

Safety Topic: Slips, Trips and Falls

January 2015

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Employee Practice – Safety Driven

Daily Safety and Health Topics

January 2015

Employee Practice – Safety Driven

Safety Principle – People are the Most Critical Element



January 1, 2015

Safety Focus

OPPORTUNITIES

Welcome to 2015 and the opportunity to have the safest year ever at Entergy!
Are you in?

How do you think you and your crew or group did in safety in 2014? Many times we think of safety performance in terms of injuries and those other people; either the people who are getting injured or the people in the other business units.

Please take a few minutes today and decide how you can make today and the rest of the days in 2015 different through your outlook and attitude, diligence in following the rules and setting the example or in your willingness to coach or be coached on safety and the use of human performance tools such as Self-Checking (STAR). Safety performance is really about behaviors (what we say and do).
Be Safety Driven!

Health Tip of the Day

RID YOURSELF OF THE HOLIDAY BLUES

The holidays are supposed to be a joyous time. However, crowds of shoppers, financial burdens and unrealistic expectations can make you feel down. To avoid the winter blues, make your well-being a priority by setting limits, asking for help, eating healthy and allowing 30 minutes each day for exercise. Doing these things and finding ways to laugh will put you on the path to having a happy holiday season.

D&I Focus

"The way to be successful is to find a way to be inclusive of everybody that lives in a targeted area. It's the difference between an outlook that looks at diversity and assumes you can be successful despite it, versus an outlook that looks at diversity and assumes you can be successful as a result of it."

- "Magic" Johnson, Johnson Development Corporation



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January 2, 2015

Safety Focus

USING TOOLS

Human Performance tools are tools that are as important as some of the physical tools you use to perform your work. It is sometimes hard to get back into the swing of things after holidays/vacation.

Talk about the human performance tools you can use to work with the trap of change/off normal, distractions and other traps that may be present for you today.

Specifically discuss Self Checking (STAR), Questioning Attitude and Effective Communication in briefs and put these great tools into action.

Health Tip of the Day

EXERCISE TIPS FOR LONG TRIPS

Sitting for lengthy periods, such as when traveling for more than four hours, can increase the risk of developing a blood clot. To reduce your risk, get up and walk around every two to three hours when making long trips. It also helps to exercise your legs while sitting. Raise and lower your heels while keeping your toes on the floor. Then, raise and lower your toes while keeping your heels on the floor. Also, tighten and release your leg muscles periodically when sitting.

Source: Centers for Disease Control

D&I Focus

"Sometimes we need to remind ourselves that thankfulness is indeed a virtue."

- William Bennett



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January 3, 2015

Safety Focus

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Health Tip of the Day

WINTER PRODUCE

Do you eat less produce in the winter? It's true that some of our favorite fruits and vegetables are harder to find in the wintertime. But don't let this keep you from getting your daily fruits and veggies. This is a great time of the year for produce like cranberries, yams, winter squash, and pears. You might also consider fun winter fruits and veggies such as guava, persimmons, pomegranate, quince and rutabagas. Consider adding these to some of your holiday dishes. Fruits and veggies can be good for your holiday waistline.

D&I Focus

"Common sense is not so common." - Voltaire



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January 4, 2015

Safety Focus

USING TOOLS

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Health Tip of the Day

PROTEIN NEEDS FOR ATHLETES

The protein recommendations are a little higher for endurance and strength-trained athletes, but it is possible to get enough protein through diet alone. Supplementing with expensive protein powders or pills is not needed. Also, eating excessive amounts of protein or amino acids will not build muscle. Eating enough calories to maintain weight through a variety of foods including lean meat, poultry or fish or the equivalent from eggs, beans, nuts or seeds, along with dairy foods and grain products, provides enough protein for most athletes. If you have questions about your body's protein needs, consult a registered dietitian. Source: Academy of Nutrition and Dietetics

D&I Focus

"A city's ability to foster a sense of inclusiveness is the common thread that keeps the whole social fabric of its community together." - LaRita Barber, Senior Associate Director of the Urban Institute



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January 5, 2015

Safety Focus

RETURN FROM HOLIDAY

As we return to work activities, it is important to be engaged and perform work safe and error free. The time surrounding holidays, weekends and other vacation times are a prime time for distractions. We hope you had a wonderful time with friends and family over the holidays. As you return to work:

- Stop for safety – even a short pause allows your mind to reset. Peers and others should help identify when workers are distracted.
- Identify in your tailboards, shop meetings, pre-job briefs or job safety hazards analysis places where you could be distracted, identify the tools you can use and implement steps to ensure safety. Remember STAR.
- Use this message to generate healthy discussion around the potential traps present and the tools that should be used to Live Safe! Here are some typical traps when returning - distractions, schedule change, change off normal, overconfidence.

