

Safety Principle # 3

All employees are responsible for safety

March 2021

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March 1, 2021

Office Daily Safety Message

March is National Nutrition Month®

National Nutrition Month® is a time to learn about making more informed food choices and to develop or reset healthful eating and physical activity habits. Increasing your percentage of healthy food consumption and making small changes to daily routines can make a big difference on long-term overall health.

What changes will you make to your diet to make healthy living easier?

For more information, visit www.eatright.org

National Nutrition Month® is a registered service mark of the Academy of Nutrition and Dietetics.

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Why should I eat healthy?

A healthy diet prevents malnutrition and protects from diseases like obesity, heart disease, diabetes, cancer and stroke. Today, many people's diets consist of more saturated fat, trans fats, sugars, and more sodium than fruits, vegetables and dietary fiber. Your body's health reflects what you put into it.

Below are 10 reasons to have a healthy diet:

1. Good nutrition improves overall well-being
2. It costs more in the long-term to be unhealthy
3. Helps you manage healthy weight
4. Maintains your immune system
5. Delays the effects of aging
6. Gives you energy
7. Reduces the risk of chronic disease
8. Healthy eating positively affects your mood
9. Increases focus
10. Healthy diets may lengthen your life

What are your reasons for eating healthy?

(www.unitypoint.com/livewell)

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March 3, 2021

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Build Your Plate

We've all heard that we need to choose healthy foods from the food pyramid, but how do you apply the food pyramid to your plate? Below are some easy tips for building a healthy, quality plate for a healthier you!

1. Fruits & Vegetables – $\frac{1}{2}$ of your plate
 - The more veggies – and the greater the variety – the better. Potatoes and French fries don't count!
 - Try to eat more vegetables than fruits in a given meal (2:1 ratio)
 - Aim for color and variety in both fruits and veggies!
2. Whole Grains – $\frac{1}{4}$ of your plate
 - Whole wheat, barley, quinoa, oats, brown rice, and foods made with whole grains have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains
3. Protein – $\frac{1}{4}$ of your plate
 - Fish, poultry, beans, and nuts are great protein sources and can be paired with a variety of other healthy food options
 - Limit red meat and avoid processed meat such as bacon and sausage
4. Healthy Plant Oils – in moderation
 - Choose olive, canola, soy, corn, sunflower, peanut, and other healthy oils over partially hydrogenated oils
 - Remember that "low-fat" does not mean "healthy"
5. Beverages – Water is best!
 - Choose water, coffee, or tea instead of sugary drinks
 - Limit juice to one small glass per day
6. Dairy
 - Limit milk and dairy products to 1-2 servings per day

With these guidelines in mind, how will you build a healthy plate today?

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March 4, 2021

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Hydrate for Health

Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work properly. For example, your body uses water to maintain its temperature, remove waste, and lubricate your joints. Water is needed for overall good health.

If staying hydrated is difficult for you, here are some tips that can help:

- Keep a bottle of water with you during the day. To reduce your costs, carry a reusable water bottle and fill it with tap water.
- If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink.
- Drink a glass of water right when you wake up in the morning. Yes, before your morning coffee!
- Drink water before, during, and after a workout.
- When you're feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight-loss plan. Some research suggests that drinking water can help you feel full.
- If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up, at breakfast, lunch, and dinner, and when you go to bed. Or, drink a small glass of water at the beginning of each hour.
- Drink water when you go to a restaurant. It will keep you hydrated, and it's free

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Stick to the List!

It's easy to get distracted or wander aimlessly at the grocery store if you are not prepared. The best way to ensure you are on your way to a healthier diet and lifestyle is to plan, plan, plan! Sit down and plan your meals and snacks for the week using the "Build your plate" method or other healthy guidance. Find new healthy recipes online for a change of pace. Make a list of everything you need and only what you need.

At the store, stick to the list! It's as easy as that. If you have a plan in place, you will be more likely to achieve your health goals. An added bonus of sticking to your list? You can save money by only buying what you need!

