

Safety Principle #11

Safety is a condition of employment.

Safety Principle #11: Safety is a condition of employment

November 2016

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Safety Principle #11

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Daily Safety and Health Topics

November 2016

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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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November 1, 2016

Safety Focus

SAFETY IS COMPLEX!

Safety is a very complex subject. Safety can be simple rules and good practices that protect us from minor injuries, or complex procedures that protect us from atmospheric contaminants, confined spaces, ergonomic hazards, high voltages or complex traffic hazards. One simple fact about safety: We all work safer when we watch out for each other. Be your Brother and Sister's keeper!

Health Tip of the Day

SHOULDER OVERHEAD REACHES

- After you have warmed up your muscles, reach as far as you can overhead to full range of motion. Do not cause pain.
- Breathe out at end range and try to stretch further and hold the stretch for 7 seconds. Repeat with other a shoulder.
- Do both sides 2 times.

Source: Richard W. Bunch, Ph.D., P.T., C.B.E.S.

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus

TOOLS FOR COMPLEXITY

Use your HU tools to handle the complexity of safety. Stop and take the time to think through complex issues. With complex safety problems, use your questioning attitude to ask questions of yourself or those around you. No one else around? Don't rush into the task – stop, put the equipment in a safe condition if necessary, and go get help.

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November 2, 2016

Safety Focus

SAFETY IS A LEGAL REQUIREMENT

The Occupational Safety and Health Act was written into law by the US Congress in 1970. It was due to a long history of workplace injuries that claimed far too many lives. Some companies had taken safety precautions before this, but it was this law that brought about safety regulations for fire protection, fall protection, emergency egress, etc. According to OSHA, worker deaths in America are down-on average, from about 38 worker deaths a day in 1970 to 13 a day in 2014. 'Down to 13 per day...' Still have work to do, don't we?

Health Tip of the Day

VITAMIN SUPPLEMENTS VERSUS FOOD

Taking extra vitamins is not always better for most people. Taking large amounts of vitamin supplements can sometimes cause problems, such as nausea and skin rashes. Check with your doctor before taking any dietary supplements, especially if you are on any medication. Source: National Institutes of Health

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Information not available at time of publishing.

Human Performance Focus

OSHA AND HU

HU can help us to perform our everyday tasks safely, from driving to and from work, working safely, and working at home. Use your questioning attitude and ask yourself if you are complying with the intent and letter of the OSHA regulations. If you're driving, are you following the Smith System® principles? At home: are you doing it the safe way, the same way you would at work?

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November 3, 2016

Safety Focus

OSHA

The Occupational Safety and Health Act is clear: Safety is both an individual requirement and a corporate requirement. Individuals are required by the Act to follow all OSHA regulations. Employers are required to provide a workplace that is free from recognized hazards that are causing or likely to cause death or serious physical harm. How can a workplace be free from hazards? OSHA considers a hazard mitigated, if the regulation pertaining to that hazard has been followed. For example – if a fall hazard exists, and the employer installs guardrails – then the hazard has been mitigated.

Health Tip of the Day

BAKED FISH

For an easy, tasty, and nutritious meal, try baking fish such as tilapia, whitefish, or trout. Place one pound of fish fillets (skin side down) on a sheet of foil coated with nonstick cooking spray. Top with one sliced onion, ¼ teaspoon salt, ¼ teaspoon black pepper, two teaspoons vegetable oil, and any other seasonings you like. Fold the foil over into a pouch and place it on a baking sheet. Bake in a 350-degree oven for 15-20 minutes or until the fish is flaky when tested with a fork. Enjoy! Source: U.S. Department of Agriculture, Food and Nutrition Service

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Information not available at time of publishing.

Human Performance Focus

HAZARDS

Sometimes we miss the simplest hazards. Slips, trips and falls was our #1 injury mechanism in 2015. Use your questioning attitude, and ask yourself how you can prevent a slip, trip or fall today. Watch for uneven and slippery ground. Use handrails on stairways (yes, you should always have one hand free). In an office – think through the ‘easy to miss’ hazards such as broken tiles, uneven or slippery floors, extension cords, or loose or damaged carpet.

