

NEWSLETTER

CHEM S A I N



Vol. 9 & 10

Sept & Oct 2019

TABLE OF CONTENTS





01	Message from Managing Director	03 - 04
02	Health, Safety & Environment Performance	05 - 07
03	Events September - October	08 - 24
04	Activities September - October	25 - 26
05	Happening Next	27



CHAN WOON PENG

MESSAGE FROM MANAGING DIRECTOR

Time really flies. When this issue of Newsletter goes out, many of us will be looking forward to the grand festive seasons of Christmas and Chinese New Year as well as New Year 2020. This time, Christmas and Chinese New Year come much closer being only about a month apart. It is customary for us to celebrate these joyous occasions with our loved ones and friends. In our multi-racial and multi-religious country, festive seasons are most welcome as they also go a long way to cement the strong unity, peace and harmony among our people.

It is good that we all celebrate festive occasions with great happiness and joy but also important that we do not overdo with the celebration as we should go according to our affordability. Do not try to match the way your neighbours and friends go about celebrating the occasions in a grander scale. It is therefore most important for Chemsain members to exercise proper financial management and not to allow things go out of hand and later have to go to money lenders, especially loan sharks. Too many people have fallen into the hands of loan sharks and once you are in their grips, it will be terribly difficult to get out of them.

For Chemsain members who have family, it is more important to make sure the proper upbringing of their children with good education. Children should go as far as possible in education as it is a sure way for them to be better equipped and more useful in life. As parents, we should try to encourage our children to do better than us. As time goes on, it will be more and more difficult for school leavers and also graduates to get jobs. Children will have to be well-prepared to face a much more competitive and challenging world in the future.

It has always been emphasised to Chemsain members the importance of enjoying what they are doing at work and at the same time to keep fit both physically and mentally. As we go on in life, we will value all the more the importance of our health. So never neglect in taking special care of your health. For this, Chemsain has always encouraged staff members especially the Sports and Recreation Clubs to organise healthy activities for the good health of staff and also for enjoyable fellowship as well as the building of strong team spirit. As can be seen in Chemsain Newsletters, staff members have organised various outdoor and sporting activities including Zumba and Yoga.

With God's blessing, let us continue with the healthy activities and keep Chemsain members happy at work and play.

Chan Woon Peng

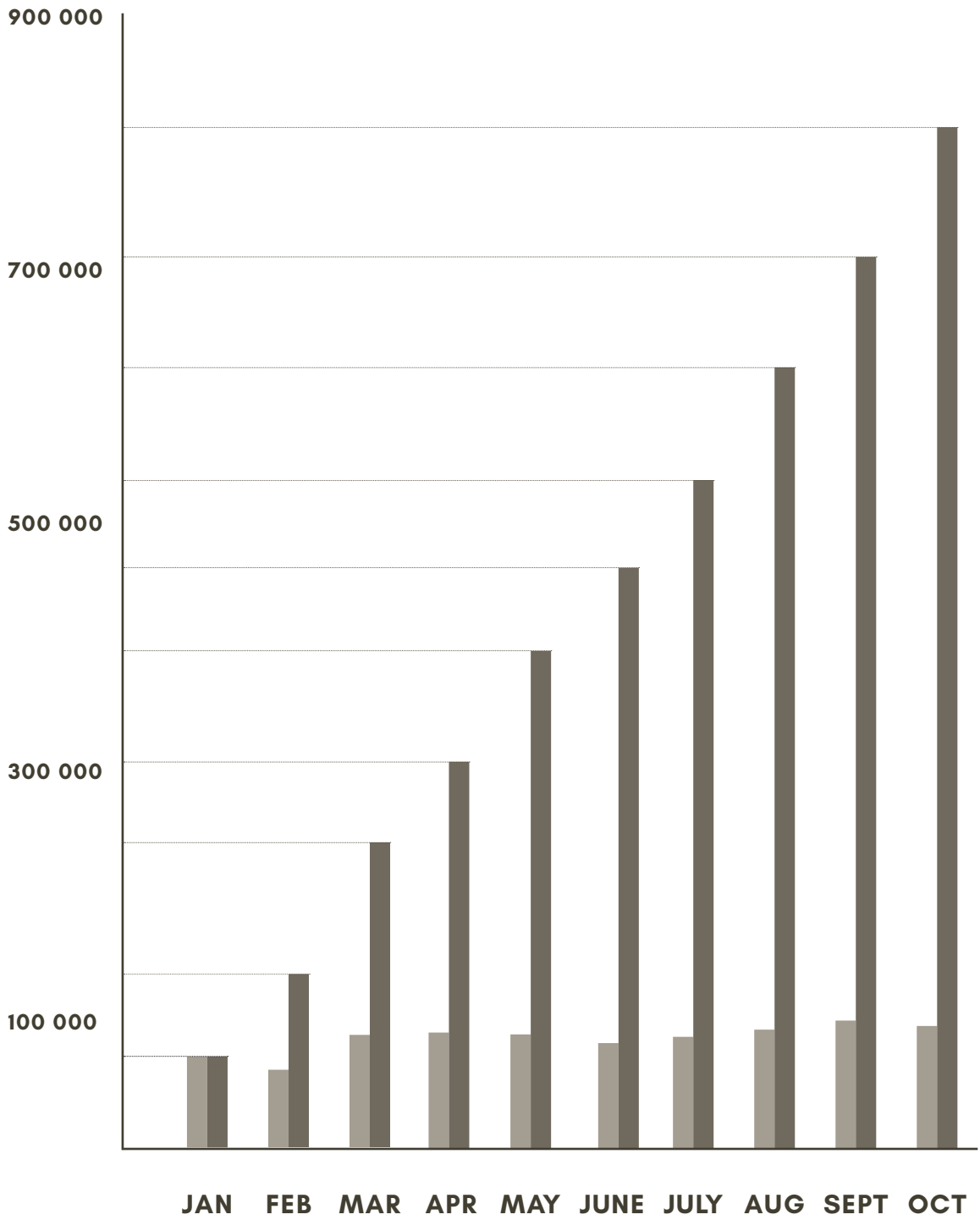
Health, Safety Environment Performance Data

