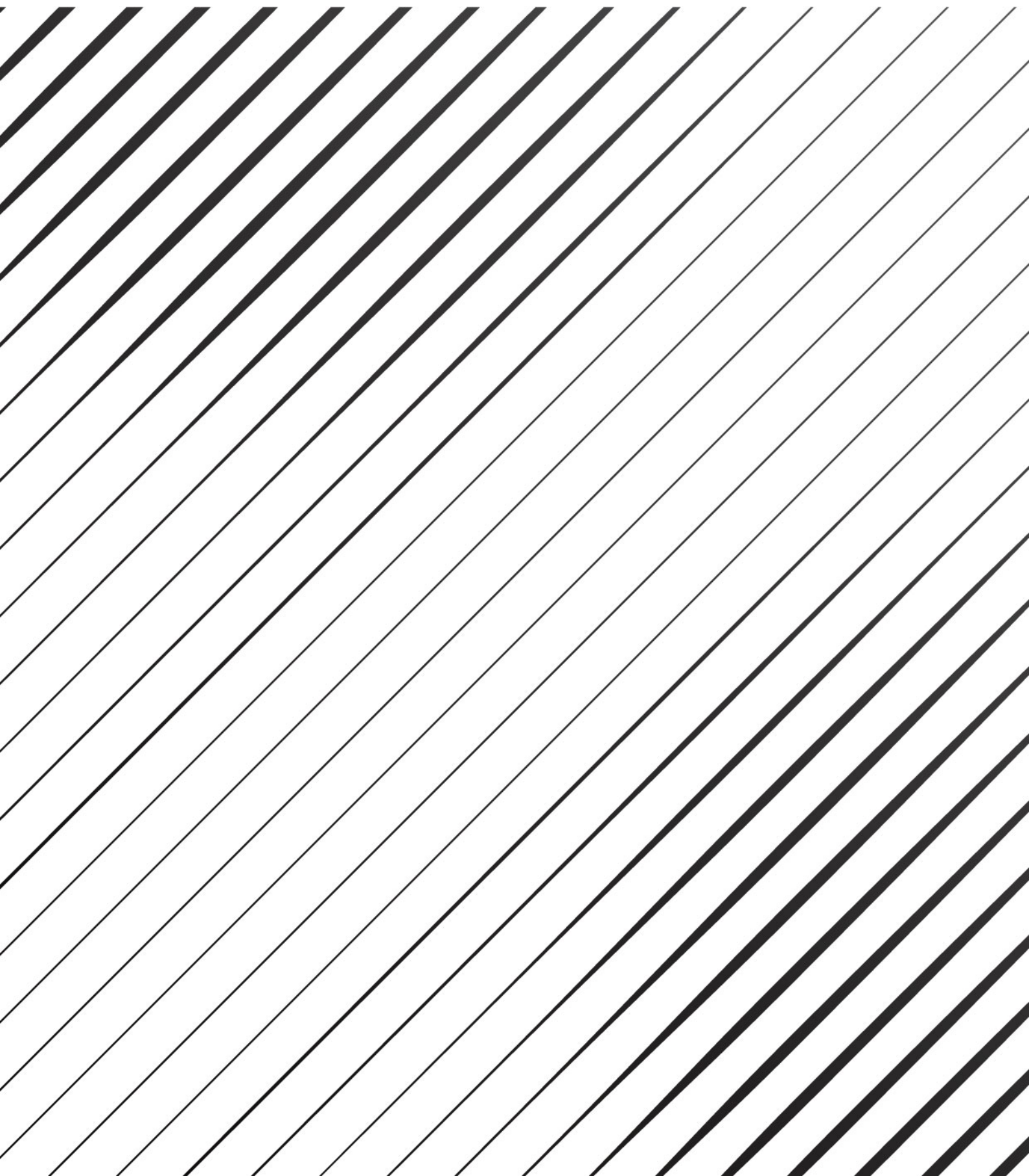


MARCH 2017

# CHEMSAIN newsletter

RESTRICTED CIRCULATION

VOL 03: 2017



# message from managing director.

Chemsain Headquarter has been located at Wisma Ko-Perkasa for more than twenty years. Of the two existing blocks of ten units each of 4-story shop houses, the Company occupied about one-third of them. There are more than one hundred people working in Chemsain and many of them have cars and motor-cycles and with the Company's vehicles and those of other offices and a busy coffee shop here, finding a parking lot sometimes can be very difficult. Very soon we will not have to face this parking problem any more as Chemsain's 6-storey building with underground car park will be ready probably in about 3-4 months time.



