



OVERALL EVENT PROGRESS

74.7 %

THE LITTLE THINGS

Our Daily Activities Require Each of Us to Do a Variety of Things to Complete Our Assigned Tasks. As A Result, We Sometimes Forget The “Little Things”.



As a group, we have completed a large amount of work— both safely and professionally. Our work with fall protection, cranes, lock out tag out, and permitting has all been completed without a recordable in 85+ shifts. However, sometimes it’s the “little things” that tend to cause more injuries than the “bigger things”. Some examples of such little things are:

1. Not securing tools, material and equipment when working at height
2. Forgetting to clean-up work areas when tasks are completed
3. Not wearing proper PPE to help mitigate the risks
4. Not keeping your mind on the task at hand
5. Using the wrong tools for the task

On most Turnaround projects the pressure is on to complete tasks in order to prepare systems for QA/QC and get the units running. In these times, we forget the “little things” and are often tempted to take short cuts. During this time it is critical that we stay focused on safety and ensure that we are properly prepared to conduct our tasks safely.

If at any time you become frustrated or confused, take a step back, assess the job, talk to your coworker, calm down, reassess the job and start over fresh. If you have any questions don’t hesitate to ask your supervision, better to be safe rather than sorry.

What “LITTLE THINGS” could get you today/tomorrow/this week? Remember...Take time to do it safety the first time.

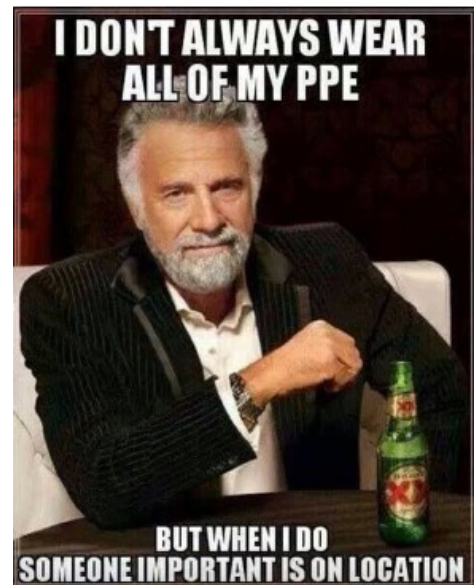
POST TA—TEST FRONT LINE RELATIONSHIPS

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.



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	6
Motor Vehicle Incident	0	4
Dropped Object	0	0
Hi Potential Incident	0	0
SIF	0	0
Env (Other/Spill)	1	5
LOPC (<100kg)	0	0
LOPC (>100kg)	0	0
Environmental Non-Comp.	0	0



STEP

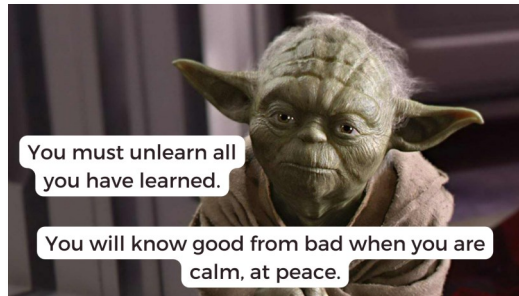
Big job, small job, extended job, quick job...they all need the right tools and care!

STEP data is showing a trend in At-Risk Behaviours around Tool Selection and Tagging on flagging.

When workers were asked why they didn't get the proper tool, the tool bag instead of a plastic pail, or why they didn't add tags to their flagging nearly everyone mentioned that "it was a quick job", "small amount to lift/lower", etc.

I get it! You just want to do something quickly and move on. However, an incident doesn't care if it's a small or quick task, it can happen in a moment.

Take the time to stay safe by taking the time to do it Right!



GOAL ZERO CUP



"I would like to nominate Rebel Heart for the Goal Zero cup. They roll in, they keep things running smooth, they are courteous, friendly, and they work safely. They are really an integral piece of the turnaround puzzle, and we appreciate all they do."

2 Nominations because GFL are so Great!!

"The GFL crews deserve a whole lot of recognition. These folks are doing a physically demanding job in a less than stellar environment, and yet they are always positive, polite during interventions, and willing to explain what they're doing. They're doing a great job under some really tough conditions, and are incredibly deserving of the Goal Zero Cup!"

"Gabriel's GFL line cleaning crews are 37 days in and, after cleaning numerous vessels and dozens of piping systems, they easily would have made even Mike Rowe of "Dirty Jobs" fame proud... most importantly they are doing it safely and with a smile - THIS IS GOAL ZERO!"



EAT WELL WHILE ON SHIFT WORK

Submitted by Be Well @ Scotford

If you are working nights, try to eat healthy snacks at regular times during the night.

Avoiding fast foods and highly processed pre-packaged foods.

Eating healthy can be easy! This can include:

- Avoiding too much processed sugar (e.g. soft drinks, chocolate)
- Eating low Glycemic Index (GI) foods (e.g. most fruit, carrots, sweet potato, legumes)
- Eating whole grains
- Ensuring you are eating enough fruits and vegetables
- Staying hydrated

Do not eat a large meal immediately before bed. Try and have at least two or three hours between your main meal and bedtime. If you are hungry before sleep, have a small healthy snack such as oatmeal or a piece of fruit.