



# CHEMSAIN

Newsletter

Volume 5 | Jan - March 2021

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## **MESSAGE FROM MANAGING DIRECTOR**

This is the last Chemsain Newsletter handled by Ms Sharon Chai as it is time to bid farewell to her. She will be leaving the Company in April 2021. We wish her all the best for her future endeavours.

Covid19 pandemic has been with us for more than a year now and it has caused immense suffering to the livelihood and health of people worldwide. The economic and social disruption caused by this extremely tiny virus is most devastating with great loss of human life and a serious challenge to public health. Many business activities being badly affected with people losing their jobs which will also cause great suffering to the family. As for most, without regular income means no food or at best less food on the table for the family. However, it is expected that the pandemic will be fully behind us before the end of this year with the first vaccination started in February to be followed by the second phase in April 2021.

Chemsain is no difference, it is also greatly affected by Covid19, the cases in Kuching and Sarawak have been going upwards instead of downwards. This is affecting the Company terribly. We have to pool our past experience to face this formidable challenge. However, our top priority is to the safety and health of Chemsain staff. Our Safety and Health Division has been actively doing its part to impress our staff to strictly observe the SOP on Covid19. Everyone has to do its part to support the government in overcoming this horrible pandemic.

During this time of the pandemic, Chemsain is able to collaborate effectively, even across long distances and work almost from anywhere. By doing this, it will save cost and time for meetings and also improve on efficiency. From this, we know that communication being essential in business, Chemsain is working on going for more use of information technology in its business activities. The main benefits of technology for business are the resources available to communicate quickly and effectively.

It is important that we take very good care of ourselves and follow strictly on the SOP For our own safety and health as well others we may be in contact with. The virus of Covid19 treats everyone as equal, regardless of culture, religion, financial standing and status in society. From this, we learn to be simple and understand the way of life as God has made us as equals.

Take care and stay safe. God Bless.

**CHAN WOON PENG**



**KEY PERFORMANCE INDEX (KPI)**

**SAFE MAN-HOURS WORK**

Without Lost Time Injury (LTI)

**FATAL CASES (LTI)**

**MAJOR INJURY (LTI)**

Hospitalized, incident resulting four & more lost days.

**MINOR INJURY (Non-LTI)**

Injury without medical leave or resulting in less than three lost work days.

**NEAR MISS**

**OCCUPATIONAL POISONING & DISEASES**

**INCIDENT RATE**

**FATALITY RATE**

**INJURY RATE**

**FIRE RATE**

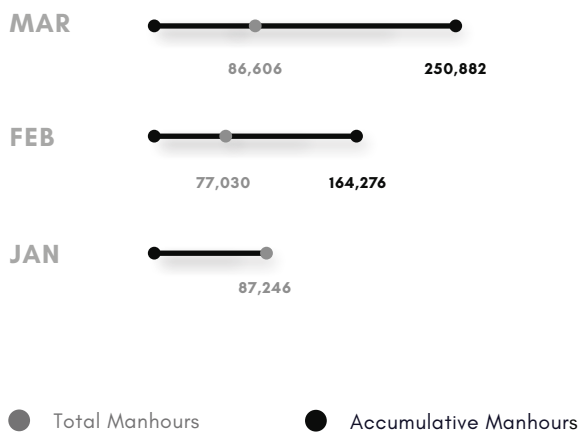
**CHEMICAL SPILL**

**OTHER INCIDENTS**

Resulting in eg. Property/Equipment damage, theft, negligent; Road accident before/after work etc.

**CHEMSAIN MAN HOURS CHART FOR YEAR 2021**

*Safe Man-Hours for Year 2021*



JAN 2021	FEB 2021	MAC 2021	YTD JAN - MAC 2021	YTD JAN 2015 - MAC 2021
<b>87,246</b>	<b>77,030</b>	<b>86,606</b>	<b>250,882</b>	<b>5,588,577</b>
0	0	0	0	0
0	0	0	0	0
0	0	0	0	0
0	0	0	0	0
0	0	0	0	0
0.00	0.00	0.00	0	0
0.00	0.00	0.00	0	0
0.00	0.00	0.00	0	0
0	0	0	0	0
0	0	0	0	0
0	0	0	0	<b>6 cases</b>

CHEMSAIN has achieved 86,606 safe man-hour in March 2021 without any Lost Time Injury (LTI), and 250,882 safe man-hours in Year 2021 and total of 5,588,577 safe man-hours accumulatively since January 2015.

