



OVERALL EVENT PROGRESS

44.5 %

## IMPROVING FRONT LINE RELATIONSHIPS



***We are looking to improve our frontline relationships and we need your help.***

This form covers part 2 of our survey. The completion of the ExecutionTA—Test Frontline Relationships form is to provide feedback on improving our 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 is between 1 and 5 – 1 being the least or worst, and 5 being the best or most. This form can be accessed from the QR code to the left.

### HOW TIRED IS TOO TIRED?

Fatigue has been described as “a feeling of weariness, tiredness or lack of energy.” In workplace settings, it is commonly associated with nonstandard schedules which disrupt or shorten sleep. Examples of nonstandard schedules include night shift and extended work hours. Fatigue can also be associated with other workplace factors, such as:

- Stress
- Physically or mentally demanding tasks
- Working in hot environments

At times, fatigue is not related to the workplace. Such factors include:

- Allergies
- Anemia
- Depression/Anxiety
- Viral/Bacterial infection

- Fibromyalgia

Fatigue can:

- Slow down reaction times
- Reduce attention or concentration
- Limit short-term memory
- Impair judgment

High levels of fatigue can affect any worker in any job. It has serious consequences for worker safety and health. Fatigue related safety issues can occur every day, as tired workers drive on public roads, raising public health and safety concerns.

If, for any reason, you are struggling with managing fatigue, know that you are not alone. Please feel free to reach out to Shell HSSE.



### SCOTFORD WEATHER

Tue MAY 2

DAY

**23°** Feels 23°  
 ☁️ 29 km/h NE ☀️ 8 hr  
 ☔️ 44 km/h 🌧️ 0 mm  
 ☁️ 30% ❄️ 0 cm

A mix of sun and clouds in the morning becoming mainly sunny in the afternoon.

NIGHT

**10°** Feels 7°  
 ☁️ 23 km/h NE 🌧️ 0 mm  
 ☔️ 35 km/h ❄️ 0 cm  
 ☁️ 20%

Partly sunny in the evening remaining partly cloudy overnight.

TURNAROUND STATS	LAST 24 HRS	OVER-ALL
No Treatment Case	4	11
Occupational Illness	0	1
First Aid	1	8
Medical Aid	0	0
Recordable	0	0
Life-Saving Rule Violation	0	4
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

**What concert would cost only 45 cents?**

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**50 Cent featuring Nickelback!**

# STEP

## Do you enjoy listening to the birds sing?

Maybe you enjoy hearing your kids/grand-kids laughing or just having a conversation with your family and friends? Imagine not being able to hear any of these things!

Hearing loss can occur when exposed to 85 decibels of noise averaged over 8 hours. For every 3 decibel increase past 85 decibels, hearing loss can occur in half the amount of time. Levels exceeding 100 decibels, damage in as little as 15 minutes.

Take those few moments needed, and wear your hearing PPE to be able to hear all those sounds you love.



# Cars

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

R	I	N	C	R	D	R	A	O	B	H	S	A	D	N	AIRBAG
O	E	T	A	R	S	B	U	M	P	E	R	I	N	O	BACK SEAT
O	W	H	E	E	L	L	G	L	G	N	I	N	U	T	BODY
D	H	G	Y	D	Y	E	S	T	R	T	R	I	M	S	BRAKE LIGHT
I	E	I	D	N	S	S	C	T	E	R	U	O	E	I	BRAKES
N	E	L	O	I	V	E	C	O	U	P	É	R	H	P	BUMPER
I	L	E	B	L	N	I	K	R	C	R	O	N	B	P	CLUTCH
M	S	K	E	Y	N	D	T	A	O	L	H	A	E	O	COOLANT
L	L	A	A	C	G	W	I	T	R	A	U	D	S	F	COUPÉ
M	I	R	R	O	R	A	C	N	B	A	T	O	R		CYLINDER
C	E	B	C	A	R	I	B	D	A	L	C	M	C	A	DASHBOARD
N	U	F	A	C	D	T	L	R	S	T	O	U	R	H	DIESEL
E	R	S	T	A	O	E	L	O	I	O	O	K	F	O	DOOR
S	P	A	R	K	P	L	U	G	R	A	L	R	A	L	FOG LAMP
T	E	R	N	A	S	T	L	E	B	T	A	E	S	T	HANDLE
I	V	T	A	E	S	K	C	A	B	E	N	S	O	U	HEADLIGHT
R	P	M	A	L	G	O	F	C	E	S	T	O	F	E	HORN
N	E	T	H	E	A	D	L	I	G	H	T	R	G	Y	INDICATORS

# GOAL ZERO CUP



I would like to nominate the entire Compass cleaning team, days and nights, for their dedication and excellence with keeping our facilities throughout site clean.

This nomination is on behalf of the site contractors.

Compass is a team who consistently works behind the scenes doing what I believe to be one of the most difficult jobs, cleaning up after others.

Our lunchrooms, wash cars, and office trailers etc. are a pleasure to enter due to their dedication and performance doing a job that is non-stop.

Thanks for keeping us comfortable and keeping our spirits up while you do it!