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November 4, 2016

Safety Focus

SAFETY BEFORE OSHA

Safety was largely left to the individual before the era of safety regulations. Chief engineer Joseph Strauss made some drastic requirements for the construction of the Golden Gate Bridge: He insisted on a rigid safety code, supported by the latest safety innovations. Despite the high winds, churning currents, and towering heights that challenged the work, Strauss was determined to buck the industry's deadly average of one fatality per million dollars spent on a construction project. "On the Golden Gate Bridge, we had the idea we could cheat death by providing every known safety device for workers," he wrote in 1937 for *The Saturday Evening Post*. "To the annoyance of the daredevils who loved to stunt at the end of the cables, far out in space, we fired any man we caught stunting on the job." Workers also benefitted from the first large scale use of a safety net that was "suspended along the entire length of the span from pylon to pylon."

Health Tip of the Day

JOURNAL YOUR JOURNEY TO FITNESS

Did you know? Studies find that people who write down their goals can accomplish 16 percent more than people who don't. Journaling allows you to set and record fitness goals, track your progress, map your successes, and stay motivated. Start a journal and stay on your journey to fitness! Source: American College of Sports Medicine

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus

HU IS NATURAL

You were probably using some of the Human Performance tools before you ever heard of HU. Being cautious is natural (for some of us!) Good communication is natural for the communicators among us. A good HU program helps us to identify those good practices, and then cultivate their increased use, and help them to become ingrained in our work practices.

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November 5, 2016

Safety Focus

SAFETY COMMITMENT

“I find your lack of safety commitment... disturbing.”

- Darth Vader

Health Tip of the Day

FLU VACCINATION TIME (PART 1)

Seasonal flu (influenza) is a contagious respiratory illness, affecting millions of Americans every year. Getting the flu vaccine is the best protection against the seasonal flu. Since flu viruses change from year to year, annual seasonal influenza vaccination is recommended for everyone six months of age and older.

Source: Centers for Disease Control and Prevention

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Information not available at time of publishing.

Human Performance Focus

PROCEDURE USE

Following a procedure is common for some of us. For others, pulling out a procedure and reading and understanding each step, and then performing it, seems to be a foreign idea. Commit today to using procedures, in hand, when you are performing anything more than a simple procedure that you have completely memorized.

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November 6, 2016

Safety Focus

SAFETY COMMITMENT

Safety is a condition of employment... on weekends also. It may be tempting to relax a little on backshifts and weekends. However, hazards know no clock, no shift schedule, and are no respecter of persons. Actually, without additional people around to spot hazards, and watch your back, you should probably be more cautious on backshifts and weekends.

Health Tip of the Day

FLU VACCINATION TIME (PART 2)

It is especially important to get the vaccine if you, someone you care for, or someone you live with is at high risk for complications from the flu. Entergy employees can print their flu shot voucher from the myBenefits: Flu Shot Campaign on the Entergy home page. Read all information before getting your flu shot. Source: Centers for Disease Control and Prevention

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Information not available at time of publishing.

Human Performance Focus

EFFECTIVE COMMUNICATIONS

When working on backshifts, and you find yourself alone in the field, effective communications are very important. Use your radio or phone to communicate with supervision all of your intended actions, and make sure that you get all of your questions answered. The radio is your lifeline! Use three-way communication to ensure that you get correct information.

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November 7, 2016

Safety Focus

SPEEDING TICKET

Receiving discipline for a safety rule violation is no fun. But here's the reality: it is to protect you. It is just like a speeding ticket. There were over 32,000 fatalities on America's highways last year. A speeding ticket is designed to cause you enough pain (loss of \$\$) to cause you to slow down and assess your driving behavior. Similarly, discipline received for a safety rule violation is designed to cause you to assess your safety behavior. You are a valuable employee, friend, and family member. We don't want anyone to get hurt. Your family doesn't want you to get hurt. If you find yourself on the receiving end of safety discipline – it is an opportunity to ask yourself: "What do I need to do to ensure that I work an entire career, and then retire healthy, happy, and whole?"