Perform this exercise from the January 1 message - Take time and decide how you can make today and the rest of the days in 2015 different through your outlook and attitude, diligence in following the rules and setting the example, or in your willingness to coach or be coached on safety and the use of human performance tools. Safety performance is really about behaviors (what we say and do). Be Safety Driven!

Health Tip of the Day

DESIGNATE A DRIVER

'Tis the season for parties flowing with holiday cheer. Watch your spirits, however. Data shows that deaths related to drunken driving accidents spike during the holiday season. Keep yourself and others safe. When attending a party, always designate a non-drinking driver. If you are the host, provide a variety of festive non-alcoholic beverages for guests who are driving. Replace the swizzle stick with a cinnamon stick and serve with warm apple cider. For more ideas, search the Internet or holiday recipe books. Source: U.S. Department of Transportation

D&I Focus

"The way to procure insults is to submit to them: a man meets with no more respect than he exacts." - William Hazlitt



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January 6, 2015

Safety Focus

FALLS - GENERAL

According to the U.S. Department of Labor, slips, trips and falls make up the majority of general industry accidents, which account for:

- 15 percent of all accidental deaths per year, the second-leading cause behind motor vehicles
- About 25 percent of all reported injury claims per fiscal year
- More than 95 million lost work days per year – about 65 percent of all work days lost

In general, slips and trips occur due to a loss of traction between the shoe and the walking surface or an inadvertent contact with a fixed or moveable object which may lead to a fall.

What action can you take today to prevent a fall? Consider a mid-day or end of day check with your team to encourage discussion on how falls were prevented.

Health Tip of the Day

VITAMIN E & BLOOD THINNERS

Do you take blood-thinning medication and supplements? If so, you might want to use caution with vitamin E. Excess vitamin E intake (more than 1000 mg) is not recommended for people who have a vitamin K deficiency or who take blood thinners. This combination can increase the risk of bleeding problems. It is best to get your vitamin E from foods when possible. Vitamin E can be found in a variety of vegetable oils, nuts, seeds, green leafy vegetables and fortified cereals. Sources: Office of Dietary Supplements

D&I Focus

“Dialogue must aim at excluding exclusivism and it must promote inclusiveness. And yet inclusiveness should avoid the mistake of imposing uniformity in the world.”

- Union HRD Minister Murli Manohar Joshi



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January 7, 2015

Safety Focus

SURFACE HAZARDS

Always correct walking surface hazards or problems if you can and report them if you are unable to correct them on your own.

Use the examples below to generate discussion on how to remove or mitigate slip hazards.

- Weather hazards – rain, sleet, ice, snow, hail, frost
- Walking surfaces –polished or freshly waxed floors; loose, missing or uneven floors, carpets, tiles or mats, uneven or damaged surfaces/stair treads and sloped surfaces, metal plates and steps on equipment
- Clutter and housekeeping issues such as electrical cords or wire, air hoses, wet, greasy or muddy floors, dry floors with dust, powder or resin beads

Health Tip of the Day

STAY HEALTHY - ONE HAND WASH AT A TIME

Keeping your hands clean is one of the best ways to prevent the spread of infection and illness. By following these four simple principles, you can protect yourself and others: 1) Wash your hands when they are dirty and before eating; 2) Do not cough into your hands; 3) Do not sneeze into your hands; and 4) Avoid touching your eyes, mouth and nose. Source: Centers for Disease and Prevention

D&I Focus

"It's important because we demonstrate that inclusion and working together beats butting heads and stalemate. We get along and we get work done." - Chris Leman



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January 8, 2015

Safety Focus

TRACTION & COEFFICIENT OF FRICTION

Traction allows you to walk without slipping. To prevent slips and falls, a high coefficient of friction (COF) between the shoe and walking surface is needed.

