



TURNAROUND TIMES

2023 REFINERY | OCTOBER 11, 2023 | ISSUE 18

OVERALL EVENT PROGRESS

62 %

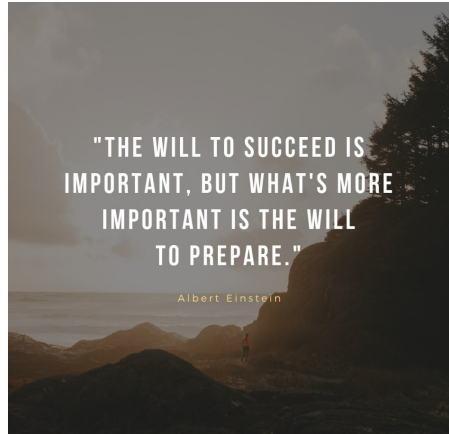


You Can Ride 2

Goal Zero Shifts	49
Monies Raised	\$24,500

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	0	3
Dropped Object	0	2
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

THE IMPORTANCE OF PREPARATION *Avoiding Shortcuts in the Work Place*



becomes even more crucial to focus on the work at hand. One of the keys to maintaining productivity and ensuring quality results is thorough preparation. Whether you're tackling a complex project, performing routine tasks, or pursuing your passion, setting yourself up well before starting work is essential. In this article, we'll explore the significance of proper preparation and why there's no room for shortcuts in the process.

The Right Tools – Imagine you're a chef preparing a gourmet meal. Would you start cooking without the necessary ingredients and utensils? Of course not! The same principle applies to any task or project. Having the right tools for the job is fundamental. Tools can encompass physical instruments, software, knowledge, or resources. Without them, you risk inefficiency and subpar results.

In the fast-paced world of Turnaround, it's easy to feel overwhelmed by the demands of our daily tasks and responsibilities. As fatigue starts to set in, it

When fatigue sets in, a well-prepared toolbox can make all the difference in maintaining your focus and getting the job done right.

The Right Amount of Craft – Craftsmanship is about skill, expertise, and attention to detail. It's the difference between a rushed, mediocre effort and a masterpiece. Preparing yourself to work involves honing your craft, continuously improving your skills, and striving for excellence. This dedication to craftsmanship not only ensures quality but also helps you overcome fatigue by tapping into your expertise.

Working on the Right Equipment – Whether you're a mechanic fixing a car or an architect designing a building, using the right equipment is crucial. Inadequate or outdated tools can lead to frustration and costly mistakes. Before you start working, take the time to assess and, if necessary, upgrade your equipment. This proactive approach prevents unnecessary obstacles and streamlines your workflow, even when you're feeling fatigued.

Safety Measures – Safety should never be compromised, even when fatigue threatens to cloud your judgment! Implementing safety measures is an integral part of preparation. This will include wearing protective gear, following established protocols, and conducting risk assessments. Prioritizing safety not only safeguards your well-being but also maintains the integrity of your work.

Housekeeping as You Go – Maintaining a clean and organized workspace might seem like a minor detail, but

it can significantly impact your efficiency and focus. Clutter and disarray can create unnecessary distractions and impede progress. Incorporate regular housekeeping into your routine as you work to ensure that your environment remains conducive to productivity.

No Room for Shortcuts – When fatigue sets in, it's tempting to look for shortcuts to complete tasks more quickly. However, taking shortcuts can lead to compromised quality, safety risks, and even more extended delays in the long run. Instead of cutting corners, it's essential to adhere to established procedures and best practices. The extra effort invested in thorough preparation will pay off in the form of better results and a reduced likelihood of mistakes.

Conclusion – In the face of fatigue and the challenges of Turnaround, preparation is the key to maintaining productivity, ensuring quality results, and promoting safety. Whether you're an engineer, an artist, a teacher, or anyone striving for excellence in their work, setting yourself up well before starting is a non-negotiable step. It involves having the right tools, honing your craft, using proper equipment, implementing safety measures, and maintaining a clean workspace. Importantly, there's no room for shortcuts when it comes to these essential aspects of preparation. By dedicating time and effort to thorough preparation, you'll find that you can tackle even the most challenging tasks with confidence and success.

SCOTFORD WEATHER

<p>Wed 11 Day</p> <p>17° ☁</p> <p>Cloudy skies. High 17C. Winds E at 10 to 15 km/h.</p> <p>Humidity 58% UV Index 1 of 11</p> <p>Sunrise 07:52 Sunset 18:44</p>	<p>Wed 11 Night</p> <p>2° ☁</p> <p>Partly cloudy skies. Low 2C. Winds light and variable.</p> <p>Humidity 63% UV Index 0 of 11</p> <p>Moonrise 04:08 Moonset 18:13</p> <p>● Waning Crescent</p>
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STEP

Tools at Heights? There's a lanyard for that.
Loose parts? There's a Kunny bag with a parachute top for that.
Working on grating? There's lots of fire blankets for that.

No matter the job, tools, materials, there's a way to safely contain them at Heights. Never settle for "should be okay", secure yourself and your tools to prevent falls and drops!!

GOAL ZERO UPDATE *Plan the Work and then Work the Plan!*



"My nomination is for the TA Planning Team led by the one and only Mr. James Cain.

This team tends to go overlooked when it comes to Goal Zero contributions. They spend months of pre-planning to make sure the events go smoothly and then they provide support all through the event to the contractor's and Shell teams working the event in various roles from WLR Planners to ensure as-found work goes off without a hitch to Field Coordinators to see their plans through to completion."
Not Overlooked this TA...Great work Team!

This team of Pipefitters on our project has been operating at an exceptional level of efficiency and professionalism. Their commitment to safety is evident in every aspect of their work.

From the moment Brett Zwing and his pipefitter crew they step onto the job site, they meticulously inspect all equipment and tools to ensure they are in perfect working condition, minimizing the risk of accidents.

Moreover, they consistently adhere to safety protocols and guidelines, making certain that all team members are equipped with the necessary personal protective equipment and are aware of emergency procedures. This unwavering dedication to safety not only creates a secure working environment but also fosters a culture of trust and confidence among the entire team.

In addition to their safety-conscious approach, this team exhibits outstanding teamwork and precision. Their seamless coordination and communication ensure that tasks are carried out with utmost efficiency. Whether it's doing line breaks, measuring, cutting, welding, or installing and removal of Decon Lines, their synchronized efforts result in a swift and accurate completion of the project's objectives. Moreover, their attention to detail is remarkable, leaving no room for errors or rework. This combination of safety awareness, teamwork, and precision not only enhances the overall productivity of the crew but also contributes significantly to the project's success. **It is evident that this team is not only working well but is setting a commendable standard for others to follow in the industry.**

WHY CAN'T I SLEEP? *Having Trouble Falling Asleep? Try Creating a Relaxing Environment Conducive to Sleep.*