Health Tip of the Day

STRESS MANAGEMENT AT WORK

St. Paul Fire and Marine Insurance Company conducted studies on the effects of stress prevention programs in hospital settings. In one study, medication errors declined by 50% after prevention activities were implemented. In a second study, there was a 70% reduction in malpractice claims in 22 hospitals that implemented stress prevention activities. In contrast, there was no reduction in claims in a matched group of 22 hospitals that did not implement stress prevention activities.
-Journal of Applied Psychology

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus

PEER CHECK

There is safety in numbers. When performing a complex procedure, or a critical step, ask for a peer check. A peer check can give you the confidence of knowing that someone has your back, and that you are doing things the right way.

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November 8, 2016

Safety Focus

ALTERNATE UNIVERSE

In galaxy far, far, away...

Boss: "What are working on?"

Employee: "Oh... nothing. Wasting time. And I thought I'd go ahead and get injured today. Something real bad. Like a fall with broken bones... And a head injury! Yeah! A head injury... I'd like to take a ride in an ambulance today."

Boss: "Good plan... and we need to waste some resources today. Proceed."

Health Tip of the Day

HIP AND KNEE STRETCHES

- Warm up by walking in place
- While holding onto a sturdy structure, bring one knee toward your chest and hold for 7 seconds.
- Repeat stretches 2X each side.

Source: Richard W. Bunch, Ph.D., P.T., C.B.E.S.

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus

JUST KIDDING

So far, there is no proof of an alternate universe. Always perform a good pre-job brief before any task. Be serious about it. Even at home. You can even do a pre-job brief by yourself. Ask: "What could send me to the hospital while I'm doing this?" And then make sure you protect yourself from all of those things.

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November 9, 2014

Safety Focus

ALTERNATE UNIVERSE II

Dad: “Kids, did you know that November is fire ignorance month?”

Kids: “No – what do we do?”

Dad: “Nothing special. We’ll ignore the need to test the batteries in our smoke alarms, since they may be needed now that we’re entering the colder months. And we’ll ignore basic safety practices, like using a generator indoors if we lose power.”

Kids: “What’s wrong with using a generator indoors Dad?”

Dad: “Well, it has an internal combustion engine that can release enough carbon monoxide to kill us all in a very short time period.”

Kids: “Gee! That sounds swell Dad!”

Health Tip of the Day

FOOD DIARY HELPS WEIGHT LOSS EFFORTS

Keeping a food diary can significantly boost weight loss. Writing down what you eat and drink can encourage you to consume fewer calories and can help identify cravings and eating triggers. For a simple and free tracking tool, try the USDA's SuperTracker at www.supertracker.usda.gov. Source: American Journal of Preventive Medicine

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus

QUESTIONING ATTITUDE AT HOME

Home smoke and fire alarms. Ask yourself: Do I have enough smoke/fire alarms? Do some research. How many fire extinguishers do you need for the configuration of your house? Garage? Shed? Should I use smoke alarms or fire alarms? Should I replace old smoke alarms with new ones with 10-year batteries? (Answer: yes.)

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November 10, 2016

Safety Focus

CARBON MONOXIDE

The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire. **Never** use a generator, grill, other gasoline, propane, natural gas or camp stove or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors. Always follow equipment procedure. Learn about your heating equipment by reading the manufacturer's instructions. (Yes! Read the directions!)

Health Tip of the Day

MUSHROOMS

Did you know that one cup of fresh mushrooms contains roughly 20 calories? Mushrooms are naturally low in fat and sodium. They are also a good source of folic acid, iron, niacin, and riboflavin. Add sliced mushrooms to salads, soups, pastas, sandwiches, and rice for a change in your everyday dishes. Source: HealthFitness dietitian

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Information not available at time of publishing.

Human Performance Focus

COACHING AT HOME

Carbon monoxide is a colorless, odorless gas. You may smell exhaust fumes from unburned fuel from the same source as the CO, but often you do not know that CO is present. When using any combustion source (as mentioned above) use the opportunity to teach your family member on the hazards of CO, and coach them on proper placement of CO sources.

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Safety Focus

CHOICE

Believe it or not, but it is “your choice” if you are going to get injured. It is your choice whether you take that shortcut or do the job right. It is your choice whether you follow the safety rules or not. The end result is not your choice. If you choose to take that shortcut, you are giving up “your choice” to remain injury free. Make the right choice! Don’t take shortcuts! Follow the safety procedures for your task, at home, at work, and at play.