- A COF of 0.40 to 0.50 or more is needed for excellent traction. Shoes with rubber-cleated, soft soles and defined heels provide a high COF. A COF of 0.10 can be present with shoes that are not slip resistant on icy, wet, and oily surfaces or leather soles on a wet smooth surface such as ceramic tile or waxed floor.
- Ice cleats, Spikeys and other traction aids are normally not recommended for normal walking surfaces.
- High heels, with minimal heel-to-surface contact, taps on heels, and shoes with leather or other hard, smooth-surfaced soles lead to slips, falls, and injuries.

Look at your shoes – are they suitable for the conditions you'll encounter?

Health Tip of The Day

IT'S STILL NOT TOO LATE TO GET YOUR FLU SHOT

Getting immunized is more convenient now than ever before. Vaccines are available from doctors, health departments, pharmacies, schools and worksites. The supply continues to grow, and there are several ways to get immunized - a regular flu shot, a nasal spray, or an intradermal shot with a smaller needle. When you visit your doctor or see signs offering flu shots, remember: the vaccine is the best way to prevent influenza. You can visit <http://flushot.healthmap.org/> to find where to get the flu vaccine in your area. Source: Centers for Disease Control and Prevention

D&I Focus

"Your most precious possession is not your financial assets. Your most precious possession is the people you have working there, and what they carry around in their heads, and their ability to work together." - Robert Reich



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January 9, 2015

Safety Focus

TRANSITIONS

Transitioning from one surface type to another and shifting weight on a slippery surface are risk factors for slips.

Identify at least three transitions you've made so far today and some others you may encounter through your walking route today. (Entering/exiting shower, entering/exiting your vehicle, transitioning through doors to different surfaces, ascending/descending ladders or equipment)

Could you have fallen? What can you do to reduce your risk? Did you use STAR? Discuss the specific behaviors required to prevent falls.

Health Tip of the Day

DOUBLE DIPPING

Are you a double dipper? This means that you dip a chip or vegetable into a bowl of dip or salsa, bite off half, and then dip it again. If so, you are not alone. At least 38% of Americans admit to double dipping at parties. 'Tis the season for sharing but most will agree – not your germs. Be considerate of others at your next party and dip only once; or set aside a small portion of dip on a separate plate and enjoy! Source: Academy of Nutrition and Dietetics

D&I Focus

"Respect for ourselves guides our morals, respect for others guides our manners."

- Laurence Sterne



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January 10, 2015

Safety Focus

STAIRS

Falls down stairs are not forgiving. Odds are, you transition some stairs or steps during your workday.

Use these practices to ensure your safety:

- Use Self Checking (STAR)
- Focus on transitioning the stairs
- Use the handrail
- Look at your path – don't carry items in a manner where your view of the step is blocked.
- Proceed slowly
- Ensure you have adequate foot placement on the step or stair

Report any steps/stairs that are in dimly lit areas OR that have deficiencies.

Health Tip of the Day

SURVIVING THE NEW CUP OF JOE

Has your morning "cup of joe" turned into a 500-calorie breakfast shake? Mocha, latte, macchiato, or frappuccino – the choices now seem endless, as do the extra calories and fat they can add to your daily total. A medium (16-ounce) cup of white chocolate mocha latte with whipped topping can have more than 500 calories and 17 grams of saturated fat. You can cut at least half the calories and fat by asking your server to make it nonfat, skip the whipped cream, or use sugar-free syrup. Or, simply stick with traditional drip coffee. Source: Center for Science in the Public Interest

D&I Focus

"The secret is to work less as individuals and more as a team. As a coach, I play not my eleven best, but my best eleven." - Knute Rockne



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January 11, 2015

Safety Focus

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Health Tip of the Day

NEW PARENTS STROLL FOR FITNESS

Taking walks with your baby in a stroller can help new parents stay in shape and burn extra calories. One study estimated that you can burn up to 20% more calories pushing a stroller than walking alone. It is also a great way to get errands done, stay healthy, lose weight and bond with your child. Whenever possible, make your walk as brisk as you can for additional benefits. Source: Journal of Cardiopulmonary Rehabilitation

D&I Focus

"This is the final test of a gentleman: his respect for those who can be of no possible service to him." - William Lyon Phelps

January 12, 2015

Safety Focus

STAIRS

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Report any steps/stairs that are in dimly lit areas OR that have deficiencies.

