

# THE TURNAROUND TIMES



2023 REFINERY | OCTOBER 4, 2023 | ISSUE 13

OVERALL EVENT PROGRESS **39%**



Wed Oct 4  
 Day  
 12° Feels 8  
 37 km/h NW 40 %  
 55 km/h ~1 mm  
 8 hr  
 Partly cloudy, then a low chance of a shower developing late morning, continuing in the afternoon. Windy.

Night  
 2° Feels -2  
 29 km/h NW 10 %  
 43 km/h  
 Partly cloudy throughout the night.

## HAND FREE FUNDAMENTALS *Hand injuries are one of the most common workplace injuries even though they are almost always preventable.*

Your hands are the most important tools you use at work. They are the tools that make each of us highly skilled and valuable employees. It only takes a few seconds to severely damage your hands and leave you permanently disabled.

### Hands Free Fundamentals:

1. **Identify and mitigate lines of fire/crush points** – identify and control potential line of fire and crush point hazards related to your hands or your co-worker’s hand (s) placement
2. **No hands on loads** – hands are not to touch any suspended load. Loads can be guided by tag lines and/or push pull sticks.
3. **Use handles or hands-free tools** – utilize handles that are designed/fit for purpose.



4. **No hands on energy sources** – keep your hands away from hazardous energy sources until the hazard is controlled or mitigations have been implemented.

5. **Use approved task-specific gloves** – are you using the correct glove for

the task. Refer to the approved Shell glove matrix in SWP-6606.

We can prevent hand injuries by making sure we remove or minimize hazards before starting jobs. We just need to take a few extra moments to consider what could happen.

What is one change you can make today in how you approach your work that could prevent a hand injury?

TURNAROUND STATS	LAST 24 HRS	OVER-ALL
First Aid	1	4
Recordable	0	1
Life-Saving Rule Violation	0	1
Near Miss	0	0
Motor Vehicle Incident	0	1
Dropped Object	0	1
HPI- Hi potential Incidents (failed Safe)	1	1
HPE- High Potential Event (failed lucky)	0	0
SIF- Serious Injury or Fatality	0	0
Env (Other/Spill)	0	3
LOPC (<100kg)	0	0
LOPC (>100kg)	0	0
Environmental Non-Comp.	0	0
YOU CAN RIDE 2		
Goal Zero Shifts	36	
Monies Raised for Charity	\$18,000	

## STEP PPE — Your Last Line of Defense



Your hands are a couple of your most valuable, irreplaceable tools.

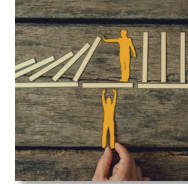
We use handsfree tooling to keep your hands out of pinch points. We discuss pinch point hazards in our pre-job discussions.

What else can you do? Watch where you place your hands and wear the gloves appropriate to your task! It takes a moment to injure or protect your hand...you choose.

Take those few moments needed, and wear your hearing PPE to be able to hear all those sounds you love.



**INTERVENE** 



Not surprisingly, injuries caused by knocks, bumps, and pinches are among the most common, across various industries, and can cause a wide range of hand injuries.

When an object strikes or pinches a hand, the force is transferred directly from the object to the hand and can lead to injury. This is known as an **IMPACT INJURY**.

From minor bruising to broken bones, fractures, or contusions, workers need to keep their hands safe by using the right protection for the job.

## GOAL ZERO UPDATE



### *The Total Safety Night Shift Crew is Just on it.*

Monitors bumped and delivered on time, SCBA shacks right up to par, fills being done in a very timely manner. Always ready to help, always great at answering questions.

Such a great asset to our turnaround!"

### *Chemco Yellow Block Electricians Have Contributed to Goal Zero.*

They have done so by continuing to rework and safe out temp. power. They also remove EHT safely and efficiently to keep our mechanical teams going. Lighting is always a priority and they are quick to make any adjustments or changes that are required. They strive to keep all cables off the ground so tripping hazards are reduced and housekeeping is always top notch.

They always have strong communication and relationships with other trades and contractors this helps everyone achieve Goal Zero.