Health Tip of the Day

WALKING HIGH KNEES

Here’s an easy way to increase your activity level even if you don’t have a lot of space or time:

- Stand tall with your legs straight and arms hanging at your sides.
- Bring one knee up as high as is comfortable while maintaining good posture. Slowly lower to repeat with the opposite side so that each step takes you forward.
- Do not perform this activity if your medical provider has restricted your activity or if you feel pain or discomfort during activity.

Source: msn.com

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus

TURNOVERS

Give the gift of knowledge: You may be tired at the end of a shift or task. You may think your relief has a good understanding of the task. It’s easy to assume “I know it, they should too.” But at least one or two things have changed while you were performing the task. Be your Brother’s and Sister’s Keeper, and give them the gift of a thorough turnover.

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November 12, 2016

Safety Focus

IT'S ON US

From OSHA's website: "Federal OSHA is a small agency; with our state partners we have approximately 2,200 inspectors responsible for the health and safety of 130 million workers, employed at more than 8 million worksites around the nation — which translates to about one compliance officer for every 59,000 workers." That means if we are going to be safe – we are going to do it because it is the right thing to do, not because we're forced to by OSHA.

Health Tip of the Day

EASY PORTION CONTROL: USE YOUR HAND!

You may be surprised to learn that the portion size you are used to eating may be equal to two or three standard servings. Here are a few handy tips: one teaspoon of margarine or oil is about the size of your fingertip (tip to first joint); an average cupped hand is about ½ cup of fruit, vegetables or cooked rice; an average palm is about three ounces of meat or poultry. Source: National Institutes of Health

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus

PEER CHECKS

With OSHA having only 2,200 staffers for 8 million US worksites, we are not likely to see an OSHA compliance officer on a regular basis. They are safety experts, but we just won't see them anytime soon. Ask your coworkers for peer checks! Two heads are better than one!

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November 13, 2016

Safety Focus

PREVENTION

“Safety brings first aid to the uninjured.”

- F.S. Hughes, c.1912

Health Tip of the Day

BODY IMAGE AND KIDS

Research shows that girls as young as six years old are worried about their body image and express the desire to lose weight. Parents are the most influential role models for helping kids develop a healthy body image. Set a good example by focusing on health, not weight. Enjoy nutritious meals together as a family and aim to be physically active together. Children who develop a positive self-image often have more confidence in themselves and their abilities. Sources: Academy of Nutrition and Dietetics

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus

ERROR PREVENTION

A good Human Performance program has at its base: preventing Human Errors. No one is perfect, humans make mistakes. But error-likely situations are predictable, manageable, and preventable. If we use our tools, and work hard to prevent errors and eliminate Latent Organizational Weaknesses, we'll prevent the need for First Aid care (and a myriad of other problems.)

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November 14, 2016

Safety Focus

TODAY

It can be tough to discipline yourself to do it the right way, the safe way, every time, every day. But it's the right thing to do. And then, at that wonderful moment in your career, when you're at your own retirement party, you'll be telling the youngsters: it is the only way.

Health Tip of the Day

TAKE A STRESS INVENTORY PART I OF IV

Stress is your body's reaction to the demands of the world. Stressors are events or conditions in your surroundings that may trigger stress. Your body responds to stressors differently depending on whether the stressor is new or short term — acute stress — or whether the stressor has been around for a longer time — chronic stress. When you are feeling stressed, take a moment to inventory exactly where your stress is coming from. Understanding the source is the first step in mitigating the effects. Source: Mayo Clinic

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Information not available at time of publishing.

Human Performance Focus

CRITICAL STEPS

A Critical Step is a procedure step or action that if performed incorrectly, can have an immediate adverse consequence, cause irreversible harm to equipment or people, or will significantly affect operation of equipment. Critical Steps should be identified during the pre-job brief, and plans made to properly manage those steps.

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November 15, 2016

Safety Focus

THE MAIN THING

Question: What is the most important thing you can do today?

