

JANUARY 2017

CHEMSAIN newsletter

RESTRICTED CIRCULATION
VOL 01: 2017



Hello
2017!



the managing director. message

With the present uncertainty of economic challenges that confront us, we need the combined strength and commitment of Chemsain members to navigate through this tough times.

2016 was a very difficult year for many companies in the private sector. The year showed a weaker commodities market and sustained low oil and gas prices, so we have to be well-prepared to face this economic downturn trend which will likely be carried over to the year 2017. All the more, with inflation and lower value of the ringgit, it will make life very difficult for our people. With this rather dim economic outlook, we have to be creative and innovative in order to weather the negative impact to the business sector.

In Chemsain, the main objective and responsibility in our operation is to ensure the highest level of integrity and commitment in providing quality and efficient service to our clients. It is along this direction that has given us continued success in the past many years. All staff must be passionate in continuing to do their best for the interest of our clients. To sustain our operation during bad times, we have to make every effort in our operation with higher efficiency and productivity at reduced cost. It is all the more necessary as we have to face the challenges of clients cutting down our services and at the same time pressuring us to further reduce our already low prices to them. Through our bitter experience over the years, we have learned that in business it is very important to maintain great prudence in the operation in order to be able to survive through the onslaught of economic downturn.

Looking to the positive side, life can be interesting as we have to accept changes which will create new challenges and these may present new opportunities for us. Thus we have to understand these changes and do our best to adapt and thrive. However, it is not possible for a company to plan every move but it will do its utmost to foster a common understanding of the necessary changes and encourage team spirit among staff, with each playing a key role. In this way, we can pool our resources and ideas to solve problems together for the well-being of the company as well as the staff.

