January 2014

Contents:

January 1 - How Bad Attitudes Are a Safety Gamble
January 2 - Is Your Attitude Hazardous to Your Health? (Part 1)
January 3 - Is Your Attitude Hazardous to Your Health? (Part 2)
January 4 - 5 Factors That Could Affect Your Safety
January 5 - How to Manage Stress
January 6 - Carelessness: Where Does It Come From?
January 7 - Carelessness: What to Do about It.
January 8 - Elvis Presley and Taking Care of Business
January 9 - Use Your Past to Brighten Your Future
January 10 - Baby, It’s Cold Outside! (Part 1)
January 11 - Baby, It’s Cold Outside! (Part 2)
January 12 - Baby, It’s Cold Outside! (Part 3)
January 13 - Put Cold Stress Injuries on Ice
January 14 - Walkin’ (Carefully) in a Winter Wonderland
January 15 - Five Tips to Take Charge of Winter Weather Prep
January 16 - The Story of Max McGee and the First Super Bowl
January 17 - Do You Need a Tune up for Winter Driving?
January 18 - Give Winter the Full-Wheel Deal
January 19 - A Cheat Sheet for Driving in the Dark
January 20 - Eight Tips for Safe Winter Driving
January 21 - Are You Making These Four Winter Driving Mistakes?
January 22 - Avoiding Deer on the Road
January 23 - Stranded. Now what?
January 24 - Master Your Anger
January 25 - Ward Off Winter Sun
January 26 - Exercise to Beat the Winter Blues
January 27 - 6 Winter Exercise Strategies that Really Work!
January 28 - Fight the Flu
January 29 - Seasonal Eating = Better Health
January 30 - Tool Talk (Part 1)
January 31 - Tool Talk (Part 2)
How Bad Attitudes Are a Safety Gamble

January 1

To put it bluntly, 2013 was a tough year at Entergy. There were so many initiatives going on, all at once, all of them critical and important to the future of our business. Over the past few months, we’ve seen a lot of good people, people we’ve worked with for years, real friends, leave the company. That hurt.

And looking ahead, there’s more change on the horizon. Our industry is transforming, and to survive, we must transform with it.

All of those factors, bundled together, can lead to uncertainty, stress and demoralization in the work place. In lots of little ways, we may start to give up. We may start to have a bad attitude, to look for the tarnish on every piece of silver. And one of the major problems with that is that when we stop caring, we make mistakes.

What’s your attitude toward safety? Attitude affects all you do and how you do it.

Safety rules and procedures are written to protect you from harm, not to make your work more uncomfortable or inconvenient.

Nobody’s perfect. Even the best of us can forget or make errors in judgment. And what’s going on around us can impact our attitude at work.

But have you ever noticed that successful people tend to have a positive attitude? It’s the same with safety. Working to maintain a positive attitude can help you keep yourself safe and keep the members of your team safe.

Attitude affects behavior. If you have a positive attitude, odds are you’ll exhibit safe behavior. A negative attitude, especially towards safety efforts, can quickly lead to conflict, stress and accidents.
Is Your Attitude Hazardous to Your Health? (Part 1)  January 2

Yesterday, we talked about how attitude can impact the safety of our behavior at work. Research shows there are five primary hazardous attitudes:

- Anti-authority
- Impulsivity
- Invulnerability
- Macho
- Resignation

Most, if not all, of us have experienced at least one of these attitudes during our careers. Let’s cover the first two, anti-authority and impulsivity, today.

**Anti-authority** occurs when we feel we’re being forced by an authority to comply with rules, procedures or use of equipment. With this attitude, we’re blind to the idea that behaving safely is just a good decision. Imagine that the highway patrol in your state is on vacation and everybody is able to drive as fast as they want. Get the picture? Many drivers would not consider the speed limit as a safe idea.

To combat anti-authority, remind yourself and others that you work safely because it’s the smart choice for YOU, not the company. Working safely ensures you’ll be able to pursue the kind of life you want for yourself (and for the members of your team) outside of work.

**Impulsivity** means a person doesn't stop to think about the consequences of not wearing PPE or following safety procedures. Impulsivity is the reason Wal-Mart has all that candy in the check-out line. It’s easy to grab a candy bar without thinking, and at work it may be easy to act automatically without considering what might happen as a result.

To keep impulsivity in check, slow down and consider your moves ahead of time. Think about what will happen when you do something. Quick decisions in a hazardous workplace will have a personal cost to you and your family.
Is Your Attitude Hazardous to Your Health? (Part 2)  January 3

Let’s continue our discussion on attitude. Remember, we said that research shows there are five primary hazardous attitudes.

We covered anti-authority and impulsivity yesterday. Today, let’s talk about invulnerability, macho and resignation.

**Invulnerability.** You never think it can happen to you, do you? It’s difficult for any of us to think about ourselves or someone we love being seriously injured. Sadly, many people understand their personal vulnerability only after an injury to themselves or someone close to them.

As much as we say that you have to believe in a zero-injury workplace, in order to reach that goal, we have to also believe and know that an injury can occur to us or a co-worker in a split second. Understand the limits to your body and protect yourself by following safety procedures and wearing proper gear.

**Macho** is evidenced when a person thinks he/she is too tough to get hurt. This condition is the result of low self-esteem and, contrary to popular belief, is not limited to men. Sitting in the back of the room at a safety meeting with sunglasses on and arms crossed, this macho worker is using body language to show everyone else he/she is too good to learn anything. Macho workers get hurt because their attitude is a barrier to learning. And they cause other problems, too. Many young workers may follow suit and enter the workforce without the information they need to stay safe.