Answer: Stay Safe. What is the main thing needed to accomplish that? “The main thing is to keep the main thing, the main thing.” (Tony Brigmon – at an Entergy Safety Conference). Tony’s point is this: No matter what happens, or how busy life gets, whatever traps or hazards come your way: Keep the main thing (your safety) as the main thing. Don’t let yourself get sidetracked from the MAIN THING.

Health Tip of the Day

STRESS INVENTORY PART II OF IV

When you write down some of the top issues you're facing right now, you'll notice that some of your stressors are events that happen to you while others seem to originate from within. Creating a coping mechanism is important for both internal and external stressors. Source: Mayo Clinic

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Information not available at time of publishing.

Human Performance Focus

SIDETRACKED

Above, we talk about not getting sidetracked and keeping in mind: The Main Thing. Another tool: Questioning Attitude: Ask yourself: What is The Main Thing today? How am I going to accomplish it? What has changed in the last hour? Do I need to change any of my plans?

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November 16, 2016

Safety Focus

WORKING ABOVE THE SHOULDERS

Working above shoulder height and at workstations that are too high for the task can cause workers to use awkward shoulder, back, and neck postures. Working in these types of awkward postures can increase the risk of musculoskeletal injury, or MSI.

Reduce your risk of MSI by avoiding the following:

- Repeating the same movement over and over.
- Holding the same posture for long periods of time.
- Handling heavy weights.
- Working in a twisted posture.
- Falling into the trap of overconfidence.

Health Tip of the Day

STRESS INVENTORY PART III OF IV

Strategies to manage external stressors include lifestyle factors such as eating a healthy diet, being physically active and getting enough sleep — which help boost your resiliency. Other helpful steps include asking for help from others, using humor, learning to be assertive, and practicing problem-solving and time management.

Source: Mayo Clinic

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Information not available at time of publishing.

Human Performance Focus

LOOK FOR SIGNS

Observe your peers when they are conducting work overhead. If you see signs they are beginning to fatigue from working in an awkward position help coach them to take a break and stretch. Coaching in this context helps illustrate the importance of taking action to minimize potential ergonomic related injuries.

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November 17, 2016

Safety Focus

TAKE REGULAR BREAKS

There are many work related injuries and illnesses that occur because a worker gets tired, burned out or has lost awareness of their surroundings. When possible it is important to take regular breaks to help stay fresh. Taking a step back from the work task allows you the opportunity to get the bigger picture and refocus your thoughts on the next actions.

Health Tip of the Day

STRESS INVENTORY PART IV of IV

Strategies to manage internal stressors include reframing your thoughts and choosing a positive mindset, challenging negative thoughts, using relaxation techniques, and talking with a trusted friend or counselor. Source: Mayo Clinic

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus

THE BIG PICTURE

Getting some distance from the work task can provide a new or different perspective. It is important for everyone to take a few minutes to move away from the work area, when possible, and use STAR.

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November 18, 2016

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. As the weather continues to get colder the surface conditions can deteriorate quickly. Allow some extra time to travel when weather conditions have affected traveling surfaces.

Health Tip of the Day

EMPLOYEE ASSISTANCE PROGRAM

Aetna's Employee Assistance Program for Entergy employees can help with some of your sources of stress. Here are some topics EAP covers: psychological, stress, drug or alcohol issues, marital or relationship issues, career and job issues, grief and loss, family issues, retirement, financial consultation, and Legal consultation.

Source: Entergy Portal: WorkLife Balance

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Information not available at time of publishing.

Human Performance Focus

USE YOUR TOOLS

Human Performance tools are a set of behaviors that can help you navigate through your current tasks safely. Similar to physical tools, when the HU tools are used correctly and in the appropriate situations they can prevent injuries.

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November 19, 2016

Safety Focus

SAFETY IS CRITICAL

“It is better to be careful 100 times than to get killed once.” –Mark Twain

Consider this: Unsafe Acts cause four times as many accidents & injuries as unsafe conditions. There are eight common causes for accidents: taking short cuts, being over confident, starting a task with incomplete instructions, poor housekeeping, ignoring safety procedures, mental distractions, failure to pre-plan the work and Latent Organizational Weaknesses.

