

SCOTFORD GOAL ZERO WEEKLY AND TURNAROUND TIMES

MONDAY, MAY 08, 2023



OVERALL EVENT PROGRESS

57.2%



Goal Zero Shifts (EOD May 6)

63

Money Raised for Charity

\$32,500

TURNAROUND STATS	LAST 24	OVERALL
No Treatment Case	0	12
Occupational Illness	0	1
First Aid	1	12
Medical Aid	0	0
Recordable	0	0
Life-Saving Rule Violation	0	5
Near Miss	0	4
Motor Vehicle Incident	0	4
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



“I would like to nominate Cat Changers, nightshift crew, with foreman Mike Hollman for the goal zero cup. I attended their toolbox talk on the night of April 18, which was right before they started working on V2 in RHC. The depth of the toolbox talk, the assessment of the risks, and the time taken to ensure everyone understood the job was above and beyond. There are tasks related to this job which are only done on our Shell site, so it is new to some of the crew, and there were special efforts made to ensure the people new to the specific task were educated and empowered to ask questions. **I would say this was the gold standard of toolbox talks.”**

‘I would like to recognize Elsa and Bilan with Compass. With all the extra foot traffic and how muddy it was up in the North Hub. The two worked very hard to keep the mud at bay inside the trailer. They even got booties for workers to put over their work boots to try to reduce the mud. Kitchens and washrooms are also immaculate. (They will also walk around the trailer sweeping up all the dead spiders I kill) 😊” **Spider duty? Above and Beyond!!**

NO HARM (Site)		
FAC	01-May-23	Dolly fell against worker causing injury to leg
FAC	01-May-23	While putting pipe in bin, pipe snagged on something causing it to slip and contact workers arm and hand
FAC	01-May-23	Walking backwards carrying a wood crate with others when lost footing and fell, crate landing on lower leg
FAC	02-May-23	Grinder slipped contacting worker's finger
FAC	04-May-23	Worker pulling wrench, dislodged striking working in face shield and upper lip
FAC	04-May-23	While climbing down ladder worker contacted a piece of steel



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WEEKLY SAFETY TOPIC – CARE FOR SELF (Physical and Mental Health During Stressful Times)

Care-for-Self is critical in times of change and/or stress.

The uncertainty and complexity that we face may cause us to expend more emotional, mental and physical energy than we usually do. **Taking time for ourselves is essential to revive and sustain our energy levels. we can become exhausted depleted, and our mental health can suffer if we do not care for our needs.** We may be unable to enjoy life, perform at our best and take care of others.

As A Team, look at the following 4 pillars to Self Care and discuss ways we can recognize where we are at and what we need to be Mentally, Emotionally, and Physically Health right now:

GET GOOD SLEEP

BUILD SOCIAL CONNECTION

OPTIMISE MENTAL WELLBEING

SUPPORT WHEN WE STRUGGLE

SLEEP

- Make your bedroom a sleep zone
- Create a bedtime routine
- Go screen free for at least an hour
- Stressed – make a list of your tasks/worries and commit to looking at it tomorrow

Build Social Connections

- Recognize if you are lonely and that it's OK
- Be vulnerable with at least 1 person
- Be part of something bigger than yourself

5 Steps to Mental Wellbeing

- Connect with others
- Pay attention to the Present moment
- Give to others – time, energy, skills
- Learn new things
- Be physically active

Its OK not to be OK

- If you are struggling...reach out.
- **Scotford Peer Support**
How to contact:
QR code - confidential and accessible from personal devices,
Email SCAN-Shell-Scotford-Peer-Support-Group@Shell.com,
Reach out to us personally
(Names are on our Sharepoint site [Scotford Peer Support Group - Home \(shell.com\)](https://www.shell.com/scotford-peer-support-group-home)) or call 780-992-8999 to speak to a dispatcher.



Motorcycle Safety Tip of the Week:

"If I'm behind you, please don't wash your windows. It sucks being sprayed with window washer fluid."