KEY PERFORMANCE INDICATORS	OCT 2019	YTD JAN - OCT 2019	YTD JAN 2010 - OCT 2019
SAFE MAN-HOURS WORK Without Lost Time Injury(LTI)	82,748	796,750	7,023,317
FATALITY CASES	0	0	0
SERIOUS INJURY (MEDICAL TREATMENT CASES) Injury resulting in 4 or more days leave for the victim (LTI)	0	0	0
MINOR INJURY(FIRST AID) Injury without leave taken or less than 3 days leave taken. Non-Lost Time Injury for the victim (LTI)	0	0	9 cases
NEAR MISS INCIDENTS / ACCIDENTS (Non-injury/ non-LTI)	0	0	6 cases
HEALTH - OCCUPATIONAL POISONING & DISEASES CASE	0	0	0
FIRE INCIDENTS	0	0	2 cases
CHEMICAL SPILLS	0	0	0
OTHER INCIDENTS Resulting in eg.Property/Equipment damage, theft, negligent; Road accident before/after work etc.	0	0	10 cases

CHEMSAIN has achieved 82,748 safe man-hour in October 2019 and without any Lost Time Injury (LTI). To date, we have achieved 796,750 hours in Year 2019 and a total of 7,023,317 safe man-hours since Year 2010. Our incident rate is recorded at 0.00 compared to the current National rating at 2.20.