In **resignation**, we resign ourselves to the idea that injuries are like the lottery. “Eventually, my number will come up, so there’s no need in trying to make our workplace safer.” Resignation to injuries is a way to provide an excuse for poor safety performance.

Injuries happen when you get in a hurry, take shortcuts, stop following procedures and take your PPE off — all of which cause a hazardous workplace to turn dangerous. We have tremendous control over how safe we live and work. We can eliminate and mitigate hazards. We can learn about safety. We can wear PPE. Don’t give up!
5 Factors That Could Affect Your Safety

January 4

So far this year, we’ve been talking about the importance of attitude on your safety.

What are some ways we can maintain a good attitude, especially considering all the information and change swirling around us?

You can work on your safety attitude by remembering five key things:

1.) **FOCUS.** A good safety attitude means you stay focused on the task. How well are you concentrating on the job? If you have other things on your mind, you may be distracted. And if you’re distracted (or bored), an accidental slip is easy.

2.) **STRENGTH.** This isn’t about bench pressing. In this context, strength means the strength to do the right thing, even when you’re under pressure to take shortcuts. A good safety attitude means you have the strength to stick with what you know is the right way of doing something – the safe way.

3.) **TIME.** A good safety attitude means taking time to do things correctly and using the right PPE. Is saving a few seconds worth a lifelong injury? If you add up the lifetime costs of injuries (hospital bills, medication, physical therapy, not to mention all the time you’ll spend on the phone with the insurance company), it’s obviously cheaper to do the job the right way the first time.

4.) **RESPONSIBILITY.** If you truly care about your team, you’ll take responsibility even when a task “isn’t my job.” A good safety attitude means thinking of yourself as part of the team and thinking of the team as an extension of yourself.

5.) **RISK.** A good safety attitude means being smart and avoid taking unnecessary risks.
For most of us, stress is a part of our daily lives. We’ve got lots of obligations at work: big projects, outages, customers in need. There are personal demands on our time as well. We may be running kids around to activities, taking care of sick or elderly relatives or trying to go back to school.

If we don’t deal with stress, it can cause problems at work and at home. When we’re under stress, we’re less likely to take the time we need to prepare for a task, avoid unnecessary risks and stick to the rules.

In addition, we’re just plain crabby to be around. (Not naming any names here, but you know who you are.)

With consequences like that, reducing stress becomes a priority. Here’s how:

- **What’s bugging you?** Identify the source of your stress. Certain people? Certain tasks? Awful stories during the 10 o’clock news? Once you pinpoint your most likely stressors, you can take steps to address them.

- **Ask for help.** Is your mile-long to-do list, either at work or at home, part of the problem? Let people know! Clearly communicate your needs and ask for help.

- **Accept the things you can’t change.** Many things in life are beyond our control — particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control, such as the way you choose to react to problems.

- **Accentuate the positive.** When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.

- **Make time to de-stress.** What relaxes you? Time in nature? Exercise? Listening to your favorite music? Pursuing activities you enjoy helps you balance the impacts of stress.

Think about the situations in your life that cause you stress. If they’re controllable events, you can take action to change the situation. If they’re uncontrollable, you can use your skills in acceptance, attitude and coping to reduce the stress.
Carelessness: Where Does It Come From?  January 6

About **20 percent** of injuries are caused by unsafe **CONDITIONS**.

About **80 percent** of injuries are caused by unsafe **ACTIONS**.

If you consider, also, that most unsafe conditions are brought about by human failure, *then the vast majority of injuries are caused by unsafe acts.*

That’s good news for us! It means we have the power to eliminate injuries. There’s a lot we’re already doing to get rid of injuries at Entergy. We do extensive training and follow up, and we have a comprehensive set of work rules and procedures in place.

Why, then, do injuries still happen?

One of the reasons is simple carelessness. Sometimes we temporarily disregard our own safety for not much of a reason at all. Let’s take a look at some of the factors contributing to carelessness:

- **Attitude.** "This safety stuff doesn't apply to me!" A study of accidents involving foremen showed the foremen were injured when *they personally failed to apply the very safety standards they were supposed to enforce.* Did the fact that they were foremen protect them from injury? No. Injuries don’t care who you are.

- **Bad Habits.** Let’s say you didn’t follow the established procedure once before. Maybe you didn’t get hurt. Psychologically, this is a reward. So, you do it again and again and again. But it’s also Russian roulette. How many times can you pull the trigger before a round’s in the chamber? Do yourself a favor and work safe.

- **Internal Pressure.** "There’s just so much to do, and not enough time!" Are you self-motivated and self-directed? (Most employers love this type of individual.) Your determination to get the job done may cause you to lose sight of potential danger. Remember, you won’t finish the job if you get hurt.

- **External Pressure.** Usually, this pressure comes from your supervisor. Safety trumps speed. Disregarding safe work practices may save a little time, but what’s that worth? A few fingers? One of your limbs? Maybe even your life? That’s what you’re putting at risk. Isn’t it?
Carelessness: What to do about it.  January 7

We talked yesterday about how carelessness is a common cause of workplace accidents. We looked at a few factors that contribute to carelessness. Here are a few more:

- **Complacency.** After performing a job many times without an accident, you may quit paying close attention to what you’re doing.
- **Being upset or angry.** You can’t allow emotions to get in the way of doing your job correctly. Distraction can be dangerous.
- **Fatigue.** Being tired can slow down your physical and mental reactions and cause your mind to wander.
- **Recklessness.** Taking chances with tools, machinery, chemicals or work procedures is foolish and dangerous.
- **Being afraid to ask questions.** Training and work procedures cover a lot of ground – sometimes too much to remember. If you’re not sure what to do or how to do it, just ask. It shows you’re smart enough to know what you don’t know.