*Chemsain HQ, Jalan Rock*

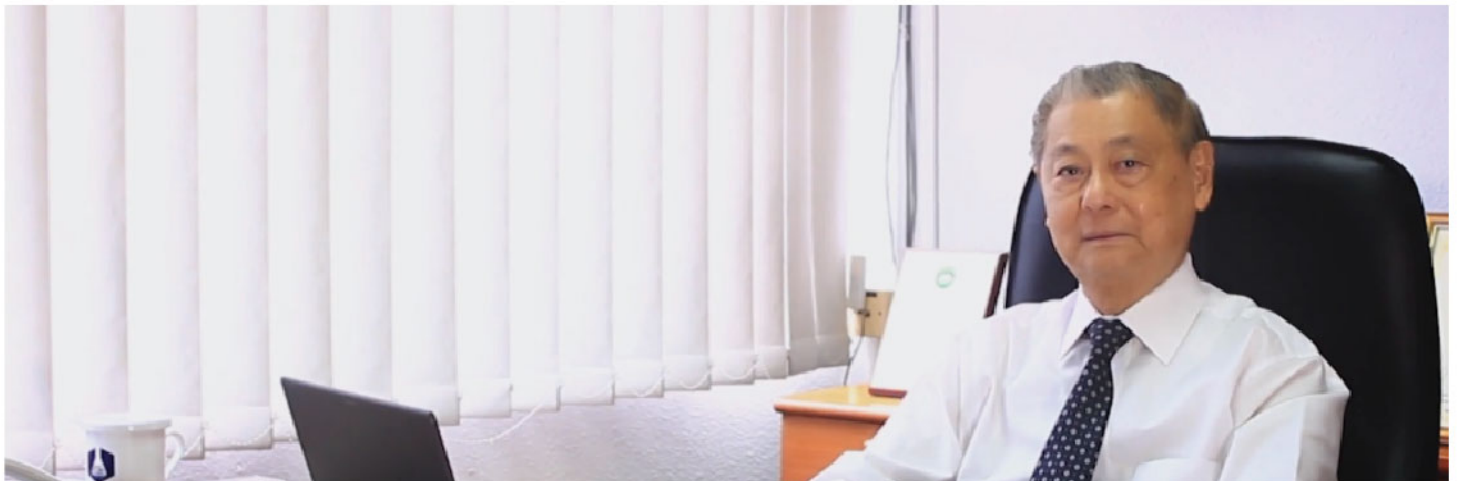
The ground-breaking ceremony for Chemsain Building was held on 10th August 2015 and the construction was scheduled to be completed in 18 months. This impressive building designed by Architect Chang Jih Ren marks the great milestone in the development and growth of Chemsain. This building will be the flagship and headquarter of Chemsain Group of Companies. Now with a lot of hard work put in by our staff, plans are in place for us to move in to the new building when it is ready.

Our company, Chemsain Konsultant Sdn Bhd started from a very humble beginning at the end

of 1984 and over the years, it has grown from strength to strength to be a very well-established and reputable company as one of the largest, if not the largest, company with Branches strategically located throughout East and West Malaysia providing diversified scientific and technological consulting and supporting services to the Public and Private Sectors including the oil and gas industries.

Chemsain will always treasure the continued support, commitment and dedication of its Directors, Managers and supporting staff in propelling us forward in developing and expanding the various activities of the Company. Let us continue on in great harmony and enjoy what we are doing as members of Chemsain.

