

ENSURE ALL EMPLOYEES AND SUB-CONTRACTORS WORKING FOR AVALANCHE ACID REVIEW THIS NEWSLETTER.  
IT IS A KEY PART OF OUR SAFETY PROGRAM



# MARCH 2019 VOL.3

## MONTHLY HEALTH & SAFETY NEWSLETTER

### SAFETY TOPICS

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### SAFETY SUGGESTIONS/CONCERNS

If there is a topic or item that you would like either reviewed in a monthly newsletter or discussed at the quarterly safety meetings; please fill out suggestions and concerns form and please drop a note in the Safety Basket and we will do our best to accommodate your safety requests.

### WILDFIRE SEASON

Alberta's Wildfire Season is starting on March 1. The Office of the Fire Commissioner, municipalities and fire departments across Alberta, Alberta Agriculture and Forestry, and Alberta FireSmart are all working to help raise awareness about wildfire - Wildland Urban Interface (WUI) and grass fires.

Preparing for the threat of wildfire is a shared responsibility. You can do your part:

- **Dispose** of debris and lawn clippings quickly to reduce fuel for fire. Don't let them linger.
- **Clear** leaves and other vegetative debris from roofs, gutters, porches and decks. This helps prevent embers from igniting your home.
- **Remove** dead vegetation and other items from under your deck or porch, and within 10 feet of the house.
- **Remove** flammable materials (wood piles, propane tanks) within 30 feet of your home's foundation and outbuildings, including garages and sheds. If it can catch fire, don't let it touch your house, deck or porch.
- **Prune** trees so the lowest branches are 6 to 10 feet from the ground. Wildfire can spread to tree tops.

# WILDFIRE SEASON

## MARCH 1 - OCTOBER 31

Fire permits are required for any burning in the Forest Protection Area (excluding campfires).

[firepermits.alberta.ca](http://firepermits.alberta.ca)  
Toll Free: 310-0000

Alberta Wildfire Alberta

*Proud Members*



## WILDFIRE SEASON CONT'D

### Before a Wildfire

- Know your risk. Do some research and learn how often wildfires occur in your area. Find out when there is the greatest risk and take wildfire safety precautions.
- Evaluate your surroundings. If you're in an area with a high risk for fire, examine the landscaping around your house. Move plants or trees that are too close to your house or burn easily.
- Clear dead plants away from your house. Dead grass and plants are easily flammable and should be cleared at least 50 feet away from your house.
- Install smoke alarms in your house. Make sure you test the alarms periodically to ensure they are working properly.
- Put together an emergency kit. Your kit should include first aid supplies, blankets and any personal items you may need (medications, toiletries, clothing). If you have pets, make sure they also have adequate supplies.
- Decide in advance what you will take with you. Keep personal belongings to a minimum and only take what you absolutely must have. If you have to leave immediately for safety reasons leave everything behind.
- Create an emergency plan. Planning in advance how you will protect your house and how you will evacuate if necessary can help minimize injury and damages. Choose a meeting place away from your home for family members to gather in case you are not together when a fire happens. Designate a neighbor to evacuate your pets in case you are not able to get home during a fire.



### If a Wildfire Is Approaching

- Prepare to evacuate. Listen to emergency channels and know the status of the fire. Put emergency supplies and must-have items in the car so you can evacuate quickly. Evacuate immediately if told to do so.
- Protect your property. If you have time, use a hose to wet down your house, the roof and the surrounding area. Turn off the gas in the house.

### After a Wildfire

- Return only after it is safe. Do not go back to your house until officials declare it safe to do so.
- Watch out for ash pits and hot spots. Even after a fire has been extinguished, small fires can flare up without warning. Check your house and surrounding property for hot spots and extinguish them immediately. Also watch out for ash pits-holes full of hot ashes left by burned trees. Mark off ash pits so no one falls into them and injures themselves.
- Document the damage to your house. Take photos and video and make a written list. You will need this documentation for insurance purposes.

