

Daily Safety Focus articles

April 2014

Focus on Guiding Principle #4:

**“All Operating Exposures Can Be
Controlled”**



- April 1 - All Operating Exposures Can Be Controlled
- April 2 - "Go ahead punk, make my day."
- April 3 - Gravity Never Takes A Break.
- April 4 - Are you Safe? Or Just Lucky?
- April 5 - Electricity Bites
- April 6 - Off-The-Job Safety
- April 7 - "Routine" is a hazard
- April 8 - "Routine" is a hazard II
- April 9 - "Routine" is a hazard III
- April 10 - There is no such thing as routine?
- April 11 - Murphy's Law
- April 12 - Murphy's Law II
- April 13 - What is an Operation Exposure?
- April 14 - All Operating Exposures Can Be Controlled
- April 15 - Drowsy Driving
- April 16 - No shortcuts
- April 17 - Safe Driving
- April 18 - Safe Driving II
- April 19 - Safe Driving III
- April 20 - Have We Gone Mad!?
- April 21 - Grinder Safety
- April 22 - Lighting Safety
- April 23 - Lighting Safety II
- April 24 - Eyewash Safety
- April 25 - Power Strip Safety
- April 26 - Electrical Cabinets
- April 27 - Flammable Storage
- April 28 - Ladder Safety
- April 29 - Powered Industrial Trucks
- April 30 - Emergency Action

All Operating Exposures Can Be Controlled (Principle #4) April 1

This is a fundamental statement about how we work. It means that no matter how dangerous a substance we work with, or no matter how dangerous the exposure to a hazard is – we SHALL control it, so that no injuries occur when working with it.

For example: Suppose you had to work with a respiratory hazard called “1,2 ParaDimethyl Badstuff” that was so potent that it would kill you if you got one molecule in your left nostril. If that truly were the case – we would do extensive hazard analysis and devise a multi-layered protection system involving engineered safety measures and multiple types of respiratory protection, with backup layered defenses.

The point is: We wouldn’t work with it until we knew we were safe to do so.

Sometimes we may have to call for help from subject matter experts, but no matter what the hazard is, no matter how hard it is to control: **We will** control the hazard, or we will not work with it.

Live Safe!

Health Tip of the Day

ALCOHOL: HOW MUCH IS TOO MUCH?

April is designated “Alcohol Awareness Month” Some warning signs of alcohol abuse include: drinking alone when angry or sad; being late to work due to drinking; forgetting what you did while drinking; or often having a hangover after drinking. If you suspect that you might have a drinking problem, or you know someone who abuses alcohol, check to see if your employer has an employee assistance program (EAP) or use SAMHSA’s treatment facility locator at <http://findtreatment.samhsa.gov/> to find a program.

Source: Substance Abuse and Mental Health Services Administration



“Go Ahead Punk, Make My Day”

April 2

You remember Dirty Harry? He was pretty confident when dealing with dirtbags. That is a great way to look at safety hazards. They are all dangerous. Some a great deal more dangerous than others, but they are all hazardous. Torn ligaments in an ankle can occur just as easily from tripping on a power cord on the floor of an office, as they could from a fall from elevation while performing a job on a bucket truck or in a plant.

So, make hazards your enemy. Treat them as something that we must always be on the lookout for and ready to eliminate or mitigate.

All Operating Exposures Can Be Controlled. Take action to make it happen.

Or... do you feel lucky?

Health Tip of the Day

EVERY LITTLE MOTION COUNTS

Looking for another way to boost your daily calorie burn? Fidget! Just moving around throughout the day (stand up, sit down, move your legs, walk around the office for 1 minute, etc.) can add up, according to a study in the American Journal of Clinical Nutrition. These extra movements throughout the day may be just enough to help keep those extra unwanted pounds away.

Source: American Journal of Clinical Nutrition



Gravity Never Takes A Break

April 3

Scenario 1: An employee in a classroom is leaning his chair on the back two legs when he loses his balance and falls backward. He hits his head on the desk behind him, and needs to have the wound stitched. **Gravity never takes a break!**

Scenario 2: An air conditioner condensate drain allows a buildup of moisture and algae on a building sidewalk. An employee hurrying into work and reading an email on their smartphone doesn't see the algae, and has a slip and fall, causing a knee injury. **Gravity never takes a break!**

Scenario 3: A light bulb is burned out over an employee's cubicle. The employee wants the light back on, so they find a new bulb in a closet and climb on a chair to change out the bulb. The chair swivels causing the employee to fall and break their wrist when they hit the floor. **Gravity never takes a break!**

All operating exposures can be controlled. Even the simple ones that we sometimes feel are too minor to worry about.

Health Tip of the Day

PHYSICAL ACTIVITY AND COLON CANCER

Looking for a reason to boost your physical activity level? Many studies have found that 30 to 60 minutes of moderate-intensity to vigorous-intensity physical activity per day can protect against colon cancer. The greatest risk reduction appears to be among those who are most active and participate in vigorous-intensity activity. Examples of vigorous-intensity activities include running, fast cycling, swimming laps and competitive basketball. Even if you are just starting an exercise routine or prefer to exercise at a moderate-intensity, every level of physical activity can have important health benefits. Check with your doctor before increasing your physical activity level.

Source: American Cancer Society

Are You Safe or Just Lucky?

April 4

There's an old gambling saying: "I'd rather be lucky than good." Obviously – you can know a lot about gambling, and never win a big jackpot or even a small jackpot. Casinos pay for all of those lights, machines and employees with money from 'somewhere'.

