



the Bear Facts

**MAY 6, 2014
DAY 12**

SAFETY FOCUS: LADDER SAFETY

A STEP UP ON LADDER SAFETY

Ladders are an integral part of Turnaround activities. We use many different types to access work areas and items at height. Ensure when you use a ladder that you utilize the right type and inspect it properly before climbing. For step ladders, are they fully opened? Are the rungs in good repair? Is the load rating adequate? For straight ladders, are they secured top and bottom? Are the rungs in good repair? Are they at the correct angle and extending far enough above the platform? For Scaffold ladders, are they fully inspected and tagged for use? Give the ladder a little shake to ensure no bolts have loosened. If the ladder is shaky, contact Aluma and have them double check it before you ascend. **Always** ask yourself, what's the worst that can happen? **Always** inspect a ladder before use.

Always STOP AND THINK!

LADDER & STAIRWAY SAFETY

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
20			18				8							7							24				

O A I O A E , A EA
7 4 12 1 20 8 16 12 7 16 15 20 14 14 18 16 12 20 1 15 18 20 12 1

O A E E O I O A
1 2 7 20 4 14 1 22 16 18 18 25 7 8 4 1 17 7 4 1 20 17 1

(E E I E) I O E A I A I E
16 18 12 25 18 17 1 8 19 18 15 23 8 12 1 7 9 18 10 20 8 4 1 20 8 4 18 14

A A I E
20 1 20 15 15 1 8 10 18 12

Current Weather
Overcast
5°C
Feels like 2

Fort McMurray

Tues. Evening
Variable cloudiness
3°C
Feels like 0

Tues. Overnight
Mainly clear
-6°C
Feels like -10

Wed. Morning
Cloudy periods
-2°C
Feels like -6

Wed. Afternoon
Mixed precip.
5°C
Feels like 2

YESTERDAY'S DOUBLE PUZZLE SOLUTION

1. Safety Standards Guide 2. Personal Protective Equipment 3. Safe Work Habits

SYNCRUDE'S SAFETY PLAN = NO ONE GETS HURT!

SAFETY HEALTH & ENVIRONMENT

May 6 @ 6:00	Previous 24 Hours	Total to Date	First Aid	Record. Injury
URSA MAJOR				
# Med Center Visits	1	11		
# of Injuries	0	5	3	2
# of Incidents	0	6		
# Shifts Injury Free		0		
# of Observations	348	2097		
PLT. 8-1 COKER				
# Med Center Visits	1	2		
# of Injuries	0	1	1	0
# of Incidents	0	0		

Get a Grip on Ladder Safety



It's not a circus act!

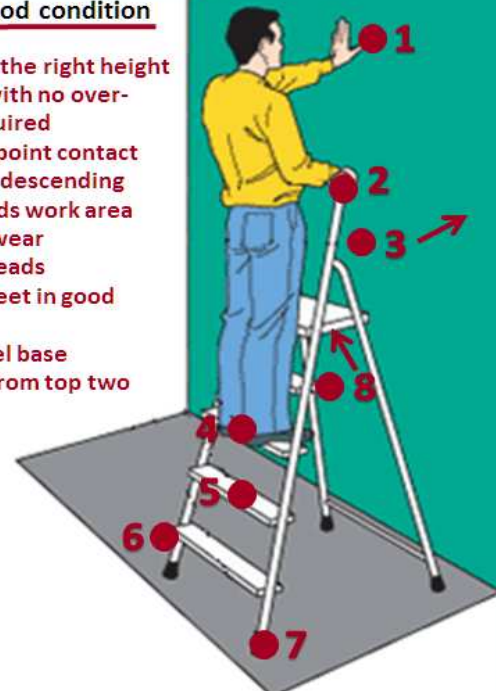
QUOTE OF THE DAY
Climb to the challenge.
Do every job safely.

LADDER SAFETY

THE RIGHT WAY

Ladder is in good condition

1. The ladder is the right height for the job, with no over-reaching required
2. Good grip, 3 point contact ascending or descending
3. Facing towards work area
4. Correct footwear
5. Clean step treads
6. Four ladder feet in good condition
7. Firm and level base
8. No working from top two steps.



**One Team – One Goal – One Result
No One Gets Hurt!**