

**MAY 25/14  
DAY 31**

*the*  
**Ursa Major Facts**

**SAFETY FOCUS: MAKING SAFETY PERSONAL**

**Make it Personal!**

To be successfully safe we all need to make our behaviors habitual. Safety becomes then a natural process of doing our work. When we think about the behaviors we need to get through our work days without encountering injuries and health damaging events, we see that it's the behaviors we choose personally that will help us accomplish that.

For example, wearing seatbelts is a behavior that we aren't instinctively born with. We need to learn the behavior of putting our seatbelts on before we drive. Repetitions and positive reinforcement, through experiential learning, helps to make this behavior one that becomes a habit. Once it's a habit it makes up a part of how we do the act of driving.

What is it in our lives that we need to STOP doing to make it home safely? Just as importantly there are some things that we realize that we should START doing to make ourselves safer. Finally, we realize that many of the things we do already are actually increasing the chances of us safely getting home after our day at work, and we should CONTINUE to do those things.

This is an important process every workplace should go through to assist people in thinking about and changing unsafe behaviors. Not for the government, not for the company, but for the real people we're working for — those who are waiting for us at home.

**"FAMILY MATTERS"**

**SAFETY HEALTH & ENVIRONMENT**

| May 25 @ 6:00          | Previous 24 Hours | Total to Date | First Aid | Record. Injury |
|------------------------|-------------------|---------------|-----------|----------------|
| <b>URSA MAJOR</b>      |                   |               |           |                |
| # of Med Center Visits | 3                 | 43            |           |                |
| # of Injuries          | 0                 | 21            | 16        | 5              |
| # of Incidents         | 1                 | 47            |           |                |
| # Shifts Injury Free   |                   | 0             |           |                |
| # of Observations      | 350               | 9350          |           |                |
| <b>PLT. 8-1 COKER</b>  |                   |               |           |                |
| # of Med Center Visits | 0                 | 5             |           |                |
| # of Injuries          | 0                 | 2             | 2         | 0              |
| # of Incidents         | 0                 | 6             |           |                |

**SAFETY QUOTE**

**Do we really think that we can work and live without Safety? Think again! Make a commitment to make safety personal.**

**Fort McMurray**



| INCIDENT DATE | DIVISION   | COMPANY  | SEVERITY   | BODY PART | INCIDENT DESCRIPTION  |
|---------------|------------|----------|------------|-----------|---|
| May 18        | Conversion | Jacobs   | Not Class. | Eyes      | Employee felt irritation in eye while utilizing a chain fall.   |
| May 18        | Hydro      | Ed. Ex.  | Not Class. | Internal  | Worker exposed to a strange smell. Skin discomfort.   |
| May 20        | Hydro      | Ed. Ex.  | Not Class. | Trunk     | Worker lifted pail, he felt discomfort in his left abdomen.   |
| May 20        | Hydro      | Ed. Ex.  | Not Class. | Eyes      | Worker working at Manwatch 11-2 C-2 manway, FB to eye.  |
| May 20        | Conversion | Jacobs   | FA         | Trunk     | Employee slipped/fell in vessel landed on his left side.  |
| May 21        | Hydro      | Catalyst | Not Class. | Head      | Irritation reaction from Life Support Helmet.   |
| May 23        | Conversion | Jacobs   | Not Class. | Fingers   | Right middle finger squished between box and valve stem.  |
| May 23        | Conversion | Jacobs   | Not Class. | Eyes      | Worker bolting up 20" blind, Debris blew into eyes. PPE on.   |
| May 23        | Utilities  | B & W    | Not Class. | Back      | Worker grinding he felt a sharp pain in his back on R. side .   |
| May 24        | Hydro      | Jacobs   | Not Class. | Legs      | Worker kneeling with knee pads, pins sticking out of insulation soft cover punctured knee pad and injured knee. |
| May 24        | Conversion | Jacobs   | Not Class. | Legs      | Piece of scaffolding struck EE hitting back of Left lower leg   |

| DATE          | ARMS | BACK | EYES | FEET | FINGERS | HANDS | HEAD | INTERNAL | LEGS | TRUNK |
|---------------|------|------|------|------|---------|-------|------|----------|------|-------|
| May 18 - 24   | 0    | 1    | 3    | 0    | 1       | 0     | 1    | 1        | 2    | 2     |
| TOTAL TO DATE | 0    | 6    | 6    | 3    | 7       | 2     | 6    | 6        | 5    | 3     |

**Sudoku Solution**

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

Great safety meeting Dan! You made some great points.



Yeah! Making it personal really helped. I even learned a few things