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Healthy Snacks

Many of us will find ourselves reaching for a snack at some point during the workday or between meals on the weekend. And anyone with kids at home knows that snacks are a must! How do we incorporate our new health habits into our snack habits, and teach our kids about healthy snacking along the way?

Perhaps the first thing to remember is that all food is fuel. When choosing snacks, think about what choices will help fuel your body and brain.

Tips for choosing snacks for ourselves:

- Craving chips? Choose crunch! Apples, carrots, popcorn, rice cakes, nuts & seeds
- Rethink your drink. Ditch soda for plain or sparking water, unsweetened tea or coffee
- Make snacks satisfying. Choose filling snacks like whole-grain toast with peanut butter, fresh veggies with hummus, a fruit and veggie smoothie, low-fat Greek yogurt
- Curb your sweet tooth (yes, it's possible)! Choose canned fruit (in natural juice or light syrup), baked apples, raisins or other unsweetened dried fruits, frozen grapes or bananas

Tips for healthy snacking for kids:

- Have healthy foods ready ahead of time (pre-cut fresh veggies, etc.)
- Place portions of snack foods (nuts, cheese, etc.) in small bags for little hands to grab and go. Another option is individual servings of applesauce, yogurt, hummus, etc.
- Make snacks look fun by making faces or shapes with healthy food

Resource for helping kids make healthy choices: www.fit.sanfordhealth.org

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The Four Routes of Entry of Hazardous Chemicals

Chemicals exist on virtually every single worksite, but you probably have numerous chemicals in your home as well. Many chemicals can be hazardous to humans depending on how an individual encounters them as well as the amount of the chemical they are exposed to.

There are four ways a chemical or substance can enter the human body:

- Inhalation – this is the most common route of entry
- Absorption – getting chemicals on the skin or into the eyes
- Ingestion – chemicals that inadvertently get into the mouth and are swallowed
- Injection – though not common, injection into the body can occur

Eliminate chemicals or substitute a less hazardous chemical in place of a more hazardous chemical when possible. Know what to do in case of an emergency by reading the label carefully before use. Do not use a chemical if you cannot read the label. Be sure to keep chemicals and other hazardous products in the home away from children and pets.

Be Safety Strong!

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March 8, 2021

Office Daily Safety Message

International Women's Day

International Women's Day occurs annually on March 8, and is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality. The theme for International Women's Day 2021 is #ChooseToChallenge.

"A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day.

We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world.

From challenge comes change, so let's all choose to challenge."
(www.internationalwomensday.com)

Did you know that Entergy has a Women's Employee Resource Group?

For more information on the Women's ERG or to join, visit the [Women's ERG Sharepoint Homepage](#)

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March 9, 2021

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On a phone call for an extended time or use your phone frequently?

Use a headset for prolonged or frequent phone use. One perk of a home office is that speakerphone is another tool to avoid phone call-related pain. Cradling the phone between your shoulder and ear can cause neck and back pain.

2021 should not be a pain in your neck, use the correct equipment!

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March 10, 2021

Office Daily Safety Message

Back Injuries

Back injuries can be painful and cause long term absenteeism or medical retirement. Demonstrating proper lift techniques and following procedure will help prevent these injuries.

Eight steps to lifting correctly:

1. Plan your lift. Know the weight of the item.
2. Ask for help if the load is too heavy or bulky
3. Get a firm footing
4. Bend your knees
5. Tighten your stomach muscles
6. Lift with your legs
7. Keep the load close to your body
8. Avoid twisting and turning your back

Planning is the KEY to lifting properly!

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March 11, 2021

Office Daily Safety Message

Ladder Safety Month

March is also National Ladder Safety Month. Here are some tips for safe ladder use:

- Always inspect your ladder before use and make sure all parts are working properly
- Make sure your ladder is clean; a clean ladder is safer than a dirty ladder
- Always face the ladder when using and maintain three points of contact when climbing
- Make sure the ladder is on firm, even ground
- Keep your body centered on the ladder
- Never stand on the last rung or step of a ladder
- Wear the right shoes; when climbing a ladder, wear close-toed shoes that are secure to the foot and have appropriate tread
- Avoid using ladders outdoors in bad weather

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March 12, 2021

Office Daily Safety Message

How far should a computer screen be from your face?

