



# the Ursa Major Facts

May 24, 2014  
DAY 30

### TODAY'S FOCUS: COMPLACENCY

We need to ask ourselves, "Am I ever complacent about Safety on the job?"

#### Three types of "at risk" behavior:

- 1. Intentional** – The employee knows full well that the activities they are doing are not safe and that there is a significant amount of risk associated with the activity.
- 2. Unintentional** – The employee is unaware of the risks.
- 3. Habitual** – The employee knows the risks, but has been doing the activity so long that they are no longer as alert to the risks.

#### Expect the Three Sources of the Unexpected

- 1. Mechanical** – Something may break due to a mechanical failure.
- 2. The Other Person** – Someone else does something the person or the employee does not expect.
- 3. Our Self** – The employee does something they never intended to do in the first place. This source of the unexpected is where over 90% of the injuries originate.

#### Four Critical Errors

The "Our Self" area given, from a behavioral focus, is the area with the most potential to improve.

- 1. Eyes not on task** – Not looking at what we are doing, or not looking before we move our hands, feet or body. Without looking, we lose the ability to react to events as they occur and have lost our best defense against injury.
- 2. Mind not on task** – Not thinking / focusing on the task we are doing; thinking about other things.
- 3. Being in/moving into the "Line-of-Fire"** – Placing ourselves in the line of stored energy.
- 4. Losing our balance, traction or grip** – Slip, trip, fall or drop.

#### Four States of Being

We often make the error because we are in one of the following states.

- 1. Rushing** – Rushing faster than you're used to going, or trying to do two or more things at once.
- 2. Frustration** – Things aren't going well, emotions are running high.
- 3. Fatigue** – When we are fatigued, our motor skills and mental alertness diminishes. We start making errors we would not normally make.
- 4. Complacency** – We have become numb to the hazards.

(Excerpts from "Workplace Complacency - Reduction Techniques"  
By Gary A. Higbee )

### SAFETY HEALTH & ENVIRONMENT

	Previous 24 Hours	Total to Date	First Aid	Record Injury
<b>MAY 24 @ 6:00</b>				
<b>URSA MAJOR</b>				
# Med Center Visits	3	40		
# of Injuries	0	21	16	5
# of Incidents	5	46		
# Shifts Injury Free		0		
# of Observations	n/a			
<b>PLT. 8-1 COKER</b>				
# Med Center Visits	0	4		
# of Injuries	0	2	2	0
# of Incidents	1	5		

### QUOTE OF THE DAY

"One key to avoid the complacency trap is to form "safety habits"; habits that you do over and over until they override your former unsafe behavior and become automatic."

Don't be  
**COMPLACENT**



**ABOUT SAFETY!**



### Fort McMurray

<b>Sat. Evening</b> Variable cloudiness <b>14°C</b> Feels like 13 P.O.P: 30% Rain: - Wind NW 15 km/h Wind gust - Humidity 63%	<b>Sat. Overnight</b> Clear <b>6°C</b> Feels like 4 P.O.P: 10% Rain: - Wind W 10 km/h Wind gust - Humidity 70%	<b>Sun. Morning</b> Sunny <b>9°C</b> Feels like 9 P.O.P: 10% Rain: - Wind E 5 km/h Wind gust - Humidity 66%	<b>Sun. Afternoon</b> Cloudy periods <b>19°C</b> Feels like 19 P.O.P: 10% Rain: - Wind E 10 km/h Wind gust - Humidity 39%
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3								
	7				3	4		2
		1		6		7		
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7		9		2		8		