#### **HSE Activity period of January - March 2021**

HSE Department continues to actively conduct COVID-19, awareness program via email and in-house briefing. Body temperature for staff before entering the office has been taken and recorded. HSE Department also keeps updated from time to time on the new guidelines by Government during Condition Movement Control Order (CMCO). Chemsain also encourages all employees to enrol in the National vaccination program for COVID-19 through the MySejahtera app.

#### **New Personal Protective Equipment (PPE) Requirement**

Starting from June 2021, all PPE provided to employees must be certified by SIRIM. This is in line with the directive from DOSH to ensure that all PPE supplied provides adequate protection to its users. Existing PPE can still be used for now but must be replaced before that date. The use of PPE without a SIRIM certificate can no longer be used at any Petronas installation starting from 1 June 2021 and the entry of non-compliant workers will not be permitted.

# Monthly Claims

Process & Procedures for all staff  
(Monitoring Division)

Date: 3 Feb 2021  
Time: 9:00am  
Venue: Zoom Virtual Meeting

**CHEMSAIN**

## ONLINE MONTHLY CLAIMS BRIEFING

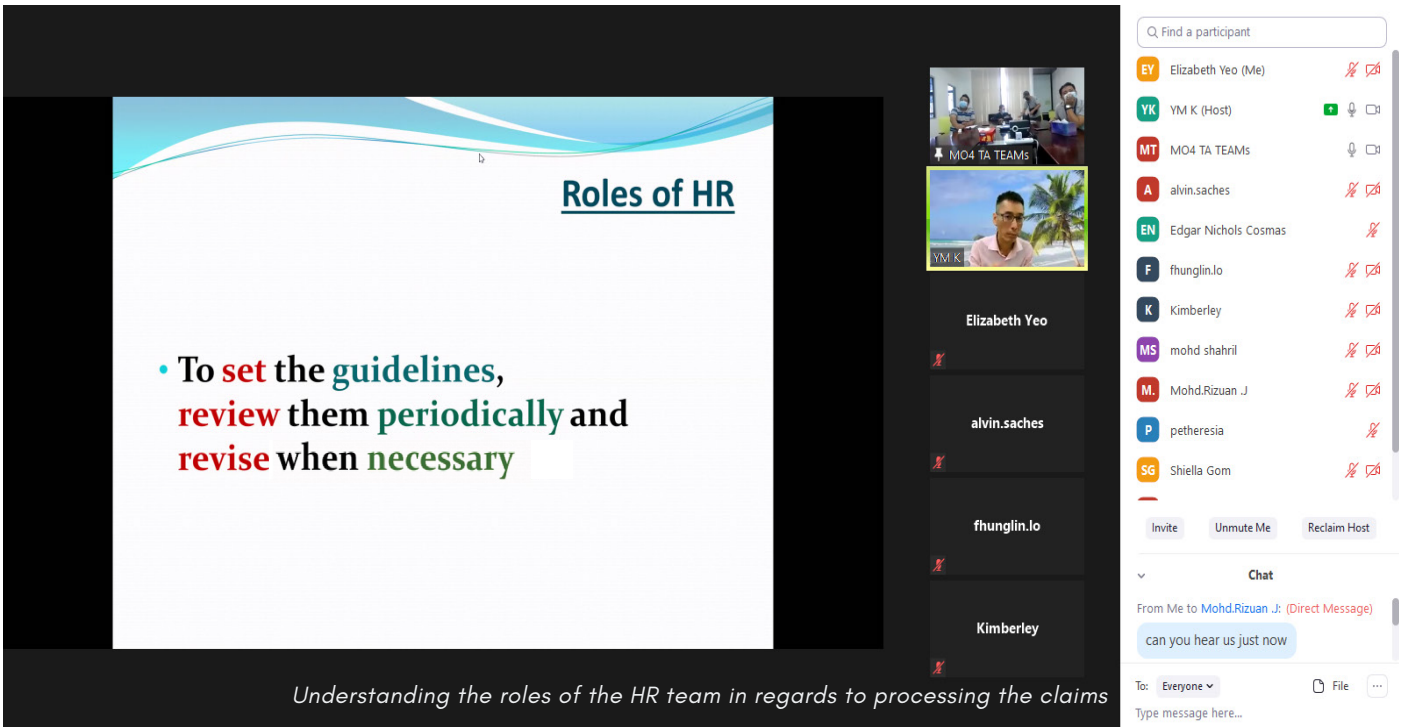
Organised by : HR1  
 Venue : Chemsain, Kuching  
 Date : 3 February 2021  
 Write-up by : Kimberley Chan