Have you had to move your workspace around as you and your family members continue to work around each other at home? Do a quick desk check to make sure your computer is not too close to your face. Adjust the monitor height so that the top of the screen is at or slightly below eye level. Your eyes should look slightly downward when viewing the middle of the screen.

Position the monitor no closer than 20 inches from your eyes. A good rule of thumb is an arm's length distance away.

Blue light glasses may be beneficial if your daily screen time is putting strain on your eyes. Keep those eyes bright, healthy, and looking ahead as we continue to work safely through 2021!

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March 13, 2021

Office Daily Safety Message

Daylight Savings Time

Daylight savings time begins Sunday, March 14th. Remember to set your clocks one hour ahead. It's time to spring forward.

Although it is just an hour, give your body enough time to adjust to the change. In some cases, the time shift can be dangerous. If your sleep cycle is out of whack, driving can be a bad idea. A study showed that fatal traffic accidents increase the Monday after time changes.

Stay Safety Strong in 2021.

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March 14, 2021

Office Daily Safety Message

Inattention Blindness

Have you ever been sitting at a red light waiting for the light to turn green and before you realize it, the car behind you is honking at you to go? The light turned green and you missed it! This is a common phenomenon that occurs because of our busy world and distractions. No one is immune to distractions, but there are steps we can take to ensure we stay focused.

Inattention blindness is defined as a lack of attention that is not associated with any visual defects. We can work to overcome this by avoiding fixed or blank stares and by not focusing on an object for more than 2 seconds while driving.

Can you think of other examples of inattention blindness to discuss with your work group?

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March 15, 2021

Office Daily Safety Message

COVID-19

It's been one year since many of us began telecommuting due to the rapid spread of COVID-19. At the time, we did not imagine we would still be working from home a whole year later.

As we continue through 2021 seeing more and more people receive the COVID vaccine, and feeling like there could finally be light at the end of the tunnel, it is still important to remember to take the necessary protocols to keep ourselves and those around us as healthy as possible.

- Masks should be worn in public, when around anyone who does not live in your home, and are required at all times while on Entergy property
- Continue to wash your hands frequently with soap and hot water, using hand sanitizer when soap and water are not available
- STAY HOME and monitor your symptoms if you experience fever, chills, body aches, headache, or any other symptom of the flu or COVID-19

Continue to stay healthy and stay safety strong in 2021!

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March 16, 2021

Office Daily Safety Message

Drivers and Pedestrians

Drivers and pedestrians alike share the responsibility of keeping themselves and others on the road safe.

Following a few safety tips and staying aware of your surroundings will keep you safe if you are a pedestrian:

- Walk in well-lit places
- Wear light clothing so you are visible
- Stay alert and focused
- Walk in safe places
- Avoid places after dark that have issues with crime
- Follow traffic rules
- Cross at sidewalks
- Do not stop to search for items in your purse or bag

Every day millions of people use various forms of transportation to get around.

At some point and time everyone is a pedestrian! Stay Safety Strong!

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March 17, 2021

Office Daily Safety Message

Spiders Hiding in Shoes

Did you know that your shoes are considered a safe hiding spot for spiders? According to the University of California, our Entergy service territory is in high range for brown recluse spiders.

These are not the only spiders that can harm you if bitten though. Here are a few tips to avoid being bitten:

- Before you put on your shoes, turn them upside down and shake them to allow any spiders that may be hiding inside to get out.
- Consider not storing shoes in your garage, where spiders are more likely to live.
- Visually inspect the inside of the shoe before putting on to ensure no spiders are inside.

The last thing anyone needs is to be bitten by a spider when you least expect it!

Did you check your shoes before putting them on this morning?

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March 18, 2021

Office Daily Safety Message

Eye Injuries

Eye injuries do not just occur on worksites, eye injuries can occur anywhere, anytime! Are you prepared in the case of an eye injury to yourself or a loved one?

In the event of an eye injury, take these steps:

Specks in the Eye

- Do not rub the eye.
- Flush the eye with large amounts of water.
- See a doctor if the speck does not wash out or if pain or redness continues.