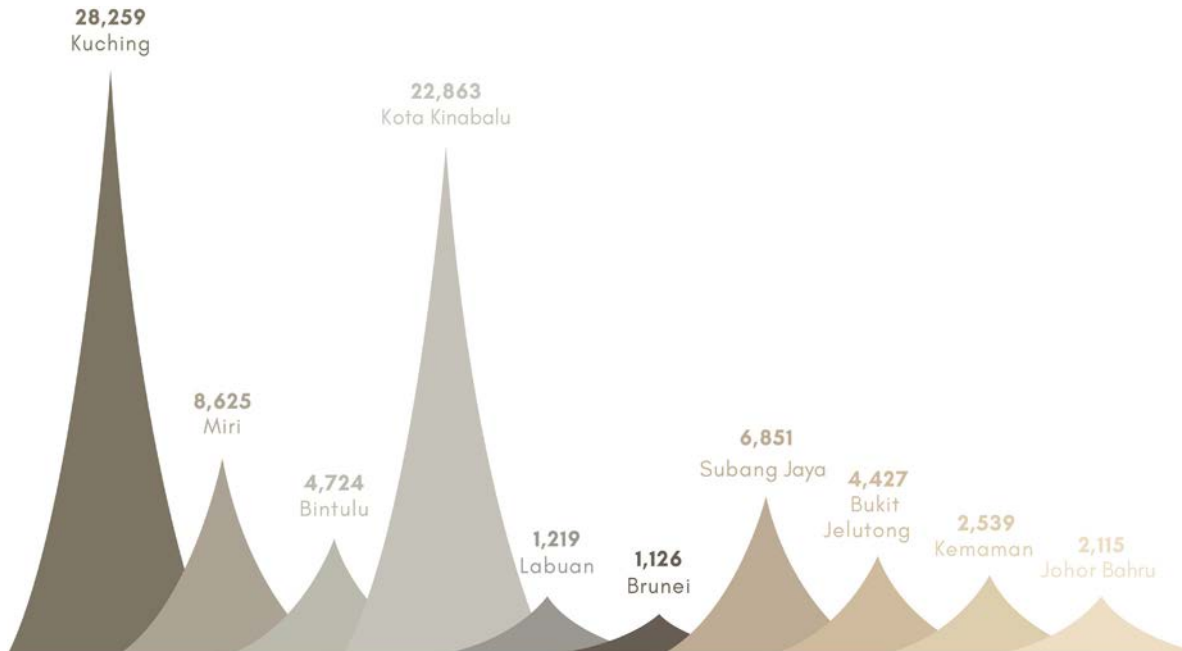
TOTAL MANHOURS WITHOUT LTI

■ Total Manhours ■ Accumulative Manhours



Health, Safety Environment Performance Data

MANHOURS CONTRIBUTORS - OCTOBER



On 3 October 2019, the Department of Occupational Safety and Health (DOSH), lead by Mr. Mohd Nasir Bin Fii, conducted an audit at Chemsain Kota Kinabalu. The purpose of the audit was to ensure compliance to the Occupational Safety and Health (Use and Standard Exposure of Chemical Hazardous to Health) Regulations 2000.

Our HSE department participated in the BORNEO Conference and Exhibition on Occupational Safety and Health ("BOSH 2019"). This was organized by NIOSH in collaboration with DOSH on October 15, 2019 at the Imperial Hotel, Kuching. BOSH 2019 aims to discuss the

current issues in occupational safety and health and also serve as a platform for professional networking among safety professionals to share the best practice when dealing with HSE related issues in their workplace.

On 31 October, our HSE Department invited a speaker from Fire Preventor's Society (FPS) or PPKKL to deliver a talk entitled "Don't Give Fire Chance" at Chemsain Building, Kuching. The purpose of this program was to raise awareness on fire incidents that could occur in the workplace and at also at home. A total of 30 participants from various departments were selected to participate in the program.

EVENT •

SEPTEMBER & OCTOBER





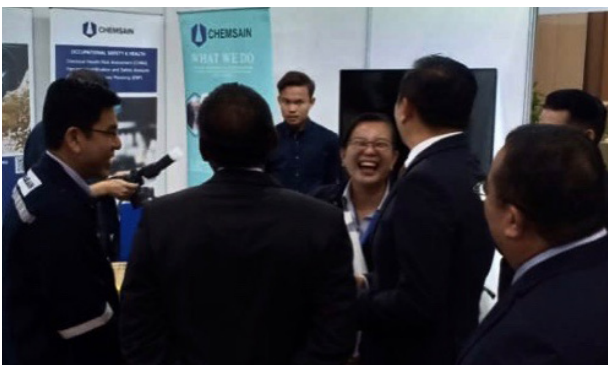
INTERNATIONAL CONFERENCE & EXHIBITION - WASTE MANAGEMENT

Organized by : ENSEARCH

24 - 26 September 2019 |
 Shah Alam Convention Centre (SACC)
 Selangor D.E, Malaysia



Chemsain booth and participating team members - Lina, Marina, Kumar and Edward



With YB Ng Sze Han (Exco Selangor for Local Government, Public Transportation and New Village Development) & Mr. Gobinathan, President of ENSEARCH.

The International Conference & Exhibition - Waste Management 2019 (ICEWM 2019) was organised by ENSEARCH between 24 and 26 September 2019. Chemsain participated as an exhibitor and conference participant in the event which focused on waste management and challenges. The conference speakers shared efforts toward various waste technologies, infrastructure, financing and various stakeholder participation issues.

by Lina Chan



With En. Azlan and En. Mizhuari of DOE and other exhibitors.