Health Tip of the Day

RETHINK THAT ORDER

How often do you automatically order the combo from a fast food menu? Next time, think ahead before you order. Could you get a side salad or fruit rather than fries? How about bottled water instead of soda? You might even save some money as you're saving on calories, sodium and saturated fat! Source: U.S. Department of Agriculture

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus

COMBAT THE TRAPS

As Mark Twain said above, it doesn't hurt you to be safe. Use your HU tools to help you navigate through your tasks. Keep in mind that they all don't apply to every situation. Using the right tool at the right time can make the difference.

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November 20, 2016

Safety Focus

SAFETY IS FOR THE FUTURE

“Tomorrow is your reward for working safely today.” –Unknown

It is easy to get caught in the moment and lose sight of why we consider safety a condition of employment. Everyone in Entergy is a critical asset and the impact of an injury or accident affects more than just the individual(s) involved. Everyone should be able to go home better than when they came into work. Short-cutting safety prevents us from achieving that goal.

Health Tip of the Day

GRATITUDE

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings. William Arthur Ward

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus

MORE THAN YOU THINK

Your Human Performance tools are more than just a checklist of items to go through during a discussion. The HU tools are a set of behaviors, or skills, that you likely use more than you recognize. Think about the last time your vehicle started doing something you weren't used to. You used your questioning attitude and STAR, without even thinking about it, to evaluate the situation.

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November 21, 2016

Safety Focus

JOB SAFETY

“Confidence, knowing for certain that the person making the call has your safety foremost in their mind. And knowing that the job you are about to take on is the right thing to do, that it makes sense.” –Paul Gleason

It is important that everyone work together to ensure as much information as possible is available for the appropriate decisions to be made.

Health Tip of the Day

ISOMETRIC ABDOMINAL HOLD

The isometric abdominal hold targets the bulk of the core muscles and helps improve their strength and endurance.

- Sit in your chair with your feet flat on the floor and your back straight.
- Inhale and contract the abdominal muscles.
- Hold the contraction for 10 to 20 seconds before relaxing.
- Perform five to 10 contractions throughout the day.

Source: HealthFitness

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus

POST JOB

Take the extra few minutes to review the job you just completed. Are there any lessons that can be captured and shared with other personnel? Use this opportunity to evaluate what went well and share those successes.

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November 22, 2016

Safety Focus

WE ARE IN THIS TOGETHER

Did you know that it is your right and responsibility to report unsafe conditions on the job? Our leadership has a responsibility to ensure you have the proper tools and protection to get a work task completed safely. While Entergy leaders have responsibilities for your safety, so do you! It is your responsibility to make a conservative decision and report all unsafe conditions. Hold your leaders accountable for working to correct unsafe conditions in a timely manner. You are the experts in the field, use your knowledge to explain why a situation is unsafe.

Health Tip of the Day

TIPS TO REDUCE THANKSGIVING MEAL CALORIES

Instead of putting all of the Thanksgiving meal dishes on the table, serve the meal buffet-style in two parts. Place the healthier foods, including the greens on the buffet as the first course and then provide the more traditional dishes in the second course. Most people will eat fewer calories as a result. Source: today.com

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus

DELIVER THE MESSAGE

Using your effective communication HU tool can help when attempting to address potential safety concerns. Three part communication with your supervisor allows the opportunity for everyone to understand the issue and get a plan to correct it.

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November 23, 2016

Safety Focus

HOLIDAY TRAVEL

Many of us are gearing up to travel and spend time with extended family in all parts of the country. With so many other people on the road at this time of year make sure you take a few extra minutes before you leave to check your vehicle. You want to check things like your wipers and fluids. Determine if an oil change or any other maintenance is necessary before you leave as well. Vehicle safety and maintenance is important to ensure you make it to your destination.

Health Tip of the Day

SHOULDER SHRUG & ROLL

Stress and tension getting into your muscles? Try the shoulder roll:

- Roll the shoulders forward in circles 10 times
- Reverse the roll and roll the shoulders backwards 10 times.

Source: Source: Richard W. Bunch, Ph.D., P.T., C.B.E.S.

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus

LONGER TRIPS

It is the time of year when we begin to take longer than normal trips. When traveling with family during these longer trips use your communication and questioning attitude to make sure the driver is alert.