Cuts, Punctures, and Foreign Objects in the Eye

- Do not wash out the eye.
- Do not try to remove a foreign object stuck in the eye.
- Seek immediate medical attention.

Chemical Burns

- Immediately flush the eye with water or any drinkable liquid. Open the eye as wide as possible. Continue flushing for at least 15 minutes. For caustic or basic solutions, continue flushing while on the way to medical care.
- If a contact lens is in the eye, begin flushing over the lens immediately. Flushing may dislodge the lens.
- Seek immediate medical attention.

Blows to the Eye

- Apply a cold compress without pressure, or tape crushed ice in a plastic bag to the forehead and allow it to rest gently on the injured eye.
- Seek immediate medical attention if pain continues, if vision is reduced, or if blood or discoloration appears in the eye.

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March 19, 2021

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Self-Care

Self-care is important to ensure that all parts of your body are functioning to the fullest potential to encourage maximum productivity and performance.

Below are a few ways to start a self-care plan:

- Make sleep part of your self-care routine
- Take care of yourself by taking care of your gut health
- Exercise daily
- Eat right for better physical and mental health
- Set healthy boundaries for peace of mind
- Take a break by getting outside
- Spend time with your pet – pets are proven to increase mood!
- Take care of yourself by getting organized
- Cook at home (only if you enjoy it!)
- Read a book about anything that interests you
- Schedule time for self-care in your week and treat it as an appointment – no cancellations!

Self-care needs to be something you actively plan. If you wait until self-care just happens, it will never happen!

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March 20, 2021

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Electrical Hazards

Electrical hazards can be anything from a frayed electrical cord to bad wiring in the walls or even an exposed wire. There are many ways to prevent electrical hazards one of the best is to never over load an electrical socket or extension cord. If you find an exposed wire - Never Touch It.

Look around your home while you do some spring cleaning, do you see any electrical hazards that need to be addressed?

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March 21, 2021

Office Daily Safety Message

Water Facts

Water is one of the most important substances on Earth. Plants, animals and people need water to survive. Water is important to our bodies and helps our bodies function correctly.

Some water facts you may not be aware of:

- Water makes up more than 60% of our body weight
- Lack of water is the number 1 reason for daytime fatigue
- A 2% drop in your body's water level can cause short term memory
- Water cleanses the body of toxins
- Water regulates the body's cooling system
- Water is a lubricant and cushions our joints

What does your hydration plan look like today?

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March 22, 2021

Office Daily Safety Message

Proper Shoes

The shoes we wear can play a big part in preventing falls. The slickness of the soles and the type of heels worn need to be evaluated to avoid slips, trips and falls. Shoelaces need to be tied correctly. Shoes can contribute to accidents, so it is important to ensure you are wearing the proper shoe for your daily activities.

Stay Safety Strong!

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March 23, 2021

Office Daily Safety Message

Get Rid of Unwanted Medicines

The National Safety Council recommends you take unwanted or expired medicines to a prescription drop box or take-back event near you. NSC offers free Stericycle Seal & Send envelopes, so you can send your unwanted medication to be safely destroyed.

This spring make sure unwanted or unused medicines don't end up in the wrong hands. Dispose responsibly and keep others safe!

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March 24, 2021

Office Daily Safety Message

Smoke Detectors

Springtime typically comes with a little bit of “spruce” whether that be spring cleaning or just freshening up a few things around your home. One thing to check off your list this spring? Check your smoke detectors!

According to the National Fire Protection Association, three out of every five home fire deaths result from fires in homes with no smoke alarms. Especially in the spring with the weather getting warmer, fire alarms should be tested every month. And the batteries should be replaced at least once a year. Make sure that you have a smoke alarm in every bedroom and common area of each floor of your home. That will ensure that everyone in your household can be notified of a fire emergency.

Don't Forget! Replace your carbon monoxide detectors as well to ensure maximum safety this spring!

