

CHEMSAIN newsletter

FEBRUARY 2017

RESTRICTED CIRCULATION
VOL 02: 2017



Colour Rush 5.0 KCH

message from managing director.

Chemsain is proud of its positive corporate culture with long established internal communication and recreational activities among the staff. This has been seen to be an effective way in strengthening and creating a sense in all staff as family members of Chemsain.

Cik Arina Khairunnisa Bt Mohamad Zaidi, Executive Corporate Communication, has been doing a great job in producing the monthly Newsletter of Chemsain and deserves all the support from various Divisions and Branches of the Company.

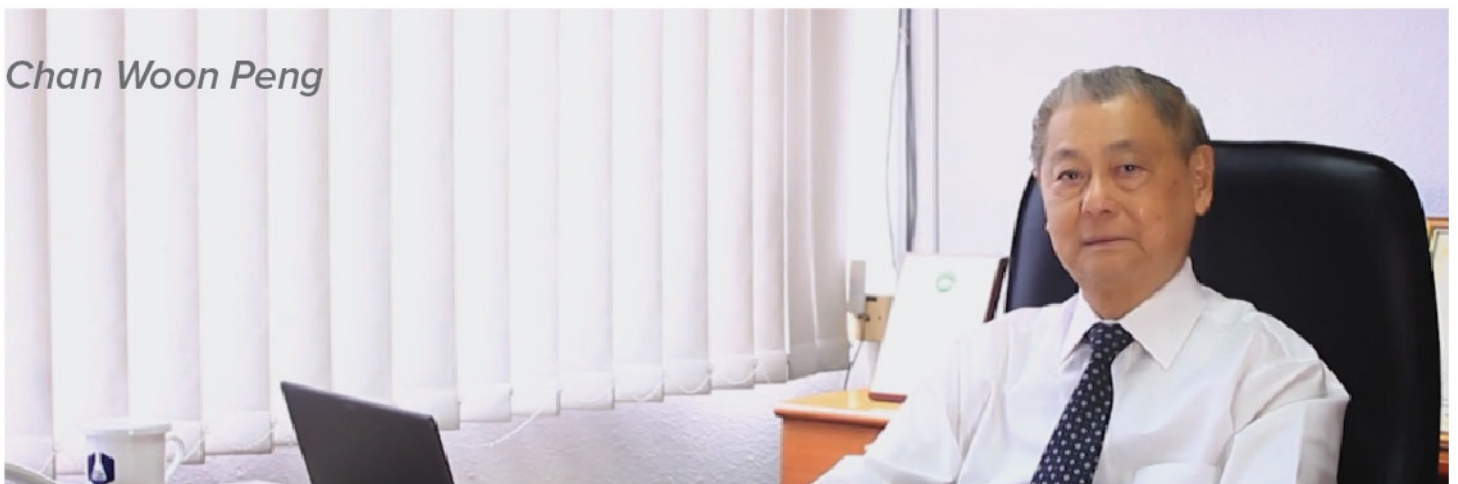
To continue with making the Newsletter more interesting and informative, let us look forward to all Divisions and Branches playing their part in regularly submitting articles of news and activities to enrich our monthly Newsletter.

As the network of Chemsain Offices has spread out far and wide throughout Malaysia as well as Brunei in different locations, the Newsletter keeps us informed and in touch from the news and activities of the Company and staff. In this way, it has greatly helped to break down barriers and improve cross-company collaborations.

Chemsain Recreational Clubs of the Kuching Office and main Branches of the Company have been in existence for many years and playing a very significant role in team building among our members. With the encouragement and support of the Company, the recreational clubs have been active in bringing a work-life balance to Chemsain family members. Recreational activities are all the more important nowadays with the economic downturn for relieving the pressure at work to achieve targets and turn-around times in order to meet the challenges of the demands and requirements of clients with greater efficiency and higher productivity at reduced cost. So we have to make sure in keeping ourselves mentally and physically fit at all times to meet the daily challenges in life.