Safety Principle #11

Safety is a condition of employment.

November 24, 2016

Safety Focus

THANKSGIVING

The day has arrived to pull out those large fryers, smokers, grills, and pre-heat the ovens for meal preparations. While preparing these delicious meals please take the extra time to ensure safe practices are utilized. Keep some of these tips in mind:

- Ensure decorations and other clutter are clear of the cooking surfaces and devices.
- Wear appropriate clothing when cooking near open flames.
- Keep pot and pan handles turned so they are not sticking out over the edge of the stove.
- If possible, keep children away from burners and grills set up outside.
- Have an emergency plan if something were to go wrong.
- Have necessary safety devices available in case there is a need.

Health Tip of the Day

PICK YOUR PHYSICAL ACTIVITY

While many local communities host a local Turkey trot or walk, there are many options for you to be physically active and stay away from the appetizers or desserts during Thanksgiving. Volunteer to help clean, sit with a relative you haven't seen in a while (away from the food) or lead a family football game in the back yard. Any one of those ways can help reduce your calorie intake and make the day more meaningful. Source: HealthFitness

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Information not available at time of publishing.

Human Performance Focus

THINK ABOUT IT

This particular time of year can be stressful on many different people. Everyone wants to host family to a nice house and wonderfully cooked meal. Take a break every so often to STAR and make adjustments when something does not appear safe. Most importantly, enjoy this holiday time.

Safety Principle #11

Safety is a condition of employment.

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November 25, 2016

Safety Focus

GREAT DEALS

Black Friday, which is considered the unofficial start to the holiday shopping season, also brings out thieves, pickpockets and others who are looking to take advantage of unsuspecting shoppers. Have a safety plan:

- Map out your shopping route
- Practice patience
- Conceal your purchases, such as in the trunk or under something
- Protect your personal items
- Park safely and be aware of your surroundings
- Obey the laws and buckle up
- Try not to shop alone

Health Tip of the Day

EMERGENCY SAVINGS

Financial professionals often recommend having three to six months of income saved in case of the unexpected, but if getting there seems overwhelming, start small. Make saving a habit by having a portion of each paycheck automatically deposited into a savings account. Even setting aside small amounts will add up over time, helping you feel more prepared if an emergency arises. Source: Financial Literacy and Education Commission

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Information not available at time of publishing.

Human Performance Focus

STAY FOCUSED

The holiday times can be distracting when at work. There is a desire to want to hurry up and get home to spend time with family and friends. When it is time for you to head home ensure you do a thorough turnover with the next crew. They will need as much information as possible to ensure they are successful after you leave.

Safety Principle #11

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November 26, 2016

Safety Focus

ROAD SAFETY

The Thanksgiving Holiday weekend is generally the busiest travel weekend of the year for road traffic. When driving keep the Smith System 5 Keys in mind:

1. Aim High In Steering
2. Get The Big Picture
3. Keep Your Eyes Moving
4. Leave Yourself An Out
5. Make Sure They See You

Health Tip of the Day

ZINC FOR COLDS

Cold and flu season is upon us and, for many, this means taking some extra precautions to avoid getting sick. According to the National Institutes of Health, more research is needed before making any general recommendations about using zinc for the common cold. However, most experts agree that regular hand washing is one of the best ways to avoid getting the common cold. Source: National Institutes of Health

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Information not available at time of publishing.

Human Performance Focus

NOT JUST AT WORK

The Human Performance tools are a key set of behaviors that when used appropriately can help to minimize accidents. These behaviors are not just things to do at work. When used at home they can help to prevent home accidents as well. Using your HU tools at home also helps to reinforce the behaviors so they become more natural in all situations.

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November 27, 2016

Safety Focus

BIGGER THAN JUST YOU

“Safety applies with equal force to the individual, to the family, to the employer, to the state, the nation and to international affairs. Safety, in its widest sense, concerns the happiness, contentment and freedom of mankind.” –William M. Jeffers

Jeffers’ point here, and it is a powerful one, is that the consequences of improper safety practices can have far reaching consequences. An unsafe practice by a single individual can send ripples through a lot more than initially considered.