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As the weather warms, you'll want to spend some time outside. Don't be fooled by the blooming flowers and the sunny skies, springtime weather can change extremely quickly and there can be some severe storms. It is important to be cognizant of the forecast for the entire day before you go out. And to continuously be aware of how the temperature could change dramatically. If skies look threatening, check to see if a storm watch or warning has been issued in your area before you head outdoors. If you are already outside and the weather conditions become threatening, like a thunderstorm. Head immediately to an enclosed building or vehicle and for a tornado warning, go to the nearest safe structure.

Don't Forget! The extra rain and thawing snow in spring can cause normally safe rivers, streams and creeks to turn dangerous, so be careful!

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March 26, 2021

Office Daily Safety Message

Window Safety

With warmer temperatures arriving, it's important to practice window safety – especially in homes with young children.

Falls from windows are more common than people might think. According to the Consumer Product Safety Commission, about eight children under age 5 die each year from falling out a window, and more than 3,300 are injured seriously enough to go to the hospital.

The Window Safety Task Force offers these suggestions to help protect children:

- Teach children to play area away from windows
- Teach caregivers and children that screens keep bugs out, but they do not keep children in
- For any windows that are 6 feet or higher from the ground, install window stops or guards that meet ASTM standards – limiting windows to opening less than 4 inches
- Keep windows closed and locked when not in use
- Keep furniture or anything a child can climb away from windows
- Always supervise children and ask about window safety when your child visits other homes
- For a double-hung window on an upper floor, install a window guard or stop that keeps children from pushing the bottom window open
- Lessen the potential impact of injury from a fall through strategic landscaping – use of wood chips, grass or shrubs beneath windows

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March 27, 2021

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Proper Lighting

Proper lighting is needed to relax eye muscles. Eye strain is often caused by excessively bright light either from outdoor sunlight coming in through a window or from harsh interior lighting. Eliminate exterior light by closing shades or blinds. Reduce interior lighting by using fewer light bulbs or fluorescent tubes or use lower intensity bulbs or tubes. If possible, position your computer monitor so windows are to the side instead of in front or behind it.

How bright are your lights?

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March 28, 2021

Office Daily Safety Message

Yardwork – Spring is HERE!

Don't let yardwork become a pain in the neck. Whether you're an avid gardener or dread mowing the grass, you are susceptible to outdoor injury, including:

- Back injuries from heavy lifting
- Strained muscles from planting or raking
- Rotator cuff tendonitis from pruning hedges with heavy sheers
- Lower back pain from weeding

Stretching prior to any task is a great way to loosen up your muscles!

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March 29, 2021

Office Daily Safety Message

Weekend Yardwork

Six tips to keep yardwork safe:

1. Prevent overuse injury – You may engage muscles during yardwork that you don't use daily, stretch prior to starting.
2. Lift properly – When lifting, remember lift with your legs and not with your back.
3. Wear gloves and protective clothing – Not only do gloves improve your grip on tools, they also provide protection from splinters, debris, and poison ivy.
4. Stay hydrated – When it is warm outside, it is easy to become dehydrated.
5. Wear sunscreen – Don't be deceived by a cloudy day!
6. Nix pesky bug bites – Mosquitos thrive in damp areas, so empty anything in your yard that contains standing water, such as gutters, pet water dishes, planters, buckets, pool covers, old tires, or birdbaths.

Relax and enjoy the outdoors.

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March 30, 2021

Office Daily Safety Message

Sun's Out, Guns....Covered in SPF

Spring brings with it warmer weather, sunshine days, and hopefully a cool breeze every now and then. However, don't get swept away by the nice weather and forget your sunscreen! Did you know that broad spectrum sunscreen with SPF 30 or higher should be worn at least on your face daily, on exposed skin when you go outside and should even be worn on slightly cloudy or cool days?

UV rays can cause damage to your skin in as little as 15 minutes. The CDC recommends seeking shade when possible, and wearing sun-blocking clothing, hats, and sunglasses along with your daily SPF. You can't be too safe when it comes to your skin!

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March 31, 2021

Office Daily Safety Message

Canned Air

Canned-air products are commonly used in offices to remove dust from computers or other electronics. When using this product, basic safety steps should be followed. These products should only be used in well ventilated areas and a non-flammable version should be used. Read the label on the can carefully before use!

Stay Safety Strong.