The Company always regards its staff as the most important resource and asset and will do its utmost best in ensuring a work-life balance for staff members so that they will continue to be happy and healthy at work and at the same time have quality and loving family life. In return, Chemsain would like staff members to work hand-in-hand with the Management having in mind not to think only what they can get from the Company but also how best they can contribute to the operation, development, growth and success of the Company.

Chan Woon Peng



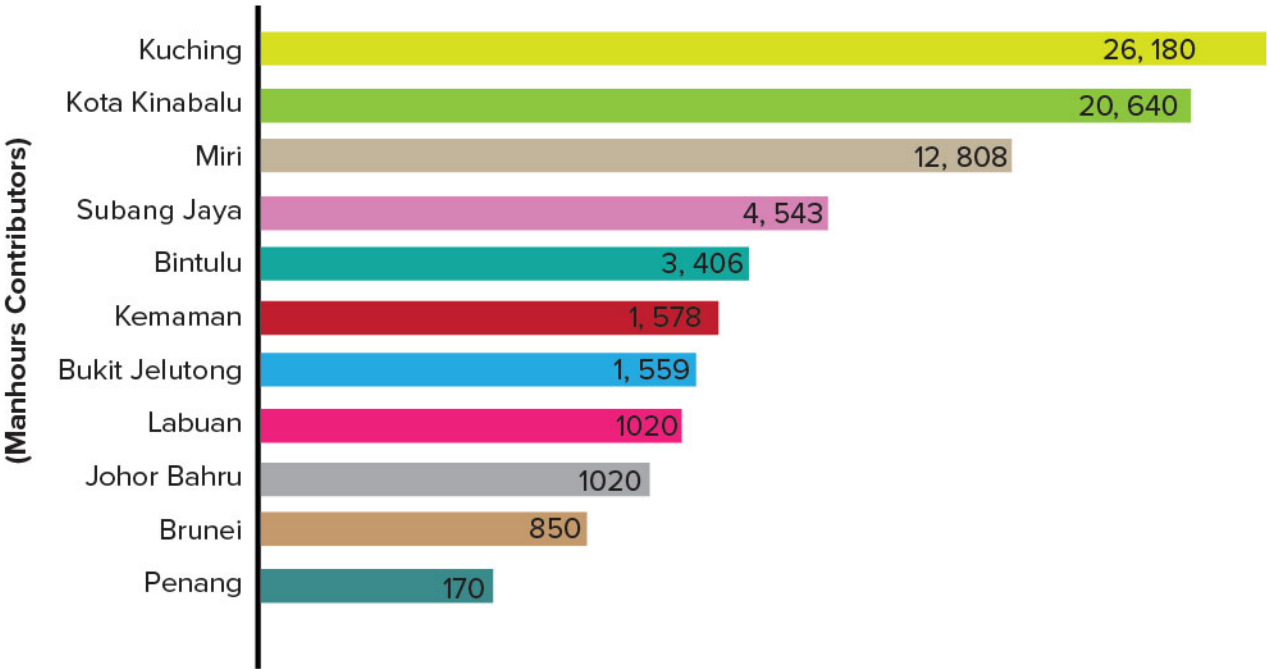
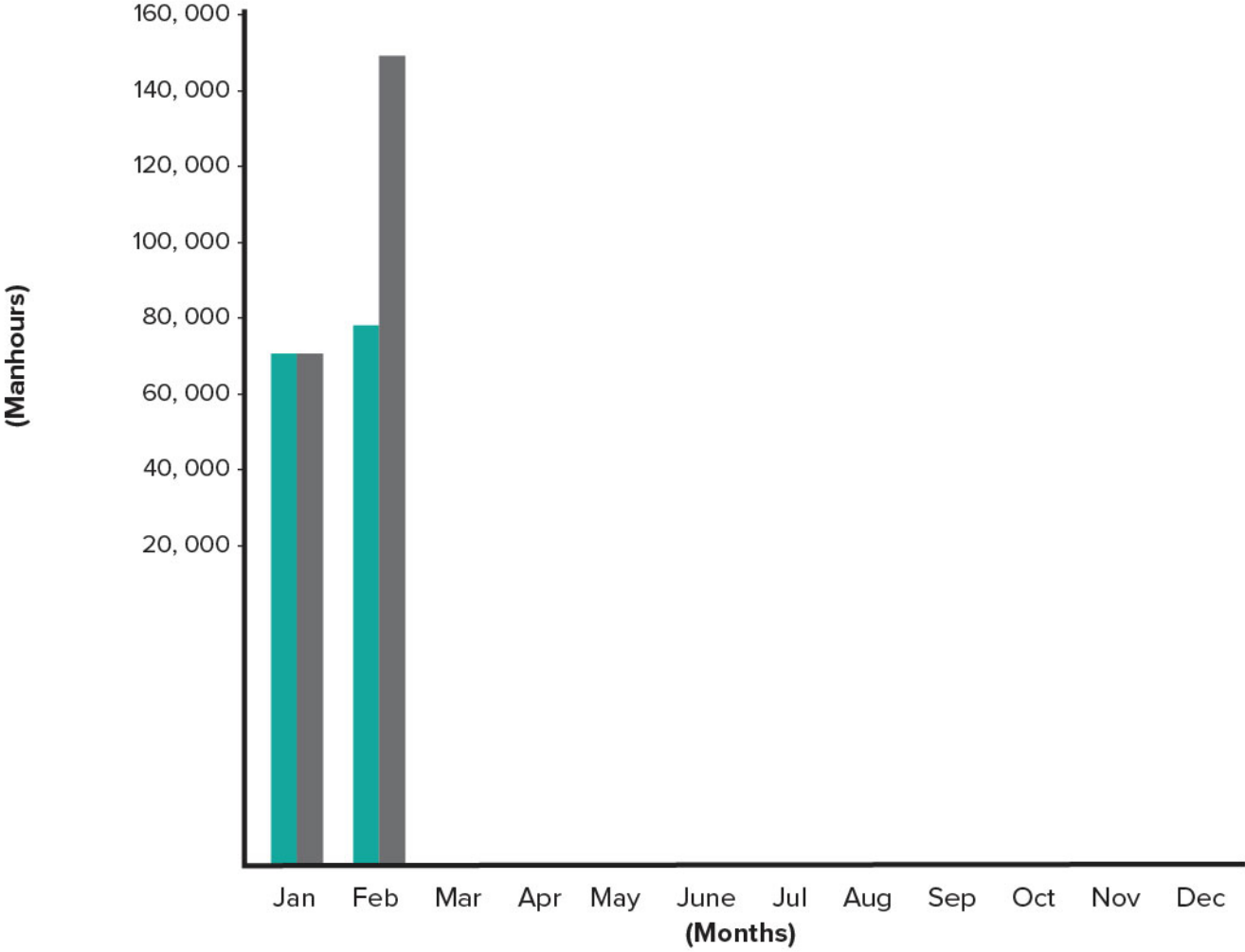
hse performance.

