



the
Ursa Major Facts

**May 12, 2014
DAY 18**

SAFETY FOCUS: COMPLACENCY

Working safely is not easy, nor is it automatic. If we stop for a moment and think we can all come up with instances when we became complacent. It happens to us because we perform many functions on an almost continuous basis. Many of our jobs are repetitive in nature, and the more we repeat what we are doing, the better the chance that we will become complacent without even realizing it. Therein lies the potential danger, the danger of complacency.

We become complacent about our personal safety by repeated exposure to situations without consequence. Taking shortcuts without consequences causes us to become more lax about our personal safety.

Personal safety is not like a light switch that you can turn on or off. The personal safety switch must continuously be in the on position. *Feeling* safe does not mean we *are* safe. On the contrary, "feeling safe all the time" could be the biggest threat to our well-being because we drift into that complacent mode.

One key to avoid the complacency trap is to form "safety habits": Habits that you repeat over and over until they override your former unsafe behaviour and become automatic.

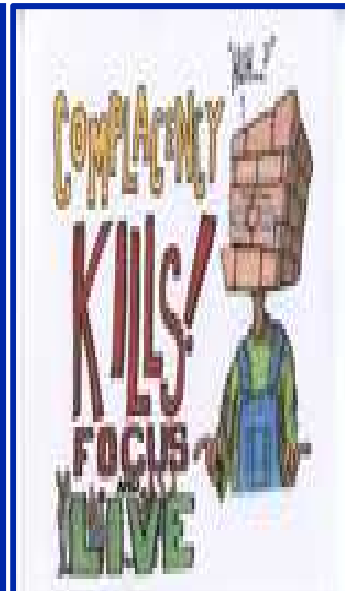
Habits such as, wearing proper PPE, tying off when working at height, not using 'something handy' to step on to reach things, wearing face shields when grinding or using impact wrenches, removing tripping hazards, not stepping over or sitting on Jersey Barriers, not making openings in the fencing of designated walkways.....They all contribute to making you aware of your day to day habits and help remove the danger of complacency.

STOP AND THINK

SAFETY HEALTH & ENVIRONMENT

| | Previous 24 Hours | Total to Date | First Aid | Record. Injury |
|-----------------------|-------------------|---------------|-----------|----------------|
| May 12 @ 6:00 | | | | |
| URSA MAJOR | | | | |
| # Med Center Visits | 0 | 18 | | |
| # of Injuries | 0 | 6 | 4 | 2 |
| # of Incidents | 1 | 15 | | |
| # Shifts Injury Free | | 2 | | |
| # of Observations | 430 | 4574 | | |
| PLT. 8-1 COKER | | | | |
| # Med Center Visits | 0 | 2 | | |
| # of Injuries | 0 | 1 | 1 | 0 |
| # of Incidents | 0 | 3 | | |

Congratulations to an anonymous worker from Clayburn, who saw someone climbing onto a pallet to perform a task. The Clayburn worker intervened and asked the person to get down, get a ladder, and be safe. Thank you, Clayburn, for encouraging your workers to intervene with their peers to prevent complacency!



Fort McMurray

| | | | |
|---|---|--|--|
| Mon. Evening Mainly sunny 10°C Feels like 9 | Mon. Overnight Clear -2°C Feels like -3 | Tues. Morning Sunny 3°C Feels like 2 | Tues. Afternoon Sunny 14°C Feels like 14 |
|---|---|--|--|

AVOIDING THE COMPLACENCY TRAP

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|---|---|---|----|---|---|---|----|---|---|---|---|---|----|---|---|---|---|---|----|---|---|---|---|---|
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| 26 | | | | 25 | | | | 13 | | | | | | 11 | | | | | | 14 | | | | | |

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