Health Tip of the Day

MAKE YOUR HOLIDAY SWEET

Did you know that seasonings can add sweetness to some of your holiday foods without the extra sugar and calories? Allspice, cardamom, cinnamon, ginger, mace and nutmeg make great additions to holiday foods. Try adding ginger to a fruit glaze. Blend frozen raspberries with a pinch of ginger and a small amount of fruit juice concentrate and toss the glaze with fresh berries or sliced fruit. For a warm treat, add a cinnamon stick to your coffee grounds before brewing. Top with nonfat or low-fat whipped topping and a sprinkle of shaved chocolate and enjoy!

D&I Focus

"Having respect for your own time will assure respect for the other person's time."

- Robert Half

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January 13, 2015

Safety Focus

HAZARD REMOVAL OR MITIGATION - OUTDOORS

Hazard Removal or Mitigation when practical is a must.

Outdoor areas:

- Keep parking lots and sidewalks clean and in good repair or condition.
- When snow and ice are present, remove or treat these elements. In some extreme cases, it may be necessary to suspend use of the area.
- Ensure someone or some department is responsible for treatment of pathways.
- Use adhesive striping material or anti-skid paint whenever possible.

Health Tip of the Day

LOWERING BLOOD PRESSURE

Studies show that eating enough potassium may be as important for healthy blood pressure as avoiding too much sodium. To help prevent high blood pressure, choose a healthy eating plan that includes plenty of foods rich in potassium and low in sodium. If you eat a lot of high-sodium foods (such as processed foods) or add salt at the table, consider reducing your intake. Potassium-rich foods include many fruits and vegetables such as potatoes, bananas, cantaloupe and cooked dark green vegetables such as spinach. Source: American Heart Association

D&I Focus

"A more inclusive society captures talent and ideas that reside at the margins. Simply having an outlook of inclusiveness and open-mindedness seems conducive to creativity." - Richard Florida, Heinz Professor of Regional Economic Development at Carnegie Mellon University

January 14, 2015

Safety Focus

HAZARD REMOVAL OR MITIGATION - INDOORS

Indoor control measures can help reduce the incidence of slips and falls.

- Use moisture-absorbent mats with beveled edges in entrance areas. Make sure they have backing material that will not slide on the floor.
- Display “Wet Floor” signs or other awareness signs as needed. Signs are not an appropriate long term replacement for removal of a hazard.
- Use anti-skid adhesive tape in troublesome areas.
- Clean up spills immediately.
- Use proper area rugs or mats for food preparation areas.

Health Tip of Day

SEEING WINTER IN A POSITIVE LIGHT

If Old Man Winter leaves you feeling a bit gloomy, there are two simple and inexpensive ways to help you feel better: exercise and natural light exposure. Fight the winter blues by going for a brisk walk outdoors. Exercise and exposure to sunlight – even on cloudy days – can increase levels of serotonin in the brain to boost mood. Keep yourself feeling well by seeing winter in a more positive light.

D&I Focus

"Finding good players is easy. Getting them to play as a team is another story."
- Casey Stengel



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January 15, 2015

Safety Focus

DRIVE SAFE!

Winter driving requires extreme care and caution but to drive safely – you also have to be able to see and other drivers need to be able to see you!