### Roles of HOD

- To **Review** the necessity of the travel and approve the travel request
- To **approve / reject** the travel expense claim as according to the policy
- To **ensure** the staff claims are in order according to **guidelines**

An online Monthly Claims briefing via zoom conducted by Kiw Yih Min (HR4) was held on 3rd February 2021 at 9am. A total of 14 participants attended consisting of the HR and the Monitoring team (MO4). The online meeting/training entailed the clarification of the overall procedures of the monthly claims as well as the roles of HR in processing the claims.





Throughout the meeting, the monitoring staff were able to discuss and ask questions in order to ensure they understood the processes.

Kiw also made it clear to the Monitoring division on the claims they are entitled to and the cut off dates so that the staff are more aware of when to submit their claims. For example, how the claims need to be submitted by the 7th of each month, and have to reach Finance latest by the 14th for payment processing.



This meeting was carried out to clarify the uncertainties of staff regarding the claims so that minimal errors will be made in the future. The staff were made aware of how their errors affect the overall processing of the claims. The meeting came to an end after about 90 minutes.



## FRIENDLY FOOTBALL MATCH AGAINST DOSH

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Organised by : Chemsain SRC  
Venue : Padang Semarak, Gita Kuching  
Date : 27 February 2021  
Write-up by : Felbian Johing

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Chemsain Sport & Recreation Club (Kuching) held a friendly football match against the Department of Occupational Safety & Health (DOSH) Sarawak. The match took place at Padang Semarak, Gita, on 27th February 2021.

