



2021 COS FORUM

October 27, 2021

Baker Hughes

Time 2 Refocus:

Mindfulness Techniques

Baker Hughes Presenters

Bert Winders

HSE Leader

North America Offshore

Oilfield Services

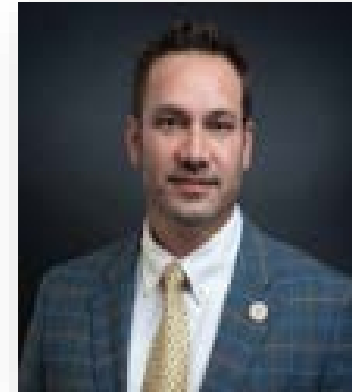


Sam Nielsen

HSE Leader

North America

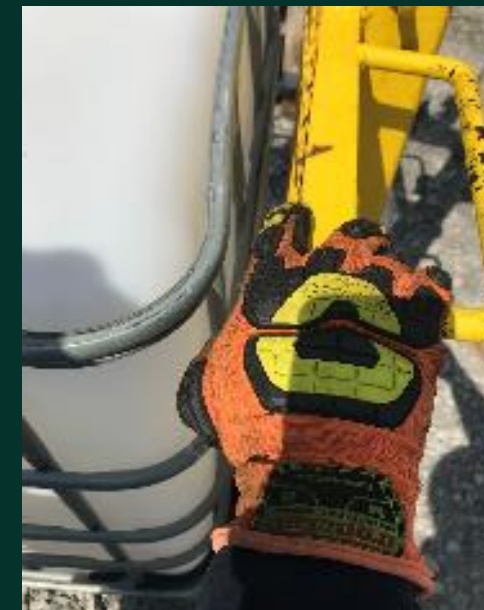
Oilfield Services



Why Time 2 Refocus

- 75% of the incidents occurred during routine type supporting activities associated with a job. Simple everyday tasks that did not require a written risk assessment or detailed plan.
- 78% of the incidents were attributed to human error.
- 34% of the above incidents were due to individuals' unique mental, physical and emotional characteristics.

Lack of Situational Awareness due to Error Precursors

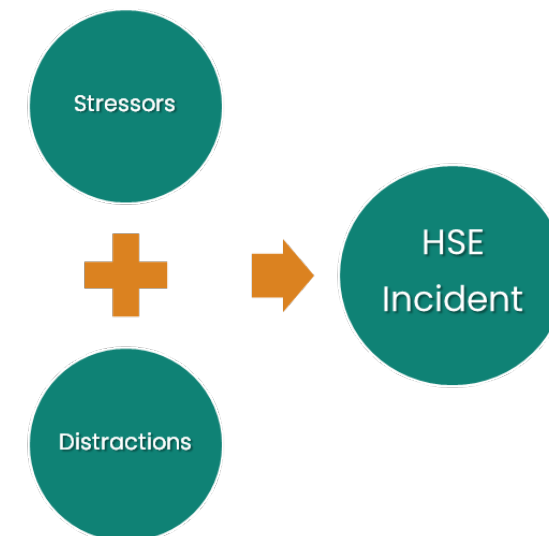


Time 2 Refocus

There is no single solution to eliminate and prevent incidents. Incident prevention takes a combination of things and everyone's effort.

One key item is individual's ability to focus on the task at hand, identifying hazards and controlling them (being mindful).

A single mistake or error can lead to a catastrophic event.



Human Performance Opportunities

Organization Weaknesses

Lack of management control processes



Examples

- Values
- Strategy
- Policies
- Training
- Procedures

System Weaknesses

Deficiencies in management controls



Examples

- Procedural gaps
- Training gaps
- Lack of processes
- Information inaccessibility

Error Traps

Single or multiple circumstances that can result in an undesirable consequence



Examples

- Equipment design
- Procedure wording
- Similar control devices
- Unperceptive processes
- Unclear instructions

Error Precursors

Things that provoke or contribute to error likely decisions



Examples

- Anxiety / Stress
- Time pressure / Workload
- Distractions
- Lack of knowledge
- Illness / Fatigue

Mindfulness

A realistic definition of mindfulness is being in the moment and having the ability to notice something different.

Being present and understanding that the most important time is now, performing the task at hand. We cannot change the past or control things outside our power, but our actions have an immediate and direct influence on the current task.



References: The Three Questions by Leo Tolstoy and Podcast # 323 by Dr. Todd Conklin

What does research on refocusing techniques and safety show?

31 out of **34** studies show that refocusing techniques work.

They work **across industries** (e.g., healthcare professionals and military personnel).

Short techniques with **limited time commitment** work to decrease safety events.



Time 2 Refocus Program

- Takes only about 2 minutes to complete,
- Backed by science and research, and
- Straightforward, easy to learn and apply.
- An example technique...

This is a science-based project using refocusing techniques to improve personal safety.

Mindfulness techniques to enhance performance, well-being & deal with stressors



Example Technique

THE STOP EXERCISE

1 Stand up and breathe. Feel the sensation of your feet touching the ground.



2 Tune into the sensations you feel in your body. Notice any physical sensations or emotions.

4 Possibility – ask yourself what is possible in this moment or what is new or a forward step.

3 Observe your surroundings. Take in anything you see, hear, or smell.

Let's Try One

NOTICE 5 THINGS

Pause for a moment.

1

Look around and notice five things that you can **see**.

2

Notice five things you can **feel** in contact with your body.

4

Listen carefully and notice five things you can **hear**.

3



Results

- Offshore had 61% reduction in total incidents during the second half of 2020 compared to the first half. And, 23% reduction from 2020 H1 compared to 2021 H1.
- Land had a 60% reduction in serious incident in first half of 2021.

Industry Sharing

- National Academies of Science partner meetings
- University of Houston and Robert Gordon University energy webinars
- COS Single Point of Contact meeting



Closing

Baker Hughes' 5 Fundamentals and Time 2 Refocus



High Reliability Organizations have a preoccupation with failure.

We must adapt to a complex environment to be able fail safely.