- Use Self Checking (STAR)
- Keep windshields, windows and mirrors free of ice and frost. Remove snow and ice from all lights even the hood and roof
- Slow down and leave plenty of room for lane changes and stops
- Look ahead in traffic - Actions by cars and trucks in front of you will alert you more quickly to problems, giving you a split-second of extra time to react safely
- Be on guard for accumulations of ice such as on bridges

Health Tip of Day

IT'S ALL ABOUT BALANCE

Losing weight is a matter of balancing your calories. To lose weight you have to eat and drink fewer calories than you are burning. If weight loss is a goal for you, aim to eat about 500 to 750 fewer calories each day. In addition, move more by finding activities that you enjoy and being physically active each day. Source: The Obesity Society

D&I Focus

"Respect your fellow human being, treat them fairly, disagree with them honestly, enjoy their friendship, explore your thoughts about one another candidly, work together for a common goal and help one another achieve it." - Bill Bradley

January 16, 2015

Safety Focus

DRESS FOR THE CONDITIONS

Dressing for the conditions is important to your safety.

- Dress in layers and cover all exposed skin to the extent possible
- Take breaks in warm areas
- Keep clothing dry
- Wear gloves (Note: many people walk with both hands in their pockets especially when they don't have gloves. Walking with both hands in your pockets, limits your ability to recover if you slip.)

Health Tip of the Day

WASHING FRUIT PREVENTS ILLNESS

A fruit garnish can make a holiday drink festive while also adding good nutrition. But be sure to keep your guests from getting ill by washing all fruit, including fruits with the skin. Even if you don't eat the skin, harmful bacteria can spread when you add it to a drink, or during peeling or cutting. Source: Academy of Nutrition and Dietetics

D&I Focus

"Our (nation's) cultural strength has always been derived from our diversity of understanding and experience." - Yo Yo Ma

January 17, 2015

Safety Focus

LEAVING IT SAFE

Please leave areas safe for others! Be Safety Driven and leave it safe or don't leave!

- Ensure snow, ice, mud and other slippery substances are cleaned from your shoes
- One site noted patches of ice in walking areas created in their parking lot that appeared to be people dumping out their coffee cups or drinks
- If you see hazards, remove them if you can, if not report them and alert co-workers

Health Tip of the Day

EAT YOUR "REDS" TOO

The delicious red cabbage is low in calories, rich in vitamin C and a good source of dietary fiber. But it's what gives this festive cabbage its flavor and deep red hue that may offer some health benefits, such as cancer protection, improved brain function and heart health. Scientists have identified more than 35 of these compounds – called anthocyanins – in red cabbage. Shop for red cabbage with the richest, reddest leaves and use it in garden salads, coleslaw or a stir-fry. It's also great when stewed with Granny Smith apples. Source: U.S. Department of Agriculture

D&I Focus

"The test of courage comes when we are in the minority. The test of tolerance comes when we are in the majority." - Ralph W. Sockman

January 18, 2015

Safety Focus

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Health Tip of the Day

HEALTH ON THE NET

The Internet is an easy place to find health-related information, but how can you know that what you're finding is credible? As a rule, health-related sites sponsored by the U.S. government (Web addresses ending with ".gov"), not-for-profit health or medical organizations (ending with ".org") and university medical centers are among many reliable sources of health information on the Web. You can also look for the red and blue "HON" seal, which means that a site meets certain standards set by the Health On the Net Foundation.

D&I Focus

"The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity." - Francis Maitland Balfour



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January 19, 2015

Safety Focus

LEAVING IT SAFE

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- If you see hazards, remove them if you can, if not report them and alert co-workers.

Health Tip of the Day

FROZEN TIME SAVERS

Frozen foods can save you plenty of time when preparing meals. Consider buying frozen foods that are low in sodium and preservatives such as the following: pre-chopped veggies like onions and peppers; vegetable medleys; boneless, skinless chicken breasts; peeled and deveined shrimp; and textured soy crumbles. Each of these products will save you time and are minimally processed.

D&I Focus

"Islam teaches tolerance, not hatred; universal brotherhood, not enmity; peace, and not violence." - Pervez Musharraf



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January 20, 2015

Safety Focus

Entering/Exiting Vehicles - One Step at a Time

The most common vehicle entry and exit injuries occur during the following actions:

- Jumping from the cab or bed of a truck
- Losing balance when entering or exiting a vehicle.

Treat vehicle entry and exit as an important task. Avoid overconfidence!

Discuss the safe behaviors when exiting vehicles. Use Self Checking (STAR). Here are a couple to get you started – look before stepping out of the vehicle and hold on to something stationary (don't use the steering wheel unless it is locked) What are others?