How can you fight carelessness? A few ideas:

- Pay attention to your training.
- Follow every step in every job, every time.
- Know and follow safety rules.
- Use required PPE.
- Give work your full attention. Keep your head and hands in the same place.
- Keep an eye out for hazards.
- Always ask, “What could go wrong here?”
- Put your personal feelings and problems aside while you’re working.
- Know what to do in an emergency.
- Ask questions about any procedure or precaution that’s not clear.
- Report any safety hazard you can’t fix, and report any near misses or incidents.
- Be your brother’s keeper. Take personal responsibility for the safety of your team by ensuring your co-worker follow safety procedures.
Elvis Presley and Taking Care of Business

You may already know this, but today is Elvis Presley’s birthday. He was born on Jan. 8, 1935, in the little town of Tupelo, Miss. His mother bought him a guitar at a local hardware store when he was 10, and by 1956, he had two chart-topping albums.

Well, Hollywood knew a gravy train when they saw it. After Elvis came back from serving in the Army, Colonel Tom Parker, his manager, pushed him into a heavy moviemaking schedule.

The movies were formulaic musical comedies, and they were almost universally panned by critics. But they were profitable and quick to shoot. They began cranking the movies out quickly, sometimes as many as three a year. Presley made nearly 30 movies during the 1960s.

Fifteen of those were accompanied by soundtrack albums and another five by soundtrack EPs. First and foremost, Elvis was a musician, but the movies' rapid production schedule affected his music. As the decade wore on, the quality of the soundtracks grew “progressively worse,” according to critics.

What does this teach us? Well, if you’re trying to do too many things, all at once, something is going to suffer. It might be your performance on the job. It might be your family life. It might be your personal health.

Elvis kept up his frenetic pace by using illegal drugs, and reports are that he often neglected his family life. In some ways, he chose to trade his health and his family life for his professional career.

If you’re feeling overloaded, fatigued and overwhelmed, speak up. Ask for help. Don’t sacrifice your personal safety or your health. We can work as a team to take care of business and get the job done.
January 9

Use Your Past to Brighten Your Future

January is a month full of possibility. Everyone is looking ahead, thinking of positive changes they can make in the new year. People are resolving to exercise more, eat healthier food and lose their temper less. People are looking ahead for ways to improve their lives.

But perhaps the best way to make the future brighter is to learn from the past. After all, hindsight is 20/20. How often have you said or done something and then later thought to yourself, "How could I have done that?"

Here are some afterthoughts which, unfortunately, too many of us have experienced:

- "That’s how we’ve always done it before." (Well, before this latest accident occurred, anyway.) We’re learning new, better, safer ways to do things all the time. It can be difficult to adopt better ways, but it’s worth it.

- "If I had taken that CPR course, I probably could’ve helped him." We train on lifesaving skills for a reason. Power generation, energy delivery and utility distribution are dangerous businesses. Keep your training and certifications current.

- "I should have taken care of that board with the rusty nails earlier." Eliminate hazards now, save yourself a tetanus shot later. (Ouch.)

- "For few more dollars, I could have bought safety shoes." The right PPE is crucial to safely performing tasks. That equipment is part of Entergy’s standards because it’s considered necessary, not optional.

So, in the new year, remember: adopt better ways, keep your training current, eliminate hazards and wear your PPE. You can only worry about eating carrots and drinking more water if you’re still around to do it.
Ol' Man Winter has most likely made it to your Entergy work location. (Unless you’re in Louisiana. In that case, it’s probably a balmy 70 degrees!) As a result, it’s probably past time to be thinking about working in cold temperatures.

Serious health problems can result from prolonged exposure to the cold. The most common are hypothermia and frostbite.

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body’s stored energy. The result is hypothermia, or abnormally low body temperature.

Low body temperature affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous, because a person may not know it’s happening and won’t be able to do anything about it.

Hypothermia can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat or submersion in cold water. Look for these signs:

- Shivering, exhaustion.
- Confusion, fumbling hands.
- Memory loss, slurred speech.
- Drowsiness.

In frostbite, localized damage is caused to skin and other tissues due to freezing. Frostbite is most likely to happen in body parts farthest from the heart and those with large exposed areas. The initial stages of frostbite are sometimes called “frost nip.” Look for these signs:

- A slightly painful, prickly or itching sensation.
- Red, white, pale or grayish-yellow skin.
- Hard or waxy-looking skin.

If you notice any of these hypothermia or frostbite signs, take the person’s temperature. Below 95 degrees? The situation is an emergency. Get medical attention immediately.
Yesterday, we talked about the signs of hypothermia and frostbite. So let’s say you notice these signs in yourself or one of your co-workers, and you call for emergency medical attention.

If medical care is not immediately available (or as you wait for it to arrive), you can take some simple steps to help:

- Get the victim into a warm room or shelter.
- If the victim has on any wet clothing, remove it.
- Warm the center of the body first—chest, neck, head and groin—using an electric blanket, if available. You can also use loose, dry layers of blankets, clothing, towels or sheets.
- Warm beverages can help increase body temperature, but avoid alcoholic beverages. Don’t try to give beverages to an unconscious person.
- A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead have been successfully resuscitated.
- Unless absolutely necessary, the person should not walk on frostbitten toes or feet.
- Do not rub or massage frostbitten skin or break blisters.
- If skin is frozen, do not thaw it if there’s a chance for re-freezing before you reach safety.

**These procedures are not substitutes for proper medical care. Hypothermia and frostbite are medical emergencies and should be evaluated by a health care provider.**
Many jobs at Entergy require us to work out in the elements. And even if we aren’t restoring after an ice storm, many of us find ourselves making treks into plants and offices through cold, windy parking lots.

