



# TURNAROUND TIMES

2023 REFINERY | OCTOBER 19, 2023 | ISSUE 24

OVERALL EVENT PROGRESS

83 %



You Can Ride 2

Goal Zero Shifts	66
Monies Raised	\$33,000

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

## GOOD ENOUGH MINDSET



For most of us, we have been doing our jobs long enough to know what is the right way to do something and what falls short to “good enough.” When it comes to workplace safety, “good enough” does not cut it. When addressing hazards, having this mindset will lead to exposure to risk that will eventually result in incidents and injuries occurring.

It is important to take the

time not only to identify hazards but also take the proper time and energy to mitigate them.

**What Leads to the “Good Enough” Mindset?** – There are many reasons why individuals may be tolerant of unnecessary risk during work tasks. A few of these reasons could include:

- Complacency. For individuals who have been doing their work for long periods of time, complacency can be one of the biggest challenges to avoiding a “good enough” mindset.
- Lack of training or understanding. Some workers, especially those less experienced, may not understand the importance of taking certain steps to protect themselves and those around them while completing their work.
- The culture of their work group or the company as a whole supports tolerating risk.

When supervisors or coworkers do not follow safety rules or procedures, then others around them are more willing also not to follow the rules and settle for good enough.

- Lack of energy or fatigue. There are many times we do not feel 100%. Lack of energy is a huge problem across the U.S. with all the demands we deal with both at home and at work. When fatigue or lack of energy becomes an issue, our work suffers, including being safe while at work.

### How to Avoid a “Good Enough” Mindset

- Always aim to do your best. Oftentimes, we know what the expectation is or how things should be done, so the only thing left is to put action to that knowledge and do the right thing. Not only will doing your best help to ensure less chance of injury, but it also builds your personal reputation as a worker.
- Recognize when you are not feeling your best or when your energy levels are low. If you find yourself leaning towards making the easy choice instead of the right choice, then take steps to combat the urge to cut corners.
- Remind yourself why certain safety policies or best practices are in place and that the expectation is to follow them.
- Have others who excel in their job double-check your work or give you feedback. Reaching out to others allows you to ensure you fully understand the task and the hazards, which can lead to identifying ways to improve.

### Summary

“Good enough” is a mindset that plagues individuals both at work and at home in different aspects of life. When we aim lower than what we know our potential is, we are leaving a lot on the table. When it comes to safety at work, aiming lower than what is expected can lead to serious injuries.

### LESSONS LEARNED

Thu 19 | Day

**19°**

Sunshine in the morning will give way to cloudy skies and light rain during the afternoon. High 19C. Winds SW at 10 to 15 km/h. Chance of rain 70%.

Thu 19 | Night

**5°**

A few clouds. Low around 5C. Winds WNW at 15 to 30 km/h.

Humidity 61%    UV Index 2 of 11

Sunrise 08:07    Sunset 18:26

Humidity 67%    UV Index 0 of 11

Moonrise 14:34    Moonset 20:30

☾ Waxing Crescent

## STEP

When we feel pressure to complete a task or when we get a quick task we hadn't expected, we can make poor decisions because "it's faster" or "it'll just be a minute".

Where we walk, how we drive, and how we use our PPE can be compromised.

No task, no job, no timetable is more important than Personal and Process Safety!  
Ever! **Slow down, choose Wisely, and go home Safely!**

If you're always racing to the next moment, what happens in the one you're in?

Nanette Mathews

## WTT *Mind Over Matter*



When we have been working lots, not only our bodies get tired, but so does our mind. And our mind can sure play tricks on us - it can make us less patient, easily irritated, even emotional. This doesn't always work well when we have to work with a team. If you find your patience ... or maybe your co-worker's patience ... is getting a little low, recognizing it is a great first step. There are a few things you can try to ease your mind:

1. Change the subject. Talk about something other than work for a couple minutes.
2. Take a microbreak and grab a drink of water.
3. Step away from the action and just a few big deep breaths. It's okay to give yourself a moment.
4. Leave the negatives behind for a moment and find three positive things about the situation.
5. Think about something you are looking forward to.

Just changing your mind's direction for a brief moment or giving it a chance to calm down can make all the difference, and can make your work day a lot more manageable.

## GOAL ZERO CUP

***"I would like to Nominate Will Farrell and his PME team for the cup!"***

You see, Will is a Leaf's fan and this is the closest to a cup he will ever get. So, I feel the right thing to do is nominate him and his team for not only having to suffer through years of despair as Leaf's fan, but also all the great work they do onsite pre-TA and during the event. In all seriousness his team has always done great and safe work on site, just now he received a thank you from one of the operators for helping them out, they were in a bit of a bind for fuel. Bird TA and PME TA work great together as the TA logistics team.....and I guess the Shell guys do as well =)"

**We add a Huge thanks to this team as well! They always go above and beyond!!**



***Excellence This Shift and Every Shift!***

That's how Chad Bayrack and his crew of Ed Ex Boilermakers show up. The adjectives Outstanding, Excellent, and Great were all used to describe the crew and the way they do each job with Safety in mind...Every Shift!

**Thanks Folks!**