



# SCOTFORD GOAL ZERO WEEKLY AND TURNAROUND TIMES MONDAY, OCTOBER 09, 2023



## NO HARM (Site)

RWC	29-Sept-23	Worker's foot was caught in plastic wrap causing fall.
FAC	28-Sept-23	Worker went to tighten valve felt pop in wrist.
FAC	02-Oct-23	Worker scraped leg while moving around work area.
FAC	03-Oct-23	Worker strained back stepping down off forklift.
FAC	05-Oct-23	Workers stung by wasp/

## STEP FOCUS: FATIGUE – HOW TO RECOGNIZE IT AND HOW TO MANAGE IT

Fatigue is described as *“extreme tiredness resulting from mental or physical exertion or illness. It reduces energy, the ability to do things, and the ability to focus. Ongoing fatigue affects quality of life and state of mind.”*

We are at the end of another productive work week, as well as the 3<sup>rd</sup> week of the Refinery Turnaround. **Even if you are sleeping well, aren't involved in the TA, or feel fine, you may be working with folks who are feeling the effects of fatigue!**

### SIGNS OF FATIGUE

<h4>DECREASED</h4> <ul style="list-style-type: none"> <li>• decision making ability</li> <li>• ability to do complex planning</li> <li>• communication skills</li> <li>• productivity / performance</li> <li>• attention and vigilance</li> <li>• ability to handle job stress</li> <li>• reaction time</li> <li>• memory / ability to recall details</li> </ul>	<h4>INCREASED</h4> <ul style="list-style-type: none"> <li>• tendency for risk-taking</li> <li>• forgetfulness</li> <li>• errors in judgement</li> <li>• sick time and absenteeism</li> <li>• medical costs</li> <li>• accident rates</li> </ul>
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Often, the best judge of your level of fatigue is someone else! That's why we need to watch out for each other and have the courage to ask your co-worker if they are okay.

### TIPS TO COMBAT FATIGUE

- EAT** a healthy diet that promotes longer-lasting energy. Complex carbohydrates (starch) are preferable to simple carbohydrates (sugar). Avoid fatty foods and junk food.
- ADOPT** a steady exercise routine that includes cardiovascular, muscle strengthening and flexibility workouts.
- TRY** to get at least 7.5 - 8.5 hours of sleep per night.
- AVOID** driving if you are tired, especially in inclement weather where vision is impaired.

If you need an extra day for rest or help with your workload, reach out to your line manager or foreman. We want everyone to go home safely!

BE A GOAL ZERO HERO

WHY DO YOU WANT TO GO HOME SAFELY?

WHY DOES YOUR CO-WORKER?

STEP UP AND HELP EACH OTHER GO HOME SAFE EVERY DAY!





**Let's take a moment and recognize where we are...**

### OVERALL EVENT PROGRESS



**50%**



**In terms of planned hours, the outage is 50% complete!!**

This Milestone has not happened by accident or good luck. We are at this point because of the excellent planning, hard work, commitment to safety, and unprecedented teamwork demonstrated by everyone working this Turnaround!!

When you read this, take a moment and congratulate your team and yourself. **We've started strong and still have work to do, so let's stay strong and finish strong!**



**Gord Kemash and Mike Clarke NS foremen from Ed Ex & their Crews showed up with their A game!!**

"Both shifts worked seamlessly together to safely rig all 160 tubes in and out in a safe, and fast manner. The work was enabled by impeccable communication between GFs and getting solid alignment with the plan."

"I would like to nominate the Ed Ex boilermaker crews 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."



TURNAROUND STATS	LAST 24 HRS	OVERALL
First Aid	0	4
Recordable	0	1
Life-Saving Rule Violation	0	1
Near Miss	0	0
Motor Vehicle Incident	1	3
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

Goal Zero Shifts (EOD Oct. 07)	44	Money Raised for Charity You Can Ride 2	\$22,000.00
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