

SEASONAL Safety Reminders

Now that spring has arrived, we are keen to get out in the yard, the golf course and the walking and biking trails. Here's a quick reminder on how to avoid strains and sprains.

Listen to your Body

A **sprain** is an injury to a ligament when it is stretched or torn. Many things can cause a sprain: falling, twisting, or force on a joint that pushes it out of its normal position. **Strains** are injuries to muscles or the tendons that attach the muscles to your bones. Pulling too far on a muscle or by pulling a muscle in one direction while it is contracting in the other direction can cause injuries within the muscle or tendon.

Help lower their risk of sprains and strains:

- Avoid exercising or playing sports when tired or in pain. Be in proper physical condition to play a sport.
- Maintain a healthy weight and a well-balanced diet to keep muscles strong.
- Wear shoes that fit properly and replace athletic shoes as soon as the tread wears out or the heel wears down on one side.
- Wear the proper protective equipment when playing sports.
- Run on even surfaces.
- Do stretching exercises daily.
- Warm up and stretch before participating in any sports or exercise.

Always stretch first! Stretching prepares your muscles for exercise. And when you include stretching as part of your overall exercise, it can boost your flexibility, balance and coordination.

Safety Tip Tommy



On May 12, CAER will present one of the biggest displays of emergency preparedness equipment ever seen in Canada.

A committee of nearly a dozen emergency preparedness workers, chaired by Tom Cooper, retired fire marshal for Imperial Oil, are busy planning the Safety and Emergency Preparedness Fair to be held at the Clearwater Arenas.

There will be lots for kids to see and do. Find out how local firefighters and police officers protect the community. Learn how spills are prevented on highways and waterways. If they do happen, see how the experts clean them up.



Tom Marshall, Sarnia Fire & Rescue Service speaks to students, along with Tom Boon, Deputy Fire Chief, St. Clair Township Fire Department at the 2005 Safety Fair.

See You May 12th at the Clearwater Arena Don't Miss It!

Did you know responders from Sarnia-Lambton help out at incidents that happen across eastern Canada? Stopping industrial spills to the St. Clair River requires special equipment; come see how they do it.

Learn about safe drinking water and safe food practices you can use at home and what to do if a tornado should strike.

See how the Canadian Coast Guard is working to keep kids safe on the water this summer. There will be something for everyone, so bring your whole family with you. Doors are open between 10 a.m. and 4 p.m.

CAER Community Report

Community Response Emergency Preparedness for the communities of Sarnia-Lambton



Spring/Summer 2006

Community Awareness Emergency Response





PLANT SHUTDOWNS

Spring Cleaning on an Industrial Scale

After the frost is gone and before summer's heat sets in is prime time for local refining and petrochemical industries to take their process units out of service for a thorough cleaning and repair.

Known as "shutdowns" or "turnarounds", these periods of intensive maintenance work typically last a month or two. Processing units operate 24 hours per day, seven days a week, often for years at a time. Planned shutdowns are scheduled well in advance so that along with maintenance work, projects to improve reliability and environmental performance, or to increase production, can happen at the same time. A number of CAER-member companies will be shutting down their operations for maintenance this spring, while others will wait until fall – another peak season for plant turnarounds.

The top priority during a shutdown is safety. The goal is ZERO incidents that harm people or the environment and minimal disruption to the surrounding community. The shutdown team of process, maintenance, design and construction specialists may spend a year or more planning the work requirements to ensure a safe and orderly shutdown and startup.

Here are some things you should know about a shutdown:

Shutdowns require many workers –500 to 1000 trades people are not unusual. Often, recruits from communities across Canada and the U.S. supplement the local workforce to get the job done. When the workforce doubles or triples in size, focus has to remain on safety. Prior to the shutdown, all workers complete training through the Industrial Education Cooperative (IEC) as well as company-specific training. This emphasis on safety makes Sarnia's manufacturing sector one of the safest in the world.

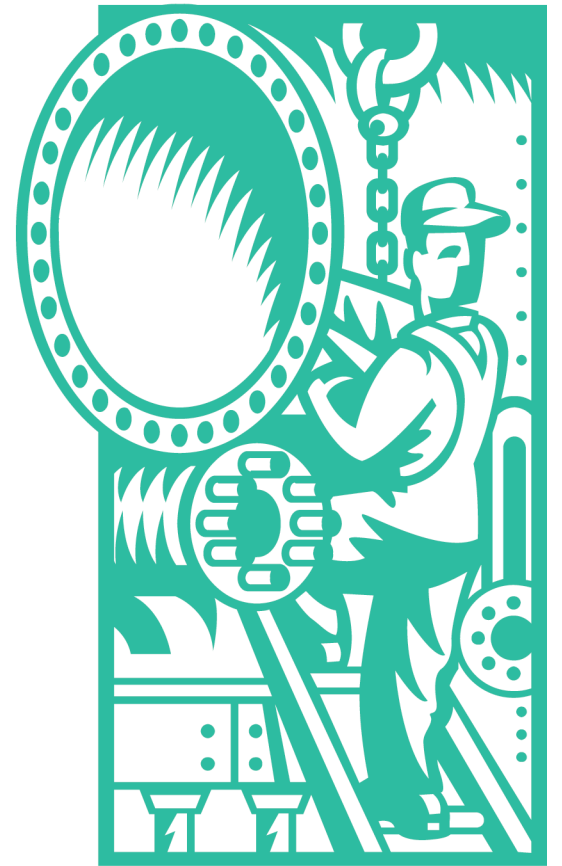


With the influx in people, an increase in traffic can be expected, particularly at the beginning and end of a shift. Specialized equipment including cranes and heavy machinery may also need to travel local roads. Companies work to control traffic by bussing workers from parking lots to the job site and providing extra traffic-control.

Flaring also increases during turnarounds, typically at the beginning, when hydrocarbons are removed from the process units so that they can be worked on safely. Flare systems safely burn gases at an extremely high temperature, minimizing emissions to the atmosphere. Flaring may also increase as the units are started up.

Extra measures are taken to control odours that can be emitted when units are drained and steam-cleaned. The potential for noise and accidental releases also increases during turnarounds; so, extra monitoring is put in place. For example, the Sarnia Lambton Environmental Association's mobile-air monitor is often moved to a shutdown location to measure for chemicals at the plant's fence line.

Many CAER companies inform their neighbours and the public about an upcoming shutdown through letters and media notices, advertising their community-contact information. Neighbours are encouraged to call the company if they see, smell or hear anything unusual or that causes them concern. This ensures prompt action will be taken.



For details on planned shutdowns visit our website at www.caer.ca.



Planned shutdowns are opportune times to add new technology for environmental improvements. This photograph shows a new high efficiency, low-NOx heater being installed on a reformer unit at the Shell refinery in 2005.

Understanding How CAER Works

To help understand how CAER is working for you in the community, each issue of the Community Report will profile a different committee within the CAER organization.

CAER Community Awareness Committee

The CAER Community Awareness Committee represents the **CA** in the acronym **CAER**. It is comprised of volunteers from the industrial and municipal organizations that participate in mutual aid. The purpose of the CAC is to educate the residents of Lambton County and St. Clair County (Michigan) through direct communication and participation in programs, activities and events that will increase community knowledge around:

- The hazards of chemicals handled by Lambton County industries and member companies including municipalities.
- The recommended response to emergency situations including industry incidents and severe weather such as tornados.
- The ability of municipal and industrial emergency groups to respond to incidents as part of the mutual aid system.

To learn more about the committee and the mandate of CAER visit our web site at www.caer.ca.

CAER Organizational Structure

