OVERALL EVENT PROGRESS — 62.4 %

HEALTH MATTERS

Stress is a fact of daily life and is the result of both the good and bad things that happen.

Too much stress can cause serious health concerns, but there are many ways of dealing with stress that can reduce your risk.

Stress can come from major events in life such as getting married or changing jobs, or from minor daily incidents, such as job pressures or holiday planning. The things that cause you stress may not be a problem for someone else. If you did not feel stress of some sort, you would not be alive. Good stress, such as winning a game or going on vacation, can make you feel more involved and energized. But the negative effects of too much stress associated with being under pressure can affect your health.

When you find an event stressful, your body undergoes a series of responses. These come in three stages:

Mobilizing Energy
Your body releases adrenaline, your

heart beats faster and you start to breathe more quickly. Both good and bad events can trigger this reaction.

Consuming Energy Stores
If you remain in the mobilizing energy stage for a period of time, your body begins to release stored sugars and fats. You will then feel driven, pressured and tired. You may also experience anxiety, negative thinking or memory loss, catch a cold or get the flu more often than normal.

Draining Energy Stores
If you do not resolve your stress problem, your body's need for energy will become greater than its ability to provide it. At this stage, you may experience insomnia, errors in judgement and personality changes. You may also develop a serious illness such as heart disease or be at risk of mental illness.

Notice the signs, ask for help when you need and support each other!

> Some things you have to do every day. Eating seven apples on Saturday night instead of one a day just isn't going to get the job done.
>
> ~ Jim Rohn

TURNAROUND STATS	LAST 24 HRS	OVER-ALL
No Treatment Case	0	2
Occupational Illness	0	0
First Aid	1	11
Medical Aid	0	0
Recordable	0	0
Life-Saving Rule Violation	0	5
Near Miss	0	5
Motor Vehicle Incident	0	4
Dropped Object	0	0
Hi Potential Incident	0	0
SIF	0	0
Env (Other/Spill)	0	4
LOPC (<100kg)	0	0
LOPC (>100kg)	0	0
Environmental Non-Comp.	0	0

Lessons Learned

Submissions for continual improvement.

STEP

You're Doing a Fantastic Job!

There has been an uptick in the number of observations around our walking and working surfaces in the TA units. What does that mean to you?

It means your path way or egress route may be congested. There may be pallets, garbage, wrapping from materials strewn on the path waiting to cause a slip/trip injury.
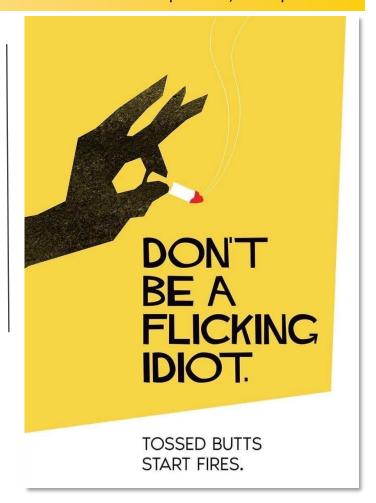
If you are the one who has possibly created the hazard, please take the time to fix it. If you aren't the one and you see it, please take the time to fix it. If the folks who have accidentally created the hazard are nearby, please respectfully ask them to fix it ... maybe even help.

Walking is working, so let's make sure our path is clear!

DON'T BE A FLICKING IDIOT.

TOSSED BUTTS START FIRES.

GOAL ZERO CUP

"I am nominating the **Bird crew from TA logistics Days and Nights** for the Goal Zero cup. This is the team that is responsible for the excellent set up of temporary housing each TA. They start long before the actual TA to have everything ready for each contractor group as well as Shell Operations and Leads. The crews go out of their way to attempt to provide the diverse requirements of specialty contractors as well as preparing the large BRS that can effectively house all the additional labour force required for a TA. All this done with ZERO incidents. Once TA arrives the Team splits into days and nights to be able to respond to any housing or logistic issues affecting the larger TA work force."

When taking the dayshift picture it was recognized that a lot of the folks who help before and after the TA can be forgotten...so we are sneaking in a picture of the entire Bird Day Shift! #OneTeam