## WEATHER MATTERS: SPRING SPECIFIC SAFETY

Spring is upon us, and with all its new wonders, there are also many hazards that come along with it. Mudslides, falling rocks in mountainous areas, floods, thin ice, mudholes, slippery conditions, and many other hazards now become a threat to worker safety. It is a time when people start to shake off the woes of winter and relax a bit more, especially in those grueling jobs where deep snow and freezing cold take their toll on the psyche.

As the temperatures rise and the snow melts, new creeks and runoff areas that were hidden during the winter come to life and can make travel risky, or even dangerous in remote locations. When completing your daily safety plan, make sure to adjust your plan to include the new hazards that come with the seasonal changes.

Not only is it the time of year when you need to adapt your safety plans on the job, it is also a time when work around the house and yard get back into motion with cutting the grass and trimming the trees. That means using power tools, lawn mowers and fertilizers to remove debris that has piled up over the winter and needs to be dealt with. Take a minute to review the operating instructions of all your spring and summer machines, as well as inspect them for service hazards, loose blades and other potential hazards to reassure yourself on how to operate them safely.

Here are some examples of spring-specific hazards to broaden your scope during your spring risk assessment:

- Partially dead trees
- Thin ice
- Flood zones
- Creeks, washes, runoff areas
- Melting and thawed muskeg
- Mudslides
- Avalanches
- Falling rocks near highways
- Lawnmower and chainsaw safety
- Chemicals in fertilizers
- Slippery roads
- Tornadoes
- Smoke alarm batteries
- Water contamination
- Loose debris in lawn and yard



It is easy to carry on with your regular work routines into spring without considering the aspects of safety that come with the season. To ensure a safe and positive approach to spring safety on the job and in the yard, take a moment to reflect on not only the risks, but also the goals for the season. How will your job be affected by the seasonal change? How will your goals for spring cleaning your yard, garage, or home be affected by the weather?

In many industries and jobs that require work outside, it is important to get a good pair of rubber boots with steel toes, as your winter boots may be too heavy or warm. A good set of rubbers should have the safety seal to comply with industry standards for your particular job. These boots can be a lifesaver during the initial stages of spring when you encounter deep mud patches and waterways. Other safety tips include dressing in layers, so if you get too hot, you can shed or add a layer when needed.

Enjoy all the wonders of the season and remember to be safe!

## ARRIVE ALIVE – DON'T DRIVE WHEN TIRED

Driver fatigue can be a major factor in road traffic incidents, resulting in an estimated 20% of all road fatalities. Here we share our tips on preventing fatigue from ending your drive prematurely.

It's easy to underestimate the effect fatigue can have on a driver. In fact, according to research driver fatigue is a major contributing factor in up to 20% of all road traffic fatalities - even more than drugs or alcohol.\*

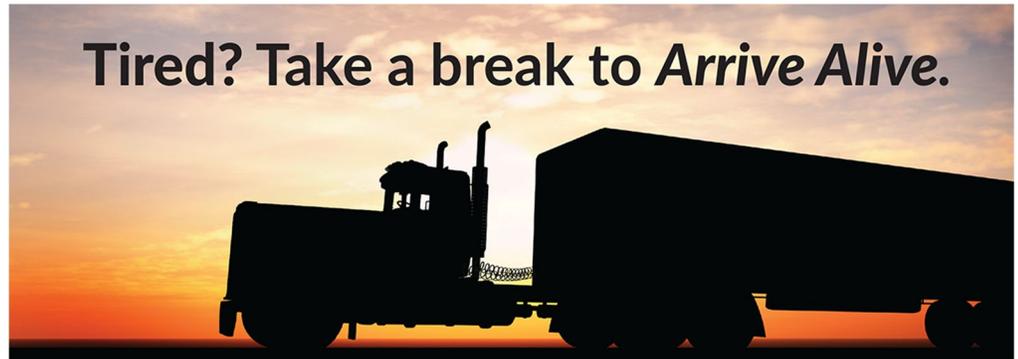
The primary cause of fatigue is clear: insufficient sleep - either short-term (less than 5 hours sleep in the last 24 hours) or long-term (less than 12 hours sleep in the last 48 hours and less than 50 hours sleep in the preceding week). Other contributing factors can also include a driver's eating pattern, fitness and general health.