But – if you're lucky – you might just be the one that hits the big jackpot – and all the lights go on, and the bells and whistles blare. You get a bunch of money, and the casino shows that there are actually people who win.

Do we gamble with safety? We all have done so in the past. But what will happen if we keep taking shortcuts? What will happen if I think 'it just can't happen to me'? What will happen if you don't wear fall protection just this time because the job need to be done quickly?

What will happen if no else is around and I don't follow one of the cardinal rules because I know I won't get caught?

Maybe nothing. But that's the problem – if I take a chance, and nothing bad happens, I actually get rewarded for taking the chance. Nothing bad happened! This can cause a downward spiral where breaking the rules is reinforced because it's quicker or easier.

But sooner or later, a series of events line up that result in one of us getting hurt seriously, or even killed.

If you don't want to rely on luck use STAR. Stop, Think, Act, and Review before doing anything. Take pride in your work and do it the right way, every time. Coach others on the right way. Give people a 'thumbs-up' when you see them doing jobs the right and safe way. Do it the right way, every time, even if the right way is much harder than the convenient way.

It's much better to be safe rather than lucky. Lady Luck is fickle.

Health Tip of the Day

NEW NUTRITION FACTS LABEL

The U.S. Food and Drug Administration (FDA) recently announced it has plans to update the Nutrition Facts label on packaged foods. The new label will reflect the latest science, which will include information about the link between diet and chronic diseases, such as obesity and heart disease. The FDA also says to expect the serving sizes on the new label to better align with how much people currently eat, with a fresh new design that highlights important areas like calories and serving sizes. Source: Food and Drug Administration



One hazard that we all have exposure to at work and at home is electricity. NIOSH research shows that around 400 people per year die from electrocution. It is tragic that the number is that high. It is also tragic that many people think the higher voltages are ‘where the real danger lies’. They are only partially right. The incident energy from a 7200 volt distribution line or 250,000 volt transmission line is much higher than the 110 volt receptacles in your home or workplace.

However, that knowledge creates a false sense of security that is costly – more people die from contact with 110 volts, than any other voltage.

So apply principle number four to electrical hazards. No matter what voltage we are working with, from a 12 volt battery voltage to the ultra-high voltage on transmission lines: the volts and amps **shall be controlled**.

We will first try to de-energize the circuit. If that cannot happen, then we will develop a plan that ensures all workers are safe due to cover-up, equipotential zones, planning, communication, etc.

Live Safe!

Health Tip of the Day

HAVE REGULAR STOMACH PAIN, BLOATING?

Up to 20 percent of the adult population have symptoms of irritable bowel syndrome (IBS), making it one of the most common disorders diagnosed by doctors. IBS is a disorder that interferes with normal functions of the colon. The main symptoms include abdominal pain, bloating, constipation, and diarrhea. Symptoms can vary from person to person. If you experience these symptoms, talk to your doctor. Most people can control their symptoms with diet, stress management and medications. Several studies have also found probiotic therapy to be effective for some people.

Source: National Institutes of Health

Off the Job Safety

April 6

Entergy has lost some treasured friends and coworkers to off-the-job incidents. These fatalities have been caused by a wide range of hazards including boating hazards, ATV accidents, car wrecks, falls from height, etc. Non-fatal off-the-job injuries have happened from an even wider array of hazards.

How do we prevent these injuries? Treat the hazards the same way we do at work.

All hazardous exposures can be controlled. When doing any job at home – don't be overconfident. Have a strong questioning attitude. Assume that every job has hazards, and that you must identify the hazards and protect yourself from them. If you are unsure about a hazard: Do not proceed! Either look up the right and safe way to do it – or get help from a professional.

Don't work with anything unless you are certain that it is safe to do so!

Health Tip of the Day

MORE FOOD, FEWER CALORIES

Is it possible to eat more food yet not gain weight? Yes! Choose high-volume foods, such as fresh fruits and vegetables, whole grains and legumes. These foods are lower in calories per portion size and generally have more water and fiber than more energy dense foods such as peanuts, dried fruit or refined grains (such as white bread, white rice, cookies). Eating more high-volume foods allows you to enjoy larger, more satisfying meals and lose weight without large increases in hunger or deprivation.

Source: National Institutes of Health

Routine is a Hazard

April 7

Some operating exposures are easier to control than others. For example, the large volume and extremely corrosive properties of chemicals used during chemical cleaning at our Nuclear and Fossil plants make this an obvious hazard that requires extensive and detailed planning.

Other hazards, however, can easily “fly below the radar.”

If we look at our past injuries to see if they occurred during very dangerous activities, or while performing mundane, routine tasks, what do you think we would find out? (We checked: our statistics show that the vast majority occur during mundane, routine tasks.)

So, how do we control that exposure when we do routine and mundane tasks almost daily? Here’s how: Treat ‘routine’ as a hazard.

Think about that some, and we’ll discuss it more tomorrow.

Live Safe!

Health Tip of the Day

TACO DIP

For a healthy party treat, our registered dietitian recommends the following quick and healthy recipe: mix a taco-seasoning packet with low-fat sour cream. Spread the mixture over the bottom of a serving platter. Top with a layer of nonfat vegetarian refried beans and sprinkle with shredded carrots, diced green peppers, onions, and tomatoes. Cover with finely chopped romaine lettuce and garnish with chunky salsa, sliced black olives and sliced avocado. This combo is high in fiber, protein and several key nutrients. Serve with reduced-fat baked chips or whole-grain crackers.

