



OVERALL EVENT PROGRESS

21 %

## THE FALCONS HAVE LANDED



April 19, 2023

### Wednesday Wildlife Falcon Facts

Facts & Answers to Your Questions

Our Falcon Duo



• WHY??

- In 1970 only 3 known breeding pairs of falcons existed in Alberta due to pesticides (that were banned in 1972)

Monitoring the falcons ensures Alberta's peregrine falcon population continues to recover, it is believed there are at least 80 nesting pairs now in the province



Our falcons are not roosting in their box yet, but visit frequently and have been kicking the rocks (picture to the right) and moving debris around



Our falcons have returned for their ~4th year

Last year our pair had 4 full fledglings which is uncommon, usually only 1 or 2 baby birds (called eyasses) survive

### SCOTFORD WEATHER

Fri APR 21  
DAY 3°  
Feels like 0  
A few flurries  
40% ❄️ <1cm  
15km/h E  
23km/h  
6hr of sun

NIGHT -4°  
Feels like -9  
Partly cloudy  
20%  
13km/h SE  
20km/h

TURNAROUND STATS	LAST 24 HRS	OVER-ALL
No Treatment Case	0	3
Occupational Illness	0	1
First Aid	0	1
Medical Aid	0	0
Recordable	0	0
Life-Saving Rule Violation	0	2
Near Miss	0	1
Motor Vehicle Incident	0	3
Dropped Object	0	0
Hi Potential Incident	0	0
SIF	0	0
Env (Other/Spill)	0	3
LOPC (<100kg)	0	0
LOPC (>100kg)	0	0
Environmental Non-Comp.	0	0

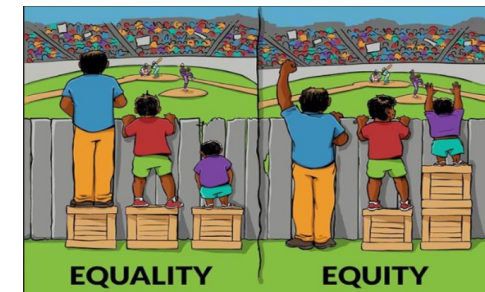
## TESTING FRONTLINE RELATIONSHIPS

*Let's Keep the Submissions Coming!*

The completion of the Pre TA-Test Frontline Relationships form is to provide feedback on improving our front line relationships. Front line meaning all (HSSE, Contractor Foreman, PEI, PE, Production, Field Leads, Etc.)

Please provide constructive feedback on topics such as technical material, duration to complete, training assessment, etc. Rating scale is between 1 and 5 – 1 being the least or worst, and 5 being the best or most. This form can be accessed from the QR code to the left.

Thank you, **Devin Weyland - TA Event Manager & Graham Polischuk - NRES**



# STEP

## Scaffold Use - The Do and the Don't of it.



**Do** - Check the scaffold tag every time you use the scaffold. A lot can change over a break.

**Do** - Read the tag for any special instructions. I.e. 100% tie-off.

**Don't** - Use a scaffold if the tag is missing/out of date/ or instructs against use. (no tag = red tag).

**Do** - Use the scaffold ladder to access platforms.

**Don't** - Climb the scaffold frame. Or use the cross beams as ladders.

**Do** - Request any needed scaffold modifications with the Scaffold Foreperson or General Foreperson.

**Don't** - EVER modify a scaffold if you are not a scaffold professional.

# EXERCISE AND PRESSURE

When the pressure is on, and you are feeling stressed the last thing you may feel like doing is exercising; but carving out some time to fit physical activity into your day is a way you can take control and help yourself be at your best.

Scientific evidence shows that exercise benefits our thinking and mood, and it can help us deal with stress and anxiety; even improving our sleep quality! This evidence has prompted health bodies such as the World Health Organization and American Psychological Association to recommend that we get active as one of the ways we can help ourselves to deal with stress, anxiety, low mood and depression. Research has shown that our brains respond positively to even light exercise such as walking, so you don't need to be an athlete to get the benefits of moving more.

Even little things can help; here are a few ideas:

- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes. When you get good at walking, pick up the pace from leisurely to brisk. Choose a hilly route.
- If you have a garden, get out and get working in it, mowing lawns, raking leaves, weeding, digging and clearing get you active and get you outside.
- When you go shopping, consider walking or biking if possible.
- Multitask. Do household chores while watching TV.

What little things keep you moving, healthy and dealing with stress?

**What did the plate whisperer say to the other plate?**

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**Dinner is on me!**

# GOAL ZERO CUP



Our 2023 UPGS TA Safety Prize Draw Winner is Valda McKenzie from Graham!

Also, I would like to nominate the Ed Ex workers working on the A Bank from the E-10's in the shop for the cup.

I went to visit them to see how the work was going and was pleasantly surprised to see everyone wearing all the correct PPE – hearing protection, gloves, face shields where required, respiratory protection where required, and were having discussions about how some of the areas they needed to weld in were difficult to reach. They were making a plan for how they were going to tackle the job recognizing the complexity added by the lack of space.

It would be very easy for this crew to take shortcuts as they are out of the view of the turnaround traffic, but they "chose to do all the right things even when no one was watching." #DoingTheRightThingsForTheRightReasons