With many hours spent on the road driving long, straight roads at relatively constant speed, safe drivers know to be vigilant for signs of fatigue – especially between 2-5am, and during a 'sleepy dip' around 2pm.

### Recognize the warning signs

Drivers suffering from fatigue may begin to exhibit a number of symptoms:

- Poor verbal communication
- Yawning and eye-rubbing
- Irritability
- Low concentration
- Inattention
- Taking shortcuts
- Staring
- Head nodding
- Blinking eyes
- Micro sleeps



### Manage your fatigue

There's no shortcut to managing fatigue – rolling down your window and turning up your radio won't keep you focused if you're suffering from fatigue. The only long-term solution is to plan for sufficient sleep – it's recommended to aim for around 7-8 hours of uninterrupted sleep per night for most people.

Besides ensuring you get a good night's sleep before a long journey, you can reduce the risk of developing fatigue by taking the following precautions:

- Following a healthy diet and getting plenty of exercise;
- Ensuring you are medically fit, including seeing your doctor if you suspect you have sleep apnea - a disorder characterized by pauses in breathing during sleep, leading to disturbed sleeping patterns;
- Never operating your vehicle when tired, ill, or when any other condition reduces your driving ability
- Creating and following a journey management plan for every journey;
- Taking frequent breaks - stop driving every couple of hours, leave your vehicle and walk around;
- Never driving more than 2 hours without a 15 minute break; and
- Avoiding heavy meals during a long journey.

If you do experience fatigue while driving, you should follow these simple rules:

1. **Stop:** Pullover to a safe location and call your supervisor;
2. **Revive:** Have a 15-20 minute nap; and,
3. **Survive:** Continue driving only until you reach a place where you can have a proper sleep at an approved rest area.

Remember, **fatigue is a 'shared' hazard** – a fatigued driver is a risk not only to their own safety, but to the safety of other road users too. Don't be part of the next statistic – manage your fatigue responsibly, and arrive alive

## DEFENSIVE DRIVING – IS EVERYTHING SAFE AND SECURE?

Drivers play an important part in making sure that commercial vehicles operating on the roadways are in good operating condition. The most effective way for drivers to ensure their vehicle is in safe operating condition is to do a daily vehicle inspection before starting the day's trip.



Not only is it good safety practice, the daily inspection is a regulatory requirement. Drivers must, by law, inspect their vehicles and be capable of determining if they are in a safe operating condition. A driver is required to complete a vehicle inspection every 24-hour period and monitor the vehicle's condition throughout the trip. Pay particular attention to items that can fall, blow off, come loose or leak from your vehicle, including snow and ice. These items are not only dangerous for you and other drivers, but in case of accident or injury, you are liable for these items.

When your vehicle is safe, you help keep the roads safer for everyone.

## PRIME CONTRACTOR BULLETIN

Ryder/ Chevron

Jewelry on location is prohibited and this includes rings (silicon rings are allowed as they will break if under pressure). There is a risk of it getting caught in rotating or moving equipment that could result in a major injury. All jewelry must be removed before coming onto site.





## BULLETIN



**Life Saving  
Rule**

### SPEED MONITORING RESULTS

**WHAT** -On March 1<sup>st</sup> Crew Energy hired a contractor to perform speed monitoring with radar at various spots along our resource roads. In addition a speed monitoring board which records speed was set up.

**WHY**- To understand if a speed issue existed increasing the risk of incidents. Driving remains one of the most dangerous parts of our job in the Oil and Gas industry.

- >50% of the traffic on these roads are heavy haul or larger than 1 tonne.
- 
- Vehicle incidents have not improved over the last 4 years.
- 
- Hazard ID's continue to identify speed/no radio use as an issue which is a leading indicator.

Individuals may feel if road traffic is light and conditions are good then not following speed limits is acceptable. It's these times something unexpected occurs and an incident occurs. How much time does one actually save 5, 10, 15 minutes?

If a playground zone has no kids around does this mean it's acceptable to speed through?