'Routine is a hazard' (Part II)

April 8

As we discussed yesterday, most of our injuries occur doing low-risk, high-frequency jobs. (Routine and mundane...)

Therefore we can help prevent injuries to ourselves and others, by considering 'routine' as a hazard.

When we think of routine, it's easy to think "I've done this a thousand times. I know how to do it without getting hurt, so I don't need to worry about it."

Our actual injury statistics tell us that we can and do get hurt while doing the routine stuff. So, when you catch yourself falling into the 'semi-sleepy' mode because you know how to do this job so well that you don't even have to think about it: A WARNING BELL should go off! This is where most injuries occur!

Think about it like this: Routine = Danger!

Obviously there are many other hazards in your workplace or life. But recognize that 'routine' is one of them.

How do you combat the overconfidence that comes with the routine?

We'll talk about that tomorrow.

Live Safe!

Health Tip of the Day

KNOW THE SYMPTOMS OF CATARACTS

Do you know the symptoms of cataracts? According to the National Eye Institute, initial symptoms include blurred vision, glare and colors that may not appear as bright to you as they once did. For those with cataracts, it may seem like you are looking through a piece of clouded glass. If you experience these symptoms, visit your eye care professional for a comprehensive eye exam.

Source: National Eye Institute

Routine is a Hazard (Part III)

April 9

Combatting the hazard of falling into overconfidence due to ‘the routine’ takes some self-discipline. You must first recognize that ‘routine’ is a hazard, and that if I am overconfident I could easily miss a minor hazard that could cause me to have an injury.

For example – walking from one building to another building where you work is a task that could possibly expose you to tripping hazards, slipping hazards, blowing dust or debris, or high noise, just to name a few. A small puddle growing algae just outside of an office building could be the cause of a slip and fall that results in a lost time injury.

It is these types of hazards that are easy to miss when we are doing routine tasks. All operating exposures can be controlled but only if we recognize them.

The self-discipline part works when you recognize ‘routine’ as a hazard unto itself, and look for the hazards that overconfidence may hide. Discipline yourself to look for hazards when you detect that ‘routine overconfidence’ kicking in.

Live Safe!

Health Tip of the Day

EXERCISE AND ANXIETY

Anxiety is often unrecognized or untreated among patients with a chronic illness. Researchers at the University of Georgia found that exercise can help to reduce anxiety symptoms among sedentary people who have a chronic illness. For those experiencing anxiety for more than one week, the greatest improvements were seen when individuals exercised for at least 30 minutes per session for up to 12 weeks.

Source: JAMA Internal Medicine

There is no such thing as routine?

April 10

We've been talking about routine for a few days now. Here is a different way that some people have developed to deal with it: Redefine tasks so that there is no such thing as routine.

Here's how that may look:

Old way: I've done this job every day for the last month. I don't need to worry about it, I got this.

New way: I've done this job every day for the last month. There's no such thing as routine – so how could I get hurt today? How am I going to prevent that?

No matter how you choose to work either with or without routine, understand that we will control all operating exposures – even the minor ones that reveal themselves during simple, every-day jobs.

Live Safe!

Health Tip of the Day

NATIONAL HUMOR MONTH

Laughter is inner jogging.

Norman Cousins

Murphy's Law...

April 11

Scenario: I'm working alone and I realize I need to climb over a handrail in order to reach a valve that was put, in my opinion, the wrong place.

I'm thinking to myself: "There is a fall hazard – but actually it's a pretty small one. The fall would be about 15 feet but it would be easy to prevent. It is a small gap and the chances of me hitting that gap are small. Chances are good that I won't lose my footing and fall any way. It's 11:30 p.m. and my supervisor is in the control room eating lunch. There is about a zero percent chance that anyone would see me climb over this handrail (violating the fall protection rule). My safety harness is all the way back in the shop. I'm going to chance it. There is no way I will get hurt."

I climb over the handrail. "Dang this metal is slippery."

"Wouldn't you know it – this valve is freakin' hard to operate!"

"I'm gonna have to..."

I slip on the slippery metal surface. I fall in the gap, but catch myself near the top before I fall all the way down. I cut my hand. I can't get out of the gap.

I reach my radio and call my supervisor... "You're not gonna believe this, but..."

Murphy lives. Dang him. Think consequences versus likelihood.

Health Tip of the Day

KEEP YOUTH SPORTS FUN

April is National Youth Sports Safety Month. Remember that youth sports are intended to be games designed for enjoyment. Learning how to play the game is more important than winning or losing. Some children grow faster than others and some have better coordination earlier than others; however, everyone catches up eventually. Be patient.

Source: National Youth Safety Foundation



Murphy's Law II

April 12

Scenario: I started a task and I forgot my gloves.

Now, I'm not doing anything really strenuous here... and this stuff I have to clean up is not that bad. Besides – I'm tough. "I don't need no gloves."

And I'll have this job done quick, fast and in a hurry. I'd be done even before I made it over to pick up those 'cut resistant' gloves.

Let me get this work done.

Whoa! I don't think I've ever seen a splinter that big. Amazing how that thing cut right into my skin before I could stop. I'd always assumed I'd faint if I ever saw something that big sticking out of me.

Let me see if I can get this out myself. OWWEEEE! Ok. That's a no.

Um... "Boss, I'm going to need some help getting this splinter out of my hand."

Murphy lives. Dang him.