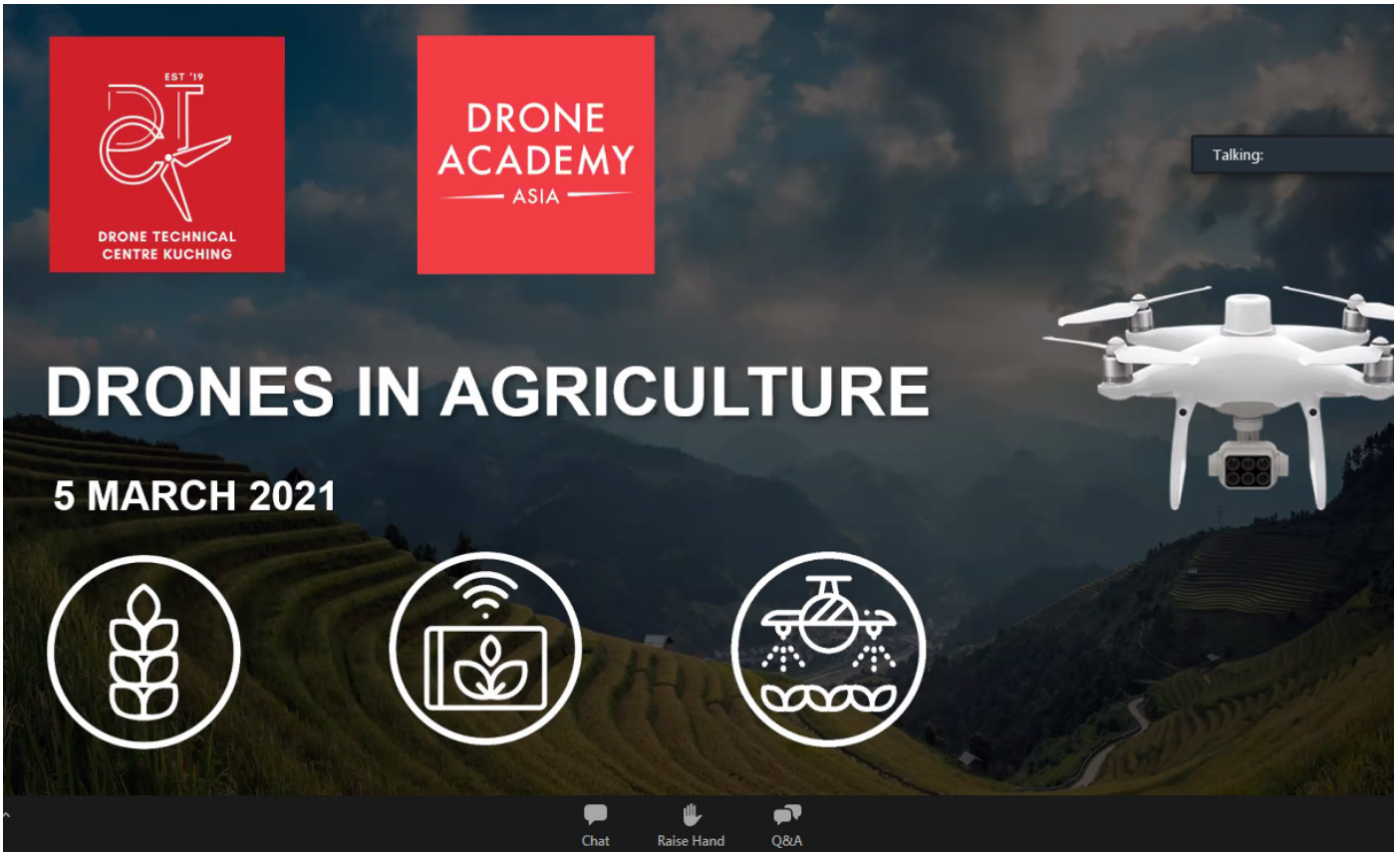
The Deputy Operations Director of DOSH Sarawak, Mr. Mut Sagai participated in the match as well.

The football match ended in a tie. The Chemsain's goals were scored by Gregory Chan, Matthew Chong and Sarkis Majaryan.

The Club would like to express its highest appreciation to DOSH for their willingness to participate in the friendly match.