There’s nothing more miserable than being cold and wet. But with a little forethought, you can avoid all of that unpleasantness.

- **Wear several layers of loose-fitting clothing.** Then you can adjust as needed by removing or adding a layer or two. You’ll want clothing that minimizes body heat loss and skin exposure to wind and moisture.

- To stay dry as you work, **put on performance fabric first.** There’s a wide variety of athletic clothing on the market that wicks the moisture away from your skin, keeping you dry and warm. Wet clothing can lose up to 90 percent of its insulation value and drain your body heat away.

- **Make sure your hands and head are covered at all times** to minimize heat loss. Gloves keep your hands warm, readily available to hold ice-covered handrails. (Besides providing warmth, gloves must protect some Entergy employees against specific job hazards - for instance, cuts, punctures, burns, chemicals or electricity.) An approved cold weather liner (under a hard hat) can add warmth, and so can ear warmers.

- In severe weather conditions, or if you are riding in an open vehicle, **you may need to cover your face with a scarf or woolen mask.** Not only will this keep your face warm, it will make the air going into your lungs warmer.

- **Stay dry.** Extra socks, gloves, and boot liners are easy to stash in a pocket or pack. Then if yours get wet, you can easily change for a quick warm-up. You can also use waterproof outerwear.

- **Wear proper, practical footwear** that supports your feet, keeps them warm and dry, and provides good grip. Flat soles with good rubber treads are essential. Extra boot liners and warm winter socks also help.
Earlier this month, we discussed recognizing warning signs and providing immediate aid to victims of hypothermia and frostbite. But how could such conditions, as well as other cold stress injuries, be prevented?

Here are some ways you can protect yourself against cold stress injury:

- **Dress warmly and keep dry.** Always have extra clothing available if there’s a chance you could get wet or need a few additional layers.

- **Eat right.** A proper diet provides your body with the nutrients it needs to withstand cold stress. A restrictive diet may deprive your body the ability to work well in cold temperatures.

- **Hydrate.** Cold weather increases the risk for dehydration. People don’t feel as thirsty in colder temperatures as they do when it’s hot. So, they don’t consume enough fluids. We lose a great deal of water from our bodies in winter, just by breathing the cold air in and out of our lungs. Our bodies also work harder under the weight of extra clothing, and sweat evaporates quickly in cold, dry air.

- **Don’t work alone.** In cold environments, use the buddy system. Look out for one another and be alert for the symptoms of cold stress.

- **Take breaks.** Working does make you break a sweat, keeping your body temperature up. Nevertheless, if you become fatigued during physical activity, your body loses its ability to properly retain heat. This causes rapid cooling which can quickly lead to cold stress. When you take a break, be sure to replace lost fluids and calories by drinking warm, sweet, caffeine-free nonalcoholic drinks and soup.
Ice. It’s great in your drink. On the sidewalk? Not so much.

Slips, trips and falls are second only to automobile accidents in causing personal injury. Industrial falls alone cause more than 1,000 deaths each year. When you add ice into the mix, chances increase that a fall will take you down.

You can stay upright with these twelve tips:

- Ice will form where there are any puddles of water. Think to yourself, “Where are there usually puddles of water?” If possible, plan your route around those areas, not through them.
- Walk on designated walkways if possible. Previous foot traffic may have made them more passable. If you’re lucky, they may have even been treated with salt or sand.
- It’s cold, but don’t put your hands in your pockets! Keep them free for balance. Use handrails if they are available so you’ll have three points of contact.
- Don’t rush. Give yourself sufficient time to get where you’re going.
- Take short steps or shuffle for stability. Walk flat-footed.
- Keep your eyes on where you’re going. Watch what’s underfoot.
- As much as possible, keep your center of gravity directly over your feet.
- Wear proper, practical footwear that supports your feet and provides good grip. Flat soles with good rubber treads are essential. Plastic and leather soles are slippery.
- If you fall forward, try to roll onto your thigh, then your hip or shoulder. This will broaden the area of impact.
- If your feet do fly out from under you, try to bend your back and head forward, protecting your head, as you fall.
- Don’t make it worse! You’ll sometimes see people getting out of their cars at the office or plant and dumping what’s left in their travel mug on the ground in the parking lot. Guess what? That liquid will freeze. And it’ll be waiting for you, right next to your car, when you get ready to leave for the day.
- Indoors, melting ice or snow can cause wet spots and slippery floors. Stay on the lookout for puddles, especially near entryways, and mop them up.
If frigid temperatures or hard freeze warnings are in the forecast, a little preparation can go a long way at your plant, yard or office. For many of us, freezing weather is considered an off-normal condition. To combat it, use human performance tools and traps and remember the following:

- Water lines can freeze during extreme weather, including those providing safety shower water. This could create a potential hazard if not properly addressed.

- If necessary, each person should also be equipped with a portable safety eyewash bottle, should the safety shower system need to be shut down and drained. Pre-job planning will be necessary to ensure adequate personnel protection for those jobs where flushing may be needed.

- Use your freeze plan to ensure facilities and equipment are prepared. Keep in mind that portable heating can raise the danger of fire and carbon monoxide exposure.

- Route low point drains from potable water lines away from concrete walkways, equipment and structures. This will eliminate ice accumulation on walking surfaces and equipment and help prevent the formation of icicles.

- DO NOT RUSH! Although we may be tempted to hurry through a task so we can return indoors to warmth, please take the time to think through and carefully execute each step of every task with safety in mind.
The Story of Max McGee and the First Super Bowl

On this day in 1967, the very first Super Bowl was played. It pitted Vince Lombardi's Green Bay Packers against Hank Stram's Chiefs and was played before 62,000 fans in Los Angeles' Memorial Coliseum.