WORKSHOP USER ACCEPTANCE TEST (UAT) FOR LDP2M2 ONLINE SYSTEM

Organized by :
Department of Environment (DOE) Putrajaya

2 - 4 October 2019 |
ICT Room, Department of
Information & Technology, DOE Putrajaya

Chemsain sent one representative (Muhammad Afif Ahmad) for this workshop. The aim of the workshop was to get feedback from all participants on the LDP2M2 online system prior to the commencement of the system tentatively scheduled for early next year. The LDP2M2 online system will replace the current method of reporting to DOE from submitting a report (hard copy) to the online system and to go paperless.

by Muhammad Afif

HEALTH, SAFETY & ENVIRONMENT EXHIBITION

Organized by : OCIM Sdn Bhd

2 October 2019

OCIM Sdn Bhd (Samalaju Industrial)



A Health, Safety, and Environment Exhibition was conducted by OCIM Sdn Bhd. The venue was at the OCIM facility in Samalaju Industrial Area, where other organisations such as NIOSH, CIDB and BOMBA were invited to participate in the Exhibition. The exhibition was for the benefit of OCIM workers and contractors and to increase awareness of the importance of HSE in their workplace. Chemsain booth displayed several sets of equipment for on-site testing and samplings; such as pH Meter, Dissolved Oxygen (DO) Meter, Air Sampling Pump, Flue Gas Analyzer, Sound Level Meter, and Anemometer. The principle and manual on how to use those equipment were explained to those who visited our booth.

by Wilynstee Nayan





FIRST AID COURSE WITH EXAMINATION

Organized by : HSE Department

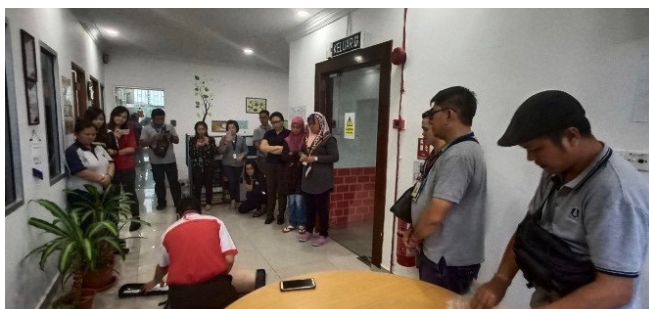
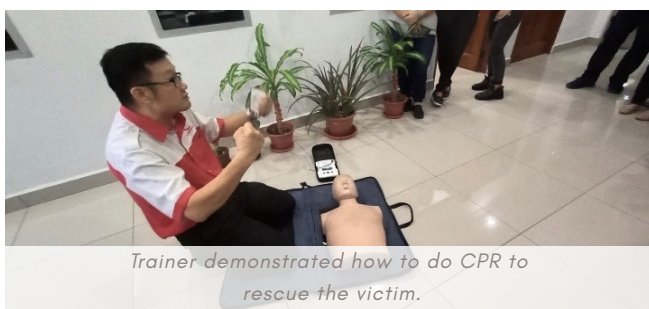
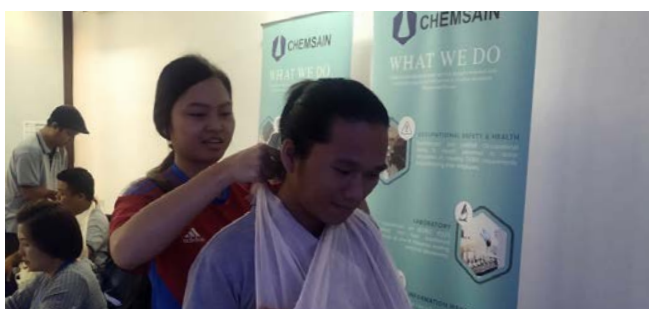
3 - 4 October 2019 |
Chemsain Building, Kota Kinabalu

Chemsain Konsultant Sdn. Bhd (CKSB) through HSE Department organized a First Aid Course with Examination on 3 to 4 October 2019 which is conducted by the Malaysia Red Crescent Society. This course was important to our staff, especially for those in laboratory and field work personnel in case of emergency situation at the workplace.

