

TODAY'S TOOLBOX TOPICS

Summarize today's toolbox topics during toolbox talks. Reading line-by-line is not necessary.

UPGRADING ALARM TEST: Every Wednesday at 12:05pm, the U2 evacuation alarm is tested. No evacuation required.

EXTRACTION ALARM TEST: Every Wednesday at 12:05pm, the extraction evacuation alarm is tested. No evacuation required.

HAVE YOU HEARD OF THE 8X8 HYDRATION RULE? For those of you who haven't heard, there is a simple rule you can follow to ensure you stay hydrated during this extremely warm weather we're having—it's called the 8 x 8 rule. **It states that you can stay hydrated simply by drinking eight glasses of water or fluids each day and each serving should be at least 8 ounces.** Please be mindful of drinking enough water throughout your shift, and take cool downs when required.

BE PREPARED FOR MORE LIGHTNING: The weather is calling for some thunder and lightning this week. As per Suncor's new lightning policy, the lightning detection process is managed through a satellite weather monitoring and reporting system. **Please be alert to communications advising you to stop work during a lightning storm. If you have questions about Suncor's new lightning policy, please speak to your Supervisor.**

20-20-20 RULE: We like to talk about the 20-20-20 rule in Toolbox Tips, simply because it's a great reminder for all of you. **For those of you who aren't familiar with this rule, it suggests that every 20 minutes you should take 20 seconds to look 20 meters around you for new hazards that may have formed without your knowledge.** By practicing this rule, you can ensure that you're aware of your surroundings, so you can take the proper steps to protect yourself from potential danger.

QUESTIONS FOR CREW:

- How much water should you drink to ensure proper hydration?

SUPPORTING ACTIONS:

- Drink 8 glasses of water, each being at least 8 ounces in size.

QUESTIONS FOR CREW:

- How will you know when to stop work during a lightning storm?

SUPPORTING ACTIONS:

- Be aware of communications from the administrator advising to stop work.

QUESTIONS FOR CREW:

- What is the 20-20-20 rule?

SUPPORTING ACTIONS:

- Every 20 minutes, take 20 seconds to look 20 meters around your work area for new hazards.

REVIEW WITH YOUR CREW

HAZARDS IN THE NEXT 48 HOURS

WILL THESE HAZARDS AFFECT YOU? HOW CAN YOU MITIGATE EACH?

- Material Handling
- Working at Heights
- Dropped Objects
- Hot Surfaces
- Line of Fire
- Stored Energy
- Cranes/Overhead Lifts
- Mobile Equipment
- Live systems
- Plant noise
- Hot piping and equipment
- Slips, trips and falls

Safety Stats

SAFETY STATS	LAST 48 HOURS	TO DATE
First Aid	1	48
Med Treatment	0	14
Restricted Work	0	0
Loss Time Injury	0	0

INJURY OVERVIEW

First Aid: Burn to the ear

These statistics are with respect to the 2018 spring outage.