



# the Ursa Major Facts

**June 18 Night Shift  
June 19 Day Shift  
DAY 55**

**SAFETY FOCUS: MENTAL FATIGUE**

55 days into Turnaround and we are all feeling the effects of long hours and hard work.

- Our minds and bodies are tired.
- We miss our families.
- Some tempers are starting to flare.

We all could use a break, however; there are still tasks to complete. While we focus on completing our tasks, we must ensure safety is not put on the back burner. Now, more than ever it is imperative to stay alert and ensure safety stays our number one priority to ensure that you and your co-workers finish the tasks without incidents or injury.

**To keep energized, alert and focused:**

- Stretch
- Eat nutritious meals and snacks
- Utilize break times
- Stay hydrated
- Keep a positive attitude

**SAFETY HEALTH & ENVIRONMENT**

June 18 @ 6:00	Previous 24 Hours	Total to Date	First Aid	Record. Injury
<b>URSA MAJOR</b>				
# Med Center Visits	2	73		
# of Injuries	2	48	39	8
# of Incidents	3	92		
# Shifts Injury Free		0		

**URSA MAJOR  
SAFETY COMMUNICATION**

An incident occurred in Conversion today when a workers hand was caught between a valve handle and a rosette, causing a minor abrasion and swelling. This injury had the potential to be significantly worse and serves as a reminder that we need to take make safety our first priority when planning and executing any task.

**Fort McMurray**

Wed. Evening Cloudy periods <b>23°C</b> Feels like 25	Wed. Overnight Variable cloudiness <b>14°C</b> Feels like 14	Thurs. Morning Cloudy with showers <b>16°C</b> Feels like 16	Thurs. Afternoon Light rain <b>24°C</b> Feels like 28
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**LEADER'S QUESTION TO WORKERS:**

**What can you do to re-energize, re-focus and re-engage yourself and those around you?**



U&O TA Days Permit Issuer, Bernard MacEachern receiving a safety award from U&O TA Maintenance Lead Rob Cormier for his willingness to help and for going above and beyond to ensure everyone's safety.