexertion usually results in a soft body-tissue injury. These injuries can be from repetitive motion work, or can be from one-time events, such as trying to apply too much torque to a tool or piece of equipment. Include overexertion in pre-job briefs: this can help lead to discussion about the necessary tools that can aid in avoiding overexertion. And... cheater bars are not the answer. Tools are designed (engineered) to handle a specific amount of torque; applying too much torque (i.e. via a cheater bar) can break the tool, which often results in the user being injured in the following 'collision'. (That's why they call them 'knuckle-breakers'.)

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #21

Become culturally competent. Take the time to learn about different cultures, races, religions and backgrounds represented by your colleagues.

February 22, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – HEADACHES

The head is one of the most common sites we experience pain. Headaches are divided into three broad categories: primary, secondary and cranial neuralgia/other headaches. Primary headaches arise from overactivity or problems from the nerves, muscles or blood vessels and include tension headaches, migraines and cluster headaches. Tension headaches are the most common form of primary headaches and are experienced by one in twenty people daily. They can be identified by a feeling of pressure in the temple or back of the head and are commonly treated with over the counter medication such as ibuprofen or acetaminophen. The other two classifications of headaches are secondary headaches, which stem from an underlying injury or medical condition, and neuralgia/other headaches, which are caused by pain in one of the 12 cranial nerves that extend from your brain to your muscles.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #22

Treat people in a way they wish to be treated rather than the way you wish to be treated. Common social activities and practices that are comfortable for you may not be comfortable for everyone.

February 23, 2018

Safety, Health and Human Performance Focus

Health Focus Tip – IMPROVE MEMORY WITH SLEEP

Do you want to learn a new activity faster? Getting good sleep after learning something new can help you remember it better. Research has shown that sleep helps secure memories and aids some types of learning. During sleep, the brain can reprocess newly learned information so the memories of it stick.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #23

Do not tell offensive jokes that may alienate those who are different from you — even if they are not present at the time.

February 24, 2018

Safety, Health and Human Performance Focus

WEEKEND WORK

First shift/late shift is a reality that never goes away for our shift and weekend workers. Since every shift worker deals with this HU trap on nearly every shift cycle, it is easy to become overconfident about it. Avoid the overconfidence trap by discussing first shift/late shift during prejob briefs. Also communicate it if you are feeling particularly tired on any shift. This can be for any number of reasons (i.e. didn't sleep well due to your children being sick...) Letting your coworkers know will allow them to keep an extra eye out for you, or to make additional phone/radio calls to help you stay focused. Be your Brothers and Sisters Keeper!

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #24

Drive positive change in the organization. Be a spokesperson for diversity issues that are not necessarily your own.

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February 25, 2018

Safety, Health and Human Performance Focus

PRINCIPLE #2

“The two most important things in any company do not appear in its balance sheet: its reputation and its people.”

Henry Ford

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #25

Welcome ideas that are different from your own, and support fellow teammates. The creativity that comes with diversity can help you generate new ideas or improve a process already in place. It can also make work more interesting, engaging, and fun.

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February 26, 2018

Safety, Health and Human Performance Focus

SLIPS, TRIPS & FALLS

OSHA lists these as 'human factors' for increasing risk of slips, trips & falls: failing eyesight &/or visual perception; age; physical condition & fatigue; stress or illness; medications, alcohol & drug effects; carrying or moving cumbersome or too many objects at one time; not paying attention to surroundings or walking distracted; taking shortcuts; and rushing. Who knew there was so much involved in a slip, trip and fall? Take precautions (i.e. use STAR) to prevent these issues from causing you to have a fall.

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #26

Commit to continuous improvement. Be willing to learn, accept feedback, and listen to the concerns of those around you. Even the most enlightened individual can find opportunities for growth.

February 27, 2018

Safety, Health and Human Performance Focus

SLIPS, TRIPS & FALLS

OSHA lists these as the four categories of risk factors for Slips, Trips & Falls: environmental (ice, snow, rain, etc.); equipment (i.e. tubing installed across a walkway); work practice (i.e. material gathering on floors without being cleaned up); and individual (i.e. individuals walking and texting at the same time.) What is a slip, trip & fall risk factor that your work group can improve today? Make a plan!

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #27

Be sure that everyone has the opportunity to speak in meetings.

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February 28, 2018

Safety, Health and Human Performance Focus

PRINCIPLE #2

It's the last day of the month! 2018 is 1/6 over. How are you doing? I suppose that you are doing well if you have all of your fingers and toes attached, no eye injuries, no hearing loss, no back injuries, etc. How do you work a 45 year career and retire healthy, happy and whole? By being safe on every task, every job, every day. Take your time! Do the job right! You are worth it! Your family is worth it! YOU are highly valued! Live Safe!

Org Health & Diversity Focus

CREATING AN INCLUSIVE WORKPLACE – TIP #28

Don't always rely on the same advice from the same people.

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