CHAN WOON PENG



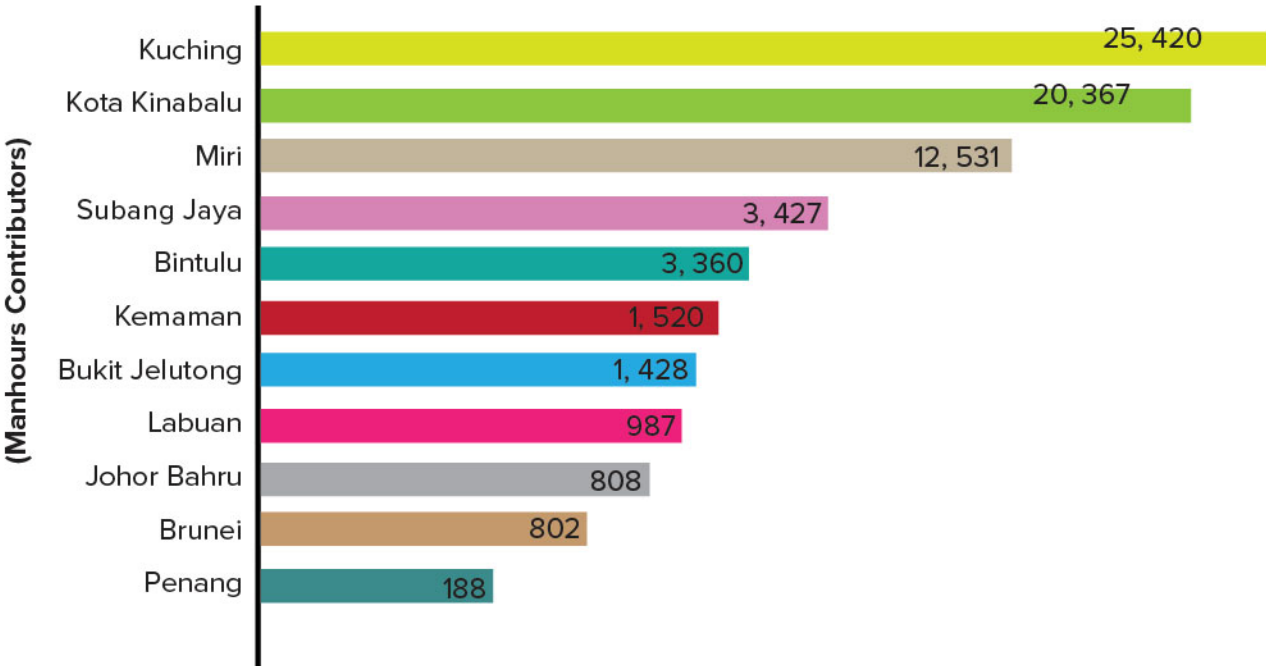
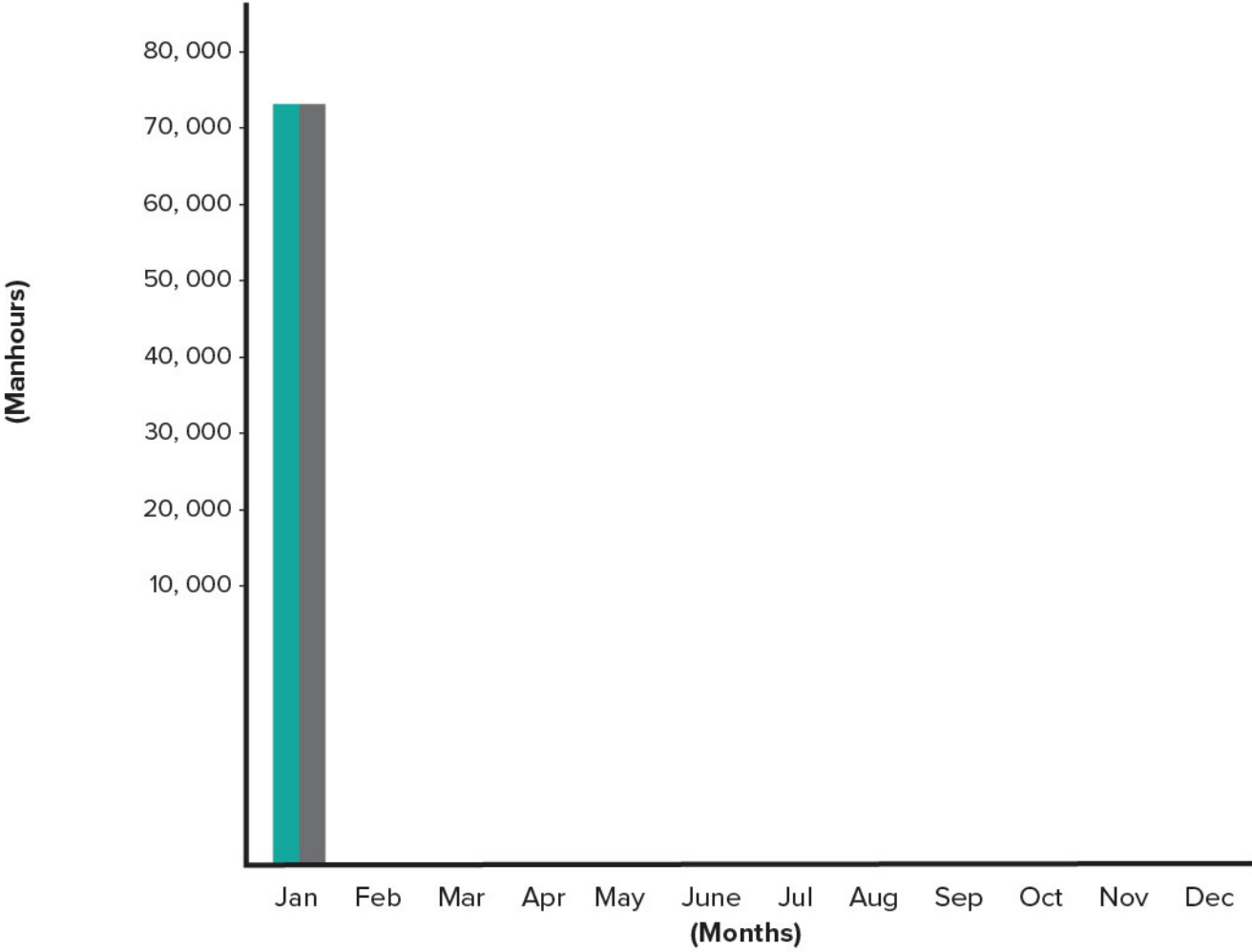
hse performance.

