

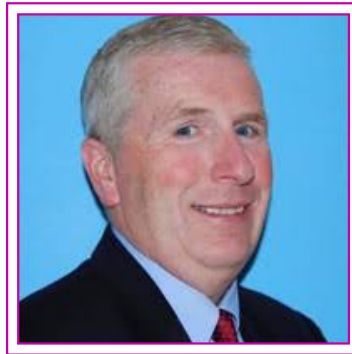


# The Pipeline Safety Pulse

## In this issue...

- 1 A message from Richard Delaney
- 2 National 811 Day
- 2 Understanding UV safety
- 3 Pipeline Safety Management System's (PSMS) new e-learning modules
- 4 Cybersecurity in security operations
- 5 National Wellness Month
- 5 National Traffic Awareness Month
- 5 World Humanitarian Day (August 19)
- 6 Get ready for National Safety Preparedness Month in September!
- 7 Mitigating heat stress for field workers

## A message from Richard Delaney



August is a time for home projects and yard work. As we approach August 11th (8/11 Day), it is important to remember to call 811 before you start to dig and to wait the required time for marking out buried facilities like natural gas and electric lines. Something as simple as a new fence, deck extension or flower bed can impact buried utilities and turn a small project into a large headache.

It is also important for all of us to keep an eye on any contractors we or our neighbors may hire to work in our neighborhoods. If you find yourself out for a jog or walking the dog and you see someone digging or preparing to dig, just ask them this simple question: *"Have you called 811 to get all underground facilities marked out?"* Share your knowledge and experience working for National Grid and help them see the value of being safe.

One of the key aspects of our Pipeline Safety Management System is outreach and education. We have teams working daily with stakeholders to spread the word on pipeline safety. Join these teams by helping to ensure our systems stay safe and reliable for all we serve.

Richard Delaney  
Vice President, Gas Pipeline Safety & Compliance

Next





## National 811 Day

Always “Call Before You Dig” to ensure safe and successful digging projects.

**Date:** Observed annually on August 11.

**Purpose:** To raise awareness about safe digging practices to prevent damage to underground utilities.

**Action:** Homeowners and contractors are urged to dial 811 before starting any excavation project.

**Service:** Calling 811 connects to a local call center that coordinates with utility companies to mark underground lines (gas, electric, water, etc.).

**Benefits:** Marking lines helps prevent accidents, service interruptions, environmental damage and costly repairs.

**Message:** Emphasizes the importance of proactive safety measures to protect communities and infrastructure.

Safety awareness



Know what's below.  
811 before you dig.

- Upstate New York: [UDigNY.org](http://UDigNY.org)
- Downstate New York: [NewYork-811.com](http://NewYork-811.com)
- Massachusetts: [DigSafe.com](http://DigSafe.com)

## Understanding UV safety

### Protecting your skin in the sun

Personal safety



As summer shines brightly upon us, we must be mindful of ultraviolet (UV) safety to safeguard our skin from potential harm. UV rays emitted by the sun can have both short-term and long-term effects on our health, making UV safety a priority for everyone enjoying outdoor activities.

Protecting yourself from UV rays does not mean avoiding the outdoors altogether. By following these essential guidelines, you can enjoy the sun safely:

- **Use sunscreen.** Apply broad-spectrum sunscreen with at least SPF 30 generously, and reapply every two hours or after swimming or sweating.
- **Seek shade.** Limit direct sun exposure, especially during peak UV radiation hours (10 a.m. to 4 p.m.).
- **Wear protective clothing.** Cover exposed skin with lightweight, tightly woven clothing, wide-brimmed hats and sunglasses with UV protection.
- **Avoid tanning beds.** Indoor tanning beds emit UV radiation that can cause skin damage and increase cancer risk.





# Pipeline Safety Management System’s (PSMS) new e-learning modules



Pipeline Safety & Compliance is excited to announce the rollout of new e-learning modules for all US Gas Management Employees, focusing on the Pipeline Safety Management System (PSMS). Over the next two years, employees will be assigned ten PSMS modules, with the first module set to be released on August 31, 2024. Each module provides concise, foundational information about API RP 1173, ensuring that the training is efficient and manageable. The duration of each module is just 30 minutes. This staggered release schedule allows employees to complete the training at a comfortable pace, balancing it with their regular work responsibilities. By the end of the two-year period, employees will have received comprehensive training on crucial PSMS topics, enhancing their knowledge of safety practices without overwhelming schedules.