*Chan Woon Peng*



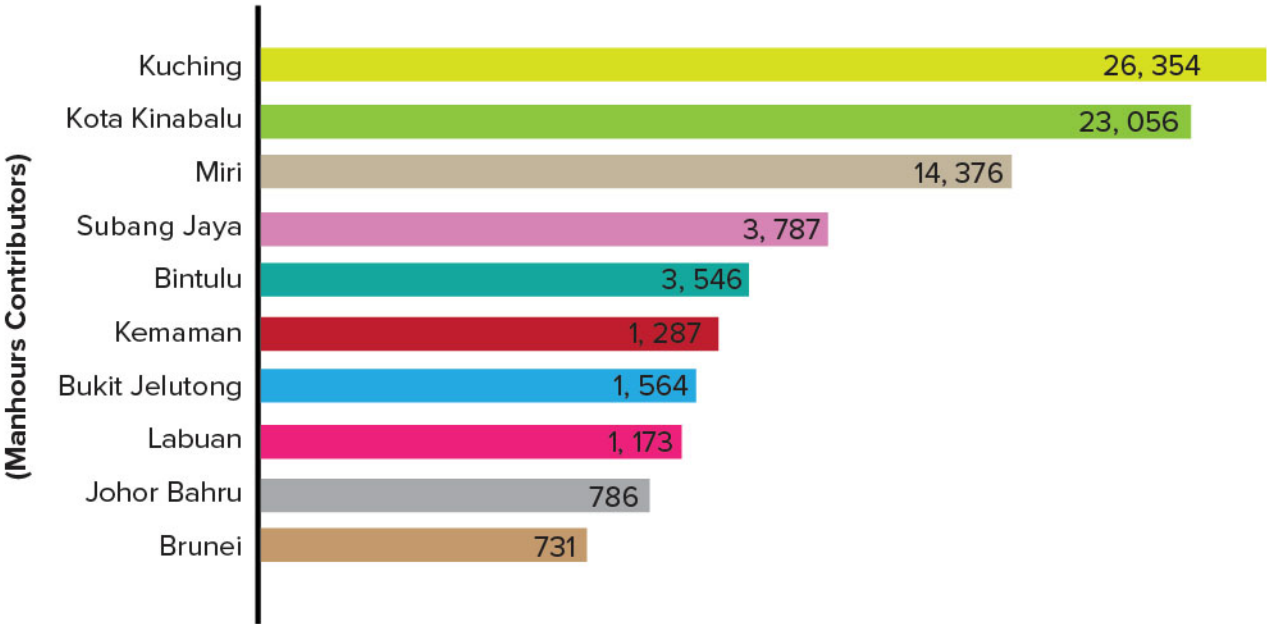
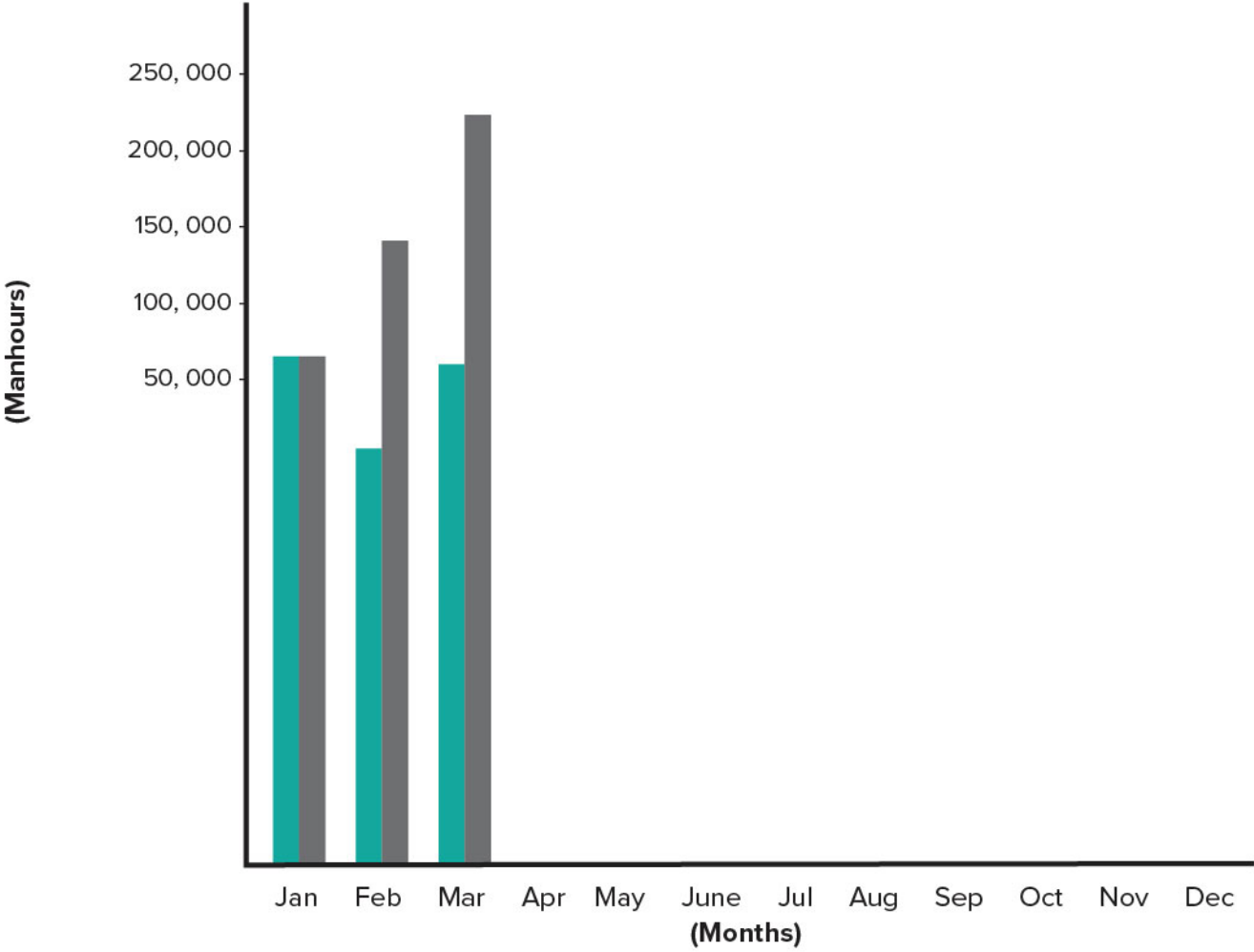
# hse performance.