Stop Think Act Review

Wear cut resistant gloves at home and at work!)

Health Tip of the Day

PORTION SIZE MATTERS

When dining out, be wise about portion size! Many restaurant entrees contain two or more standard servings. You can watch your food budget by splitting an entrée with a dining partner; eating half of the food on your plate and taking the rest home for another meal; or ordering an appetizer and side salad for your meal. Sticking with smaller portions is one of the best ways to cut calories and ultimately help you lose weight.

Source: Meals Matter™



What is an operating exposure?

It is anything that is a hazard to you while you are performing any task. It could be on-the-job or off-the-job. It could also be during work or recreation.

In other words – it is a hazard that you are exposed to.

Principle #4 is therefore a simple statement that means will control any and all hazards that we are exposed to. Period.

If something poses a hazard that we are not fully prepared to mitigate or eliminate, then we must stop the job, reassess our plan, and conduct a new pre job brief. If we cannot ensure everyone's safety that is involved, then we need to do something different, such as seek additional help. This could be in the form of additional personnel, equipment or outside expertise.

But no matter the hazard – we SHALL control it.

Live Safe!

Health Tip of the Day

TRY THIS FAST, HEALTHY BREAKFAST

Need a quick, healthy breakfast? Try instant oatmeal. It's low in total and saturated fat, high in fiber and packed with vitamins, including vitamin A, thiamin, riboflavin, vitamin B-6, folate and iron. Add a glass of skim milk and a piece of fruit, and you've got a balanced, nutritious meal.

All Operating Exposures Can Be Controlled

April 14

What about things that I can't control? How about my age? Aging is a process that tends to make us all less physically fit than when we were younger.

True, but age is not a hazard. Poor physical fitness may be a hazard depending on the task that we are performing. But there is a solution. Ergonomics training showed us that body is designed for movement, and that we all need exercise to keep our body in good physical shape.

Many of our past injuries have been ergonomic in nature, with some of those due mainly to poor physical conditioning. This is not an insult to the injured. Some of them merely did not realize that they couldn't do the things that they used to do, simply because their body is aging. However, this is a hazard that we can control. Here's how:

- 1.) Exercise. Even if you didn't do it in the past, vast amounts of scientific research point to the heart-healthy, and other, benefits of doing exercise.
- 2.) Recognize that you are no longer 18 years old. You cannot jump out of the back of a truck or out of a boat the way you used to. You are not as flexible as you used to be. So plan your task (no matter how simple) and then follow your plan.

Live Safe!

Health Tip of the Day

ARE EARPHONES DAMAGING YOUR EARS?

Earbud headphones are typically inserted into the ear and deliver sound directly into the ear canal. Based on recommendations from a study conducted through Harvard Medical School, safe listening limits are only a little more than 1 hour per day with the volume control set at 80 percent of maximum. Safe listening time goes up as volume is reduced. Many people spend three, six or even eight hours per day listening and at generally higher volumes. There is growing concern that this could permanently damage your hearing.

Source: National Hearing Conservation Association

All Operating Exposures Can Be Controlled

April 15

Off-the-Job Exposure: Drowsy Driving

The National Highway Transportation Administration reports that there are approximately 40,000 nonfatal injuries, and approximately 1550 fatal injuries each year as a result of driver drowsiness or fatigue.

There can be many reasons for driver drowsiness, but common ones include use of alcohol, sleep loss (including loss caused by rotating shift work), sleep disorders such as sleep apnea, and medication.

Studies also show that sleep loss combined with even minor amounts of alcohol combine to greatly increase driver drowsiness and loss of motor skills.

The short story: The National Sleep Foundation says that adults need 7-9 hours of sleep per day. Use that as excuse to GET IN BED! (and, of course, don't drink and drive.)

Remember that drowsy equals drunk. Don't do it.

Health Tip of the Day

QUIT SMOKING AND MAINTAIN YOUR WEIGHT

Many people worry about gaining weight when they stop smoking. While some people do gain a few pounds when they quit smoking, this weight gain is minimized by increasing physical activity. Don't let weight gain be a reason to avoid quitting. Even if you do temporarily gain a few pounds, you can lose weight later; the damage to your lungs becomes permanent if you keep smoking.

Source: American Public Health Association

Everyone takes a shortcut at one time or another. You cross the street between intersections instead of using the crosswalk or jump a fence instead of using the gate. But in many cases, a shortcut can involve danger.

If you have the habit of taking dangerous shortcuts, break it. It can be deadly.

If you are told to go to a particular work area, your employer expects you to take the safe route, not the shorter, hazardous one. If there isn't a safe way to get where you need to go, let your supervisor know. The supervisor will see to it that you are provided a safe means of access. It's your responsibility to avoid dangerous shortcuts and to warn against anyone else you see taking them.

Even if the job will only take a few minutes, it isn't worth risking your safety and health for those few minutes by allowing yourself to become a victim of time pressure. Wear personal protection to safeguard your body parts. Use proper, well-maintained equipment. Don't improvise to save time. Ladders, steps, and walkways are built to insure your safety, as well as for your convenience. Use them. Don't go from one elevation to another by climbing a column or sliding down a rope.

The safest way isn't always the shortest way, but it's the surest way.

Health Tip of the Day

CRAVING CHOCOLATE?

