

Carbon Monoxide Poisoning



Protect Yourself

Carbon monoxide (CO) is a colorless, odorless, toxic gas which interferes with the oxygen-carrying capacity of blood.

CO is non-irritating and can overcome persons without warning.

Many people die from CO poisoning, usually while using gasoline powered tools and generators in buildings or semi-enclosed spaces without adequate ventilation.

Effects of Carbon Monoxide Poisoning

- Severe carbon monoxide poisoning causes neurological damage, illness, coma and death.

Symptoms of CO exposure

- Headaches, dizziness and drowsiness.
- Nausea, vomiting, tightness across the chest.

Some Sources of Exposure

- Portable generators/generators in buildings.
- Concrete cutting saws, compressors.
- Power trowels, floor buffers, space heaters.
- Welding, gasoline powered pumps.

Preventing CO Exposure

- Never use a generator indoors or in enclosed or partially enclosed spaces such as garages, crawl spaces and basements. Opening windows and doors in an enclosed space may prevent CO buildup.
- Make sure the generator has 3-4 feet of clear space on all sides and above it to ensure adequate ventilation.
- Do not use a generator outdoors if placed near doors, windows or vents which could allow CO to enter and build up in occupied spaces.
- When using space heaters and stoves ensure that they are in good working order to reduce CO buildup, and never use in enclosed spaces or indoors.
- Consider using tools powered by electricity or compressed air, if available.
- If you experience symptoms of CO poisoning get to fresh air right away and seek immediate medical attention.

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Oil hits new record over \$90

(CNNMoney.com) -- Oil prices hit a record high Thursday, October 25, 2007 of more than \$90 a barrel after reports indicated OPEC has no plans to increase production. U.S. crude for December delivery jumped \$3.36 to settle at \$90.46 a barrel on the New York Mercantile Exchange, surpassing the previous settlement high of \$89.47 a barrel set Oct. 19. Oil also hit a new trading peak of \$90.60, breaking the previous record of 90.07, also set Oct. 19th. OPEC, which supplies about 40 percent of the world's 84 million-barrel-a-day oil habit, agreed to boost production by 500,000 barrels in September, but the move did little to calm oil prices. There had been speculation that the cartel would again boost production at its next meeting in December. One trader downplayed that notion. "No one has anymore to give us," said Nauman Barakat, an energy trader at Macquarie Futures. By: Louis James

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LIBERTY RESOURCES, INC.



THE RELIABLE REPORT- Designed to inform Reliable Employees. For comments or suggestions, please contact Chris David (Safety Director) @ 937-6579 or Sharon Hebert (Systems Adm.) @ 343-3900



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RIG #21

Pictured from left to right are Robert Chauffepied, Jimmy Truett, Keith Burnitt, Paul Marcantel and Glen "Sharkey" Parker.

Jimmy is the Rig Supervisor. He's been with Reliable for twenty-one years this past July. Keith is the driller. He logged one year with the company in August. Robert started working for Reliable in January. He anchors the floor. Paul is the newest guy; he came aboard to work the floor on June 14th. Glen, or Sharkey as they call him, works the derrick. He's been up there for the past twenty-seven years.

The crew worked on Rig #4 until recently receiving the newest rig in the fleet. While on Rig #4, the crew has steadily worked for Hilcorp over the past four years. They have performed workovers, completions and P&A's in Johnson Bayou, Cocodrie, Scott, Elton and Maurice to name a few. They've also worked in inland waters on a barge in the Hackberry Field.

Thanks guys for doing your part in making Reliable the great service company it has become. Your steady work for Hilcorp is a testament to the great work you provide day in and day out.



November Anniversaries



Leon Dixon 3 yrs. 11/2 **RPS**
 Chris Matt 8 yrs. 11/4 **RPS**
 Jerry Zeno 28 yrs. 11/5 **RPS**
 Chris David 28 yrs. 11/5 **RPS**
 Bobby Pitre 21 yrs. 11/9 **RPS**
 Joe Sampere 13 yrs. 11/9 **RAC**
 Van Mires 3 yrs. 11/16 **RPS**
 James Withers 2 yrs. 11/25 **RAC**
 Doug Martin 23 yrs. 11/26 **RPS**



Reliable Production Service

Reliable Amusement Company



Liberty Resources, Inc.