The training consisted of two sessions. On the first day, the session was theory and practical meanwhile on the second day, participants went through an examination. A total of 15 participations from CL4, OSH4, MO4, CK4, EN4 and EV4 divisions joined the training.

During the training session, the staff were briefed and demonstrated on how to conduct a CPR. The trainer also explained the items in the First Aid Box and how to use them. This was in preparation for any critical situations such as minor accident, minor injury, fainting, poisoning and etc.

by Habib Hasan



MODELLING TRAINING DAY 1 & 2

Organized by : Consultancy & HRD

1 & 2 October 2019 |

Rafflesia Room, Chemsain Building



Consultancy Division of Chemsain Subang Jaya, assisted by HRD Chemsain organised 2-day training session in Chemsain Building, Kuching on 1st and 2nd October 2019. The training was on River and Coastal Modelling by Ir Lim Sin Poh from G&P Waters, Kuala Lumpur and Oil Spill and Mud Spill Modelling by Dr Sasha Zigic from RPS Group, Brisbane Australia. The objectives of both trainings were to enhance knowledge, understand the requirement and processes of the modelling as well as to be able to interpret results of the modelling.



The training events were attended by mainly the staff of consultancy division from Subang Jaya, Johor Bahru, Kuching, Bintulu and Kota Kinabalu. Participants were exposed to various modelling scenarios of numerous completed and on-going projects carried out by the trainers. Apart from gaining valuable knowledge, participants had the opportunity to get to know their fellow colleagues from other offices. It is anticipated that more of such training will be organised in the near future.

by Marina Roland





A Seminar On Modelling Tools For Planning & Decision Making

Organized by : Business Development
3 October 2019 | Chemsain Auditorium

In conjunction with the presence of experienced trainers in Kuching, Business Development Division organised a special event on 3 October for clients and government agencies. Invited participants were clients of various industries ranging from oil and gas, developers, plantation sectors to port operators. Also attending, among others, were NREB, EPD, DID and TNB. This event not only provided valuable knowledge to the participants, but also a networking platform for Chemsain as well as for the participants.

by Marina Roland





HRDF SEMINAR 2019

Organized by : HRDF Malaysia

8 October 2019 | Hilton Hotel, Kuching

On 8 October 2019, HRDF organised an “Innovate-Integrate-Motive” seminar which aimed to equip the workforce with the skills required for the jobs of today and those of tomorrow, which is a strategic concern for the growth and development of our nation. Ultimately, our country’s prosperity depends on the number of people being employed and their productivity, which in turn rests on the skills they acquired and effective utilisation of those skills. The HRDF Seminar aimed to provide a platform to meet the needs of both employers and potential employees to learn from the best, as renowned industry players share insights on the importance of up-skilling, re-skilling and multi skilling with an emphasis on psychology and technology as well as their impact in transforming a better workplace.

During the Seminar, Chemsain HRD Sdn Bhd set up an exhibition booth with all other training providers in Malaysia to showcase and share their services to the public such as providing Environment Safety & Health Training to organisations throughout Malaysia.

by Gillespie Medan



FREE HEALTH SCREENING

Organized by : PERKESO / SOCSO

17 October 2019 |

Recreational Room, Chemsain Building



Reading of blood pressure in progress....

The Social Security Organization of Malaysia (SOCSO) had launched the Health Screening Programme (HSP) since year 2013. HSP aims to promote health awareness, healthy lifestyle and early detection of non-communicable disease among workers in the private sector. Since 2013, eligible employees will be given a health screening voucher by their employers to undergo their health screening at the participating clinics appointed by SOCO. According to SOCSO's statistics, a total of 2.8 million vouchers have been distributed to the eligible employees between year 2013 to 2018. However, only 541,855 vouchers were utilised as of December 2018. As for Chemsain, there are a total of 42 eligible

staff members who have not utilised the health screening vouchers. Hence, Chemsain was approached by SOCSO Kuching to conduct the same programme at Chemsain premises on 17th October 2019. The health screening programme included blood and urine tests for staff members who are 40 years and above. A total of 25 staff members opted to participate in this programme. The programme started at 9am and lasted until noon. Refreshment was served for the participating staff and the medical team who assisted with the health screening. The event was also witnessed by 2 Executive Officers from SOCSO Kuching - Ms. Sujina Bahing and Ms.Lai.

