



TURNAROUND TIMES

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OVERALL EVENT PROGRESS

98 %



You Can Ride 2

Goal Zero Shifts	82
Monies Raised	\$42,000

TURNAROUND STATS	LAST 24H	OVER-ALL
First Aid	0	6
Recordable	0	1
Life-Saving Rule Violation	0	1
Near Miss	1	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



Why are we continuing the conversation about Burnout?

What is burnout?

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. The process is gradual with the signs and symptoms starting subtly and becoming worse over time – it saps our energy, reduces our productivity, and can leave us feeling increasingly helpless, hopeless, cynical, and resentful. The negative effects of burnout impact pretty much every area of our lives and the journey to recovery can be a long one, so addressing the causes and symptoms as soon as possible is essential in preventing a major breakdown.

Why are we continuing to talk about burnout?

Despite a considerable body of knowledge and scientific literature around the causes and negative effects of burnout, it remains a significant workplace crisis. Last year, our organization began the conversation around burnout with resources and a video from [Dr. Tharaka](#). There was an overwhelmingly positive reaction to the content and people felt connected to the topic. We realise that there is more work to do in order to beat burnout. That is why this year we are moving the conversation forward from the basics of burnout towards simple skills everyone can use to protect against burnout.



STEP Update

If the plan doesn't work – Change the plan, not the Goal!

The Turnaround plan may have changed slightly, but the goal is still the same. Deliver the Turnaround Safely!! Keep being the safety champs you are and watch out for each other as we bring this TA to the finish line!