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

No.	Key Performance Indicators / Months	FEB 2017	YTD Jan - Feb 2017	YTD Jan - Feb 2017
1	Safe Man-hours work (without Lost Time Injury (LTI))	73, 774	144, 612	4, 151, 750
2	Fatality Cases	0	0	0
3	Serious Injury (Medical Treatment Cases) <i>Injury resulting in 4 or more day's leave fort he 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

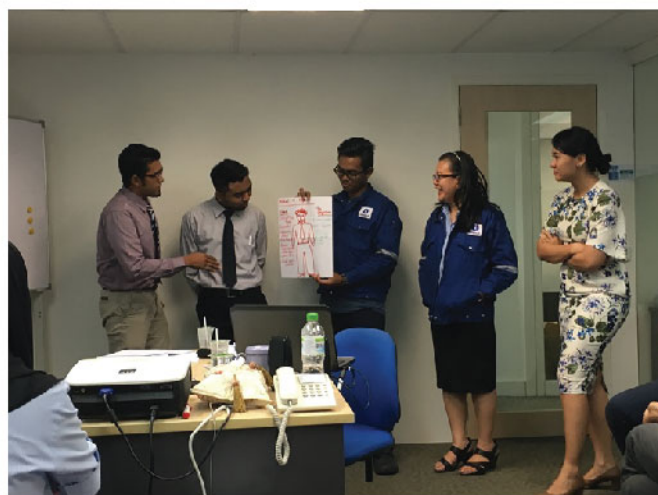
hse performance.

Total Manhours
Accumulative Manhours



Date: 13 - 14 February 2017 | Venue: Chemsain SJ & BJ

Chemsain HRD was flown to Subang Jaya & Bukit Jelutong to conduct these two soft skills training entitled “Effective Communication Skills & Personal Image in Workplace” on the 13-14th February 2017. This training was requested by Lina Chan and for the purpose of updating the record for ISO 9001 2015. Both courses were divided into two sessions (AM & PM Sessions) which on the first day in Subang Jaya and following day in Bukit Jelutong.



The effective communication skills training mainly covered topics on to get to know yourself and your colleague’s personality and how you can best communicate with them. In this session, participants will be able to identify the importance of communication based on the 7’C (Completeness, Conciseness, Consideration, Clarity, Concreteness, Courtesy, & Correctness). Workplace communication is vital for you to be productive and operate effectively. Employees can experience an increase in morale, productivity and commitment if they are able to communicate up and down the communication chain in an organization. As we know, the biggest communication problem is we always do not listen to understand, but we listen to reply.



Overall, the personal image training was aimed at enhancing the basic knowledge of personal image in the workplace. Professional staff required to meet and entertain potential clients should take note on choosing the right looks. To build that mutual relationship, we have to show a very good first impression at first and build that trust on that. A good image, makes friends, creates relationships, attracts investors, motivates staff and will help you ride out the recession. In this personal image sharing session, the staffs were involved with a role play activity whereby they had to identify and present how good their colleagues look and share ideas to improve on them. This was the time to give comments, instead of talking about each other behind their back and not really giving any positive feedbacks to their colleagues. How you dress is not irrelevant, but how you dress appropriately and not over the top but not unattractively either.

Date: 13 - 14 February 2017 | Venue: Chemsain SJ & BJ



Thank you to all teams from Subang Jaya & Bukit Jelutong for trusting and supporting to CHRD to deliver this beneficial sharing session.

Date: 21 February 2017 | Venue: Dynasty Hotel, Miri

The topic of this one day training was “Hearing Conservation” conducted at Dynasty Hotel, Miri on February 21st, 2017 with 10 participants attending the training. Our associate speaker of the day was Mr. Fadzly Mohd Hamdan. CHR.D has been inviting him almost every year to provide training on safety topics.

The one day program covered the topics on the introduction of the hearing conservation, the noise exposure monitoring, noise control, hearing protective equipment and also the audiometric (hearing) test. Hearing experiments is one of the activity and also demonstration on how to use ear plugs in correct way.



Date: 12 February 2017 | Venue: Bukit Kasut, Niah, Miri

While it was not easy for most people to wake up early in the morning on a Sunday, this bunch of people took the initiative to do an outdoor activity. These people actually went hiking! To have this outdoor excursion weekly or every fortnightly will widen our perspective and lift up the spirits.

Once in a while, take time to thank nature and be mesmerized with what nature has to offer.



The team that reaches to the peak of Bukit Kasut



Not your usual Sunday. Being able to reach to the peak with this mesmerizing view

Date: Weekly badminton activity | Venue: KRP Badminton Court, Miri



Good job in maintaining healthy lifestyle out of office hours!

Do you realize that we, humans, spent an average of 90% of our time indoors? With the current fast-paced life, we are forgetting that our body needs to be pampered to withstand the lifestyle. Over working your body takes a toll in the long run.