For your convenience, please see the training schedule below.

Course name	Course code	Due date
 <b>PSMS Essential Elements: Leadership and Management Commitment</b>	<b>US_TLD_GAS330W</b>	<b>08/31/24</b>
 <b>PSMS Essential Elements: Operational Controls</b>	<b>US_TLD_GAS332W</b>	<b>09/30/24</b>
 <b>PSMS Essential Elements: Stakeholder Engagement</b>	<b>US_TLD_GAS335W</b>	<b>10/31/24</b>
 <b>PSMS Essential Elements: Incident Investigation, Evaluation and Lessons Learned</b>	<b>US_TLD_GAS329W</b>	<b>11/30/24</b>
 <b>PSMS Essential Elements: Emergency Preparedness and Response</b>	<b>US_TLD_GAS328W</b>	<b>01/31/25</b>
 <b>PSMS Essential Elements: Documentation and Recordkeeping</b>	<b>US_TLD_GAS327W</b>	<b>02/28/25</b>
 <b>PSMS Essential Elements: Competence, Awareness and Training</b>	<b>US_TLD_GAS326W</b>	<b>03/31/25</b>
 <b>PSMS Essential Elements: Safety Assurance</b>	<b>US_TLD_GAS334W</b>	<b>06/30/25</b>
 <b>PSMS Essential Elements: Risk Management</b>	<b>US_TLD_GAS333W</b>	<b>09/30/25</b>
 <b>PSMS Essential Elements: Management Review and Continuous Improvement</b>	<b>US_TLD_GAS331W</b>	<b>01/31/26</b>



Safety awareness



# Cybersecurity in utility operations

## Ensuring infrastructure safety

Cybersecurity is vital for protecting our utility operations. Implementing robust cybersecurity measures has become even more crucial as we rely more on interconnected systems and smart technologies.

**Why it matters.** Cyber threats, from phishing to sophisticated attacks, can disrupt services, compromise data and endanger safety.

**Our commitment.** At National Grid, we prioritize cybersecurity. We invest in advanced technologies and best practices to safeguard our networks and data. Here are some of our key measures:

- **Advanced tools** help us detect and respond to threats in real time.
- **Regular training** ensures our team can recognize and mitigate risks effectively.
- **Strict protocols** limit access to critical systems, enhancing security.

**Adapting to new threats.** Cyber threats evolve, so we stay proactive. We collaborate with experts and stay informed to bolster our defenses.

**Your role.** Every employee is vital. Here's how you can help:

- **Follow security protocols.** Adhere to company policies and guidelines for using technology and accessing systems.
- **Stay informed.** Be aware of common cyber threats and phishing tactics. Report suspicious activities promptly.
- **Use strong passwords.** Regularly update passwords and avoid sharing them. Enable multi-factor authentication where possible.
- **Protect devices.** Keep software and antivirus programs up to date. Avoid using unsecured networks for work-related activities.

Together, we ensure safe, reliable utility services for our communities.

Stay vigilant. Stay secure.





# National Wellness Month

Dates to remember



Celebrate National Wellness Month this August by prioritizing your mental and physical well-being. Make self-care a daily priority by taking these practical steps:

- 1. Self-care.** Incorporate daily activities like meditation or a short walk for mental and physical health.
- 2. Physical activity.** Stay active with regular exercise, such as jogging or trying new fitness routines.
- 3. Healthy eating.** Prioritize balanced meals with fruits, vegetables and plenty of water.
- 4. Sleep.** Establish a bedtime routine and create a restful environment for quality sleep.
- 5. Social connections.** Connect with others through virtual meetups or outdoor gatherings.
- 6. Learning.** Engage in activities that stimulate your mind, such as reading or learning new skills.
- 7. Stress management.** Practice relaxation techniques like deep breathing or mindfulness.
- 8. Health check-ups.** Schedule regular screenings and check-ups with your healthcare provider.



