



the Bear Facts

**MAY 5/14
DAY 11**

SAFETY FOCUS: CHANGING WEATHER CONDITIONS

COLDER WEATHER = SLIPPERY CONDITIONS

As you walk to your destination, evaluate your path and identify the transition zones you encounter and protect yourself. It's important to maintain alertness and continually self-monitor your near ground and distance surroundings.

Don't be in a rush to get there; and be extra cautious when going from one type of walking surface to another. Keep in mind that temperature changes increase slippery walking conditions - from day to night and from night to day; or from cold to warmer temperatures. Remember, walking is working.

Defensive Walking Best Practice

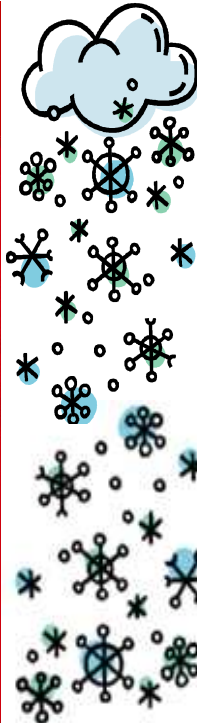
- Ensure your footwear has good treads and is appropriate for the conditions
- Consciously decide the best path to take. Use designated walkways. Avoid shortcuts which don't receive maintenance
- Use traction aids when ice and snow are present and always have them readily available
- Take short, deliberate steps when walking on snow or ice
- Ensure hands are free. Don't carry items in your arms that can cause you to be unbalanced
- Don't text /talk on cell phones when walking. Stay alert and focused
- Do not wear clothing that will obstruct your peripheral vision
- Use handrails when ascending/descending stairs, or getting on/off the bus and equipment
- Hold onto the door frame to steady yourself when getting in or out of your vehicle and ensure good traction and grip
- Treat all wet, dark areas on pavement as slippery and icy. Approach these areas with caution
- Eliminate/identify walking hazards

GET A GOOD GRIP THIS SPRING

SAFETY HEALTH & ENVIRONMENT

| May 5 @ 6:00 | Previous 24 Hours | Total to Date | First Aid | Record. Injury |
|-----------------------|-------------------|---------------|-----------|----------------|
| URSA MAJOR | | | | |
| # Med Center Visits | 1 | 10 | | |
| # of Injuries | 0 | 5 | 3 | 2 |
| # of Incidents | 1 | 6 | | |
| # Shifts Injury Free | | 0 | | |
| # of Observations | 228 | 1749 | | |
| PLT. 8-1 COKER | | | | |
| # of Injuries | 0 | 1 | 1 | 0 |
| # of Incidents | 0 | 0 | | |

GET A GOOD GRIP THIS SPRING



QUOTE OF THE DAY

When conditions can induce a trip
Please slow down and get a grip!

Fort McMurray

Current Weather
A few clouds
6°C
Feels like 3

Mon. Evening
Few flurries

4°C
Feels like 0

Mon. Overnight
Light snow

-3°C
Feels like -9

Tues. Morning
Snow

-2°C
Feels like -7

Tues. Afternoon
Scattered flurries

3°C
Feels like -1

SCRABBLE RIDDLE SOLUTION: Tomorrow

SYNCRUDE'S SAFETY PLAN

1. AEFSTY NADSTSADR UGIED

| | | | | |
|---|---|----|---|----|
| 7 | 1 | 12 | 6 | 11 |
|---|---|----|---|----|

2. REANOSPL PEVTRECTIO TUINEPMEQ

| | | |
|---|---|---|
| 2 | 8 | 4 |
|---|---|---|

3. FSEA RKWO THBAIS

| | | | | |
|---|---|----|----|---|
| 5 | 3 | 10 | 13 | 9 |
|---|---|----|----|---|

Unscramble each of the clue words. Copy the letters.

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|---|---|---|---|---|---|---|---|---|----|----|----|----|