- ★ Stop trying to be #1 all the time.
- ★ Stop trying to keep up with the world.
- ★ Stop by the roadside and say hi to someone.
- ★ Stop and appreciate nature.

Date: 19 February 2017 | Venue: Carpark, Boulevard Shopping Mall, Miri

The Colour Rush is a 5KM colourful fun run organized by the Sarawak Children's Cancer Society to raise awareness and funds in support of families and children battling childhood cancer in Sarawak.

Few of our colleagues turned up and joined the run. Bright coloured powders were thrown during the run representing children and the colours that add to our lives. Together let's help kids outrun cancer!

Being healthy while giving back to the community. These colours represent each of the individual children that are currently battling cancer and the strength they carry.



Date: 9 January 2017 | Venue: Miri Office



On 9th January 2017, CL3, CSKO, ST3 & Monitoring Miri organized a New Year gift exchange & Birthday Celebration. This is the 3rd year for the gift exchange and it will continue yearly. Everyone had a great time and lots of fun

HOW TO PREVENT CARPAL TUNNEL IN THE OFFICE



2/3 Office workers have experienced pain in the last 6 months due to incorrect posture and office ergonomics!

Sit with your computer *screen at eye level* and knees slightly lower than your hip joints.

If you use a keyboard, keep it at *elbow height* or slightly lower.

Let your wrists rest on the desk in a neutral position, using a comfortable pad to *avoid flexing or extending your wrist for too long.*

Take a break every *25 minutes* from your computer

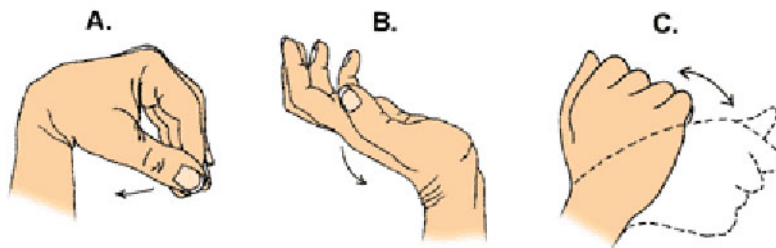
Keep your shoulders and back relaxed
do not slouch.



**ALTERING THE WAY A PERSON PERFORMS REPETITIVE
ACTIVITIES MAY HELP PREVENT
INFLAMMATION IN THE HAND
AND WRIST**

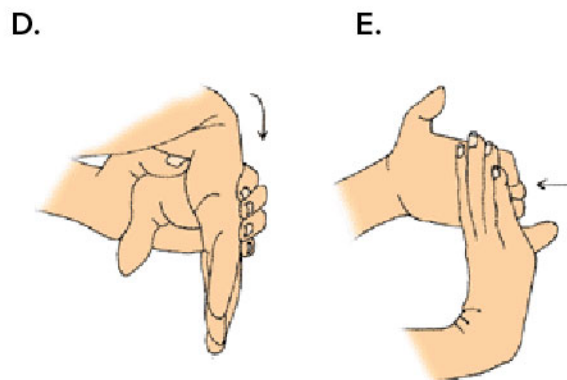
PREVENTION EXERCISES

Give your wrist a break



A, B, C (WRIST ACTIVE RANGE MOTION)

Gently bend your each hand upwards and down from the wrist, holding the stretch or a few minutes in each direction. Then bend and flex your fingers, too.



D, E (WRIST STRETCHES)

isometric and stretching exercises can strengthen the muscles in the wrists and hands, as well as the neck and shoulders, improving blood flow to these areas.

PREVENTION PRECAUTIONS

- ▶ Use tools that are the proper size for your hands
- ▶ Reduce your force and relax your grip in your hands
- ▶ Keep your hands warm
- ▶ Arrange your workspace using ergonomic guidelines
- ▶ Keep wrists at a relaxed position so they are not bend either up or down



Any events, announcement or story to share please email to
arina.khairunnisa@chemsain.com
Sharing is caring!