



# TURNAROUND TIMES

2023 REFINERY | OCTOBER 20, 2023 | ISSUE 25

OVERALL EVENT PROGRESS

83 %



You Can Ride 2

Goal Zero Shifts	68
Monies Raised	\$34,000

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	0	1
HPE- High Potential Event	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

## HEALTH MATTERS

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Stress is a fact of daily life and is the result of both the good and bad things that happen. Too much stress can cause serious health concerns, but there are many ways of dealing with stress that can reduce your risk.

Stress can come from major events in life such as getting married or changing jobs, or

from minor daily incidents, such as job pressures or holiday planning. The things that cause you stress may not be a problem for someone else. If you did not feel stress of some sort, you would not be alive. Good stress, such as winning a game or going on vacation, can make you feel more involved and energized. But the negative effects of too much stress associated with being under pressure can affect your health.

When you find an event stressful, your body undergoes a series of responses. These come in three stages:

### Mobilizing Energy

Your body releases adrenaline, your heart beats faster and you start to breathe more quickly. Both good and bad events can trigger this reaction.

### Consuming Energy Stores

If you remain in the mobilizing energy stage for a period of time, your body begins to release stored sugars and fats. You will then feel driven, pressured and tired. You may

also experience anxiety, negative thinking or memory loss, catch a cold or get the flu more often than normal.

### Draining Energy Stores

If you do not resolve your stress problem, your body's need for energy will become greater than its ability to provide it. At this stage, you may experience insomnia, errors in judgement and personality changes. You may also develop a serious illness such as heart disease or be at risk of mental illness.

**Notice the signs, ask for help when you need and support each other!**

## DID YOU KNOW?

*You may have heard that an apple a day keeps the doctor away?*

An important meaning behind that comment is that some things you have to do every day. For example, eating seven apples on Saturday night, instead of eating one a day, just isn't going to get the job done.

### LESSONS LEARNED

Fri 20 | Day

**14°**

Mainly sunny. High 14C. Winds WNW at 15 to 30 km/h.

Humidity 52%    UV Index 2 of 11

Sunrise 08:09    Sunset 18:24

Fri 20 | Night

**-1°**

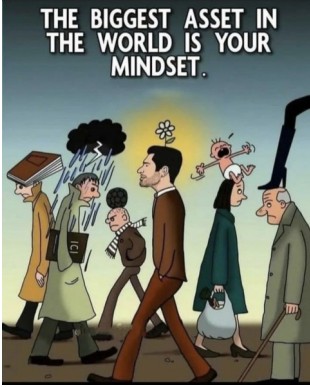
Partly cloudy. Low -1C. Winds light and variable.

Humidity 81%    UV Index 0 of 11

Moonrise 15:35    Moonset 21:35

Waxing Crescent

## STEP



This STEP Update is all about the people I interact with each day.

We all have stuff going on. Good, bad, and ugly.

I am continually impressed by the great attitudes and willingness to work hard and watch out for each other that I see. Thank you!

**Safety is about Care and Protection...for yourself and those around you!**

## TRACTION AIDS *Is it Winter Yet?*

The use of winter traction footwear such as over the work boot traction devices are utilized based on the risk of slips or falls from winter/ice conditions and exposure of Shell employees and contractors for both work and non-work requirements. During winter weather conditions, until slip hazards (snow/ice) are removed, traction aids must be worn. This includes parking lots.

**Availability** – Winter traction aids are available for shell staff through vending machines. Contractors are required to provide their own traction aids for use on site.

**Use and Maintenance** – Traction aids must be fit for purpose according to the boot sole/heel type. The first consideration before using winter traction boots or devices must always be to remove slipping hazards through controls such as snow removal, blocking “goat trails” and sanding! All manufacturers’ specifications for each individual traction device must be followed. Traction aids may not be worn on steel floors, grating, stairs or inside administrative/control rooms.

Only approved traction aids may be used on site. Any other models must go through the safety department for approval.

**Please see Shell TA HSSE if you require more information.**

## GOAL ZERO CUP

### ***"Team would like to nominate Total Safety for the Goal Zero Cup!"***

Total Safety deserves to hoist the cup for the great breathing air setups at locations and keeping the lines secured out of the walking/working paths for SABA and the organization of the SCBA packs for use and returns. They were available for quick response when packs were needed with short notice and always observed working safely."

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



### ***"I would like to nominate Chelsey Banta, Christine Johnston and Therese Lepage for the GZ cup!"***

Chelsey and Christine are the 2 Ed Ex lunch bubble cleaners and Therese handles all the coveralls and PPE in the handout trailer for Ed Ex. She also sorts through the change bubbles to keep a good handle on stock and packages up to 45+ dirty coverall bags a day to get sent out for wash. These ladies have always done an incredible job keeping BRS 6 the cleanest bubble on site and the Ed Ex change rooms immaculate.

**They are always getting compliments from the workforce on how happy and positive they show up each and every shift!"**