The game itself featured an unlikely hero in Green Bay wide receiver Max McGee. McGee, who was strictly a backup and didn't receive much playing time, got thrust into the game early after wide receiver Boyd Dowler was hurt.

Just moments after hitting the field, though, McGee caught a 37-yard touchdown pass to cap off an 80-yard drive, giving the Packers an early lead. On that day, he caught seven passes for 138 yards and two touchdowns as the Packers went on to win the very first Super Bowl, 35-10.

The game caught everyone's excitement, and the Super Bowl tradition was born.

McGee finished up a 12-season career before retiring from the NFL. He later opened a chain of restaurants with a buddy, but he'll forever be remembered as a special figure in NFL history.


Most people don’t know this, but he fell off a roof.

He was 75 years old, and he was up there blowing leaves off the roof. His wife, Denise, was out of town at the time, so he was at home alone. She'd told him not to go up there, and he probably knew better.

I'm telling you this story to show you that accidents don't care who you are. Front-liner, supervisor, plant worker, football star. If any of us use bad judgment, don’t keep our heads in the game and engage in risky behavior, we WILL get hurt.

Stay safe out there.
Daily Safety Focus

Do You Need a Tune up for Winter Driving?  January 17

Before you get into a vehicle this winter, take a little extra time to make sure it’s in good condition and operating correctly. Because nobody likes to be stranded on the side of the road in the cold rain.

- Are the windshield and side windows clear?
- Do the windshield wipers work?
- Are the blades in good condition?
- Can you see in all the mirrors?
- Are the headlights clean enough to allow for proper visibility?
- Do the tail and the brake lights work?
- Do the emergency lights work?
- Does the defroster work? (Or is there so much on the dash that the defroster couldn’t possibly work?)
- Are the brakes working properly?
- Is there a full tank of gas?
- Do you have emergency or repair equipment in the vehicle, including flashlights, flares, fire extinguishers, and chains where applicable?

Giving the vehicle a thorough check before any winter trips will make your driving experience easier and safer. Preventive maintenance and extra caution can be important factors in accident prevention.
If winter tires could talk, the front left one might tell you it’s dangerously under-inflated and getting warmer by the mile, in spite of the fact that it’s cold outside.

Tires can lose one pound per square inch of tire pressure every month under normal conditions, plus an extra pound per square inch for every 10-degree drop in temperature. Unless a tire loses so much air it appears to be flat, a driver may never know what’s happening (until he checks it with a tire pressure gauge or has a blowout, that is).

With winter approaching, it’s important to consider several aspects of tire safety:

- Check tire pressure at least once a month before you move your vehicle. Driving a car 10 miles before checking pressures won’t give you an accurate reading. Check your vehicle owner’s manual or driver’s side door frame to determine correct tire pressures.

- If you live in a snow belt or must drive regularly through one, invest in four (not two) good quality snow tires. You can get by with all-season tires, but as a driver you have to be aware that you’re just getting by. Any all-season tire is really a no-season tire. It’s not the best it can be in the summer, or in the winter.

- Don’t mix all-season radial tires with different speed ratings, and don’t mix all-season tires with snow tires. The handling characteristics can be quite different, just like trying to run with one high-tech running shoe and one bedroom slipper.

- Tires should be rotated every 6,000 to 8,000 miles for maximum tread life. Winter tires should be rotated between 3,000 and 5,000 miles.

- A half-worn snow tire is no better in winter than a new all-season radial, and a half-worn all-season radial is no better than a summer tire.

- Driving snow tires on dry pavement weeks after the last snow dump of the season will accelerate tire wear and can have a negative effect on vehicle handling.

Many drivers lose control of their vehicle during a blowout or when tire treads separate. Tall vehicles with high centers of gravity can roll over as a result of tire failure. Make sure your tires are in good condition and appropriate for the weather you’ll be driving in this winter.
A Cheat Sheet for Driving in the Dark

Even though night driving only accounts for 25 percent of our time on the road, more than half of all motor vehicle fatalities occur after dark. The National Highway Traffic Safety Administration says we’re three times more likely to be in a fatal crash at night than during the day.

During the winter months, the days are shorter. So, we spend more of our driving time in the dark. By this time of year, many of us will be commuting in the dark both morning and night.

How can we stay safe while driving in the dark?

- Turn your headlights on as soon as the light begins to get dim.
- Use low beams when you are following another vehicle or when a vehicle approaches from the opposite direction. When you blind the other driver with your high beams, you are endangering yourself.
- Look beyond your own headlights. Use streetlights and the lights of vehicles in front of you to get an idea of what’s happening down the road.
- Leave an extra cushion of space around your vehicle at night, to allow more reaction time for yourself and other drivers.
- Impaired drivers are a danger to everyone on the road. Statistics suggest that one out of 13 drivers drives drunk in the early morning hours. Stay alert, and give others plenty of space to maneuver.
- If you have vehicle trouble, pull as far off the road as you can. Warn other drivers with your four-way flashers, headlights, interior lights and flares if you have them.
Eight Tips for Safe Winter Driving

Winter driving requires extreme care and caution. Many Entergy employees aren’t accustomed to wet and icy road surfaces, and winter driving isn’t a skill some of us get to practice often.