# National Traffic Awareness Month

Support traffic awareness in August and every month by promoting these safe driving practices near utility infrastructure:

- **Remind employees to be vigilant** when working near roadways and utility sites, ensuring they adhere to traffic regulations and stay alert.
- **Conduct refresher training sessions** on traffic safety protocols, emphasizing the importance of proper signage, traffic control measures and personal protective equipment (PPE).
- **Engage with local communities** to educate them about the presence of utility infrastructure, encouraging safe driving practices to prevent accidents and damage.
- **Reinforce reporting procedures** for any incidents or near-misses involving traffic and utility operations, promoting a culture of accountability and continuous improvement in safety practices.



# World Humanitarian Day (August 19)

On this day, we recognize the dedication and bravery of humanitarian workers who tirelessly provide aid and support to those in need worldwide. Let's honor their commitment and reflect on how we can contribute to making a positive impact in our own communities and beyond.





Personal  
safety



## Get ready for National Safety Preparedness Month in September!

As September approaches, it's time to gear up for National Safety Preparedness Month. Here are some ways to participate and enhance your personal and workplace safety:

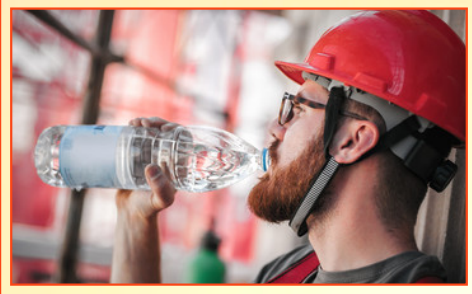
- ✓ **Stay informed.** Knowledge is power! This month, focus on understanding potential risks in your environment. Whether it's natural disasters, workplace hazards or health emergencies, being informed about these risks is the first step in preparedness.
- ✓ **Create a plan.** Develop comprehensive emergency plans for your home and workplace. Identify safe zones, evacuation routes and communication protocols. Ensure everyone knows their role during an emergency.
- ✓ **Build a kit.** Assemble an emergency supply kit with essentials such as water, non-perishable food, medications, flashlights, batteries and first aid supplies. Don't forget to include any unique items needed for your family or colleagues.
- ✓ **Conduct drills.** Regularly conduct safety drills at home and work to ensure everyone knows how to respond swiftly and efficiently during an emergency. These drills help identify weaknesses in your plan that can be addressed before a real incident occurs.
- ✓ **Stay engaged.** Participate in safety training sessions and workshops offered. Engaging in these activities enhances your skills and knowledge, making you more prepared for unexpected situations.

National Safety Preparedness Month is a vital reminder to evaluate and improve our readiness for emergencies. By taking these proactive steps, we contribute to a safer environment for ourselves, our families and our colleagues. Stay safe and prepared!





# Mitigating heat stress for field workers



As we navigate summer, prioritizing the safety of our field workers is crucial. Follow these guidelines to promote a safe working environment and prevent heat-related illnesses:

## Stay hydrated:

- Encourage frequent hydration with water throughout the day, even if not thirsty.
- Avoid excessive caffeine or sugary drinks, as they can contribute to dehydration.

## Wear appropriate clothing:

- Wear lightweight, loose-fitting clothing in light colors to reflect sunlight and heat.
- Use hats or other protective gear to shield from direct sun exposure.

## Schedule breaks in shaded areas:

- Plan work schedules to include regular breaks in shaded or cool areas.
- Rotate tasks to minimize prolonged exposure to heat.



## Recognize early signs of heat stress:

- Educate workers on symptoms such as dizziness, headache, nausea or muscle cramps.
- Encourage self-monitoring and prompt reporting of any discomfort.

## Learn emergency response protocols:

- Establish clear procedures for responding to heat-related emergencies.
- Ensure all team members are trained in first aid and heat illness management.

## Monitor weather conditions:

- Stay informed about local weather forecasts and heat advisories.
- Adjust work schedules or locations based on extreme heat warnings.

Stay cool. Stay safe.

