



You Can Ride 2	
Goal Zero Shifts	86
Monies Raised	\$43,000

TURNAROUND STATS	LAST 24	OVERALL
First Aid	0	6
Recordable	0	1
Life-Saving Rule Violation	0	1
Near Miss	0	1
Motor Vehicle Incident	0	3
Dropped Object	0	2
HPI- Hi potential Incidents	0	1
HPE- High Potential Event	0	0
SIF- Serious Injury or Fatality	0	0
Env (Other/Spill)	1	6
LOPC (<100kg)	0	0
LOPC (>100kg)	0	0
Environmental Non-Comp.	0	0

## THE WEEKLY STEP SAFETY DRAW WINNERS... SO FAR...

Date	Winner's Name	Company	Shift
20-Sep	Cheryl	Mammoet	Days
20-Sep	Cody	Ed Ex	Nights
27-Sep	Jonathan	Brand	Days
27-Sep	Elaine	Ed Ex	Days
4-Oct	Xiomara	Compass	Days
4-Oct	Rob	Brand	Days
11-Oct	Christine	Ed Ex	Days
11-Oct	Tomasz	Chemco	Nights
17-Oct	Brian	Ed Ex	Days
17-Oct	Dominic	Brand	Days
24-Oct	Parker	Ed Ex	Nights
24-Oct	Shivam	TEAM	Nights



More to come!!

There are still tickets available for the 2<sup>nd</sup> You Can Ride 2 50/50!

No matter whose name is chosen, the real winners will be the children who are able to have and ride a bike!

Your purchase for \$20/ticket will be the real prize for the kids!



Tickets can be purchased from the Ed Ex/Brand Toolcribs, Ops (Theresa), and STEP Focal (Marion)

### Today's Smile



**Norris Rules**  
@NorrisRules

Chuck Norris once climbed Mt. Everest in 15 minutes. 14 of which he was building a snowman at the bottom.



How do you spell SAFETY?  
**S**afety **M**eans **A**lways **R**emember **T**eamwork



# SCOTFORD GOAL ZERO WEEKLY AND TURNAROUND TIMES

## MONDAY, OCTOBER 30, 2023



Don't get Burned, Learn  
about Fire Safety.

Slogan Submitted by :  
Tom Mentzelopoulos

### NO HARM (Site)



## STEP DATA/GOAL ZERO DISCUSSION TOPIC

### WHAT ARE WE SEEING?

- Noticed worker hoisting material in an awkward position, creating a strain hazard.
  - Mentored worker on proper ergonomics and stance for best position for hoisting using rope.
- Witnessed this person entering the building with a large heavy box. They looked to be struggling a little bit.
  - I went to help offer keep the door open for them. I mentioned to them that a trolley would have been helpful for them to use in this case. They agreed.

### LET'S TALK – DISCUSSION WITH YOUR GROUP

- An **ergonomic injury** is one which **results from prolonged strain, pressure, or incorrect posture due to a specific ergonomic hazard**. Such injuries make up **33% of all worker injury and illnesses**, according to the [U.S. Bureau of Labor Statistics](#). (2021 stats)
- Lifting or working awkwardly can cause both acute and chronic pain and injury.
- These types of injuries can affect many areas of your life.
  - What would be affected in your world by injuring say, your back?
  - How would you and those around you be affected if your injury/pain became long lasting or chronic?
  - Can you think of a part of your job that puts you at risk for an ergonomic injury? Is it something that will happen immediately or over time?
  - How can you mitigate that (or those) risk(s)?

**Being laid up because of an injury is no one's idea of a good time! Not being able to do the activities that you love due to chronic pain is terrible!**

If you, through this discussion, recognize that you are at risk for an ergonomic injury and need assistance, reach out to your foreperson, line manager, supervisor.