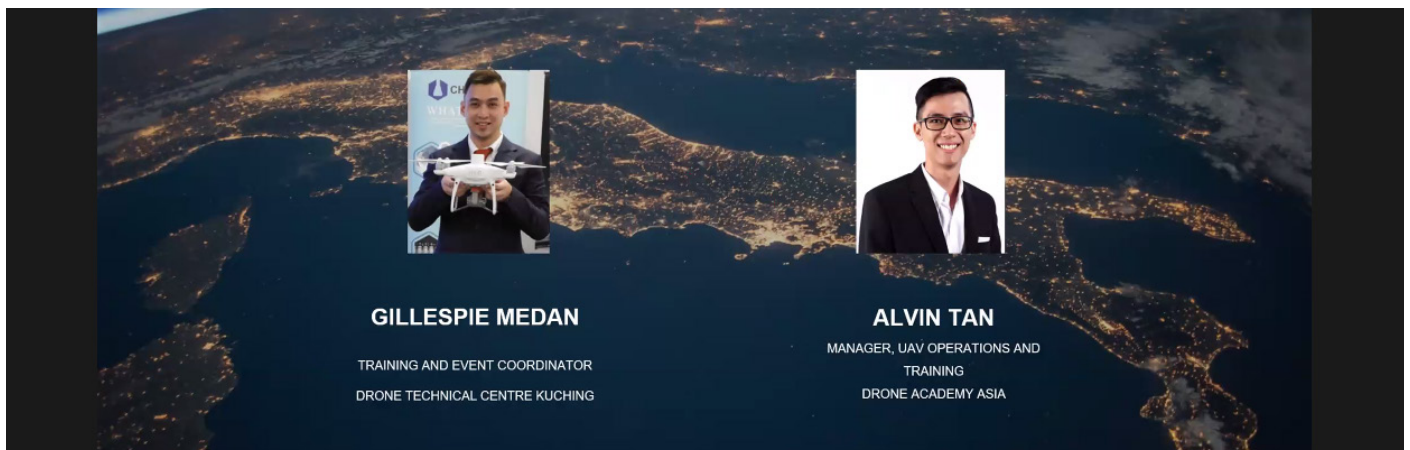


## DRONES IN AGRICULTURE

Organised by : DTCK  
Venue : Chemsain, Kuching  
Date : 5 March 2021  
Write-up by : Gillespie Medan

DTCK conducted its first webinar open to public throughout Malaysia on the 5th of March 2021 via Zoom Application.

The webinar topic was on Drone in Agriculture which discussed about the Common Challenges in Agriculture, the Payloads of agriculture drones for mapping, and drones Applications. Surprisingly, that few of the attendees were from the Philippines and the rest were mostly from Malaysia.





## **SEMINAR PEMATUHAN AKTA KUALITI ALAM SEKITAR 1974 SEMPENA HARI AIR SEDUNIA PERINGKAT NEGERI PERAK TAHUN 2021**

Organised by : The Perak State Department of Environment in collaboration with the Sports and Welfare Club of the Perak State Department of Environment

Venue : Hotel Kinta Riverfront, Ipoh

Date : 30 & 31 Mac 2021

The Perak State Department of Environment in collaboration with the Sports and Welfare Club of the Perak State Department of Environment held a Seminar on Compliance with the Environmental Quality Act 1974 in conjunction with the Perak State Level World Water Day 2021 at Hotel Kinta Riverfront, Ipoh .





This exhibition was officiated by Perak State Environment Exco, YB Encik Mohd Akmal Bin Kamarudin. A total of 332 participants from various types of industries throughout Perak, Penang and Selangor attended the seminar. There were also 12 companies comprising environmental consultants who participated in the exhibition.

The speakers were the Director of DOE Perak, Haji Rosli Bin Zul and senior officers of DOE Perak, Mrs. Lili Suhana Adnan and Mr. Harmanisham Ishak.



# ALL THE ANSWERS YOU NEED ABOUT COVID-19 VACCINE IN MALAYSIA

by Nawaf Rahman

As you know, Malaysia has begun its COVID-19 vaccination drive on 24th February 2021, with Prime Minister Muhyiddin Yassin taking the first jab and over 500,000 people which included front liners and essential workers have been vaccinated in less than a month.

While it feels like there is finally light at the end of the tunnel, there are still questions about how do we know if it's safe, how many doses do you need, how effective is it – and so on and so forth.

To ease your mind, we've done our research and list down all the answers to your vaccine-related questions.

## HAS THE VACCINE BEEN RUSHED?

A common misconception is that the vaccine has been rushed – in reality, the process has been shortened due to the immense amount of funds being invested into these trials and tests. Because of the global emergency, developing this vaccine has been prioritised by scientists, drug companies and governments, and a huge amount of collab has helped this to happen as fast as possible. The process also has been sped up by recent advances in technology.

It is said that over 800 research and development programmes are active around the world to combat this virus. Of those, 191 are focused on vaccine development. It also helped that COVID-19 is caused by a coronavirus (like SARS) so scientists already knew about how coronaviruses work, including the “spikes” on the surface which can be used to trigger a reaction from the immune system.

## IS THE VACCINE SAFE?

Recently, there has been a huge debate that claims the vaccine will ‘alter’ your DNA – and that's not true. The claims refer to how the vaccines work,

where traditionally a vaccine will inject a weakened version of the virus, so your body can learn to produce antigens to combat the real thing. A vaccine basically trains the immune system to recognise and attack a virus, even on it hasn't seen before. While vaccines imitate an infection, they almost never cause illness. Vaccines also protect the community by reducing the spread of disease among people. This protection is known as herd, or community, immunity.