*“Look deep into nature, then you will understand everything better.”*

No.	Key Performance Indicators / Months	MAR 2017	YTD Jan - Mar 2017	YTD Jan 2010 - Mar 2017
1	Safe Man-hours work (without Lost Time Injury (LTI))	76, 769	221, 381	4, 228, 519
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



# cmea award.

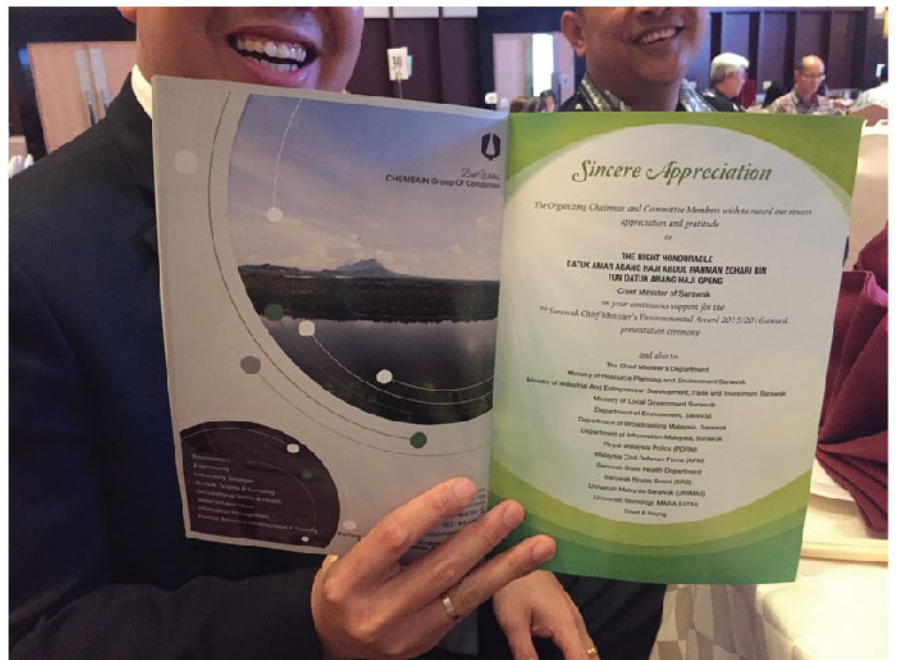
NREB 23rd Anniversary and  
7th Chief Minister's Environmental Award 2015/2016

Date: 1st March 2017 | Venue: Imperial Hotel, Kuching

Chemsain Konsultant was invited by NREB to attend and support to its 23rd Anniversary and Chief's Minister Environmental Award. Datuk Amar Hj Awang Tengah b Ali Hasan introduced the corporate and private sectors in the 7th CMEA Award 2015/2016 to recognise their contribution, leadership and environmental accomplishments. This event was also to enhance the enterprises on their environmental stewardship.

The event was supposed to be held in early February but due to the demise of the late YB Tan Sri Adenan b Satem, the event was moved to March.

Our staff who attended the event were Nafisah Tahir, Felicia Raela, Yasmin Mok, Munirah Abdullah, Cassandra Henry, Larry Ong, Khairil Abel, Berry Lawai and Mohammad b. Siphon.



Our Chemsain page designed by Arina

Date: 1st March 2017 | Venue: Conference Room, Chemsain KK

# epf briefing.

Kota Kinabalu Office

## EPF Briefing on Members' Benefits

On March 1, 2017, a briefing was given by EPF Retirement Advisory Service Officer, Janaith Lee, to Chemsain Staff (Kota Kinabalu). This briefing touched on the importance of EPF contribution to the benefits that a member can utilize with their available EPF funds.