Health Tip of the Day

GOT EGGNOG?

There's hardly a more decadent and traditional holiday beverage than a glass of rich, creamy eggnog. Unfortunately, one cup of eggnog has about 225 calories and about 11 grams of fat, and premium eggnog can have even more. Bah, humbug! Search the Internet to find many slimmed-down versions of this holiday favorite. You can also buy low-fat or fat-free commercial eggnog – even soy nog. If you prefer the old-fashioned eggnog, pour yourself a small amount into a fancy glass. Sip slowly and enjoy. Source: USDA National Nutrient Database

D&I Focus

"I feel my heart break to see a nation ripped apart by its own greatest strength – its diversity." - Melissa Etheridge



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January 21, 2015

Safety Focus

SIMPLE SAFETY BEHAVIORS

Have you ever thought about the safety behaviors you exhibit or do not exhibit each day?

Pushing your chair up to the desk or table is a safe behavior. This safe behavior could prevent a trip/fall.

Checking your mirrors and turning on your signal are simple but important behaviors if you are making a lane change.

Using the handrail, keeping your eyes on path and ensuring you have good foot engagement on the step are important behaviors if you are descending stairs.

Be Safety Driven and put strong effort into developing safe behaviors.

Health Tip of the Day

TURN DOWN FOR WHAT? MP3s AND HEARING LOSS

Studies have found that people using personal music devices, such as MP3 players, at high-volume settings for at least one hour a day risk permanent hearing loss after five years. To reduce the risk, use earphones that go over the ears rather than those that go in the ears, and only listen to music at lower than 50 percent of the maximum output level. If you are concerned about a possible hearing loss, talk to your doctor about having your hearing tested. Source: American Speech-Language-Hearing Association

D&I Focus

"...Let us declare that we choose inclusion instead of excluding others; expanding acceptance, instead of restricting rejection; love and dialogue, instead of hate; peace, instead of war!" - Archbishop Angel Lagdameo



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January 22, 2015

Safety Focus

LEAVE ROOM

Why is it that even with it raining or ice on the road, some drivers have a need for speed? It is all in their assessment of risk. The trouble is, a driver is accepting risk not only for themselves but others.

- Use Self Checking (STAR)
- Do not follow other drivers closely
- Leave room for lane changes
- Scan road and use your mirrors

Health Tip of the Day

GET A BETTER WORKOUT WITH WALKING POLES!

Nordic walking is fitness walking with specially designed poles. With Nordic walking, you don't feel like you're working any harder but you can actually burn more calories than regular walking. In addition to working your legs, use of the walking poles engages the abs, arms, shoulders, upper chest and back muscles. The poles provide additional stability and help reduce stress in the knees and other joints. Walking poles, with instructions, can be purchased at most sporting goods stores. Source: Research Quarterly for Exercise and Sport

D&I Focus

"If you focus on differences, you can get down to a segment of one because one each of us is unique. To me it's more about including everybody, as opposed to the term diversity. We think of it more as inclusive of every type of person, whether it's making sure you have products and services that meet all types of customers' needs or that everyone who works at People's Bank has a chance to be successful."

- Patricia Manion, Senior Vice President, People's Bank

January 23, 2015

Safety Focus

LADDERS

Portable ladders are used by many of our employees. Remember these practices when using ladders.

- Select the right type of ladder
- Inspect the ladder – Do not use deficient ladders
- Follow the weight rating on the ladder
- If you see that you will need to over-reach or lean to access the area where you need to work, *move the ladder*
- If you must work in high traffic areas from a ladder, use cones, flagging, spotters or signs to ensure that others don't bump you off the ladder.

Health Tip of the Day

APPEALING EXERCISES FOR SENIORS

Lack of interest in exercise is a common roadblock for older adults. To make it more appealing, many fitness centers offer a social aspect to physical activity with group-exercise classes specifically for seniors. These include tai chi, low-impact, chair exercise, step aerobics or dance and water aerobics. These same activities make great low-risk classes for younger people too. If you don't already do these forms of exercise, consider giving them a try. Source: Journal of Applied Sport Psychology

D&I Focus

"Our cultural diversity has most certainly shaped our national character."