Health Tip of the Day

DROWSY DRIVING

Drowsy driving causes up to 6,000 fatal crashes each year. Signs of drowsy driving include frequent yawning, difficulty remembering the last few miles, missing your exit, or drifting out of your lane. If you experience any of these warning signs, pull over. Above all, aim to be well-rested before hitting the road! Source: Centers for Disease Control and Prevention

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Information not available at time of publishing.

Human Performance Focus

USE THE TOOLS

There are safety practices and policies. There are Human Performance tools and traps. While they are different on the surface they are deeply rooted together and work with each other to keep us all safe. The safety practices and HU tools are intended to be utilized together to provide a safe working environment.

Safety Principle #11

Safety is a condition of employment.

November 28, 2016

Safety Focus

CYBER MONDAY SHOPPING

With the ever advancing technological world we live in we must take special precautions when shopping online during this event. Some advice from PCWorld:

- Shop on secure websites. Look for “https” in the website address.
- Use strong passwords when setting up new accounts.
- Use different passwords for each new account.
- Don’t buy from unfamiliar websites or popup ads.
- Ensure your computer protection software is up to date.
- Keep track of your purchases and a close eye on your statements during the shopping season.

Health Tip of the Day

FINANCIAL WELL-BEING: CHECK YOUR CREDIT REPORT

Credit reports are used for making decisions about loans, insurance, and even employment, make sure yours is accurate. You can get a free report from each of the three credit reporting companies once per year by visiting www.annualcreditreport.com. Checking your reports and disputing errors can help fix mistakes that could hurt your ability to get credit, as well as protect you from identity theft. Source: Consumer Financial Protection Bureau

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Information not available at time of publishing.

Human Performance Focus

FOLLOW UP

If you conduct shopping online use your questioning attitude and place-keeping to help you validate your charges. Keep your receipts and check your statements to ensure the appropriate amounts are being charged and that no unexpected charges are showing up. If something seems suspicious call your bank and get further help.

Safety Principle #11

Safety is a condition of employment.

November 29, 2016

Safety Focus

BE AWARE OF ERROR TRAPS

The incidence of human error increases when a person is sleep deprived, under stress, using drugs or alcohol, or is otherwise preoccupied. Something as simple as bright lights can dramatically increase a person's tendency to take risks. Inevitably, some of these mistakes will place the worker in the line of fire. Situational awareness includes being aware of the condition of those working around you. Check on each other throughout the work day. Communicate with each other and look out for each other.

Health Tip of the Day

STRETCHING ISN'T JUST FOR WORK

Stretching your muscles should be an everyday activity in order for you to get the most benefits. Avoid the thinking trap that it is only for big physical jobs. Your muscles respond positively with every stretching session. For best results, stretch daily. Source: HealthFitness

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Information not available at time of publishing.

Human Performance Focus

DISTRACTIONS

When there are distractions present one of the best tools you can use is place-keeping. Using marks for the steps that you are on or that you have completed help to maintain a focus on the task at hand and helps to prevent missing or repeating a step.

Safety Principle #11

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November 30, 2016

Safety Focus

IT IS ABOUT YOU

This month was about Safety Principle #11, Safety is a condition of employment. Though this message appears ominous it is meant with the best of intentions based on the consequences of working unsafely. We want everyone to go home better than when they showed up to work. The Entergy family is only one part of who you are and we want all the other parts to enjoy you as well. Everyone must work safely.

Health Tip of the Day

COOKING WITH COCONUT OIL?

Coconut oil has gained popularity and is available in most grocery stores. Be aware it is rich in saturated fat and, therefore, solid at room temperature. National guidelines recommend replacing saturated fats (such as those found in butter, lard, high-fat meats, and tropical oils) with healthier, unsaturated fats (such as olive and canola oil). Source: Academy of Nutrition and Dietetics

Org Health & Diversity Focus

Information not available at time of publishing.

Human Performance Focus –

LOOK WHERE YOU WORK

One of the best methods to ensure that you are working safely is to review the job site before, during and after you work. Use STAR to navigate through what potential hazards might exist and look for ways to eliminate them. If there appears to be no way to eliminate a hazard then reach out for some additional guidance.

Safety Principle #11

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