However, the COVID-19 vaccine simply delivers this genetic information directly to your cells, without altering your DNA. Consultant in Internal and Respiratory Medicine, The Lung Centre of Pantai Hospital Kuala Lumpur, Dr Helmy Haja Mydin states that “the vaccine has been proven to be safe for general use and is particularly important to protect those with underlying chronic diseases. It also adds a layer of protection for services that are essential to keep the country going.”

For a broader look, the World Health Organization has introductory explainers into both how vaccines are developed and how they work, plus the Centers for Disease Control has more information about the effectiveness of the COVID-19 vaccines and mRNA vaccines in particular, the kind both Moderna and Pfizer have developed.

## HOW LONG DOES THE VACCINE LAST?

Doctors and researchers don't know exactly how long the protection will last yet, because the vaccines haven't been around for long enough. The second dose is more important for longer-lasting protection, so it's really important to go back for your second dose when you are invited for it.

The length of protection may vary between different vaccines. It is likely to be at least several months, but it may be that repeat vaccinations are needed. Researchers are studying this closely.

## DO I NEED THE VACCINE IF I'VE HAD THE VIRUS?

Yes. The vaccine will reduce your risk of another infection and the seriousness of your symptoms if you do get it again. At the moment, it is unclear whether having the virus will give a person full immunity because there have been some reports of people getting re-infected.

Therefore, it is encouraged that even people who have had the infection to take the vaccine to ensure complete immunity. However, it will likely be that those who are COVID-free are prioritised over the ones who have had the virus.



### WILL I BE ABLE TO PASS ON THE VIRUS TO OTHERS IF I'VE HAD THE VACCINE?

The doctors don't yet know for sure, but it may be possible for you to pass the virus on even if you've been vaccinated. The vaccines work by causing your body to create a rapid immune response to the virus so it doesn't make you ill, but may not stop you from passing the virus on. So even if you've been vaccinated, it's really important to follow guidelines around social distancing, hand washing and other guidance to stop the spread of coronavirus. You'll still need to self-isolate if you have symptoms or have been in contact with someone who has.

### ARE THERE ANY SIDE EFFECTS?

Like any other vaccines, the coronavirus vaccine may have mild side effects, but this should not worry you. They are just your body's natural immune response. The common short-term side effects include soreness at the site of injection, a low-grade fever, headaches, muscle aches and fatigue, lasting around 12 to 36 hours after the injection,

However, the rapid development of the vaccine meant that scientists are unable to study long-term effects, so understanding these effects will require additional follow-ups in the future  
Which vaccine will I get?

Our government has obtained vaccines from few brands such as Pfizer-BioNTech, Oxford-AstraZeneca, WHO Covax facility, Sinovac, CanSinoBIO and Russia's Sputnik V vaccine.

### WHICH VACCINE IS BETTER?

All the currently approved vaccines have been shown to be safe and to work well at preventing disease from the virus. The studies of effectiveness have measured them in different ways, so it isn't necessarily helpful to compare them. Serious side effects are very rare in all of the approved vaccines.

According to Science, Technology and Innovation Minister Khairy Jamaluddin, you won't be able to choose which vaccine to have, so it's important to have the vaccine you are offered.



### WHEN CAN I EXPECT TO GET THE VACCINE?

Malaysia has set up a special committee in October last year to fortify vaccine procurement in a transparent manner while giving priority to the national immunisation campaign called Jaminan Akses Bekalan Vaksin COVID-19 (JKJAV). You can follow them on Twitter here for the latest updates.

The first batch of vaccines is expected to be received by end of February, with the first group to be vaccinated by early March and the vaccination programme implemented in phases over a period of 18 months.

The government aims to kick-start the vaccination programme by immunising 75,000 people a day across 600 vaccination sites nationwide from March. This is equivalent to 12,500 per hour in a six-hour day, or five people simultaneously taking jabs at each of the sites, based on a target of 15 minutes per person.

Currently, here's the **timeline of the vaccination schedule**:

#### PHASE 1 (February – April 2021) - 500,000 people

Frontliners (public and private healthcare workers), frontline personnel in essential and defence services

#### PHASE 2 (April – August 2021) - 9.4 million people

The rest of the staff in healthcare, essential and defence services; the elderly (aged 65 years and above); high-risk groups with chronic diseases such as heart disease, obesity, diabetes and high blood pressure; people with disabilities (OKU)

#### PHASE 3 (May 2021 – February 2022) - 13.7 million people (or more)

Residents aged 18 and above (citizens and non-citizens\*). Priority will be given to those in the red, yellow and then green zones (in that order).

