



# the Ursa Major Facts

**June 2 Night Shift  
June 3 Day Shift  
DAY 39**

**SAFETY FOCUS: SHORTCUTS**

What is a shortcut?

- ❖ A path between two points that is faster than the commonly used paths
- ❖ A method to accomplish something that omits one or more steps

Rushing and laziness are causes for taking shortcuts.

Such as:

- Climbing over unit barrier chains
- Not flagging a lift area off
- Not putting the appropriate PPE on (face shield for metal to metal contact)

**SAFETY HEALTH & ENVIRONMENT**

June 2 @ 6:00	Previous 24 Hours	Total to Date	First Aid	Record. Injury
<b>URSA MAJOR</b>				
# Med Center Visits	2	59		
# of Injuries	0	36	29	7
# of Incidents	1	65		
# Shifts Injury Free		0		
# of Observations	588	14267		

**URSA MAJOR  
INCIDENT COMMUNICATION**

We had a muscle strain occur in Conversion today.

Remember that the work you do is strenuous. Staying hydrated and taking micro breaks during a task to stretch will help prevent injury from repetitive use of muscles, while completing a job.

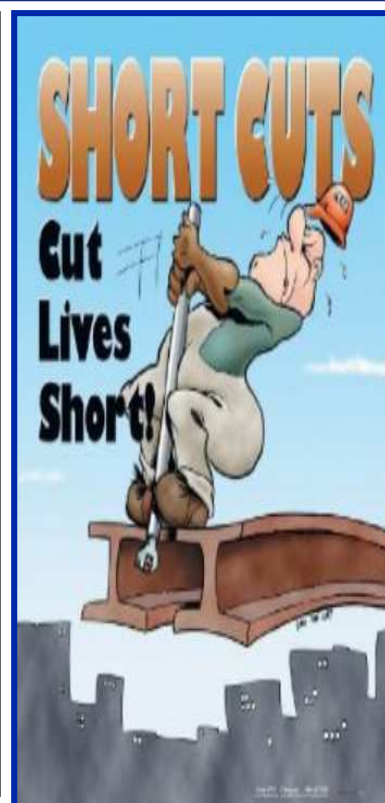
**Fort McMurray**

Mon. Evening Mainly sunny <b>22°C</b> Feels like 22	Mon. Overnight Mainly clear <b>10°C</b> Feels like 8	Tues. Morning Cloudy periods <b>14°C</b> Feels like 13	Tues. Afternoon Chance of thundershowers <b>24°C</b> Feels like 24
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**LEADER'S QUESTION TO WORKERS:  
WHAT ARE YOU WILLING TO SACRIFICE WITH SHORTCUTS?**



Intervention winner Troy Wright with Clayburn receiving his gift from Syncrude's Hydro Safety Advisor Dennis Ryan



**SATURDAY'S SUDOKU SOLUTION**

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