FREE HEALTH SCREENING

Organized by : PERKESO / SOCSO

17 October 2019 |

Recreational Room, Chemsain Building



Clockwise: Participants filling up their personal particulars; Mr. Mohammad in jovial mood for the health screening! All the fit and healthy faces of Chemsain! Genevieve Lim (centre) showing off her arm that she "survived the ordeal"! Flanked by Kak Normah (left) and Lucy Sakas (right); Blood drawing in progress, steady Emillia!



Standing (from left): Medical Lab Assistants from Advance Pathology (M) Sdn Bhd, Ms. Elizabeth Yeo (Senior Human Resource Manager of Chemsain) and Ms. Lai of SOCSO Kuching. Seated (from left): Mr. Mohammad Bin Siphon (Director of Chemsain), Dr. Bego Sepop (Director of Advance Pathology (M) Sdn Bhd), Dr. Ramzee Fadzil (Klinik Kotaraya Batu Kawa), and Ms. Sujina Bahing of SOCSO Kuching.

by Elizabeth Yeo

HARI ALAM SEKITAR NEGARA 2019

Organized by : Department of Environment

19 October 2019 |
Dataran Tanjung Bidara,
Masjid Tanah Melaka

Hari Alam Sekitar Negara formerly known as Minggu Alam Sekitar is celebrated annually across Malaysia in October which is organised by the Department of Environment (DOE) in collaboration with other government departments/government agencies/private companies. This year CKSB has contributed generously and participated in this event organised by DOE Melaka on 19 Oct 2019 at Dataran Tanjung Bidara, Masjid Tanah Melaka. The event was officiated by Datuk Tey Kok Kiew- EXCO for Housing, Local Government, Environment and Green Technology.

The event started with the “plogging fun” activity. The participants which, consisted of secondary school students, college students and representatives from private companies helped clear rubbish along the Tanjung Bidara Beach. The event continued with an Aerobic session, tree planting, opening ceremony and cultural dance performance by primary school students. The event then continued with prize giving sessions to Sekolah Lestari Anugerah Alam Sekitar (SLAAS), winners of environmental invention contest, environmental photography, fun green street soccer 2.0 and colouring contest.

by Mazura Murat



Opening ceremony



Cultural dance



In the middle - Datuk Tey Kok Kiew



Plogging fun



Aerobic session



Weighing session of collected rubbish.



OFFSHORE/ONSHORE SAFETY INTEGRATED SYSTEM (OSIS) BRIEFING

Organized by : HR Department

22 October 2019 |

Meeting Room, Chemsain, Kuching



Early September 2019, our esteemed client - PETRONAS, announced that they will be launching an Offshore/ Onshore Safety Integrated System (OSIS) which will replace the Electronic Offshore Safety Passport (e-OSP) starting December 2019. OSIS is a digital platform for Offshore Safety Passport (OSP) and Contractor Competency Card (CCC) application. According to PETRONAS, the implementation of OSIS aims to eliminate the time and cost involved in physical card distribution to its contractors, thus minimizing the processing time and allows a smooth check-in at the embarkation point, without card.

In conjunction with the newly launched system, HR Department organised a briefing on 22 October 2019 in Chemsain Kuching. The objectives of the briefing were to explain the new procedures and the user interface of OSIS to the user departments who have existing offshore contracts with PETRONAS. The implementation of OSIS will require the user departments to have their authorised key personnel with its individual account to access into the system and to apply OSP and CCC. Through this, authorised user department are able to submit the applications directly in the system and to check the status of application online.

The briefing was presented by Human Resource Executive - Mr. Kiw Yih Min, who had attended a training session conducted by PETRONAS in Kerteh, Terengganu early October. The briefing was attended by key representatives from Monitoring, OSH and Laboratory.

by Elizabeth Yeo



BOARD OF DIRECTORS MEETING

25 October 2019 |
Meeting Room, Chemsain Kuching

The meeting was chaired by Managing Director, Mr. Chan Woon Peng and attended by Dr. John Chan, Mohammad bin Siphon, Anthony Rentap Enchana, Sr. Awang Sharkawi bin Awang Mohammad Yassin and Audrey Wan Ullok and Senior F&A Manager, Chiam Yu-Mien.