Here’s a refresher on a few things you can do to drive safer this winter:

- Remember to decrease your speed and leave plenty of room to stop. Posted speed limits are for dry pavement. Adjust your speed accordingly.
- Keep windshields, windows and mirrors free of ice and frost. Also remove snow and ice from all lights even the hood and roof.
- Know the current road conditions. Check weather stations before leaving your home or work location.
- Be on guard for accumulations of ice. Watch for icy bridges. Even when the rest of the pavement is in good condition, bridge decks will ice up sooner than the rest of the pavement.
- Don’t get overconfident in your 4x4 vehicle. It may help you get going quicker than other vehicles, but it won’t help you stop any faster. Many 4x4 vehicles are heavier than passenger vehicles and may take longer to stop. And your 4x4 can lose traction just as quickly as a two-wheel drive vehicle.
- Look farther ahead in traffic than you normally do. Actions by cars and trucks in front of you will alert you more quickly to problems, giving you a split-second of extra time to react safely.
- Remember that trucks are heavier than cars. Trucks take longer to safely respond and come to a complete stop, so avoid cutting quickly in front of them.
- Don’t let vehicles idle for long periods of time in the garage. It doesn’t take long for carbon monoxide to build up.
Are You Making These Four Winter Driving Mistakes?  January 21

So, you’ve taken the Smith Driving course. Done some driving in the ice and snow. Tuned up your truck for winter. You probably think you’re all set. But are you still making these four common winter driving mistakes?

- **Following too close.** The “two-second rule” can work on dry roads and in ideal conditions, but in winter, you should extend it to (at minimum) four seconds. Watch the vehicle in front of you. As it passes a stationary object, start counting (one one thousand, two one thousand, etc.). Your vehicle should not pass the same object until you have counted out four full seconds.

- **Pumping your anti-lock brakes.** Brake early, and brake correctly. It takes more time and distance to stop in adverse conditions. If your vehicle is equipped with anti-lock brakes, do not pump brakes in attempting to stop. Instead, "stomp and steer!"

- **Using cruise control.** Even roads that appear clear can have sudden slippery spots. The short touch of your brakes you need to deactivate the cruise control can cause you to lose control of your vehicle.

- **Driving while fatigued.** Failure to get adequate sleep before attempting a long trip on short winter days greatly increases driving risks. Be realistic in driving estimates so that it’s not difficult to meet planned arrival times. If you start to feel tired, switch drivers or pull into a safe area for a nap.
Avoiding Deer on the Road

During colder months, wildlife, and especially deer, are often active on or near the roadway. Collisions with deer can be fatal for drivers, and even if a crash doesn’t result in serious injury, it can lead to expensive auto repair bills.

Because there’s no changing deer behavior, remember these tips:

- First and foremost, ALWAYS wear your seatbelt. Most people injured in car/deer crashes weren’t wearing their seat belts.
- Deer are most likely to be active in the early morning and early evening, so observe warnings of animal crossings.
- Slow down to give yourself time to spot a deer near the road. If you do see one (or more), immediately decelerate as safely as possible. Remember, they often travel in groups. There may be other deer close by that you can’t see.
- Drive defensively and expect the deer to do the unexpected—like run right out in front of your car.
- The references to a deer in the headlights are accurate. Honk instead of flashing your lights if you encounter an animal on the road. The lights may cause the animal to freeze.

If you can’t help hitting a deer, here’s what to do:

- Slow down and grasp the steering wheel firmly, with both hands.
- Brake hard, without locking the wheels and skidding.
- Steer straight and stay in your lane. Do not use extraordinary measures to avoid the deer. This could put you in greater danger by crossing lanes into oncoming traffic or by hitting things like trees or telephone poles.

Once you hit the deer, stop the car safely and make sure you and any passengers are unhurt. If possible, move the car to the shoulder and turn on the hazard lights. Don’t approach the deer. You could be injured or forced into traffic by a thrashing animal. Report the crash to the police and your insurance company as soon as possible.

DO NOT attempt to kill an injured deer or take it before a police officer issues you a highway killed deer permit. Illegal possession of a deer is a misdemeanor punishable by jail, and/or a fine plus the loss of future hunting privileges.
Sometimes, despite our best efforts, our vehicle breaks down during a winter weather event. Or it slips on some black ice and ends up in a ditch. What then?

Well, the story can end up sounding like a happy episode of SurvivorMan *or* like a really bad horror movie, depending on your preparation and knowledge.

Try this:

- Before leaving, be sure your vehicle is equipped with an emergency kit. Charge your cell phone, and bring a car phone charger, if you have one. Check road conditions for your route, and be prepared to turn back and seek shelter if conditions become threatening.

- If weather is severe, pack a shovel, windshield scraper, tow rope, booster cables and a brightly colored cloth to use as a distress signal (just in case). Include a bag of sand or non-clumping cat litter to place under tires if stuck in the snow.

- Tell someone you’re taking a trip, where you’re going, the routes you’ll travel and when you expect to return. When you reach your destination, make it a habit to call and report you’ve arrived.

- If you break down, pull as far off the road as possible. Your greatest threat at this point is being hit by passing cars.

- Stay in the car. You may become disoriented and lost while wandering in a snowstorm.

- If you have cell phone reception, call for help.

- As you wait for help to arrive, run the engine occasionally to keep warm. Turn on the engine for 10 minutes each hour. Run the heater during this time.

- Beware of carbon monoxide poisoning. Clear snow away from the exhaust pipe and open a downwind window slightly for ventilation.

- If it’s dark, turn on your vehicle’s interior light to make it easier for rescuers to find you.

- Avoid overexertion. Cold weather puts added strain on the heart. Shoveling snow or pushing the car in freezing temperatures can cause a heart attack or make other medical conditions worse.
Temperatures are cold, but tempers can still heat up. When co-workers are in pressure-cooker situations on the job, it’s easy to rise to another person’s bait. While it might feel good at first, regret will almost certainly follow after you’ve cooled off – especially if you’ve damaged a relationship with someone you genuinely like.