- Julie Bishop

January 24, 2015

Safety Focus

FALLING ICE

Icicles don't sound dangerous do they? Falling ice from buildings and towers creates risk for you. **SAFETY TIPS FOR FALLING ICE:**

- Be aware of your surroundings – assess the area you will be walking including the buildings you will be near.
- Keep your distance - most ice falls within 5-10 feet of domestic buildings but can travel greater than 100 feet depending on wind and the weight of the ice.
- Remove the ice if removal is practical without creating greater risk.
- Wear a hard hat when entering areas where ice could be falling.
- Self Check (STAR)!! Self Check (STAR)!! Self Check (STAR)!!

Take this time to discuss areas in your work location where falling ice could be a hazard and how the hazard can be removed or mitigated. (Hints – buildings, cooling towers, transmission towers, booms/equipment.)

Health Tip of the Day

GOLF & BACK PAIN

Although a relatively low risk activity, golf-related injuries are possible, especially to the low back, shoulders, hips, wrists, and hands. If you play golf, apply proper swing mechanics and consider trying exercises that strengthen your abdominals and back muscles and increase overall flexibility. Source: University of Pittsburgh Neuromuscular Research Laboratory

D&I Focus

"Thoughtfulness for others, generosity, modesty, and self-respect are the qualities which make a real gentleman or lady." - Thomas H. Huxley



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January 25, 2015

Safety Focus

FALLING ICE

Icicles don't sound dangerous do they? Falling ice from buildings and towers creates risk for you. **SAFETY TIPS FOR FALLING ICE:**

- Be aware of your surroundings – assess the area you will be walking including the buildings you will be near.
- Keep your distance - most ice falls within 5-10 feet of domestic buildings but can travel greater than 100 feet depending on wind and the weight of the ice.
- Remove the ice if removal is practical without creating greater risk.
- Wear a hard hat when entering areas where ice could be falling.
- Self Check (STAR)!! Self Check (STAR)!! Self Check (STAR)!!

Take this time to discuss areas in your work location where falling ice could be a hazard and how the hazard can be removed or mitigated. (Hints – buildings, cooling towers, transmission towers, booms/equipment.)

Health Tip of the Day

NEED AN OIL CHANGE?

Olive oil is a healthy choice when choosing fats. Compared with other oils, olive oil has far more monounsaturated fat, which is a healthier type of fat known for its heart-protective benefits. Just keep in mind that olive oil is not calorie free! A tablespoon of olive oil has 120 calories, so still be mindful of portion sizes. Source: Academy of Nutrition & Dietetics

D&I Focus

"No man can possibly improve in any company for which he has no respect enough to be under some degree of restraint." - Lord Chesterfield

January 26, 2015

Safety Focus

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Health Tip of the Day

WATER WORKOUTS

Do you suffer from joint pain? If so, consider working out in the water. Water can soothe your body, reduce strain on aching joints and give you a great workout. Options include swimming, water aerobics and water walking or jogging. There are plenty of indoor-heated pools so don't let the winter season halt your activity. To find a class near you, call your local YMCA or fitness center. Be sure to talk with your doctor about which form of exercise is best for you. Source: Arthritis Today

D&I Focus

"Nothing is more despicable than respect based on fear." - Albert Camus



Entergy® *Employee Practice – Safety Driven*

January 27, 2015

Safety Focus

TAKE THE SAFE PATH

Entergy and contract workers work in all kinds of areas and conditions. It is unlikely that a sidewalk or safe walk path will be available every time.

When safe walk paths are provided take them. Don't take unnecessary risks like stepping over objects or walking through wet areas when you can go around them.

Take time to look at other areas where you may have to walk.

Health Tip of the Day

BENEFITS OF DATES

Dates are a wonderful, sweet addition to cold cereal, yogurt or breads. They are a great source of potassium and fiber and a good source of iron. Look for dried dates in the produce section of your grocery store. You can "plump" dried dates by soaking them in hot water for about 15 minutes. Source: United States Department of Agriculture

D&I Focus

"We must respect the past, and mistrust the present, if we wish to provide for the safety of the future." - Joseph Joubert

January 28, 2015

Safety Focus

HOUSEKEEPING

Good housekeeping is also essential in preventing slips trips and falls. Assess the jobs you do today and your work area to ensure the following are true.

