

## THE TURNAROUND TIMES

2023 UPGRADER SOUTH

MAY 30, 2023 | ISSUE 42



**OVERALL EVENT PROGRESS** 

**89.7** %

# **INSECT STINGS & ALLERGIES**



There are many allergens that can cause an allergic reaction. One of the most common allergens and hardest to avoid are insect stings. Even after experiencing a normal reaction to insect stings, it is possible to experience a more serious allergic reaction at any time during your lifetime.

It is important to avoid insect stings whenever possible, as well as how to respond when someone is suffering from a severe allergic reaction.

#### **Insects That Sting**

There are five insects that tend to cause the majority of allergic reactions. These insects are honeybees, hornets, wasps, yellow jackets, and fire ants. Thousands of people are stung by insects each year. This is an issue for those who are allergic. Insect stings can result in any of the following symptoms:

- Redness
- Swelling (in the area of sting and sometimes beyond)
- Flushing
- Hives
- Itching
- Anaphylaxis

#### **Anaphylaxis**

Anaphylaxis is the most serious reaction to allergens there is. Anaphylaxis is a life-threatening whole-body allergic reaction that can impair your breathing, cause a dramatic drop in your blood pressure, and affect your heart rate. Anaphylaxis requires immediate medical treatment, including an injection of epinephrine and a trip to a hospital emergency room. If it isn't treated properly, anaphylaxis can be fatal.

#### Best Practices in Avoiding Insect Sting Allergic Reactions

- Avoid stinging insects whenever possible.
- If you know you have severe reactions to insect stings, do not complete work tasks that put you at great risk of being stung.
- Inspect work areas prior to completing any work to ensure there are no insect nests that could be disturbed.
- Wear long sleeves and long pants in case of an insect attack.
- Have an EPI pen on hand in case of a sting, and ensure your coworkers know where it is. If you suspect someone is suffering some type of serious allergic reaction immediately call 911, even if an EPI pen has been used.

#### **SCOTFORD WEATHER**

Tue May 3

🦩 22°

22° Feels 24

artly sunny in the morning, then a low risk of an solated thunderstorm becoming potentially stronger torms late afternoon. Locally higher rain amounts.

Night

12° 1

≉ 18 ≉ 27

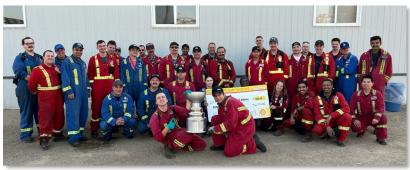
Partly cloudy; a low risk of a strong thunderstorm in the evening, then risk continues for non-severe storms overnight. Locally higher rain amounts.

TURNAROUND STATS	LAST 24 HRS	OVER- ALL
No Treatment Case	0	2
Occupational Illness	0	1
First Aid	0	15
Medical Aid	0	0
Recordable	0	0
Life-Saving Rule Violation	0	7
Near Miss	0	7
Motor Vehicle Incident	0	7
Dropped Object	0	0
Hi Potential Incident	0	0
SIF	0	0
Env (Other/Spill)	1	6
LOPC (<100kg)	0	0
LOPC (>100kg)	0	0
Environmental Non-Comp.	0	0



"Okay, New Guy, it's simple...
A. It's our busy season,
and B. She NEVER gives us 'time off'."

#### **GOAL ZERO CUP**



"The RT crew with Acuren have been doing a great and safe job! Don't worry nightshift...we wouldn't forget you. The RT crew must work around other crews' schedules and presence in the unit. They always communicate any issues to their safety lead, they are always willing to do better and go above
and beyond what is asked of them. They never say no but say they will try! Just a shout out to them and
their attitude and desire to do it safely."

"I would like to nominate ALL 4 of the Ed Ex night shift crews working on HTHA piping change out.

This is by far one of the biggest jobs on the books for this RHC TA they have already done a ton of work on this project so far. We weren't sure how this was going to go and they knocked it out of the park! We have 4 crews and a dedicated GF I couldn't just pick a few but think we could squeeze them all in the picture."

Got them all and they look Great!



#### **STEP**

### Make the Last Thing, the Last Thing.

We have discussed Housekeeping and keeping our walking/working areas clean and free of clutter quite a bit.

Clearly (pun intended) it is important to clean up and remove tools and materials when a job is done.

It is also very important to make sure that our Stop the Drop barriers remain in place until the very last of the clean-up is complete. We don't want to take away fire blanket before the loose materials are removed. We also don't want to take flagging down while there is still a risk of falling objects.

Keep making it look great out there and keep the barriers in place until you're done.



"I would like to nominate the Clean Harbors Septic Team for the GZ Cup.

Seriously ... where would we be without them? They keep everything running smooth for our workers out there and let's face it, if the facilities they take care of aren't in good condition, we lose the morale we have going out there.

I hope they know how important they are to the success of these events!"

