



TURNAROUND TIMES

2023 REFINERY | OCTOBER 12, 2023 | ISSUE 19

OVERALL EVENT PROGRESS

66 %

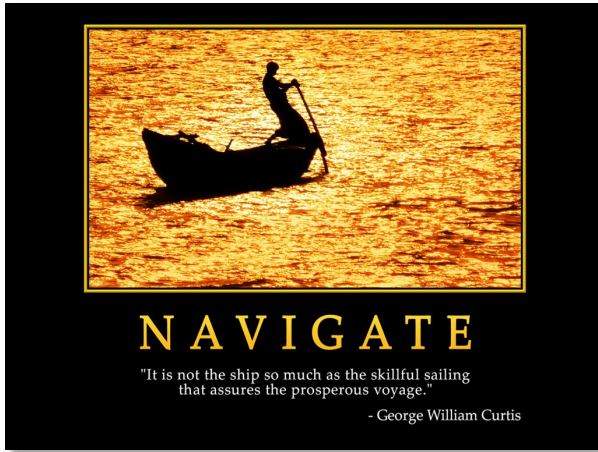


You Can Ride 2

Goal Zero Shifts	52
Monies Raised	\$26,000

TURNAROUND STATS	LAST 24H	OVER-ALL
First Aid	1	5
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

NAVIGATING THE TURNING POINTS



In the realm of Turnaround, there comes a crucial juncture where we find ourselves wrapping up some tasks, carrying on with others, and preparing for the final stages - all while grappling with the relentless onslaught of fatigue. It is at this pivotal moment that we must pause, re-group, and ensure that we are not just ready, but physically and mentally

the pressures of a challenging project, cultivating a positive mindset is your secret weapon. Reflect on past accomplishments, drawing strength from the resilience that has brought you to this decisive point. Positivity serves not only as a wellspring of motivation but also as a beacon of hope in the face of adversity.

Focus and Goal-Oriented Approach - A primary key to success during a project's culmination is unwavering focus. When confronted with the magnitude of the task at hand, remember that even the most colossal endeavors can be dissected into manageable parts. Instead of becoming overwhelmed by the overall process, channel your energy into the immediate goals and objectives. This approach will not only augment your productivity but will also ensure steady progress.

Recognition and Team Morale - Recognition emerges during stressful times as a potent motivator. Celebrate the dedication and hard work of both yourself and your team members. Acknowledge their efforts to foster a collective sense of accomplishment. Inspire all involved to aim for excellence. A team that feels valued and appreciated will rally in the face of adversity and collaborate harmoniously to reach a common goal.

Injecting Energy - Maintain high energy levels. Among the demands of a job's final stages, it is vital to take time to recharge. Short breaks, engaging in activities that rejuvenate your spirits, and a continuous enthusiasm for your work are all critical to maintaining energy levels. Positivity is infectious, and by infusing energy into your tasks, you set a contagious tone that can uplift the entire team.

Conclusion - Navigating crucial junctures in Turnaround demands a holistic approach - one that recognizes and sustains the details mentioned above. These keys to success will not only help you combat the fatigue and challenges that emerge but will also guide your work toward a triumphant conclusion and a seamless transition into the next phase. Embrace these principles, and this Event will evolve from a challenge to a remarkable achievement.

prepared to conquer the challenges that lie ahead.

Establishing a safe work environment, securing the right tools, and confirming the presence of barriers for safety are vital. Moreover, sustaining unwavering focus, nurturing a positive mindset, offering recognition, and infusing energy are essential keys that will drive this project towards a successful completion.

Physical and Mental Preparedness - In any substantial project, physical and mental preparedness are the cornerstones of success. Fatigue can easily become a formidable adversary, threatening the quality of our work and our overall well-being. It is imperative that we invest the time needed to fortify ourselves for the journey ahead. *Physical preparedness* commences with the creation of a safe workspace. Eliminate hazards, declutter, and create an environment that promotes efficiency and safety. Ensure that the tools you require are within reach and that safety barriers are in place to protect you and your team. *Mental preparedness* is equally indispensable. When faced with

SCOTFORD WEATHER

<p>Thu 12 Day</p> <p>17° ☀️</p> <p>Sunny skies. High 17C. Winds light and variable.</p> <p>Humidity 45% UV Index 2 of 11</p> <p>Sunrise 07:54 Sunset 18:42</p>	<p>Thu 12 Night</p> <p>2° 🌙</p> <p>Clear skies. Low 2C. Winds SE at 10 to 15 km/h.</p> <p>Humidity 79% UV Index 0 of 11</p> <p>Moonrise 05:22 Moonset 18:20</p> <p>● Waning Crescent</p>
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STEP *Sleep Deprived?*

Sleep. We know we need it, we know how to do it, and yet we often struggle to get enough of it.

Sporting events, family commitments, anxiety, too much caffeine, regular day to day chores ... these can all cause us to get less than adequate, restful sleep.

When we are sleep deprived our judgement can be impaired. We can lose our patience easier, chose the quick way over the safe way, even have "micro sleeps" as we are driving!

We are all working hard, being awesome, and deserving of a good sleep.

"Take care of You" and make sure you get the sleep needed to stay safe.

GOAL ZERO UPDATE

You Need Materials? This is the Team!



I would like to nominate Ahmet Aydin, Cary Pelz, and Ken Jacob for the GZ cup.

Ahmet is our Materials Management Lead for Ed Ex and he has been working with the Shell WLR and Planning team for the last 4-5 years – ensuring that all materials related to TA are properly handled and managed. He and his team have been a huge asset to not only Ed Ex but for Shell in asuring this thankless responsibility is always looked after and runs smoothly.

Thank you for all you do to keep things rolling along!

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!



Active Listening

Have you ever had a moment when someone is talking to you and you realize you haven't heard a word they said? Or as they are talking, you already have your response ready for the moment they stop?

It happens to all of us, and it takes work to become an active listener. Next time you are having a conversation with someone, ask yourself these questions:

1. Am I keeping an open mind to this conversation, or have I jumped to a conclusion?
2. Am I distracted? Do I really want to look at my phone, talk to the person behind me, or just get to work?
3. Am I understanding what the person is trying to tell me?
4. Can I listen to what this person has to say without thinking about what I want to say next?

Active listening can really make a difference in the way we communicate, and the way others communicate with us.

