



TURNAROUND TIMES

2023 REFINERY | OCTOBER 6, 2023 | ISSUE 15

OVERALL EVENT PROGRESS

45 %



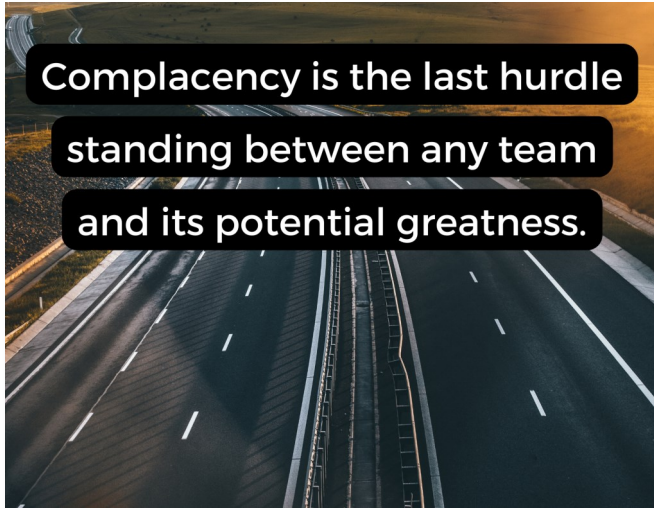
You Can Ride 2

Goal Zero Shifts	40
Monies Raised	\$20,000

TURNAROUND STATS

	LAST 24 HRS	OVER-ALL
First Aid	0	4
Recordable	0	1
Life-Saving Rule Violation	0	1
Near Miss	0	0
Motor Vehicle Incident	1	2
Dropped Object	0	1
HPI- Hi potential Incidents (failed lucky)	0	1
HPE- High Potential Event (failed safe)	0	0
SIF- Serious Injury or Fatality	0	0
Env (Other/Spill)	0	3
LOPC (<100kg)	0	0
LOPC (>100kg)	0	0
Environmental Non-Comp.	0	0

DANGER! COMPLACENCY *Why is it so Hard to Change Our Behavior?*



waht oredr the ltteers in a wrod are, the olny iprmoentn tihng is taht the frist and lsat ltteer be at the rghit pclae. The rset can be a toatl mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

You probably didn't have much trouble reading that paragraph. It probably took you back at first, but then you were able to zip right through the text and understand the content. This is an example of how complacency works with our mind. We get used to words starting with cer-

tain letters and being a certain length and we skip right over it "thinking" we know what the word is.

In reading paragraphs it's not a big deal, however when it comes to safety, complacency can be a literal "killer" on the job. Each moment we are working, whether it be in a confined space, forklift, in a vehicle, welding, using tools, or even walking, we must keep focused on the task at hand.

There is much danger in going into "autopilot" when working on the job. All too often we don't realize how complacent we are until we have a near miss or even an incident. Those events tend to jump start our hearts and focus our attention . . . at least for a little while. The same goes for when we're off the job. How many times have you had a "near miss" situation while driving on a familiar stretch of highway and allowing your mind to wonder? How many close calls will you need to ensure you won't do it again?

One technique found to be effective in battling complacency is to watch the actions of others while they work. This has a two-fold effect in that it raises your awareness as you examine the actions of a coworker as they are working, and it may raise your coworker's awareness if you share with them some of the observations you made that would allow them to do their job in a safer manner. It can be a win-win and is right thing to do.

What tips can you share with your team as to how you battle complacency?

Complacency is perhaps one of the biggest problems we face in completing our day-to-day tasks. We are so accustomed to things being a certain way that many times the obvious becomes obscured. Unless it jumps right out and hits us . . . we can be oblivious to it all. This state of mind can affect many things including your safety and the safety of others.

Here is an example: *Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in*

SCOTFORD WEATHER

<p>Fri 06 Day</p> <p>19° </p> <p>Generally sunny despite a few afternoon clouds. High 19C. Winds SW at 10 to 15 km/h.</p> <p>Humidity 51% UV Index 2 of 11</p> <p>Sunrise 07:43 Sunset 18:56</p>	<p>Fri 06 Night</p> <p>5° </p> <p>A few clouds. Low near 5C. Winds WSW at 10 to 15 km/h.</p> <p>Humidity 72% UV Index 0 of 11</p> <p>Moonrise 23:08 Moonset 16:49</p> <p>☾ Last Quarter</p>
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STEP *The Hazard Known as Complacency*

You're going along, doing your work just as you've always done your work, nothing to worry about right?

Not necessarily.

Every job is unique, even if it seems like the same thing you did yesterday. Today isn't yesterday, after break isn't before break, the tools needed aren't necessarily the same.

The point is; if we become complacent, we may ignore things like our flagging, our stop the drop measures, etc. This could be disastrous.

Never be Complacent with your Safety Measures...You want to Go Home Safely!

GOAL ZERO UPDATE



YELLOW BLOCK OPS!

"We want to recognize the Yellow Block Operations teams. They have safely prepared the unit for Turnaround Execution while showing excellent communication skills. The team work between Ops and the trades has been flawless!"

Thank you for doing/coordinating/helping with the many things that need to be done to keep us Safely moving forward!

Congratulations to our Charismatic Compass Cleaners!

"We would like to nominate the Compass Cleaning Crews for the Goal Zero Cup. These folks do an amazing job, are super friendly, and we could not execute this turnaround without them.

Thank you for being Awesome!"

WHAT CAN I DO TO HELP MINIMIZE THE RISK?

Supercharge your personal security by being PROACTIVE and applying the #TripleA's into your work and homelife.

AWARE - ASSESS - AVOID

~ a Message from Main Security

