



TURNAROUND TIMES

2023 REFINERY | OCTOBER 10, 2023 | ISSUE 17

OVERALL EVENT PROGRESS

58 %

BEING PRESENT IN THE MOMENT

There are many things going on around us in our physical environment, as well as distractions occupying our minds at any given time. With all of the challenges and noise we face in today's world, it is difficult to be truly present in the moment we are in. This can be especially true at work. It is important to realize when our focus, attention, or mind is not fully present in the moment while completing a work task.

What does it mean to be truly present? For the purpose of this talk, we are discussing where our focus and attention is in a given moment. All too often, we are physically present somewhere, but our focus and attention are not. We have all been there. Whether it is during a safety meeting or when driving home, we zone out and quickly realize we have no clue what was said in the safety meeting, or with the snap of a finger, we are home but have no recollection of the drive. This kind of disconnect from the present moment can be extremely dangerous when at work.

Dangers of Not Being Present While at Work

The dangers of not being fully present and engaged while at work are obvious. Two quick scenarios:

- Scenario #1 – A supervisor is going through the safety procedures for a new piece of equipment. Your mind begins to wander, and you do not hear much of the discussion. Later that day, while you are using the equipment, a coworker's hand gets caught in moving parts and you do not know where the emergency

shutoff switch is.

- Scenario #2 – You are working in a plant during a shutdown, and many different companies are performing work in a small area. You are not paying attention to where you are walking and totally miss multiple signs warning of overhead work being performed. A piece of pipe falls from a higher level and strikes you on the shoulder.

How to be Present

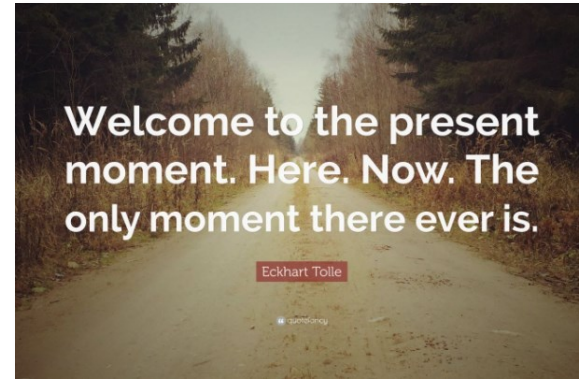
There are many reasons why we may not be present in any given moment. As individuals, we vary greatly, but a few quick tips may help you be more in the moment the next time you find your mind wandering.

- Take note of how well you are focusing and where your mind is at. From there, make the conscious choice to improve your focus and attention if needed.
- When you are part of a discussion or receiving directions, make sure that you are actively listening to the person speaking. One way to become a better listener is to treat the information as something you are going to have to teach to a coworker. Receiving information with the expectation that you will be responsible to pass on it can help ensure that you actively listen to the person speaking.
- Eliminate distractions from the physical work area. Things such as noise, clutter, chemicals, people, equipment, etc., can have a large impact on your



You Can Ride 2

Goal Zero Shifts	47
Monies Raised	\$23,500



ability to fully pay attention to what you are doing in any given moment at work. Eliminating distractions can make all the difference in whether or not you are able to focus fully on the task at hand.

- Eliminate any personal issues that are causing your mind to wander whenever possible. Often times personal issues cause our minds to not be fully present on our work. Try to calm your concerns or worries by making a phone call home if that will help solve the issue. If a discussion will not help the situation, then maybe you need to take the rest of the day off.

Summary

It can be challenging to truly be present at work. Distractions, long hours, health issues, family problems, stress, etc., all plague us and our ability to be fully present in our work. It is only possible through recognizing where our focus and attention are, and from there, deciding to take the necessary steps to try to be more present in the moment we are in.

TURNAROUND STATS	LAST 24H	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

SCOTFORD WEATHER

<p>Tue 10 Day</p> <p>23° </p> <p>Sunshine and some clouds. High 23C. Winds SE at 10 to 15 km/h.</p>	<p>Tue 10 Night</p> <p>9° </p> <p>Cloudy. Low 9C. Winds ESE at 10 to 15 km/h.</p>
<p>Humidity 46%</p> <p>UV Index 2 of 11</p> <p>Sunrise 07:50</p> <p>Sunset 18:47</p>	<p>Humidity 55%</p> <p>UV Index 0 of 11</p> <p>Moonrise 02:54</p> <p>Moonsset 18:04</p> <p>Waning Crescent</p>

STEP *You're Doing a Fantastic Job!*

This Turnaround has seen some great examples of what Quality people can do when they work together!

It would be very easy to coast on how great we have done so far.

But we know that you take more pride in a job well done than that!!

All those things you are doing; housekeeping, staying out of the line of fire, communicating with others, working at the speed of Goal Zero...now is the time to dig in and recommit.

Let's crush this, Safely, Together!



GOAL ZERO UPDATE

Bird Logistics Team Keep this TA Moving!



"I would like to nominate bird logistic laborer's /carpenters/electrical team, Whenever anyone needs them they are more than willing to help and jump right in! They make sure we have what we need, where we need it, when we need it!"

Great Team Work!

What Does it Take to Rig 160 Tubes In & Out Safely? These Crews!

"I would like to nominate the Ed Ex boilermaker crews led by Raymond Lewis and Wazir Hussain that were installing tubes for the goal zero cup. They executed this work safely and efficiently despite lightning and wind challenges that were encountered towards the end of the install stage. The work was enabled by impeccable communication between GFs and getting solid alignment with the plan."

You can see the teamwork and great attitudes just by looking at this picture!

WALK THE TALK *Trust & Communication*



It takes a lot of trust to accomplish the work we do during a turnaround. We need to trust that:

- Our leaders understand what work needs to be done
- Planners have given us the right information and materials to get the job done
- The crew we are working with knows how to execute the job safely
- The crews working beside us know and understand how to execute *their* job safely

Most of all, we need to trust that we are all looking out for each other. Building trust takes time, energy, and needs to be done intentionally. Getting to know each other and having solid communication is a great way to build that trust which will help us execute the turnaround, task by task, safely.