**WHO** – Various contractors including Crew and BC HYDRO.

**Where** –60km/hr and 30km/hr posted speed limits.

**Ice-Bridge (DOWN) 30KM Zone (Camp and 10-14 plant area) Total Count – 40 vehicles**

Over speed violations – 14      Road Radio violations – 8      Max speed recorder – 59km/hr

Average over speed – 15km/hr      Speed Violation Average 35%

**Del Rio (DOWN) KM Marker Total Count – 14 vehicles**

Over speed violations – 5      Road radio Violations – 3      Max speed recorder – 77km/hr

Average over speed – 13km/hr      Speed Violation Average 35%

## 400 Road (UP & DOWN) Total Count – 11 vehicles

Over speed violations – 1      Road Radio violations – 0      Max speed recorder – 78km/hr  
Average over speed – 18km/hr      Speed Violation Average 9%      *Train Track STOP sign violations – 4*

## Ice-Bridge (DOWN) 30KM Zone Total Count – 27 vehicles

Over speed violations – 11      Road Radio violations – 2      Max speed recorder – 60km/hr  
Average over speed – 18km/hr      Speed Violation Average 41%

## Stationary Radar Unit – Del Rio KM Marker 5 (UP)

Total vehicle count – 48      Over speed violations – 13      Max speed recorder – 78km/hr  
Average speed of violations – 69km/hr      Speed Violation Average 27%

## **WE CAN DO BETTTER**

- 1. Supervisors and individuals can communicate the importance of following the "rules of the road". Talk to your contractors/workers at the pre-Sob, tailgate and safety meetings. Distribute Crew's "Rule of Road" brochure.**
- 2. Increase signage.**
- 3. If you see someone speeding tell them to slow down. This can be done in a courteous manner. Report it to a supervisor and remember you are not only looking out for others but for that individual.**
- 4. Continued road monitoring – individuals not following the rules put every worker and member of the public at risk. Driving rules are LIFE SAVING RULES for a reason. Depending on speed identified and number of infractions additional action will be taken.**

## SHOWER UNIT PROCEDURES (TRUCK MOUNTED - 2 MAN)

**Tools/Equipment/Material Required :** Acid truck and shower unit

| #  | Job Steps  | Hazards Associated  | Controls   | Persons Responsible |
|----|--|---|--|---------------------|
| 1. | Arrive on location. Don proper PPE. Check in with medic. Do JSA. Speak to consultant before entering and review hazards on site. Position truck using spotter. Put out wheel chocks.   | <ul style="list-style-type: none"> <li>- Ground personnel</li> <li>- Barricaded areas</li> <li>- Backing up</li> <li>- Congestion</li> <li>- Proper parking procedure</li> <li>- Overhead lines</li> <li>- Rolling vehicle</li> </ul> | <ul style="list-style-type: none"> <li>- Always speak with company rep. before entering to be aware of all hazards on grounds (site orientation)</li> <li>- Use spotters and good communication when backing up and when site is congested</li> <li>- See parking procedure</li> <li>- Review MSDS for PPE, emergency protocols</li> <li>- Wear Proper PPE – FR rated coveralls, hard hat, steel toed boots and safety glasses</li> <li>- Ensure clear communication with ground personnel. Get out of truck and communicate as needed.</li> </ul> | Operator / Drivers  |
| 2. | Open side door of shower unit. Put stairs on for easy access into shower unit. Check emergency towels. Check spare clothing.   | <ul style="list-style-type: none"> <li>- Slips, trips, falls</li> <li>- Pinch points</li> <li>- Manual lifting</li> </ul>   | <ul style="list-style-type: none"> <li>- Wear Proper PPE – FR rated coveralls, hard hat, steel toed boots and safety glasses</li> <li>- 3 point contact</li> <li>- Proper lifting</li> <li>- Be aware of your surroundings</li> </ul>  | Operator / Drivers  |
| 3. | Remove floor drain plugs in floor. Ensure drains are free from obstructions. Open manual ball valves on shower head. Function test shower by pressing red button on the inside of each shower. Function test eyewash stations by pressing same red button and toggle on eyewash station. De-press red button to stop water flow. Shower unit is now primed and ready to use. | <ul style="list-style-type: none"> <li>- Slips, trips, falls</li> <li>- Pinch points</li> <li>- Manual lifting</li> </ul>   | <ul style="list-style-type: none"> <li>- Wear Proper PPE – FR rated coveralls, hard hat, steel toed boots and safety glasses</li> <li>- 3 point contact</li> <li>- Proper lifting</li> <li>- Be aware of your surroundings</li> </ul>  | Operator / Drivers  |

