



OVERALL EVENT PROGRESS

46.8 %

MIND ON TASK

A significant amount of work has taken place over the last few weeks. Our thanks to each of you for contributing and completing a considerable amount of work to-date and for ensuring everyone goes home safely.

This is, however, the time in turnaround where fatigue sets in and our immediate challenge is **Staying Focused**. We may be normalizing some of the hazards and risks in our work environments, pre-occupied or just tired, and not paying as much attention as at the start of TA. This can be cause of incidents and injuries.

When you cannot see the hazard, it is difficult to control. Mental states such as being pre-occupied, complacent, frustrated, tired, or distracted by activities associated with days off, family life or nearing the end of TA are difficult to manage together with the task at hand—one that without focus can pose a risk of injury. **Mind Not on Task = invisible hazard**.

Complacency is a natural process. When you first start a job, you are alert and pay attention. However, over time you become less alert, and fall into a comfort zone. When this happens, your mind begins to wander from the task at hand. This comfort zone is a dangerous state to be in.

Recognize when you start to “Change the Channel”. Consciously choose to focus your attention back to the task at hand. You are the only one who can fight the distractions. Easier said than done right! So, watch out for one another and ask for help as it is critical at this stage in the game. Looking out for each other will keep us focused and will help others who may be experiencing loss of focus.

Got Tips? Share how you keep your Mind on Task.

FRONTLINE? WE NEED YOUR INPUT!



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.

Thank you, [Devin Weyland - TA Event Manager & Graham Polischuk - NRES](#)

SCOTFORD WEATHER

Wed MAY 3

DAY



25°

Feels 25°

28 km/h SE

42 km/h

20 %

6 hr

0 mm

0 cm

A mix of sun and clouds throughout the day.

NIGHT



12°

Feels 10°

26 km/h SE

39 km/h

20 %

0 mm

0 cm

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

Reminder

Today you will be a better person than yesterday and the world will be on your side.



STEP
Where is Your Focus?

There are many things in our lives that require our focus. The level of focus required can change from day to day or even hour to hour. On a personal note, during this turnaround I have had multiple, important issues that I have needed to focus on at home.

But ... and this is very important ... when we are at work, our focus **MUST** be in the Here and Now!

That means that we need to find ways to really concentrate on every step of the work we are currently doing. If we do this, we will be able to return to our homes safe and able to focus on what needs our attention there.

It's not always easy, but it is so very important that our focus is on the task at hand ... even if the task is as simple as walking or driving. If you find you are struggling, please reach out to your leader.

Stay Focused where you are and Stay Safe!



GOAL ZERO CUP



"I would like to recognize Chemco RHC and HMU/SRC day shift crews with the goal zero cup for their contribution in working safe and injury free. These crews are quick and efficient to respond to calls from multiple trades and contractors to provide lighting and power, remove EHT, and power up any equipment.

They have a great working relationship with other trades and contractors in their area and strive to achieve goal zero as a team with those around them.

This is a team effort by all the crews, they make sure EHT is pulled back for other trades to perform their work, lights are secured properly, equipment is tied off to

"Stop the Drop" and cords are elevated to reduce slip, trip hazards."
If you look closely, you will also see that they never leave a teammate behind...even in their pictures!
#OneTeam

Jack Nicholson

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

E	T	C	D	O	O	W	Y	L	L	O	H	J	S	A	EASY RIDER
M	H	R	N	C	K	H	N	L	I	C	N	R	H		GOFER
I	E	Y	E	O	S	T	N	L	A	S	O	O	E	O	GOLDEN GLOBE
T	S	B	W	A	U	U	N	B	O	I	S	D	I		GRIN
C	H	A	Y	F	C	O	B	A	T	M	A	N	I	R	HEARTBURN
A	I	B	O	F	C	Y	L	R	E	A	A	L	R	A	HOFFA
E	N	Y	R	O	E	D	A	T	K	R	Y	R	Y	N	HOLLYWOOD
H	I	K	K	H	S	C	E	B	S	I	O	E	S	E	IRONWEED
S	N	I	R	G	S	T	R	R	A	N	B	A	A	C	JAKE
C	G	L	E	O	T	O	E	R	B	E	W	O	E	S	LAKERS
F	Y	L	H	K	I	K	M	C	O	L	O	N	E	L	MARINE
S	M	E	G	E	A	A	M	E	R	I	C	A	N	N	MARS
G	M	R	W	L	E	J	I	R	A	T	I	O	N	T	NEW YORK
W	O	O	G	E	T	R	H	E	R	W	I	T	H		OSCAR
I	T	F	M	N	R	U	B	T	R	A	E	H	R	O	SCENARIO
T	B	D	E	W	N	O	R	I	E	R	T	D	E		SUCCESS
C	N	I	N	R	O	A	N	D	A	L	P	A	C		THE SHINING
H	I	N	G	O	L	D	E	N	G	L	O	B	E		TIME

- AMERICAN BASKETBALL
- BRIMMER BUNNY CARTOONS
- COLONEL COWBOY CRY BABY KILLER

