



the Ursa Major Facts

May 20 , 2014
DAY 26

SAFETY FOCUS: Plan the Work - Work the Plan

What is the plan?

Planning is what determines success or failure. You either plan and manage your time or fail. The three keys to planning your work and working your plan are:

- Time management
- Planning safe work
- Goal setting and achievement.

The truth is that those who don't plan run in circles - Those who do plan reach their goals. Success and prosperity come to those who prepare and work for it.

We Fall Off Plan Easily

The moment things get busy, we throw away those parts of our plan that are the hardest to do, or the ones that take the most thought. We all do this. That's not just you. But that means we have to work even harder at keeping to our plan.

When You Get Off Plan? Get Back On.

"Let's get right back on plan" mindset. There's no guilt. There's no "well, it's ruined now." You just start again. Day one. Get back on it.

In the End

- Plan the Work - state what done looks like in some meaningful way
- Work the Plan - perform the work, measure progress, make the appropriate adjustments
- Continuously Manage Risk - during all steps, the management of risk is how adults manage projects by putting Safety First.

SAFETY HEALTH & ENVIRONMENT

May 20 @ 6:00	Previous 24 Hours	Total to Date	First Aid	Record. Injury
URSA MAJOR				
# Med Center Visits	3	37		
# of Injuries	0	16	11	5
# of Incidents	3	36		
# Shifts Injury Free		0		
# of Observations	450	7306		
PLT. 8-1 COKER				
# Med Center Visits	0	4		
# of Injuries	0	2	2	0
# of Incidents	0	4		

Safety is Everyone's Responsibility

This is a little story about four people
Named Everybody, Somebody,
Anybody, and Nobody.
There was an important job to be done
And Everybody was sure that
Somebody would do it .
Anybody could have done it,
but Nobody did it.
Somebody got angry about that
Because it was Everybody's job.
Everybody thought that Anybody could do it,
but Nobody realized that
Everybody wouldn't do it.
It ended up that Everybody blamed
Somebody when Nobody did what
Anybody could have done.



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

Fort McMurray



Tues. Evening
Isolated showers
18°C
Feels like 18

Tues. Overnight
Cloudy periods
10°C
Feels like 8

Wed. Morning
Cloudy periods
14°C
Feels like 13

Wed. Afternoon
Variable cloudiness
22°C
Feels like 22

Scrabble Riddle Solution

What are we? Non-expendable Body Parts .

(1.Fingers 2.Feet 3.Forearms 4.Hands 5.Toes 6.Eyeballs 7.Legs)