Eating sugary candy when you want chocolate can leave you feeling unsatisfied. It can also lead to excess calorie intake. If you crave chocolate, consider buying and eating your favorites in small amounts. Chocolate doesn't contain fewer calories than other sweets, but dark chocolate may have cardiovascular health benefits. It is rich in flavonoids, also found in red wine, fruits, vegetables and tea. The key is moderation. It only takes a bite or two to satisfy your urge.

Source: Academy of Nutrition and Dietetics

Operating a vehicle involves ever-changing hazards. Unfamiliar areas, construction, careless drivers and schedules can cause us to lose focus while driving. The consequences to even a momentary loss of attention can be devastating. Whether driving for company business or for personal reasons follow the Smith Driving System principles avoid incidents. (We will review those tomorrow.)

How important is it to stay focused on safe driving?

Consider this: In recent years – there have been around 4000 work-related fatalities per year. That is way too many fatalities – but fortunately – that number is on a downward trend. However, in recent years there have been in excess of 32,000 motor vehicle fatalities per year. The number actually went up in 2012 to over 34,000.

Some quick math and you can see that the average worker who commutes to work is eight times more likely to die in a car wreck on the way to or from work than they are in a workplace incident.

Drive defensively! Ever notice that some drivers never get ticketed – and others are ‘ticket magnets’? Which one is taking more risks?

Slow down, follow the rules, arrive alive and Live Safe!

Health Tip of the Day

KEEP YOUR EYES SAFE

Do you participate in sports that involve a moving ball, swinging stick or physical contact? These include sports like hockey, racquet sports, lacrosse, or baseball. According to the International Federation of Sports Medicine, the use of protective gear reduces eye injuries in sports. Be safe, not sorry. Buy and use sport-appropriate goggles or a facemask. Make eye protection a priority while you play.

Source: International Federation of Sports Medicine

Many professional drivers follow the Smith Driving System® principles. Here is a short summary of those principles:

Key 1: AIM HIGH IN STEERING®

- Maintain your view at least 15 seconds in front of your vehicle.

Key 2 GET THE BIG PICTURE®

- Use mirrors to maintain 360 degree view around your vehicle.
- Maintain a following distance of four seconds.
- Eliminate any distractions.

Key 3 KEEP YOUR EYES MOVING®

- Utilize 5 – 8 second glances to cover area around your vehicle.
- Keep eyes active so that you have total awareness around you.
- Avoid focusing on objects or blank stare from fatigue.

Key 4 LEAVE YOURSELF AN OUT®

- Create space around your vehicle by slowing down or moving.
- Avoid traffic clusters and maintain a cushion of space.

Key 5 MAKE SURE THEY SEE YOU®

- Get eye contact before moving into intersection.

Always follow the Entergy Corporate Driver Safety Standard while driving on company business. Hands free devices are required when utilizing a cell phone while driving but the best practice is to safely pull over until the conversation is finished. And NEVER text or e-mail while driving.

Health Tip of the Day

HOW TO PREVENT KIDNEY STONES

An estimated 10 percent of people in the United States will have a kidney stone at some point in their lives. Doctors do not always know what causes a stone to form, but step one in preventing kidney stones is to drink plenty of fluids, preferably water. If you've already had a stone, or have a family history of stones, consult with your physician about the effects of various foods and supplements, or the need to take medication.

Source: National Institutes of Health

For you number-junkies: In 2010, there were an estimated 5.4 million vehicle crashes, killing 32,885 and injuring over 2.2 million.

That high number of fatalities should be enough to make us want to drive safe. But also think about 5.4 million of us dealing with the damages (human and material) of a vehicle crash. Ever see anyone looking happy while they were standing on the side of the highway with a crumpled hood?

Also think about 2.2 million of us dealing with a vehicle crash injury. Ambulance rides are no fun.

We can all become excellent drivers by following the Smith System Principles® reviewed yesterday. We can help drive those statistics down. If you are driving defensively – you will have a positive effect on those drivers around you.

Consider this: have you ever heard of a 50-car pileup in heavy rush-hour traffic? Why wasn't it a 51-car pileup? Because there was enough stopping distance between car #50 and #51. Even if you must slow down, and move into the right lane (say it isn't so!), your drive might be a couple of minutes longer, but it will be less stressful, and you may just be the first in line to miss that multiple car pileup.

Live Safe!

Health Tip of the Day

CHOOSING AN EATING PLAN

High protein and low carb or low fat and high carb.... what is the best way to lose weight? A recent study looked at whether weight loss differs by the composition of the diet. The study demonstrated that reduced-calorie diets result in weight loss regardless of which macronutrients (carbohydrates, protein, fat) they emphasize. Choose a healthy approach that you can stick with and that fits into your lifestyle. There are no magic diets. Get regular exercise, make generally healthy, balanced food choices and limit the portion size of calorie-dense foods.

Source: The New England Journal of Medicine

Have we gone mad!?

Just a few years ago, there was no such thing as texting and driving. Now it almost epidemic! The National Highway Transportation Administration reports these statistics:

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- Engaging in tasks like reaching for a phone, dialing and texting and using other portable devices increase the risk of getting into a crash by three times.
 - Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, the equivalent-at 55 mph-of driving the length of an entire football field, blind.
 - A quarter of teens respond to a text message once or more every time they drive.
 - 20 percent of teens and 10 percent of parents admit that they have extended, multi-message text conversations while driving.

In this day and age, many of us have conditioned ourselves to respond immediately to e-mails, texts or calls. Remember Entergy Safety Principle 8; “our work is never so urgent or important that we cannot take time to do it safely”.