On top of that, staff were also educated on how much funds they were allowed to withdraw for housing, investment scheme, education, medical etc with the authorized documentations. This was good news to all the staff who have yet to utilize the benefits.

Towards the end of the session, staff were given Q & A with the Officer to get some clarification regarding certain withdrawal benefits. It was a very beneficial briefing and another session will be arranged for staff who were unable to attend this time.

*Savings for better future!*



# bowling tournament.

Miri Office

Date: 4th March 2017 | Venue: Megalanes East, Bintang Megamall, Miri

A Bowling Tournament was held on 4th March 2017 at Megalanes East Miri, Bintang Megamall. This was Miri Laboratory's first activity for 2017

A total of 8 teams comprising 3 members participated in the tournament. The teams included members from Offshore, Monitoring & Sainstrade.

The registration began at 10.00am whereby participants were notified of their bowling lanes and shoes rental. After all the formalities, the tournament began at 10.30am.

Each participant tried their best and everyone had a lot of fun. Despite the hectic work schedule in the office, everyone also had their moments of joy. However, there were also some who were very good at rolling the ball into the 'drain'! Haha.

After the tournament, everyone enjoyed lunch at Kingwood Boutique Hotel Miri. The event was a great success with huge smiles on everyone's faces!



# meeting.

Date: 25th March 2017 | Venue: Baram & Baleh Conference Room, Kuching



Mr. Brian Chong called a meeting with regards to an upgrade of the company image especially in exhibition, roadshow and branding with Larry and Arina. The others who attended the meeting were the key personnel from each division to brainstorm and share ideas. Mr. Mohammad b. Siphon and Mr. Anthony Rentap Enchana attended the discussion as well.

The meeting was very fruitful as many ideas were brought up. Mohammad b. Siphon shared a very interesting souvenir he received from Trienekens. One of them was a small scale green bin for holding pens and what not. We thought of getting a custom beaker just like our logo but we'll see!





Date: 28-29th March 2017 | Venue: Dynasty Hotel, Miri

Chemsain HRD Sdn Bhd organised an Effective Safety and Health Committee Training on the 28 – 29 March 2017 in Dynasty Hotel Miri based on the request by the local Safety Officers in Miri. The 2 days training saw different companies from all around Sarawak such as Zecon Berhad, Titanium Project Management, Samling, Hock Seng Lee, Sabah Shell Petroleum and Boulevard Enterprise Miri attending this training. Some of the participants were Chemsain HRD existing clients who had been attending our Public Training regularly. Nonetheless, we also saw new participants such as Boulevard Enterprise and Bormal Engineering registering for this course. This is in line with our vision and we have always hope to place our footprint in different parts of Malaysia.

In total there were 14 participants and majority applauded our Associate Trainer, Mr Sheikh Azahar for his vast experience in training in the area of Safety. He was the former Assistant Director of DOSH in Johor.

We hope to organise more training in the future and our internal staff most are welcome to join.



# au revoir.

Miri Office

As the old saying goes-there is a season for everything, a season to laugh, a season to weep, a season to gather and a season to part. No matter how we do not like it, we bid farewell to our dear colleague, Corina Kadir, of the Sainstrade Division, Maxdylan Albert & Dave Colvin, of CL3 Laboratory Division. There was a photo session with each of them for memories. Despite the enjoyable moments and laughter, the tinge of sorrow was beyond disguise.

Dear Corina, Maxdylan and Dave, all the best and blessings to you wherever you may go!



# Staying Healthy



## Diet

Eat a balanced diet with fruits, vegetable, proteins and whole grain. It is okay to consume caffeine in moderation. Desserts or other treats are okay too but reserved it for special occasions.

## Exercise

Exercise for a minimum of 15 to 30 minutes a day. Exercise doesn't have to be an intimidating or strenuous routine. Go for walk around the neighborhood area or at the nearest park.

## Sleep

Get an adequate amount of sleep each night. According to helpguide.org. an adult above the age of 18 years old needs between 7.5 and 9 hours of sleep each night. Take a power nap during the day for 5 – 10 minutes which will help to refresh your mind to continue on with the day.

## Stress Management

Manage stress as much as possible. It is important to identify stressors in order to cope with them. Stress is a natural occurrence, however in some cases, avoiding the stressor or people who cause stress can help to relieve it. Many people become stress because they don't know how to handle it. "The Four A's" as a coping mechanism for stress.

**AVOID UNNECESSARY STRESS**

**ALTER THE SITUATION**

**ADAPT TO THE STRESSOR**

**ACCEPT THE THINGS THAT CAN'T BE CHANGED**