*“Earth provides enough to satisfy every man's needs, but not every man's greed.”
- Mahatma Gandhi*

| No. | Key Performance Indicators / Months | JAN 2017 | YTD Jan 2017 | YTD Jan 2010 - Dec 2017 |
|-----|--|----------|--------------|-------------------------|
| 1 | Safe Man-hours work (without Lost Time Injury (LTI)) | 70, 838 | 70, 838 | 4, 077, 976 |
| 2 | Fatality Cases | 0 | 0 | 0 |
| 3 | Serious Injury (Medical Treatment Cases) <i>Injury resulting in 4 or more day's leave for the victim (LTI)</i> | 0 | 0 | 0 |
| 4 | Minor Injury (First Aid) <i>Injury without leave taken or less than 3 days leave taken (Non-Lost Time Injury (LTI))</i> | 0 | 0 | 9 cases |
| 5 | Near Miss Incidents / Accidents <i>(Non-injury/non-LTI)</i> | 0 | 0 | 6 cases |
| 6 | Health - Occupational Poisoning and Diseases Cases | 0 | 0 | 0 |
| 7 | Fire Incidents | 0 | 0 | 2 cases |
| 8 | Chemical Spill | 0 | 0 | 0 |
| 9 | Other Incidents <i>Resulting in eg. Property/Equipment damage, theft, negligent, road accident before/after work etc.</i> | 0 | 0 | 8 cases |

hse performance.

Total Manhours
Accumulative Manhours



新年快樂



2017 YEAR OF THE ROOSTER

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Date: 9 - 11 January 2017 | Venue: Imperial Hotel, Kuching



Chemsain HRD Sdn Bhd collaborated with CHT Natural Solutions Sdn Bhd to organise the Certified Inspector Sediment and Erosion Control on the 9 – 12 January 2017 at Imperial Hotel, Kuching, Sarawak. Prior to the event, meetings were held with different Government agencies in Sarawak to obtain support and recognition for this certification programme.

This course was organised solely for all the Environmental Officers involved in the Pan Borneo Project and Ms. Tina Evans from Colorado, United States of America was flown in specially to facilitate and train the participants.

The opening ceremony was graced by Dato Dr. Ahmad Kamarulnajuib Bin Che Ibrahim, Director General of Department of Environment Malaysia, witnessed by Ruslan Bin Mohamad, Pengarah of DOE, Puan Azuri Azizah Binti Saedon, Pengarah DOE of Sarawak, Mr. Justine Jok Jau Emang, Deputy Controller of NREB, Ir. Brian Chong, Director of Chemsain Konsultant, Dr Leong Kok Wing of CHT Natural Solutions and Tina Evans from CISEC International.

Dato Dr. Ahmad Kamarulnajuib praised Chemsain for such effort in bringing this course to Sarawak to cater to the needs of the Pan Borneo Project.



Refreshment session of the VIPs



*Presenting momento to
Dato Dr. Ahmad Kamarulnajuib*

Mr Justine Jok presented a Key Note Address on behalf of NREB on the topic “Understanding Legal Requirements under NREO, NRE(PA) Order and Other Legal Requirements” to the participants and later in the afternoon, Mr Chok Moi Soon, Director of Department of Irrigation and Drainage Sarawak also presented his paper on Malaysian Rules and Regulations DID Stormwater Management Submission Checklist.