Another way to look at it: Principle #4: All operating exposures can be controlled. When you are driving, all distractions are operating exposures, and cell phones and texts are major distractions.

Turn the phone off until you reach your destination, or pull over to answer urgent calls or texts. Live Safe!

Health Tip of the Day

BENEFITS OF TAI CHI

Tai chi is a mind-body practice that is sometimes referred to as “moving meditation.” During tai chi, you move your body slowly and gently with awareness and deep breathing. Benefits of tai chi, may include improved physical condition, muscle strength, coordination and flexibility; easing of pain and stiffness; and improved sleep. If you are thinking about practicing tai chi, consult with your health care provider.

Grinder Safety

April 21

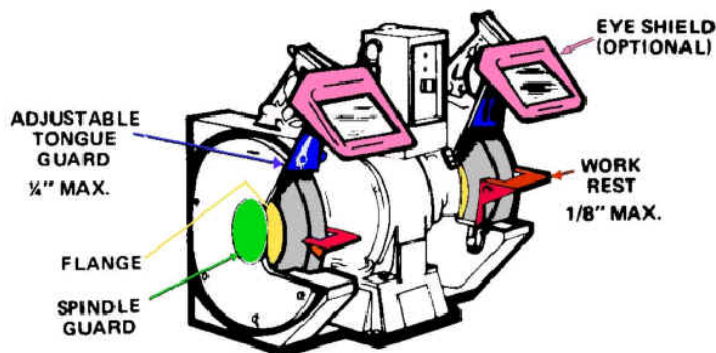
Powered abrasive grinding, cutting, polishing, and wire buffing wheels at work and home create special safety problems because they may throw off flying fragments.

Before an abrasive wheel is mounted, it should be inspected closely and sound- or ring-tested to be sure that it is free from cracks or defects. If you don't know how to do this – consult the owner's manual.

To prevent the wheel from cracking, the user should be sure it fits freely on the spindle. The spindle nut must be tightened enough to hold the wheel in place, without distorting the flange. Follow the manufacturer's recommendations. Care must be taken to assure that the spindle wheel will not exceed the abrasive wheel specifications.

Due to the possibility of a wheel disintegrating (exploding) during start-up, never stand directly in front of the wheel as it accelerates to full operating speed. Portable grinding tools need to be equipped with safety guards to protect workers not only from the moving wheel surface, but also from flying fragments in case of breakage.

In addition, when using a powered grinder: 1) Always use eye AND face protection, 2) Turn off the power when not in use, and 3) Never clamp a hand-held grinder in a vise.



Health Tip of the Day

TRY THE FITNESS GAME

Are you a parent, grandparent, uncle, or aunt? Use a simple game like Simon Says to teach children that physical activity can be fun. For example, when Simon says "jump up and down," "touch your toes," or "run around the backyard," the child experiences fitness exercises during playtime.

Lightning Safety

April 22

With the arrival of spring it's time to review General Lightning Safety Guidelines:

When making a decision to suspend activities the 30/30 Rule says to shut down when lightning is six (6) miles away for at least 30 minutes. This rule of thumb uses a "flash to bang" (lightning to thunder) count of five seconds equals one mile (10 = 2 miles; 20 = 4 miles; 30 = 6 miles).

Notify personnel via radio or other means and move to safe location such as a large permanent building or metal vehicle.

Unsafe locations are places near metal or water, under trees, on hills, or near electrical or electronic equipment.

Reassess the hazard to determine if work activities can resume. It's usually safe after no thunder and no lightning have been observed for thirty minutes. Be conservative here and then inform people to resume activities. Keep a strong questioning attitude.

Tomorrow: Personal Lightning Safety Tips.

Live Safe!

Health Tip of the Day

MAKE A HEALTHY SPREAD

For a low-fat, low-calorie, and relatively low-sodium spread, mix a small amount of horseradish with mustard. It provides quite a kick, so a little goes a long way! Consider using it as a condiment on sandwiches in place of mayonnaise.

Personal Lightning Safety Tips

1. Plan in advance your evacuation and safety measures. When you first see lightning or hear thunder, activate your emergency plan. Lightning often precedes rain, so don't wait for the rain to suspend activities.
2. If outdoors...Avoid water. Avoid the high ground. Avoid open spaces. Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc. Unsafe places include underneath canopies, small picnic or rain shelters, or near trees. Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut. If lightning is striking nearby when you are outside, you should:
 - A. Crouch down. Put feet together. Place hands over ears to minimize hearing damage from thunder.
 - B. Avoid proximity (minimum of 15 ft.) to other people.
3. IF INDOORS... Avoid water. Stay away from doors and windows. Do not use the telephone. Take off headsets. Turn off, unplug, and stay away from appliances, computers, power tools, & TV sets. Lightning may strike exterior electric and phone lines, inducing shocks to inside equipment.
4. Suspend activities for 30 minutes after the last observed lightning or thunder.
5. Injured persons do not carry an electrical charge and can be handled safely. Apply First Aid procedures to a lightning victim if you are qualified to do so. Call 911 or send for help immediately.

Live Safe!

Health Tip of the Day

BIG BENEFITS FROM A LITTLE WEIGHT LOSS

There is little doubt that losing weight through healthy eating and exercise can improve your health. But, did you know that losing as little as 3-5 percent of your current body weight can make a difference? You may want or need to lose more weight, but this initial weight loss is achievable and has many health benefits. According to new weight-related guidelines, even modest, sustained weight loss can lower triglycerides, blood glucose, A1C, and the risk of developing type 2 diabetes.