Understanding how anger works can help us resolve conflicts better. Anger generally arises after another emotion such as humiliation, pain, threat or fear. It commonly results from a feeling of having been put down. Good judgment flies out the window as the argument escalates and tempers flare.

You can master your anger with a few simple steps:

- Learn to fight fair and deal with the problem, not the person. Be hard on the problem and soft on the person.

- If you must speak out over an issue, think about how you’re going to handle it before the words leave your mouth. Write down what you want to achieve.

- Avoid being rigid about what others should or shouldn’t do to suit you. Remember, others may think quite differently.

- Watch your body language during a discussion. Breathe, relax and face the person head-on, maintaining neutral eye contact. Don’t stare at the floor.

- Ask open questions to find out what the other person expects from a situation. Then, summarize that person’s viewpoint (calmly) to make sure you’ve got it right. You’re under no obligation to agree with another’s viewpoint; only to calmly hear that person out. If you can’t think of something valuable to say, don’t say anything.

- If the discussion escalates and you find yourself getting angry, stop arguing and agree to meet at another time. You can discuss it then, after you’ve both cooled off.

- The more secure you are about yourself, the less likely you’ll feel under attack and become defensive when someone confronts you. Take a course or read some books on improving self-esteem.
When faced with a hot, sunny day at the beach, most of us recognize the need for sun protection.

But what about winter sun? How many people consider it to be harmful? Like sunshine in the summer, winter sunshine contains two types of radiation that are dangerous: ultraviolet-A and ultraviolet-B. You require protection from both.

What can you do to ward off the winter sun?

- **Wear sunglasses.** When it comes to your eyes, the winter sun can be blinding – literally. Overexposure to ultraviolet rays can damage your retinas.

  Winter sun reflecting off snow and ice is more blinding than summer sun reflecting off water. If bright enough, it can cause a temporary (but very painful) condition called snow blindness, burning the surface of the eye. Overexposure can also cause eye growths, cancers and cataracts.

  Dark lenses alone do not ensure protection. You need to protect your eyes from ultraviolet radiation, not just the sun's brightness. If the lenses are extremely dark, but lack proper protection, this will cause even more damage. The damage occurs when the pupils of your eyes open wider to accept more light and allow more harmful rays to reach the retina.

  If you wear regular eyeglasses or contacts, talk to your eye doctor about the right kind of eye protection for you.

- **Wear sunscreen.** Just like the summer sun, overexposure to winter sunlight will give you a sunburn. Sunscreen will filter out the harmful rays and allow you to work safely. The higher the SPF rating, the more protection you'll enjoy.

It's just as important to protect yourself from the winter sun as it is when you are headed to the beach. Protecting your eyes and skin will prevent long-term damage and allow you to enjoy your time in the sun.
Exercise to Beat the Winter Blues

Work's hectic. Days are short. Temperatures are cold, and then it rains. During the winter months, it can be hard to find the motivation for daily exercise (especially when you’d rather be on the couch, in front of the fire, cuddled up in a blanket).

But maintaining your health is an important part of your personal safety and your ability to enjoy your life.

Why exercise this winter?

- **Prevent seasonal affective disorder.** Slowing down physically in the winter can have the unwanted side effect of bringing you down psychologically. And at a time when bad weather may already be lowering our spirits, we need to take practical measures to stay active and happy.

- **Lose or maintain weight.** With the calorie bonanza that is the holiday season, you may need to balance those recent increases/gains with a huge dose of will power and some energetic workouts. Aim for 30 minutes to one hour of vigorous exercise at least three times a week. (During these sessions, you should feel like you are working hard. If it feels like exercise, then it is exercise.)

- **Boost your energy and increase blood flow.** If you're feeling sluggish and fatigued first thing in the morning, improve your energy levels with yoga or a brisk walk.

- **Fight the flu.** We all need protection from the germs circulating around the office or being brought home from school by our children. Regular moderate exercise will boost immunity by improving lymphatic and cardiovascular circulation.

- **Reduce stress levels, anxiety and depression.** It's widely known that exercise has a positive effect on our mind, body and spirit. One way exercise improves our mental state is by removing the by-products of stress that surge through our bodies, helping us to find inner calm.
Last night, you laid out your workout clothing. You even set your alarm and filled your water bottle.

But this morning, when the alarm rings, it’s jarring. Your bed is so warm and comfortable. It’s so dark outside. And so cold. You can almost hear the cold. And then, as you’re listening for the cold, you make out the pitter patter of rain.

Working out in the winter can be tough. Here are some tips and tricks that may help:

- **Psychological focus.** Start by asking yourself what you want to achieve. Are you trying to lose weight, increase your self-esteem, sculpt your physique or improve your health? Would a healthier, leaner you give you the self-confidence to feel happier in your own skin? Make a few short bulleted lists of your goals and pin them to a few prominent places (your fridge door, your desk at work, etc.).

- **Just do it!** Half the battle is taking the first step towards exercise. When your alarm rings in the morning, don’t think about it. Just move. Tell yourself that you’re only committing to getting up and putting on your workout gear. Once you do that, tell yourself you’re only committing to driving to the gym. Before you know it, you’ll be sitting in the gym parking lot in your workout gear. You might as well go inside, right?

- **Swim.** Swimming at an indoor pool is a great way to exercise in the winter. It works your whole body, strengthens your posture and improves heart and lung function. (Plus, when you’re done, you can hit the Jacuzzi. Aaahhhhh!)

- **Buddy up.** Find a friend and try an exercise class. Or go jogging together. You’ll both be relying on each other to show up. That extra motivation may be just what you need to get out of your warm bed in the morning.

- **Work-out to exercise DVDs.** Still having trouble leaving the house? Dust off your old exercise DVDs. If they’re not motivating you, buy a new one, or swap your DVDs with friends so you’ve got some new ideas to work with.