Mr Justine Jok Jau Emang giving his key note address

The duration of the course was 4 days inclusive of a practical session in one of the Pan Borneo Construction Project – Serian Pantu Junction (SPJ) on the third day. Three coaches were hired to transport 50 participants from Imperial Hotel to SPJ Site and the participants were given briefing by Encik Hashim, Assistant Project Manager of the SPJ section in Dewan Masyarakat Serian before proceeding to the actual site.



Chemsain representatives together with CHT Natural Solutions (Ms. Jane) third from left and Ms. Tina Evans, fourth from left.



*Below: Chemsain representatives
From left: Ir Brian Chong, Larry Ong, Anis and Melinda*



Bottom and left: During the course



*Overview of the
Project Site Briefing*



*Ir. Brian Chong giving
short speeches and advices*



*Representatives from Chemsain HRD Sdn Bhd
Ir. Brian Chong, Larry Ong and Cassandra Henry*



*Pan Borneo site in
Serian-Pantu Junction*



Participants were divided into groups

The closing ceremony was addressed by Mr. Peter Sawal, Controller of NREB and again he had complimented Chemsain HRD Sdn Bhd for the tremendous effort in bringing this course to Sarawak. Despite his hectic schedule, he made effort to close the ceremony. He said more effort and training should be designed and organised for the benefits of environmental officers in Sarawak.

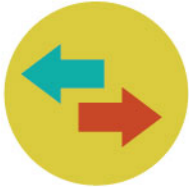


During the examination



Group Picture with Mr. Peter Sawal, Controller of NREB Sarawak

WHY GOOD POSTURE IS IMPORTANT



Minimal Tension
Poor posture can place undue stress and tension on muscles and ligaments.



Better Alignment
Good posture encourages proper body alignment, decreasing wear and tear on joints.



Reduced Stress
Ligaments holding the spine erect will function better, reducing the chances of injury.

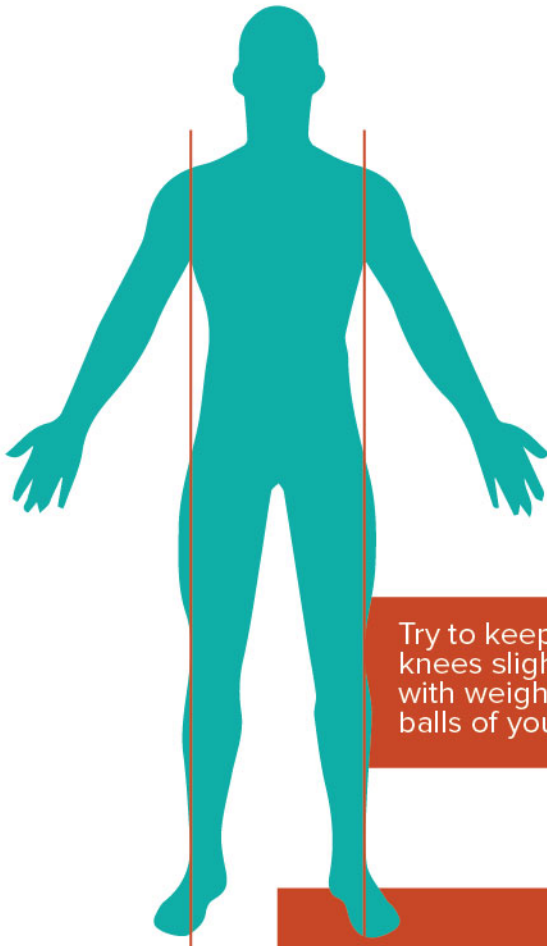


Improved Efficiency
Muscles can work as intended, meaning they will use less energy and minimize fatigue.