\*Non-citizens include diplomats, expatriates, students, foreign spouses and children, foreign workers & UNHCR card holders.

### WHERE DO I SIGN UP FOR VACCINATION REGISTRATION AND APPOINTMENT?

Registration for the vaccine, which will start on the 1st of March 2021, will be implemented through the following methods:

1. Through the MySejahtera application
2. Hotline (soon-to-be launched)
3. Outreach programme for rural and interior areas
4. Through the website [vaksinCovid.gov.my](https://vaksinCovid.gov.my)
5. Registration at public and private health facilities

# SIMPLE THINGS YOU CAN DO TO SHOW YOU CARE FOR YOUR COWORKERS

by Glandore

According to the World Health Organisation we spend over one-third of our lives at work. It is amazing to think that we actually spend more time with colleagues each day than we do with our families or friends. This fact is both startling and motivating, and it can often result in you building close relationships with your team at work while making some amazing friends along the way. Working full time in the office each week means that the people we work with become a big part of our lives which is why it is so important to build strong relationships with them to ensure your time at the company is enjoyable.

As a worker you have a responsibility to your team, to look out for them and make sure that they are doing okay. If you don't consider yourself very close or connected with any of your colleagues then here are some tips to help you become more caring and supportive and help improve communication going forward.

a difficult time and letting them know that you want to try help will show compassion and promote a more empathetic culture in your workplace.

## **BE HELPFUL**

Take a look around the office from time to time and make sure that no one is struggling or having a tough day. If you see someone stressing, ask them if there is anything you can help them with as even talking about struggles or issues can help.

Recognising when a coworker is having a difficult time and letting them know that you want to try help will show compassion and promote a more empathetic culture in your workplace.



## **OPEN UP & BE MORE PERSONABLE**

It is important to get to know your coworkers and take the time to learn about their interests and life outside of the workplace. One way of doing this is by spending time chatting away from your desks and generally being more friendly. Why not join them for a coffee break or invite yourself to sit with them at lunch? This will encourage interaction and show that you are open to being friends.

Being a good listener can also go a long way when you are trying to connect with coworkers and show them you care. Take the time to listen rather than talk about yourself, showing others that you aren't just making small talk and that you value their opinions.

Even simple questions like how their last trip was or what they got up to at the weekend will allow you to also create some common ground and engage on a more personal level.

## **RECOGNISE GREAT WORK**

It is important to acknowledge when a coworker has done good work or gotten a great result. However, gratitude can often be easily overlooked within a busy working environment.

Why not be the colleague who encourages and recognises the hard work of your entire team? Send them a quick email to say well done on a successful event that they might have planned or that you really enjoyed their



management presentation. Thank them if they gave you some helpful advice or ideas.

These actions might seem very small, but they will have a positive impact on a coworker's work ethic and confidence while also boosting team morale.

### **BE MORE UNDERSTANDING**

As much as we try to plan our week ahead in work, life often gets in the way and things don't always go to plan. Whether it's car trouble or taking children to the doctor's appointment, try being more understanding of what your colleagues might be dealing with at home.

Do your best to try to accommodate and deal with each situation in a more positive way and be supportive. Reschedule meetings or team catch-ups and try not to complain. Your colleagues will appreciate how understanding you will have been and remember this if you are running late or have issues with that stop you from being at work on time.

### **KIND GESTURES**

It really is nice to be nice and we believe that small acts of kindness in the workplace will not go unnoticed.

Pick up some treats for your team before work one morning or why not order some tasty food to be delivered to the office. Alternatively, if you see that a coworker is busier than normal, why not ask them if you can pick them up some lunch while you are out.

Your coworkers will be grateful, and you will have again acknowledged that they are busy and offered to help them out. These kind gestures will not make you feel good but will usually have a knock-on effect which will ensure a happier more positive office.

# **CHEMSAIN KONSULTANT**

*Committed to Excellence*

