OVERALL EVENT PROGRESS   60.9 %

IMPROVE YOUR ALERTNESS WHEN WORKING SHIFT WORK
Things To Do To Improve Alertness

- Vary your routine.
- Play a mental game.
- If possible, take a walk or stretch on your break.
- Talk to a co-worker about a common interest for a few minutes to stimulate your mind.
- Change your posture frequently – alternate sitting, standing and move about when possible.
- Be aware of your "biological clock time". If you've just

switched to nights after working days, you'll probably feel sleepy around 11pm (or whenever you're used to going to bed). Knowing when to expect drowsy periods won't automatically perk you up but can guide you in planning your tasks and break times.

- Take a nap before work.
- Snack on fruits and vegetables which have complex carbohydrates. Avoid candy and other sugary foods
- Have a cup of coffee or tea, but don't overdo the caffeine.
- Make sure your work space is well lit. Bright light helps keep you awake.
- If possible, keep your work area cool and well ventilated.
- Wear layers of clothing that can be added or shed depending on your body temperature.
- If permitted, turn on the radio.
- In loud environments, wear ear plugs to reduce the effect of irritating noise

WE ARE LOOKING FOR ARTICLES

Thank you in Advance

Do you have a story to share? An article that impacted you that you would like others to see and read? Do you have feedback or a safety moment? Anything that has impacted you, will most likely impact others. The knowledge you have may seem normal to you but could benefit the entire team.

Please reach out to Serena.Statler@shell.com with your ideas!

SCOTFORD WEATHER

Tue MAY 9

DAY

17°   Feels 17°   ⇒ 15 km/h E   ☀ 5 hr
⇒ 29 km/h   ◆ 2-4 mm
☁ 60 %   ❄ 0 cm

A mix of sun and clouds; scattered showers in the morning and a low risk of an isolated thunderstorm in the afternoon. Locally higher rain amounts.

NIGHT

8°   Feels 5°   ⇒ 16 km/h E   ◆ <1 mm
⇒ 25 km/h   ❄ 0 cm
☁ 40 %

A low risk of an isolated thunderstorm early evening, then partly cloudy overnight. Locally higher rain amounts.

TURNAROUND STATS	LAST 24 HRS	OVER-ALL
No Treatment Case	0	12
Occupational Illness	0	1
First Aid	0	13
Medical Aid	0	0
Recordable	0	0
Life-Saving Rule Violation	0	5
Near Miss	0	5
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

PLEASE USE
DESIGNATED WALKWAYS ONLY
GOAT TRAILS PRESENT A RISK OF INJURY.