



OVERALL EVENT PROGRESS

73.0 %

SAFE LIFTING

Safe lifting techniques are super critical in the workplace and at home but are commonly overlooked.

<p>1. Size up the load Test it to see if you can lift it safely. Can you grasp it securely? Good handholds (cutouts, handles) will make the load easier to lift. <i>Make sure the load is balanced your hands.</i></p>	
<p>2. Get as close to the load as possible before lifting it... ...and keep it close once you've lifted it. If possible, slide the load towards you before picking it up.</p>	
<p>3. Keep the load as close to your body as possible If the load is large and cannot be placed between your knees as they are bent, bend at the hips and waist with your knees relaxed. It is more important to keep the load close than it is to bend your knees.</p> <p>One solution to lifting a larger load is to get another person to help you. A better solution is to use mechanical assistance (hand trucks, carts) to avoid lifting altogether.</p>	
<p>4. Make sure your footing is secure. Do not lift objects that obscure vision and footing. <u>Plan ahead</u> and make sure that your travel path is clear of obstructions and that there are no slip hazards such as a wet floor.</p>	
<p>5. Do not twist while lifting! Move your feet so that they point in the direction of the lift as you turn.</p>	
<p>6. Lift smoothly and slowly. Do not jerk the load</p>	
<p>7. Organize the work... ...so as to avoid lifting from the floor or above shoulder level. Items to be handled should be between knee and shoulder height.</p>	
<p>8. If you have a lot of lifting to do during the day, try not to do it all at once. Alternate lifting tasks with lighter work to give your body a chance to recover. Remember, mechanical assistance is just as important for repetitive lifting as it is for heavy lifting.</p>	
<p>9. Use the same principles when lowering or placing the load after lifting.</p>	
<p>10. Try to avoid carrying the load more than 10 feet without getting mechanical assistance. Use a dolly or cart.</p>	

Most people just want to finish the job quickly, even if that means moving heavy objects in unsafe ways.

Back and lifting injuries are the leading cause of missed workdays including overexertion in lifting and lowering and has the fifth highest rate of days missed. If you have every experienced back pain, you will know it sucks not to mention the impact on day-to-day living!

Prevention and planning are perfect solutions to most workplace hazards and in the case of lifting, hazard assessment is key. Safe lifting techniques is just one control that greatly reduce the risk of back and lifting injuries.

Before lifting, assess what it is you are lifting, its weight, and where it is going. Reference the [Shell Ergonomic and Manual Material Handling \(SCT/H-M-002\)](#) located on SharePoint or the [Scotford CSM Portal](#)>Scotford Site Safe Work Practices > Required Manuals and consider using the Manual Handling Assessment form in Appendix II for any jobs that exceed any of the Ergonomic Risk Factors and Values outlined in Appendix 1. Most importantly, never hesitate to ask for help if something is too heavy or beyond your physical ability! By practicing these safe lifting techniques, and avoiding bad lifting habits, everyone can stay safe, healthy and on the job.

PostTA - Test Frontline Relationships

The Final Question Set of Our Survey is Now Available!

This is a form to provide feedback on Improving 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 of 1 to 5, 1 being the least or worst, and 5 being the best or most.



SCOTFORD WEATHER

Wed May 17

Day



19°

Feels 19

25 km/h NW 10 %
38 km/h
15 hr

Sunny throughout the day.

Night



5°

Feels 3

22 km/h NW 10 %
33 km/h

Sunny in the evening remaining clear overnight.

TURNAROUND STATS

LAST 24 HRS OVER-ALL

No Treatment Case	0	2
Occupational Illness	0	0
First Aid	1	14
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

WHY SOCIALIZE



STEP

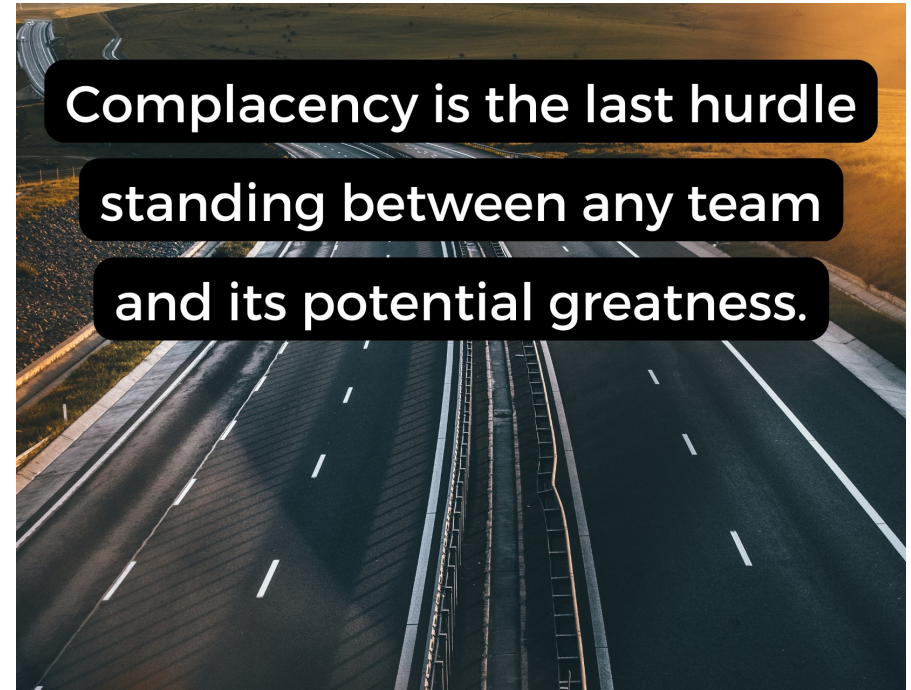
Fatigue is an Enemy to Safety!



A recent study found that 69% of workers suffer from fatigue and, of those workers, 97% have reduced cognitive performance! That leads to poorer performance and lowered discretion.

During TA, it is especially important to not try to do too much away from work.

Check yourself, before you wreck yourself...make sure you get your rest to stay safe!



GOAL ZERO CUP



kind of flew under the radar this whole event!

Every time I see them in any unit, they are always doing the right thing, exemplifying what good looks like."

"I have been extremely impressed with the work of Gurpreet, Chanchal, and Jasmeen associates of Compass Group at RHC on night shift. They have consistently gone above and beyond their duties to keep the facility clean and hygienic, and have done so with a smile on their faces while working safely and using proper personal protective equipment (PPE). They understand the importance of safety and take all necessary precautions to ensure that they are protected while cleaning. We appreciate their commitment to working safely, keeping the facility up to date, pleasant and for their hard work."

"I would like to nominate the Chemco Instrumentation team from MU/SRU for the cup. They are a seconded group for Shell this TA and have demonstrated a keen eye for safety, teamwork, and schedule compliance. They have actually executed in all three turnaround units and