- Aisles and walkways clear
- Ladder landings clear
- Cords and hoses overhead when possible
- Material and tools are stored in an organized manner
- Remember to Use Self Checking (STAR)

Health Tip of the Day

CHECK YOUR PASTA SAUCE

Did you know that some jars of pasta sauce contain up to 40 grams of fat with 17 grams of saturated fat per serving! Many also contain a surprising amount of sugar. Use the Nutrition Label to compare brands. Consider choosing tomato-based sauces versus cheese-based sauces, opting for one with 3 grams of fat or fewer per serving.

D&I Focus

"We are obliged to respect, defend and maintain the common bonds of union and fellowship that exist among all members of the human race." - Cicero



Entergy

Employee Practice – Safety Driven

January 29, 2015

Safety Focus

DECISIONS DECISIONS

You make many decisions throughout your day. One key decision we should make all day is to Self Check (STAR) with any and all tasks we do. Some of them you don't even realize you've made. Make it a habit to ensure your decisions are made with bias toward safety.

Decision Making (with Safety Bias) is the approach/mindset that is applied prior to taking action. Each of the following criteria should be included:

- actions are specifically determined to be safe prior to starting or continuing, (there is always a bias toward safety)
- consequence vs. likelihood is considered before taking actions; and

the best practices the employee knows (has been taught through training or are expected) are followed as opposed to taking shortcuts or being satisfied with only meeting the minimum required to get the job done.

Health Tip of the Day

VOLUNTEER FOR A HEALTHY NEW YEAR

Become a volunteer in the New Year – it could be good for your health. According to a review of more than 30 studies, there is a strong connection between volunteering and good health. Volunteers enjoy longer lives, higher functional ability, lower rates of depression, and decreased incidence of heart disease. It benefits both physical and mental well-being and can even give you a “helper's high.” Help yourself to better health by helping others. Source: AmeriCorps

D&I Focus

"Celebrating Diversity, Learning Our Common Humanity." - John Agyekum Kufuor

January 30, 2015

Safety Focus

AGING ADULTS

According to the National Safety Council and the Center for Disease control, older adults ~ 55 years and older become more prone to falls which can result in serious injury and death. This can be due to vision changes, mobility, medications and a variety of other reasons.

To prevent falls:

- Ensure your home and the homes of elderly loved ones as well as your work area is free of fall hazards
- Exercise
- Have vision checked
- Have medications that cause dizziness evaluated

Health Tip of the Day

EVALUATING WEIGHT-LOSS PROGRAMS

Are you about to purchase a weight-loss product or service? If so, be sure to do your homework and ask plenty of questions! Be extra cautious when you see the words breakthrough, revolutionary, miraculous, effortless, quick, or secret. Safe and successful programs are based on regular physical activity and an eating plan that is balanced, healthy and easy to follow. Lasting weight loss requires permanent change. Be a savvy consumer and invest wisely in your health! Source: National Institute of Diabetes and Digestive and Kidney Diseases

D&I Focus

"A common danger unites even the bitterest enemies." - Aristotle

January 31, 2015

Safety Focus

ELEVATORS

Some Entergy buildings contain elevators. Elevators can stop before being exactly even with the floor. We have had employees experience falls when stepping out of the elevators because they tripped.

Stop and look before exiting. This is where you could use STAR. Don't assume that the elevator car is level with the floor.

Report any elevator problems to a supervisor or other building contact.

Health Tip of the Day

REWARDS OF QUITTING

Mark Twain said, "Quitting smoking is easy. I've done it a thousand times." Have you tried to quit, too? Don't give up. No matter how old you are or how long you've smoked, quitting can help you live longer and be healthier. One year after quitting, the excess risk of coronary heart disease is half that of a smoker's. As an ex-smoker, you can enjoy immediate rewards like better smelling breath and clothing, whiter teeth, better tasting food, and everyday activities will no longer leave you out of breath. Source: American Cancer Society

D&I Focus

"The freethinking of one age is the common sense of the next." - Matthew Arnold