



TURNAROUND TIMES

2023 REFINERY | OCTOBER 17, 2023 | ISSUE 22

OVERALL EVENT PROGRESS

79 %



You Can Ride 2

Goal Zero Shifts	62
Monies Raised	\$31,000

TURNAROUND STATS	LAST 24H	OVER-ALL
First Aid	0	6
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	4
LOPC (<100kg)	0	0
LOPC (>100kg)	0	0
Environmental Non-Comp.	0	0

HOW TIRED IS TOO TIRED? *Fatigue in the Workplace*



Fatigue has been described as a condition characterized by a feeling of weariness, tiredness, or a lack of energy. It can significantly impact a worker's ability to perform their job safely and effectively. Fatigue can result from various factors, both work-related and non-work-related. Understanding and addressing these factors are crucial for maintaining worker safety and health.

Work-Related Factors

Nonstandard Schedules – such as night shifts and extended hours, often disrupt or limit the time available for rest and sleep. This can lead to sleep deprivation and increased fatigue.

Stress – High levels of stress in the workplace can contribute to mental and physical fatigue. Demanding job requirements, tight deadlines, and interpersonal conflicts can all

contribute to stress-induced fatigue.

Physically or Mentally Demanding Tasks – Jobs that require intense physical or mental effort can lead to fatigue. Continuous, strenuous physical activity or complex cognitive tasks can deplete energy reserves quickly.

Working in Hot Environments – can cause physical discomfort and increase the body's energy expenditure. This can result in fatigue and potentially heat-related health issues.

Non-Work-Related Factors

Allergies – Allergic reactions, particularly if they disrupt sleep or cause discomfort, can contribute to fatigue.

Anemia – is a medical condition characterized by a deficiency of red blood cells or hemoglobin, leading to reduced oxygen-carrying capacity in the blood. Anemic individuals often experience fatigue due to reduced oxygen supply to tissues.

Depression/Anxiety – Mental health conditions like depression and anxiety can lead to persistent fatigue, impacting both work and overall well-being.

Viral/Bacterial Infections – such as the flu or a bacterial illness, can cause fatigue as the body diverts energy to fight the infection.

Fibromyalgia – is a chronic pain disorder often accompanied by fatigue and cognitive difficulties. It can significantly affect a person's energy levels and overall functioning.

The consequences of fatigue in the workplace are severe and wide-ranging.

Slowed Reaction Times – Fatigue impairs the ability to react quickly to unexpected events or hazards, increasing the risk of accidents.

Reduced Attention and Concentration – Fatigued workers are more prone to errors and lapses in judgment due to reduced focus and attention.

Limited Short-Term Memory – Fatigue can hinder the ability to retain and process information, leading to forgetfulness and poor decision-making.

Impaired Judgment – Workers experiencing fatigue may make poor decisions, especially in situations that require complex decision-making or risk assessment.

High levels of fatigue are a concern in any Turnaround and can have considerable implications for worker safety and health. Fatigue-related safety issues extend beyond the workplace, as tired workers may commute to and from work, operating vehicles and interacting with the public, posing public health and safety concerns.

Please, recognize signs of fatigue and communicate your concerns to your supervisor. We encourage an open dialogue as essential to creating a safer and healthier work environment for all. Know you are not alone – Shell HSSE are available to provide support and guidance for those dealing with fatigue-related issues.

SCOTFORD WEATHER

Tue 17 | Day **10°** Cloudy with occasional light rain. High near 10C. Winds NW at 15 to 25 km/h. Chance of rain 80%.

Tue 17 | Night **4°** A few clouds. Low 4C. Winds light and variable.

83% Humidity, UV Index 1 of 11, Sunrise 08:03, Sunset 18:30

24% Humidity, UV Index 0 of 11, Moonrise 11:54, Moonset 19:18, Waxing Crescent

WTT *How Do You Handle Fatigue?*



During turnaround, it is hard to make sleep a priority. We are working long hours, but life is still happening all around us. But being deprived of sleep shows up in so many ways - lack of patience or clarity, the ability to process information, reduced attention span and energy - and it can cause us to make poor decisions. We may also feel anxious, stressed out, or irritated.

The best thing we can do for ourselves is ensure we are getting the best - and most - sleep possible. Try using earplugs and keeping your sleeping area dark. Avoid alcohol and caffeine before bed. And remember, it is okay to take an extra day off if your body is saying you need it. Take care of yourselves!

STEP *Make the Last Thing the Last Thing*



We have discussed Housekeeping and keeping our walking/working areas clean and free of clutter quite a bit.

Clearly, it is important to clean up and remove tools and materials when a job is done.

It is also very important to make sure that our Stop the Drop barriers remain in place until the very last of the clean-up is complete. We don't want to take away fire blanket before the loose materials are removed. We also don't want to take flagging down while there is still a risk of falling objects.

Keep making it look great out there and keep the barriers in place until you're done.

GOAL ZERO CUP

We Echo this Nomination! These folks work so well together and deserve to raise the cup and flex a bit!

"I would like to nominate the entire wash pad crew of Ed-Ex, Clean Harbors and Mammoet for the safety cup. This crew has not only been productive but also leads the way with their safety commitment. Starting from the foremen down to the crew they have shown exemplary performance and pride in their work."



We Used to Call Him Tyler VanSickle. Now We Call Him Eagle-Eye!

Tyler was in the unit and noticed a chain hanging down. Upon further inspection, it was determined to be a chainfall that had been left in place for "some time"! As Tyler, Scott (TEAM Safety), and Dwight (Shell Safety) were determining next steps, Adrian O'Flaherty came along (pun intended). He said, I'll get RAT to get it down. They did. And, Bingo, Bango hazard removed quickly and safely!

Awesome team work folks!