

NEWSLETTER

This newsletter is region specific and relates to our training facilities in Australia and Asia Pacific.



We are delighted to share with you our second newsletter for 2022.

With over a decade's experience in delivering a range of onshore and offshore courses, Well Academy AU/AP continues to provide leading edge training services, designed to enhance existing developed, and accredited training programmes.

Our partnership portfolio with KELC in Indonesia has increased and we are back to running Face to Face training at our training facilities located in Bandung, Cirebon, and Jakarta.

Together, we address both IADC and IWCF, accredited courses and client specific competency issues, by providing bespoke training courses conveniently scheduled around clients' requirements.

In this edition we will discuss assessment anxiety, fatigue management, a focus on "RU OK?" and new initiatives.

Visit www.wellacademy.com



Human Factors - Fatigue Management

Three of the largest industrial accidents were impacted by fatigue. Fatigue was a contributing factor to Chernobyl, Exxon Valdez and Texas City Refinery.

Today, industry is stretched, recovering from a pandemic, and an increased demand for experienced personnel with an ability to work globally. Fatigue needs to be managed, like any other hazard.

In a recent study it was calculated that fatigue costs more than \$136 billion per year in lost productivity, 84% due to reduced performance rather than absences - approximately on average 5.6 hours of lost productive time per week.

Fatigued employees have less mental and physical capacity to follow work processes or react to changing on-the-job circumstances.

During our well control training, we incorporate Well Operations Crew Resource Management (WOCRM) into our simulator training. Stressing the importance of mental alertness to ensure successful accomplishment of safety-critical activities.

Personal stressors can lead to a lapse of attention and affect task concentration, resulting in task error or omission in following SOP's, checklists which can lead to a failure.

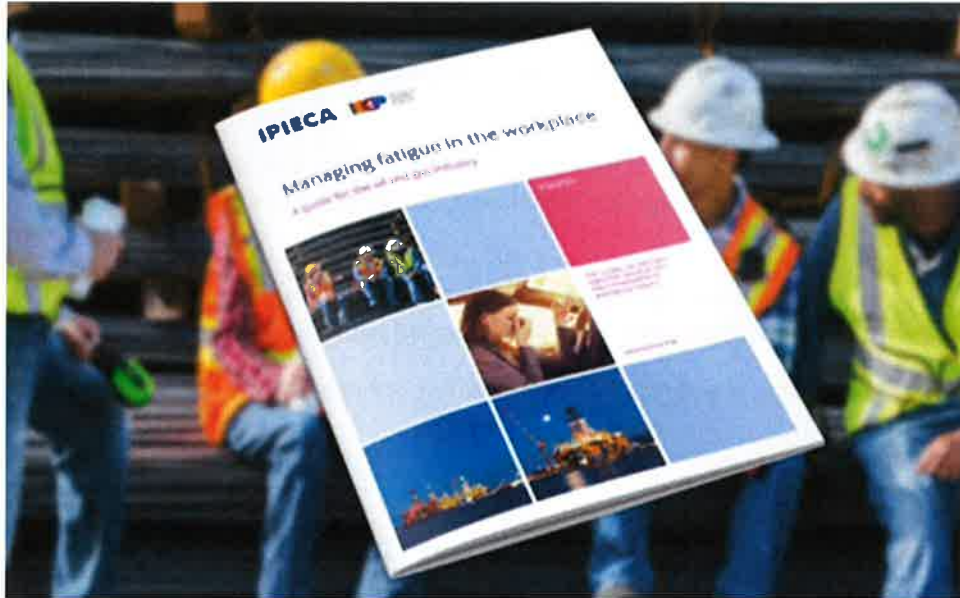
QUICK FATIGUE QUIZ

WHAT CAN CONTRIBUTE TO FATIGUE?

- A. JOB DESIGN (SHIFT SCHEDULE)
- B. DISTURBANCE TO BODY CLOCK (NIGHT SHIFT)
- C. WORK LOAD
- D. ALL OF THE ABOVE

WHAT ASPECT OF PERFORMANCE CAN FATIGUE AFFECT?

- A. DECISION MAKING
- B. SPEECH
- C. HEARING
- D. ALL OF THE ABOVE



IOGP report 636 - Managing Fatigue in the Workplace

"Is a practical 'How To' guide to Fatigue Risk Management and provides an overview of the issues around fatigue with a focus on developing, implementing, and evaluating a Fatigue Risk Management System (FRMS).