Eyewash Safety

April 24

OSHA Regulation 29CFR1910.151 states that where the eyes or body of any person may be exposed to injurious corrosive materials, suitable facilities for quick drenching or flushing of the eyes and body shall be provided within the work area for immediate emergency use.

Most commonly, this requirement applies to areas that have chemicals or battery charging in the area. Regular inspection is required of eye wash stations, and systems that are directly plumbed must be activated weekly. Inspection of eye wash stations should include accessibility, expiration date of eye wash solution, and visual inspection of the condition of any piece of the system. Emergency eye wash equipment must be able to supply a full 15 minutes of flushing. Some eye wash equipment is intended for first aid purposes, and do not meet the requirements when in an area where chemicals and battery charging equipment is located.

If an eye wash station is needed in an emergency, employees must be able to immediately access the equipment. This requires a high level of housekeeping in and around the area of eye wash stations. The eye wash equipment should be regularly cleaned to prevent contamination.

In the event eye wash equipment is deployed during an emergency, be sure to continuously flush the eyes for no less than 15 minutes. Immediately contact supervision, and ask that the MSDS for the material be located. The MSDS will contain emergency treatment information, and should be communicated to any emergency response personnel.

Of course the better way is to prevent the splash by controlling all exposures.

Health Tip of the Day

WHEN IT'S MORE THAN JUST A HEADACHE

According to the American Medical Association, roughly 28 million Americans experience migraines. Women tend to be affected more often than men. One way to prevent migraines is to avoid "triggers," when possible. Triggers can include smoking, bright lights, strong odors, sleep disturbances, stress, hormonal changes (in women) and specific foods, such as those containing tyramine (aged cheese), sulfites (red wine) or nitrates (nuts, cured meats) and aspartame. With proper care, migraines can at least be reduced and sometimes eliminated. Talk with your doctor if you suffer with migraine headaches.

Source: National Institutes of Health



Power Strip Safety

April 25

Manufacturers and nationally recognized testing laboratories (Underwriters Laboratories or UL) determines the proper uses for power strips. For example, power strips are not to be series-connected (daisy chaining or piggy backing) to a receptacle. Also, the flexible power cord is not to be routed through walls, windows, ceilings, floors, or similar openings.

Power strips are designed for use with a number of low-powered loads, such as computers or audio/video components. Power strips are not designed for high power loads such as space heaters, refrigerators and microwave ovens, which can easily exceed the recommended ampere ratings on many power cords and cables.

Finally, some power strips are not designed for warehouse or shop environments. Please ensure that the appropriate power strip is used for the application for which it was designed, and for the location it will be used in.

Realizing that some of these situations could exist in our office and field environments, each employee is asked to monitor the use of power strips to assist with our compliance efforts. Control your exposure to electrical accidents and please contact your supervisor should you have any questions regarding the use of a power strip.

Health Tip of the Day

CAN'T SLEEP?

If you have difficulty sleeping, causes can be medical, but others relate to your behaviors. Each person is a little different, but try these tips and see which ones best improve the quality of your sleep: go to bed and get up at the same time every day; avoid alcohol and caffeine for several hours before going to bed; avoid heavy meals prior to bedtime; exercise regularly but avoid exercising within two hours of bedtime; and take a warm bath just before bed.

Source: National Sleep Foundation



Electrical Cabinets

April 26

OSHA regulations detail the requirements for electrical panels and cabinets.

Each year electrical citations remain on the top 10 most frequently cited serious OSHA violations. Common situations resulting in citations were: maintaining a minimum distance of 36 inches around electrical cabinets, not labeling electrical panels for what they control and for leaving openings in electrical panels where blank circuit breakers should be installed. Any circuit breaker labeled as 'Spare' should remain in the off position.

During monthly inspections be sure to include electrical panels and cabinets as part of your audit. If you find an item that needs corrected, please let supervision know so that it can be fixed or a facilities remedy case can be initiated.

These issues have been findings during SHEMS audits at several locations, and we should routinely audit these elements to ensure compliance as they are common in our work environments.

Health Tip of the Day

EATING FOR EXERCISE RECOVERY

Research has shown that eating a snack or meal with a combination of carbohydrate and protein is best following endurance exercise. It's best to refuel within 15 minutes to an hour after endurance exercise. This carb/protein combination helps the body replace muscle fuel and repair muscle tissue which can be damaged after intense endurance exercise. A few good recovery snacks and meals include smoothies made with yogurt and frozen berries, graham crackers with peanut butter and low-fat chocolate milk, or a turkey sandwich with veggies plus low-fat milk.

Source: Sports, Cardiovascular, and Wellness Nutrition

Flammable Storage

April 27

OSHA regulation 29CFR1910.106 details the requirements for the use of flammable or combustible liquids when incidental to the principle business. This basically means requirements for those businesses that use flammable or combustible liquids in their processes.

A flammable or combustible liquid includes gas/diesel, paints, aerosol cans, or any other flammable or combustible liquid identified on the Material Safety Data Sheet (MSDS).

All flammable or combustible liquids are required to be stored in approved cabinets when not in use. If a flammable or combustible liquid is used regularly throughout the day, it must be returned to storage at the end of the shift.

At many locations, storage cabinets are provided for flammable or combustible liquid storage. These containers meet the specific OSHA requirements for venting, and must be grounded to prevent static discharge. These cabinets must meet fire containment requirements, and allow for pressure to be vented minimizing the risk of explosion.