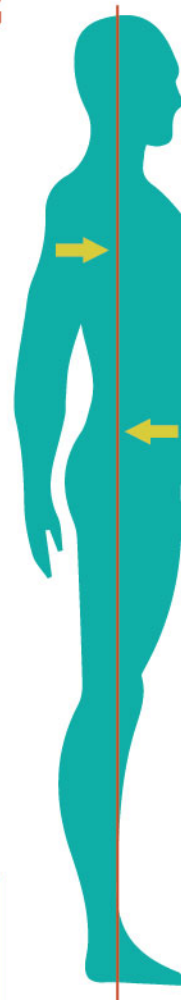
MAINTAINING PROPER POSTURE

STANDING

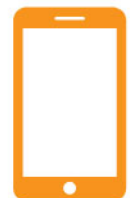


Try to keep your knees slightly bent with weight on the balls of your feet.

Stand with feet shoulder-width apart and shift feet if you're standing for a long time



Think about making yourself taller, tucking the stomach and retracting the shoulders



Keep your head in a neutral position and not pushed to the front, back or side - even when you are texting on your phone.

SITTING

Find a chair with good lumbar support, or use a pillow to improve alignment.



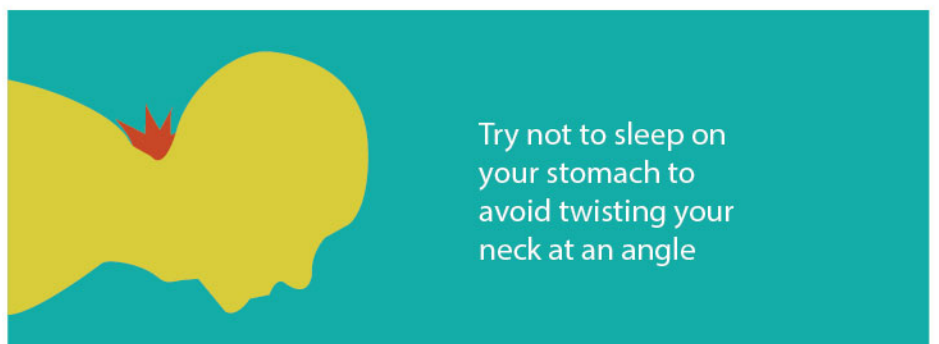
LYING DOWN



If you have postural issues, look for a special pillow to address your problems



Find a mattress that's not too firm and not too soft to support your back.



PREVENT FIRES/FIRE-RELATED INJURIES IN THE WORKPLACE



Clearly marked
escape routes



Written emergency
action plan



Fire prevention policies



Fixed fire
extinguishing system



Flame resistant
clothing for high
risk employees



Portable fire
extinguishers

Major causes of fires in office buildings



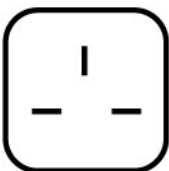
Arson

Keep doors and windows locked after business hours. Keep areas around the building - especially alleys and loading docks - well-lit and clear of combustibles. Pay attention to housekeeping within the building as well.



Smoking Materials

Use large, non-tip ashtrays and make sure everything in them is cold before they are emptied. Be sure that no one leaves smoldering cigarettes on furniture or in a wastebasket.



Wiring and Appliances

Designate an employee to turn off or unplug all appliances - including coffee makers / water heater - at the end of each working day. Do not overload outlets, and make sure to replace any broken or cracked electrical cords.

Common fire and life safety hazards

- Manual pull alarms
- Smoke detectors
- Exit doors and stairwells
- Sprinklers
- Fire extinguishers
- Fire alarm monitoring service
- Voice alarm
- Fire doors

Fire Response Plans

- Manual pull alarms
- Smoke detectors
- Exit doors and stairwells
- Sprinklers
- Fire extinguishers
- Fire alarm monitoring service
- Voice alarm
- Fire doors

Remember!

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**Emergency
Calls**

After almost a year of revamping,
our website is now live!

www.chemsain.com