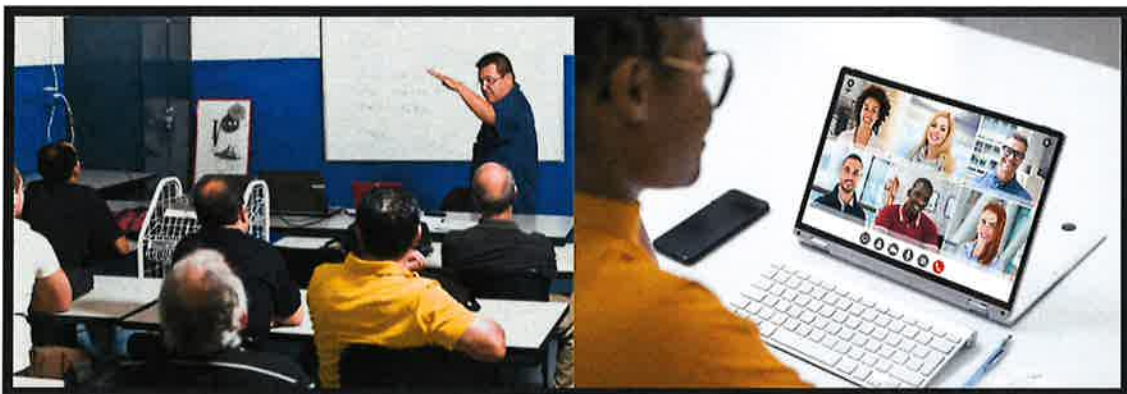
The report gives managers and personnel an outline of the fatigue risk issues inherent in oil and gas operations and offers guidance on their assessment and management."

Managing fatigue in the workplace | IOGP Publications library

API Recommended Practice 755 states that:

"Investigation of incidents should be conducted in a manner that facilitates the determination of the role, if any, of fatigue as a root cause or contributing cause to the incident. Information collected should include the time of the incident, the shift pattern, including the number of consecutive shifts worked, the number of hours awake, the number of hours of sleep in the past 24 hours by the individuals involved; the shift duration (and any overtime worked); whether the incident occurred under normal operations or an extended shift; whether an outage was occurring; and, other fatigue factors"

www.api.org



Face to Face vs Virtual Training - The Great Debate ...

Discussions concerning a transition from face-to-face learning to virtual classrooms and online learning have been ongoing for years!

The COVID-19 pandemic advanced the implementation of online learning as a matter of priority. Virtual training provided us with a viable solution for continued candidate / instructor interaction, and to continue delivering our training services.

Despite many candidates' reluctance to take up virtual training, we have seen a positive relationship between candidates' use of technology, engagement, and assessment results.

With an ever-changing landscape we remain committed to continue to provide training solutions to industry.

Congratulations



Another successfully IADC WellSharp - Well Control Course completed in Bandung, Indonesia, in partnership with KELC!



Congratulations



We successfully completed our first course in Lae, PNG. Thank you QED for hosting us!



SEPTEMBER 2022 COURSE DATES	OCTOBER 2022 COURSE DATES
<p style="text-align: right;">MR WELL ACADEMY</p> <p>5-9 September 2022</p> <ul style="list-style-type: none">• Drilling Well Control Level 3,4 - (PERTH)• Drilling Well Control Level 2 - (VIRTUAL)• Well Intervention Level 3,4 - (VIRTUAL) <p>12-16 September 2022</p> <ul style="list-style-type: none">• Drilling Well Control Level 3,4 (PERTH) <p>19-23 September 2022</p> <ul style="list-style-type: none">• Well Intervention Level 3,4 - (PERTH)• Drilling Well Control Level 3,4 - (VIRTUAL) <p>26-30 September 2022</p> <ul style="list-style-type: none">• Drilling Well Control Level 2 (PERTH)• Well Intervention Level 3,4 (VIRTUAL)	<p style="text-align: right;">MR WELL ACADEMY</p> <p>3-7 October 2022</p> <ul style="list-style-type: none">• Drilling Well Control Level 3,4 - (PERTH)• Well Intervention Level 3,4 - (PERTH) <p>10-14 October 2022</p> <ul style="list-style-type: none">• Well Intervention Level 3,4 - (VIRTUAL)• Drilling Well Control Level 2 - (VIRTUAL) <p>17-21 October 2022</p> <ul style="list-style-type: none">• Drilling Well Control Level 2 - (VIRTUAL)• Drilling Well Control Level 3,4- (VIRTUAL) <p>24-28 October 2022</p> <ul style="list-style-type: none">• Drilling Well Control Level 3,4 (VIRTUAL)

To register for our training courses - please email:

admin.au@wellacademy.com

New Initiative - Just ASK!