As part of facility inspections, we should routinely check the storage cabinets, door handle and grounds. If repairs or replacement is necessary, please contact supervision.

Remember that by following the rules, we can control our exposure to chemical hazards.

Health Tip of the Day

HEALTHY EATING ON A BUDGET

Eat healthier without breaking the bank. To get the most bang for your buck, keep in mind the 3 P's – Plan, Purchase and Prepare. Plan your meals and snacks for the week by finding quick and easy recipes online and using a grocery list; purchase food items at the best price by checking for sales and coupons; buy produce in season and other items in bulk; prepare meals in advance by doubling up on recipes and freeze in individual portions; and try meatless meals by substituting with beans and peas.

Source: ChooseMyPlate.gov



Ladders are common in all work places and in homes. They can increase hazards associated with tasks if used incorrectly. Several OSHA standards specifically address the use of fixed, portable and staircase ladders.

When using a ladder, follow basic ladder safety. Inspect each ladder before use to ensure that the design and structure match the application for the task. Maintain all ladders and remove any damaged ladder from service immediately. Always face the ladder as you travel up or down and maintain three points of contact. When carrying a ladder, be aware of surroundings so that you do not come in contact with hazards. Follow all manufacturer guidelines printed on each ladder. Never attempt to move, shift or extend a ladder while in use.

It is also important to not use items which are not specifically designed to elevate personnel. Never use a chair, box or shelf to reach above your head. Many injuries are caused by falls due to misuse of office and household furniture. Whether on or off the job, please take the time to find and use the appropriate equipment for the necessary task.

Health Tip of the Day

LEADING CAUSE OF VISION LOSS FOR SENIORS

According to the National Eye Institute, age-related macular degeneration (AMD) is the leading cause of vision loss in Americans age 50 and older. AMD is a disease associated with aging that gradually destroys sharp, central vision. Central vision is needed for seeing objects clearly and for common daily tasks such as reading and driving. Together with your eye care professional you can perform certain tests to help determine the health of your eyes.

Source: National Eye Institute

Powered Industrial Trucks

April 29

OSHA defines a powered industrial truck (PIT) as a mobile, power-propelled truck used to carry, push, pull, stack or tier materials. PIT equipment commonly known as forklifts, pallet trucks, or ride on trucks can be powered through electrical or combustion engines.

Every year workers are killed injured while operating PIT equipment in all industries. Forklift turnovers account for a significant percentage of these fatalities.

Simple Solutions:

- 1) Never operate equipment you are not trained specifically for
- 2) Properly inspect and maintain equipment
- 3) Never operate equipment when hazards identified
- 4) Follow all training for moving material
- 5) Utilize all safety equipment (seatbelt)
- 6) Never drive up to a person in front of a fixed object
- 7) Maintain safe clearances for aisles, docks other equipment
- 8) Ensure adequate ventilation if indoors
- 9) Take defective equipment out of service immediately

PIT equipment increases productivity and reduces the lifting requirements of employees. Each PIT operator has the responsibility to operate PIT equipment in a safe manner, and to follow all training and rules received from Entergy. If you ever have a question about the safe operation of any PIT equipment, contact your supervisor before moving the PIT equipment.

Health Tip of the Day

EAT BREAKFAST, PREVENT OVEREATING

Starting your day with breakfast can prevent overeating later in the day. Is time a challenge? Consider the following quick and healthy choices: whole-grain cereal with skim or low-fat milk; whole-wheat toast lightly spread with peanut butter; low-fat yogurt and fresh fruit; instant oatmeal and dried fruit; or a hard-boiled egg. It is not necessary to eat large portions, but eating something for breakfast can also help maintain better energy during the morning hours.

Source: Academy of Nutrition and Dietetics



Emergency Action

April 30

OSHA regulations offer direction and guidance when utilizing fire extinguishers to suppress incipient (or beginning) stage fires.

OSHA regulation 29CFR1910.157 specifically identifies requirements for fire extinguishers. In this standard, employers are required to provide, inspect and train employees in the use and care of fire extinguishers. Maintenance includes monthly visual inspections, refilling if spent and annual internal examinations. Training is required in the use of fire extinguishers at the time of hire, and annually thereafter. Every employee's primary responsibility in the event of a fire is to immediately evacuate the building and assemble at assigned locations.

OSHA regulation 29CFR1910.165 describes employee alarm systems used to alert employees to begin implementing emergency action plans. Each employer is required to provide a distinctive and perceivable alarm system for emergency action or safe evacuation. Alarms are required to be tested as directed by the manufacturer, and based on the specific hazards associated with any location. Employee training is required when a procedure is established, and how to distinguish between and appropriate response to an alarm.

Always be familiar with emergency evacuation routes, audible alarms used in your location, how to report a fire or other emergency, and your location's emergency action plan.

And of course, the best defense is prevention. Observe the rules in working with flammable material or electric equipment and control your exposure.

Health Tip of the Day

TEMPTED BY THE FOOD COURT?

After a full day of shopping at the local mall, do you find the food court tempting? There are a few healthier alternatives to burgers and fries. Enjoy Chinese-steamed or stir-fry dishes rich in vegetables, chicken, seafood and tofu. Stick with a small to moderate portion of steamed rice but watch out for fried foods and high-sodium sauces. Have a small slice of pizza topped with veggies and a side salad. Choose a chicken fajita filled with lettuce and tomatoes but go easy on the sour cream, cheese and guacamole.