



the Ursa Major Facts

**June 4 Night Shift
June 5 Day Shift
DAY 41**

SAFETY FOCUS: FATIGUE

Fatigue is mental or physical exhaustion that stops a person from being able to function normally.

High levels of fatigue causes reduced performance and reduced productivity, and increases the risk of incidents. Fatigue affects the ability to think clearly.

The most common effects associated with fatigue:

- Lack of concentration
- Impaired recollection of timing and events
- Irritability
- Reduced capacity for communicating with others
- Reduced hand-eye coordination and visual perception
- Reduced capacity to judge risk
- Slower reactions time

Not only do these effects decrease performance and decreased productivity within the workplace, but they simultaneously increase the potential for incidents.

SAFETY HEALTH & ENVIRONMENT

June 4 @ 6:00	Previous 24 Hours	Total to Date	First Aid	Record. Injury
URSA MAJOR				
# Med Center Visits	3	65		
# of Injuries	0	36	30	8
# of Incidents	0	68		
# Shifts Injury Free		0		
# of Observations	689	15669		

URSA MAJOR COMMUNICATION

Your hands are a tool that cannot be replaced; there is no warranty, no return policy. When working with your hands it is important to be aware of where they are at all times. Identify a safe zone away from pinch points and other hazards, and keep your hands in this zone. You only get one set, make sure they last a life time.

Fort McMurray

Wed. Evening
Cloudy with showers
 9°C
Feels like 6

Wed. Overnight
Cloudy with showers
 4°C
Feels like 0

Thurs. Morning
Cloudy with showers
 5°C
Feels like 1

Thurs. Afternoon
Cloudy
 8°C
Feels like 6

LEADER'S QUESTION TO WORKERS:

Do you think someone you are working with is fatigued and putting themselves or others at risk? What action will you take to mitigate this hazard?

Across

2. Attention
3. Ability to remember
5. Individual's natural disposition

Down

1. Able to wait
2. Manual dexterity
4. Automatic responses

FATIGUE AFFECTED AREAS