November Birthdays



Shane Miller 11/4 **RPS**
 Bobby Pitre 11/9 **RPS**
 Ray Briley 11/10 **RPS**
 Shannon Vidrine 11/18 **RPS**
 Carl King 11/24 **RAC**
 Huey Boudreaux 11/25 **RPS**
 Bob Meredith 11/26 **LRI**
 Clarence Thomas 11/27 **RPS**
 Chas Nall 11/22 **RPS**



RPS – Reliable Production Service
RAC – Reliable Amusement Company
LRI – Liberty Resources, Inc.

Half Full/Half Empty

Is your glass half empty or half full? In other words, are you optimistic or pessimistic? Do you have any half empty people where you work? No matter how good things get, they still see the negative side of everything. To make matters worse, they go to great lengths to point it out to everyone around them.



It's a fact that negative people are highly contagious and one complainer can easily get an entire department or worksite down. They make people around them unhappy and unproductive.

Things we normally do about complainers that don't work

- 1. Cheering then up doesn't work**
Saying, "Oh, it can't be that bad!" will not put things in perspective for them.
- 2. Suggesting solutions doesn't work**
Never make comments that start with, "Why don't you...", "Have you tried..." or even worse "You should really have..."
- 3. Telling someone to pull it together won't do**
They want stop complaining because you say, "Stop complaining and do something about it."
- 4. Ignoring them / avoiding them doesn't work**
This makes them seek you out for more attention, which makes you avoid them even more.
- 5. Complaining along with them doesn't work**
Doing this only adds to the number of people who are wasting work time standing around complaining.
- 6. Confronting them will get you nowhere**
You might make them stop complaining in your presence, but it will continue around others.

A Trick That Does Work



After listening to the usual litany of complaints, with deep sympathy in your voice say, "You know, that sounds terrible. I don't know how you deal with these problems." This approach works because it gives the complainer what they're really after: Empathy. They don't want you to cheer them up, find a solution or egg them on. All they want is for you to understand their difficult situation.

I'm Not Picking That Up!

WHEN YOU BELIEVE IN THINGS THAT YOU DON'T UNDERSTAND, THEN YOU SUFFER. SUPERSTITION AIN'T THE WAY.



While back, I was walking with a friend across the parking lot of a local grocery store. As we neared the entrance, I stooped down to pick up a penny that was in my path. My friend asked, "Was that penny face down or face up?" I answered, "Face down. Why?" He replied, "Its bad luck to pick up a coin if it's face down." I then asked, "Would you leave a ten dollar bill on the ground if it was face down?" That's when he was no longer superstitious. He told me that it does not apply to paper money, only coins.

Superstition is a popular song written, produced, arranged, and performed by Steve Wonder in 1972. One of the lyrics mention seven years of bad luck that will ensue after one breaks a mirror. However, the chorus ends with Steve singing, "Superstition ain't the way."

The most recent superstition that haunts our workplace comes to us via e-mail. Don't you just love it when your friends and co-workers send you an e-mail that ends with you having to choose whether or not you want to be the recipient of the bad luck that will come down on you? That is, if you don't forward this e-mail to ten of your friends in the next ten minutes.

Just as we allow superstition to rule over us, we can also pull the plug on its power over us. I'll offer the following as proof... If yours was the thirteenth (the most unlucky number) name pulled as winner of the one million dollar grand prize, the bad luck that the number thirteen symbolized would have far less value than the millionaire you now are. You would change your mind as easily as my friend did when I replaced a coin with a ten dollar bill.

Steve Wonder didn't have the eyesight to see a black cat cross his path, but with his mind's-eye, he could visualize the damage caused when we allow superstition to be the way.