AIR POLLUTION & HEALTH TRAINING

Organized by : CHRD

23 - 25 October 2019 |

Hibiscus Room, Chemsain, Kuching



The training comprised 2 days of both lectures and discussions on the theoretical aspects of air pollution and its health effects. The third day was practical on monitoring and laboratory analysis of air pollutants. The training consisted a total of 19 participants, including Chemsain staff.

The course lectures were delivered by two experienced and prominent environmental health scientists in the region who have conducted research and training on air pollution and health both locally and internationally.

In addition, the training introduced the participants to the physical and chemical processes that contributed to air pollution, as well as the meteorological phenomenon that influenced the dispersion and fate of air pollutants. It also looked into the effect of pollution from the epidemiological and public health perspectives. Furthermore, both acute and chronic public health effects of particulate, gaseous and chemical air pollutants were discussed during the training sessions.





Token of appreciations were given to Mr. Azam & Mr. Firdaus



On the third day, the participants were brought to Pusat Kesihatan Malaysia for air pollution monitoring session whereby they learned to differentiate between carcinogenic and non-carcinogenic air pollutants. The session followed by laboratory analysis, were conducted by experienced scientists and technicians of Chemsain Konsultant Sdn Bhd.

by Cassandra Henry



DON'T GIVE FIRE CHANCE

Organized By :
Pertubuhan Pencegah Kebakaran
Kuala Lumpur

31 October 2019 |

Chemsain Building, Kuching

On 31 October, Pertubuhan Pencegah Kebakaran Kuala Lumpur invited 35 Chemsain staff to attend a briefing on fire prevention awareness, "Don't Give Fire Chance" as well as some tips according to statistics from the Fire Department. The Seminar was presented by representatives of non-governmental organizations (NGOs). The seminar aimed to raise public awareness about the dangers of fire, and action needs to be taken if there are fire incidents.



Bikers' with their big bikes.

BIKERS' TRIP TO TELOK MELANO

01 September 2019 |
Telok Melano, Kuching

Why drive when you can ride? *Wink*. During one of the long hazy weekends in September, a few of us with our big bikes (with some using their cars since they don't have bikes) went on a trip to Telok Melano - also known as the Lower Tip of Borneo at the beginning of the Pan Borneo Highway (0.00km). Telok Melano is located approximately 140km from Kuching and offers a breathtaking view of the beach and pristine blue waters of the South China Sea.

While taking a rest from the ride, some of us went to try the ATV (all-terrain vehicle) ride! It's an activity that leads to immediate adrenaline rush and yes, it was FUN (especially knowing you need to change the gears - back to driving a manual vehicle).



Then we headed to Kpg. Sebat Dayak - where there's a hidden waterfall which many do not know. The road was narrow but smooth and not too far away from Telok Melano.

Upon reaching Sebat Dayak Waterfall, some prepared for the BBQ (chicken wings & sausages), while the rest were just chilling and dipping themselves into the cold, refreshing mountain water! Once done with lunch, we went upstream of the waterfall where we took another group photo as memories.

We then headed back to Kpg Sebat Dayak to get a quick change and then departed back to Kuching.

Stay tuned for our next adventure!

- Chew Wee Giap





WEEKLY BADMINTON ACTIVITIES

Organized by : Monitoring team MO5

Every Friday | USJ23 Badminton Court

Every Friday evening, the staff from Monitoring (MO5), EV5 & laboratory team (Bukit Jelutong) will gather together for Badminton. Physical activity is crucial for healthy growth, development and well-being of everyone of all ages. Other than that, the activity aims to develop positive relationships amongst the coworkers, which will make our job in the office more enjoyable and productive.

by Muhammad Afif



ZUMBA

Organized by : HSE

11, 18, 25 September 2019 &
9, 16, 23, 30 October 2019 |
Chemsain Building, Kuching

Let's shake off the stress and sweat! What a way to melt fat, strengthen core, and improve flexibility just by moving to the music and having a good time after work. Thanks to the HSE committee for organising this programme for staff.

Zumba is held at least twice a month at Chemsain Building, Kuching after work. So, don't forget to check your email to be notified about the programme.

by Irene Yong



Happening Next

01

CLASS Regulations 2013 For Classifiers Training
(Chemicals Substances & Mixtures)
5-7 November 2019

02

Christmas Gathering
5th December 2019

03

Sunnydale Christmas Market
8th December 2019

04

HSE Day
10th December 2019

CHEMSAIN KONSULTANT

Committed to Excellence

