



OVERALL EVENT PROGRESS

76.4 %

HEAT STRESS

Heat stress can be a killer on the job site.



Outside of the direct consequences such as heat stroke, heat stress can cause incidents due to loss of focus or excessive fatigue on the job.

Heat-Related Illnesses

(Source: www.WebMD.com)

Heat Cramps: Are painful, brief muscle cramps. Muscles may spasm or jerk involuntarily. Heat cramps can occur during exercise or work in a hot environment, or begin a few hours later.

Heat Exhaustion: There are two types of heat exhaustion. 1. Water depletion- Signs include excessive thirst, weakness, headache, and loss of consciousness. 2. Salt depletion- Signs include nausea and vomiting, muscle cramps, and dizziness.

Heat Stroke: Heat stroke is the most serious heat-related illness. Heat stroke can kill or cause damage to the brain and other internal organs. Heat stroke results from prolonged exposure to high temperatures – usually in combination with dehydration – which leads to failure of the body’s temperature control system.

Safe Work Practices to Prevent Heat-Related Illnesses

Safe Work Practices to Prevent Heat-Related Illnesses

- Allow for acclimatization to a hot environment before any strenuous work begins. It takes roughly two weeks for an individual to acclimate to a hot environment.
- Drink plenty of water during strenuous activities, especially in hot environments. An average person sweats between roughly 27 oz. to 47 oz. per hour during intense labor. To put that amount into perspective, an average water bottle holds 16.9oz.
- Take frequent breaks in the shade or indoors where there is AC.

Summary

Take heat stress seriously. Know the signs and symptoms of heat stress. Have a plan to get the proper medical attention for any individual displaying symptoms of heat stress. When dealing with heat stroke especially, it may mean the difference between life and death.

POST TA—TEST FRONTLINE RELATIONSHIPS







One Last Day to Submit!

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

Fri May 19

Day  27° Feels 27  25 km/h S  40 %
 38 km/h  <1 mm
 11 hr

Mainly sunny in the morning, then a low risk of an isolated thunderstorm in the afternoon. Locally higher rain amounts.

Night  12° Feels 11  24 km/h S  10 %
 36 km/h

Clear with smoky conditions throughout the night.

TURNAROUND STATS	LAST 24 HRS	OVER-ALL
No Treatment Case	0	2
Occupational Illness	0	0
First Aid	0	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)	0	5
LOPC (<100kg)	0	0
LOPC (>100kg)	0	0
Environmental Non-Comp.	0	0



STEP

We have the tools, we have the materials, are we using it to Stay Safe?



- Fire blanket is great...if we use enough.
- Tool bags/buckets for storage are great...if they aren't near the edge or fallen over.
- Tool lanyards are great...if they are used.
- Fall protection is great...if worn and worn properly.
- PPE is great...if it's worn.

Be Great, Use the Tools and PPE!

GOAL ZERO CUP

The Total Safety Team are Rocking it this Turnaround! More than one nomination and still going strong. They are "performing exceptionally well" in so many ways. They are prompt, have great attitudes, are willing to assist or teach, and they are doing it all Safely! Thank you for showing us what Great looks like!



EATING WELL WHEN UNDER PRESSURE

Submitted by Be Well @ Scotford



Our brains use up more energy when we are thinking and problem solving. When you have a lot of work to get through you need to make sure you eat the right food to provide you with a steady energy source. Foods that are high in sugar and refined carbohydrates can give you a short, sharp energy boost, but after the initial boost, your energy levels drop leaving you feeling lethargic and lacking in focus. This may lead to you craving more high sugar foods, which in turn may create a cycle of eating that increases the risk of weight gain and can prevent you from working at your best.

Research has shown that:

- we are more likely to long for, and eat, high-calorie and high-fat foods; and that while feeling stressed our bodies are more likely store more energy as fat;
- we feel disappointed in ourselves as a result of making poor food choices. This can make us feel negative about ourselves at a time when we need to feel confident in our ability; and
- we skip meals and then lack energy and feel irritable; or we may overeat.

"I would like to nominate the Turnaround Warehouse Team for the GZ cup - Jesse Loren, Mike Vezina, Kelly Nelson, Jim See, Cody Burrell. The reason is they came up with the idea to add fork pockets to some hydrotest carts so that they are safer to transport. We had heard of a few instances of the carts tipping off of forklifts and with the addition of the fork pockets it makes transporting them easier and safer for everyone using them during TA." **Genius Idea!**