- **Warm up and cool down.** Cold weather makes your muscles less flexible and more prone to injury. Warm up your body before vigorous activity, and gently stretch after your workout.
It’s that time of year. The sneezing. The runny noses. The bedside tables littered with tissues and cough drop wrappers. Influenza is a serious disease that can lead to a lot more than sleepless nights. Severe cases often result in hospitalization, and sometimes even death.

Even healthy people can get very sick from the flu and spread it to others. And with a flu season that can last as long as six months, it’s important to protect yourself. How?

- **Get vaccinated.** Vaccination is the first step to flu prevention. Entergy offers free flu vaccinations to active employees and dependents covered by the company’s medical plan. Flu shot clinics are hosted at most Entergy work locations prior to flu season. Walk-in flu shot locations may be accessed with an Aetna medical plan card or voucher.

- **Wash your hands with soap and water.** Cold and flu viruses can be spread by indirect contact. If someone sneezes into their hand and then touches a doorknob, the next person touching the knob may pick up the infection. Washing your hands is the best way to keep from getting sick. If soap and water aren’t available, use an alcohol-based hand rub.

- **Do the elbow cough.** Viruses cling to bare hands. Reduce the spread of germs by covering your face with your entire elbow when you cough.

- **Disinfect surfaces.** Viruses that cause colds and flu can survive on a surface for up to 72 hours. Phone receivers, doorknobs, light switches and remote controls are all good places to start.

- **Drink water.** Water can help strengthen your immune system, keeping the flu at bay. And if you do get sick, water flushes your system, re-hydrates you and washes out toxins. An adult should drink eight glasses of fluids each day.

- **Avoid sick people, and stay home if sick.**
Seasonal Eating = Better Health

Modern food processing and distribution systems make it easy to forget that seasons form a natural backdrop for healthy eating. With more and more foods available year-round, grocery stores shelves look much the same in December as they do in July.

To enjoy the full nourishment and variety of food, make your menu a seasonal one. Although there are fewer foods in season in winter, the cold-weather months boast some surprising health superstars.

Here are 5 of the healthiest winter foods you should be eating:

- **Pomegranates.** Pomegranate juice is rich in antioxidants, more so than other fruit juices. Just a cup daily might improve blood flow to the heart and reduce cell damage over time.

- **Dark, leafy greens.** Greens such as kale, chard and collards thrive in the chill of winter. (In fact, a frost can take away the bitterness of kale.) Dark greens are particularly rich in vitamins A, C and K. These vitamins contribute to healthy bones, skin and teeth, and they can also help the body heal wounds more quickly.

- **Citrus fruits.** Lemons, limes, oranges and grapefruits are at their juiciest in the wintertime and can add sunshine to a dreary day. Citrus fruits are loaded with vitamin C. (One medium orange delivers more than 100 percent of your daily dose.) They are also credited with boosting good cholesterol and lowering bad cholesterol.

- **Potatoes.** Potatoes sometimes get a bad rap for being a white starch, thrown into the same category as white rice or white bread. But unlike those other starches, potatoes are a whole food containing vitamins C and B6. They also deliver fiber, which is good for digestion and helps you feel full.

- **Winter squash.** There are many varieties of winter squash—including butternut, acorn and spaghetti squash—and they are all excellent winter choices. One cup of cooked winter squash has only 80 calories but is high in both vitamins A and vitamin C. It's also a good source of potassium and folate.
Tool Talk (Part 1)  January 30

It's all too common to hear about gruesome injuries, both on and off the job, as a result of unsafe power tool usage. Power saw accidents alone result in more than 67,000 blade contacts annually for U.S. workers and do-it-yourselfers. More than 33,000 of those injuries are treated in emergency rooms, and 4,000 result in amputations.

You can keep out of harm’s way by remembering the following:

- Pay attention and concentrate on the task at hand. A second of inattention can result in injury.
- Take your time. Work at a pace that is comfortable for you.
- Keep your work area clean. This will not only help you avoid tripping hazards, but also protect you and the tools you are working with.
- Always be on the lookout for obstacles and potential hazards. Vapors and dust are two dangers that are often overlooked. Proper ventilation is essential in order to avoid health hazards.
- Wear the proper protective gear. Eyewear, hearing protection, respirators and steel toed boots should be worn when necessary.
- Inspect tools before using them. If a tool is damaged or doesn’t work properly, report it.
- Use the right tool for the job. Substituting one tool for another can lead to a serious injury to yourself or others.
- Wear appropriate clothing. Clothing that is too loose can become entangled in machines.
- Make sure a power tool is unplugged before making any adjustments such as changing bits or blades. Just switching it off is not enough.
Yesterday, we talked about safe power tool usage. In combination with yesterday’s guidelines, special consideration must be given to power tools like drills and saws:

- Make sure the tool is properly grounded with an approved three-wire cord and a three-prong plug. Otherwise, it must be double insulated.

- Never break off the third prong. If you find a plug which has been altered, have it replaced.

- Place the power switch in the "off" position before plugging the tool in.

- Take good care of the power cord. Do not tie it in knots. Always keep the cord distant from the working surface. This prevents a cord from becoming severed or damaged.

- Maintain your balance when operating a power tool. Do not overreach.

- Keep your hands away from the working end of the power tool. Do not reach over or under the material being worked on.

- Do not use excessive pressure when operating the tool. Let the power tool do the work.

- Do not carry the tool if it is running. Do not carry it with your finger on the trigger.

The above reminders are for your own protection and safety. Power tools are extremely useful for many kinds of work including cutting, drilling and grinding. Be sure to use them safely, and remember to wear your personal protective equipment!