## SHOWER UNIT PROCEDURES (TRUCK MOUNTED - 2 MAN) - CONTINUED

|    |   |   |  |                    |
|----|---|---|--|--------------------|
| 4. | Repeat steps 2 and 3 for the other shower unit.   | <ul style="list-style-type: none"> <li>- Slips, trips, falls</li> <li>- Pinch points</li> <li>- Manual lifting</li> </ul> | <ul style="list-style-type: none"> <li>- Wear Proper PPE – FR rated coveralls, hard hat, steel toed boots and safety glasses</li> <li>- 3 point contact</li> <li>- Proper lifting</li> <li>- Be aware of your surroundings.</li> </ul> | Operator / Drivers |
| 5. | To shut down shower confirm that the red button is not pushed in. Close manual ball valve on shower head. Confirm there is no water laying on the floor of shower. Replace floor drain plugs. | <ul style="list-style-type: none"> <li>- Slips, trips, falls</li> <li>- Pinch points</li> <li>- Manual lifting</li> </ul> | <ul style="list-style-type: none"> <li>- Wear Proper PPE – FR rated coveralls, hard hat, steel toed boots and safety glasses</li> <li>- 3 point contact</li> <li>- Proper lifting</li> <li>- Be aware of your surroundings</li> </ul>  | Operator / Drivers |
| 6. | Exit unit and replace stairs back on the hangers in shower. Close and latch door to shower. Repeat steps 5 and 6 for other shower unit.   | <ul style="list-style-type: none"> <li>- Slips, trips, falls</li> <li>- Pinch points</li> <li>- Manual lifting</li> </ul> | <ul style="list-style-type: none"> <li>- Wear Proper PPE –FR rated coveralls, hard hat, steel toed boots and safety glasses</li> <li>- 3 point contact</li> <li>- Proper lifting</li> <li>- Be aware of your surroundings</li> </ul>   | Operator / Drivers |
| 7. | Do walk around unit, pick up wheel chocks. Check out with medic.  | <ul style="list-style-type: none"> <li>- Slips, trips, falls</li> <li>- Pinch points</li> <li>- Manual lifting</li> </ul> | <ul style="list-style-type: none"> <li>- Wear Proper PPE – FR rated coveralls, hard hat, steel toed boots and safety glasses</li> <li>- 3 point contact</li> <li>- Proper lifting</li> <li>- Be aware of your surroundings</li> </ul>  | Operator / Drivers |

| Safety Items Required |   |          |                                | Risk Assessment  |  |  |  |
|-----------------------|---|----------|--------------------------------|--|--|--|--|
| <b>X</b>              | Basic PPE - Hard Hat, Safety Glasses, Gloves, Steel Toed Boots, FR Coveralls, Ear Plugs |          |                                | <b><u>MEDIUM HAZARD– POST RISK ASSESSMENT</u></b>  |  |  |  |
|                       | SCBA/SABA   |          | Goggles / Face Shield          | <b>A condition or practice likely to cause:</b> <ul style="list-style-type: none"> <li>• An injury resulting in time off from work for any period of time</li> <li>• A moderate loss or damage of property, equipment, or vehicles</li> <li>• Substantial loss of company or client revenues greater than\$1,000.00</li> <li>• A serious environmental release that requires regulatory reporting</li> <li>• Any media, or third party coverage</li> </ul> <b>Action to be Taken:</b><br>The hazard should be considered serious and some form of action taken |  |  |  |
|                       | Signs/Barriers  |          | Chemical Apron / Rubber Gloves |  |  |  |  |
|                       | Full face/cartridges  |          | Chemical boots                 |  |  |  |  |
| <b>x</b>              | Permits   | <b>x</b> | First Aid Kit                  |  |  |  |  |
|                       | Ventilation   |          | On-site shower facilities      |  |  |  |  |
|                       | Reflective Vest   |          | Spotter                        |  |  |  |  |