Well Academy has introduced a free service where we offer support and share resources in response to candidate's feedback from assessments.

This is based on a "forum" concept where industry can contact us in support of well control or well intervention issues email us at sharehub.au@moduresources.com and we will assist where we can.



R U OK? Thursday, 8 September 2022

Well Academy is proud to participate in R U OK's National Day of Action, when we remind our colleagues and family to ask, 'are you OK?' and start a meaningful conversation to support those going through difficult times.

If you or a family member need assistance, contact: ruok.org.au/findhelp

Learn Engage Deliver – L-E-D

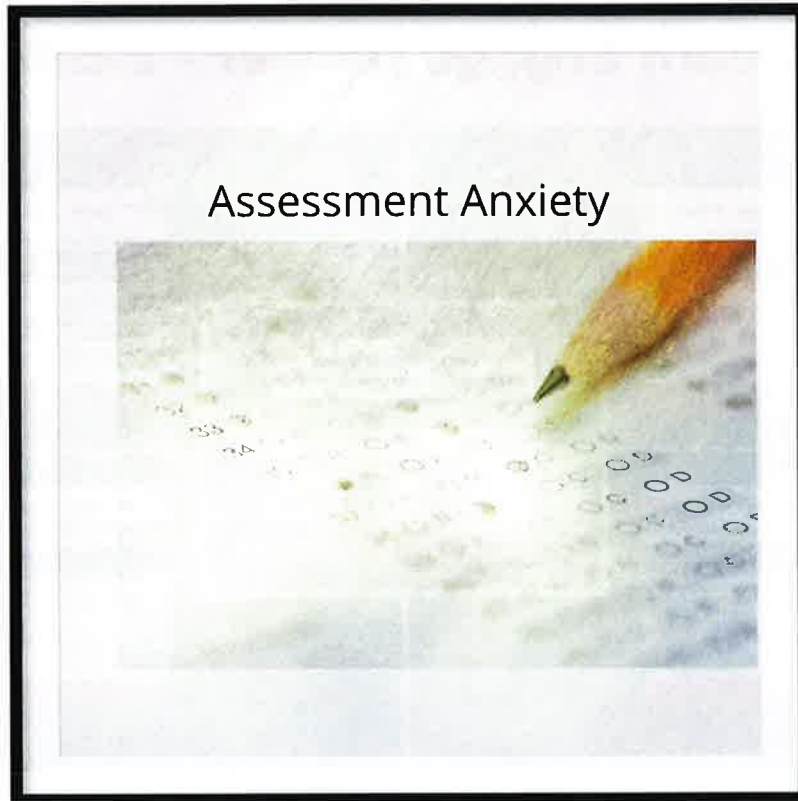


Learn - Engage - Develop (L-E-D)

A ModuResources concept offering a range of webinars, designed to focus on assisting participants in developing individual capabilities, at an introductory level as part of ModuResources' corporate social responsibility.

We will be hosting our next L-E-D mid-September where we will focus on Drilling Optimisation Join us for our next L-E-D focusing on Drilling Optimisation.

Register your interest by emailing: training.wa@moduresources.com



Managing Assessment Anxiety

We know how stressful assessments are for candidates, and so we felt it was important for us to provide some tips to help candidates deal with assessment anxiety.

While there are many contributors to assessment anxiety, being prepared and organised assists candidates to keep focus on and be in control.

Below follow strategies for dealing with Assessment Anxiety:

Gentle exercise - undertake regular activities like walking, reduces physical symptoms of anxiety

Remembering that you are not alone - talking about how you are feeling can reduce the pressure of anxiety and stress

Suitable study environment - ensure that your study room is well lit, ventilated, and quiet

Sleep - get a good night's sleep before your assessment the next day

Diet - pay attention to stimulants consumed - avoid too much coffee, tea and sugar

Preparation - work on sections of content each day

Practice - completing exercises helps to manage anxiety

Self-talk - replace unhelpful thoughts with encouraging self-talk



Full Bottle Club

Congratulations to all our candidates who achieved 100% in their assessments. Thank you for choosing us to be your training provider!

The answers to our quick quiz:

Question 1 - D

Question 2 - D

We are particularly proud of the fact that word-of-mouth and professional referrals have been the main drivers for our growth since the COVID Pandemic and look forward to what lies ahead with confidence and optimism.

Thank you for your support!

The Well Academy Australia Team