



the Ursa Major Facts

May 16/14
DAY 22

SAFETY FOCUS: LAST MINUTE RISK ASSESSMENT

LMRA means "Last Minute Risk Assessment". This is a brief, individual, mental hazard assessment of a task and the worker(s), which can also be done verbally with the work crew.

The LMRA is intended to focus a worker's attention on the task. It is done by the worker(s) before and during the work. It helps identify any unsafe behaviours and hazardous conditions that may have been missed in preparation for the work or which may have developed during the job.

Benefits:

- ✓ Proactive method for identifying the potentially hazardous personal factors of rushing, frustration, fatigue, and complacency
- ✓ Quick and easy to apply to any situation

Ninety percent of injuries are caused by at-risk behaviours; therefore, those 90% are preventable. No one goes to work with the intention of getting hurt yet injuries and incidents continue to happen. The following are some of the reasons people take risks at work:

- To save time (e.g. taking a shortcut, rushing, etc.)
- To improve our comfort (e.g. PPE can be uncomfortable and restrict movement)
- Out of frustration (either with something or someone)
- Being tired / fatigued
- Because we've done the job so many times without getting hurt that we become complacent about the hazards and risks Therefore, we need to effectively use Last Minute Risk Assessments any time we start a new job or something changes during the course of the day.

There have been several injuries and incidents in the last few days that would have been prevented had the worker(s) done a Last Minute Risk Assessment. Ask yourself:

- What can hurt me? What can hurt my co-workers?
- Do we have the right PPE for the job?
- Is my area free of housekeeping hazards?
- Am I working in the area of another trade?
- Am I in the line of fire? Will I be in the line of fire if I change my position?
- Is this the safest way to do the job?

If you ask yourself these questions as you work you can assess and address all changes to your work, your safety, and your co-workers' safety.

Family Matters.

SAFETY HEALTH & ENVIRONMENT

May 16 @ 6:00	Previous 24 Hours	Total to Date	First Aid	Record. Injury
URSA MAJOR				
# Med Center Visits	3	31		
# of Injuries	0	12	10	2
# of Incidents	2	26		
# Shifts Injury Free		0		
# of Observations	166	5935		
PLT. 8-1 COKER				
# Med Center Visits	1	4		
# of Injuries	0	2	2	0
# of Incidents	0	3		

FLRA HAZARDS

1		2							
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Across

- Coming from above
- Equipment Hot/Cold, fumes, leaks
- Something that controls what a person is able to do
- Enter or Exit (Two words)

Down

- Arranging things so that people can use them easily and safely
- To lift up
- Slings, shackles, tagline, spreader bar, chain fall, come-a-long

4	5								
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6									
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7									
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SAFETY QUOTE

Planning your steps
one at a time
Checking for hazards
amidst the grime
Gets you safely
across the finish line.

3	4	6	9	7	1	5	8	2
1	5	8	6	3	2	7	9	4
9	2	7	4	8	5	1	3	6
7	6	9	3	2	4	8	1	5
4	8	3	5	1	6	9	2	7
5	1	2	8	9	7	6	4	3
6	9	5	2	4	8	3	7	1
8	7	4	1	6	3	2	5	9
2	3	1	7	5	9	4	6	8

Fort McMurray

Fri. Evening Cloudy periods 13°C Feels like 13	Fri. Overnight Variable cloudiness 1°C Feels like -2	Sat. Morning Cloudy periods 7°C Feels like 5	Sat. Afternoon Variable cloudiness 17°C Feels like 17
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