

ISSUE
16

NSL *link*

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2016

Review 2015





A Note from Our Executive Director

Dear colleagues

We have released our 2015 financial year end results (FY2015) in February and I am pleased to report that NSL Group did well in 2015 with a better turnover and doubling of Profit before tax despite the weakened global business environment.

NSL Group turnover increased slightly higher from \$426.0 million in FY2014 to \$446.5 million in FY2015. Profit before tax rose to \$30.9 million in FY2015 from \$15.5 million in FY2014 owing to stronger performance by Precast & PBU and Dry Mix divisions. Environmental Services division whose performance depended strongly on oil price was however not spared. The division suffered a loss in 2015, the first in five years. Weakening demand for Recycled Fuel Oil ("RFO") and operating margin squeezed of Automotive Diesel Oil businesses due to oil price were contributing factors. In addition, the division recognized various impairments.

I would like to thank you all for the efforts and contributions to the Group throughout the past FY2015, we would not have fared well without your commitment.

I would also wish to inform you that in the first quarter of 2016, the Company has received indications of interest from several parties to purchase its dry mix business in Hong Kong, China, Singapore and Malaysia. The discussions are still ongoing.

Going forward, the oil price is expected to remain lacklustre in the light of the uncertain world economic outlook. The operating environment in 2016 will continue to be difficult and challenging, however I believe we will weather through this with everybody's continued hard work and commitment.

Let's continue to work together to face the challenges in 2016!

Oo Soon Hee

NSL Reported Better Turnover and Group Profit Before Tax for FY2015

Turnover increased to \$446.5 million and Profit Before Tax improved to \$30.9 million.

Proposed final dividend of \$0.05 per share.

Financial Highlights (Continuing Operations)	THE GROUP		
	2015 S\$'000	2014 S\$'000	Change %
Group Turnover	446,452	425,950	5
Group Profit Before Tax	30,898	15,499	99
Profit Attributable to Shareholders	26,715	9,678	176
Earnings Per Share (cents)	7.15	2.59	176

NSL Ltd reported a turnover of \$446.5 million in FY2015, 5% higher than \$426 million achieved for the financial year ended 31 December 2014. This was mainly attributable to higher revenue registered by both the Precast & Prefabricated Bathroom Unit ("PBU") and Dry Mix divisions. Revenue from Environmental Services division declined during the year.

NSL Group Profit before tax improved from \$15.5 million in FY2014 to \$30.9 million in FY2015, driven by better performance from Precast & PBU and Dry Mix divisions. Environmental Services division's performance declined significantly as a result of lower sales and operating margin for both the Recycled Fuel Oil ("RFO") and Automotive Diesel Oil businesses given the prolonged decline in oil price. In addition, the division recognized various asset impairments totaling \$6.2 million

as part of its effort to remodel the businesses.

After taking into account income tax, the Group reported a profit attributable to equity holders from continuing operations of \$26.7 million in FY2015 compared to \$9.7 million in FY2014.

Outlook

The Precast businesses particularly in Singapore and Malaysia are expected to face increased competition within a more subdued market while performance of Dubai Precast is expected to remain satisfactory. In the PBU business, Parmarine is expected to continue to contribute positively to the division's overall results.

Demand for Dry Mix products across the region is expected to remain satisfactory supported by firm demand.

In the Environmental Services division, the RFO business will continue to face very difficult market conditions amidst the steep decline in oil price. The distribution business and waste management services are expected to remain subdued.

The order book for PEINER SMAG Lifting Technologies GmbH remains satisfactory.

Final Dividend

Subject to the approval of shareholders at the annual general meeting of the Company to be held on or about 29 April 2016, the Board of Directors is recommending a final dividend of \$0.05 per share for the financial year ended 31 December 2015. Inclusive of special interim dividend of \$0.03 per share paid out on 26 May 2015, the total dividend for FY2015 would be \$0.08 per share (FY2014: \$0.05 per share).

NSL Group Town Hall Meeting



NSL Group had a town hall meeting chaired by Mr Oo Soon Hee, Executive Director, which was held on 29th Feb 2016 at Pan Pacific Singapore for the senior management from its subsidiary business units (SBU).

The meeting started promptly at noon with a sumptuous buffet lunch and participants from corporate office and SBUs mingled. After lunch, the group adjourned to the next room for the address by Mr Oo. Mr Oo started his address by expressing his appreciation to all the staff present for their efforts and contribution in the past year that led the Group to better Turnover and doubling of Profit Before Tax. He continued to share with the participants on NSL group's performance review of 2015, business outlook for 2016, action plans and also covered the group key thrusts on Safety, Human Resources (HR), Information Technology (IT) and Corporate Research & Development (CRD).

During the address, he strongly encouraged the management to be innovative and think-out-of-the-box to develop new products and services to serve market needs. He stressed on not compromising on safety; a safe attitude is essential because it will help to guard against complacency, and create a productive working environment for all. He also provided some tips based on his past extensive career experience, and this was followed by a Q&A session.

After the clear and concise address, Dr Low Chin Nam, COO of NSL Ltd, gathered all the CEOs in the Group and presented Mr Oo his 5 years long service award.



NSL staff took opportunity to mingle with colleagues from across the Group's business units



At the town hall meeting, Mr Oo encouraged the management to be innovative and think out of box



All CEOs gathered to present Mr Oo his 5 years long service award



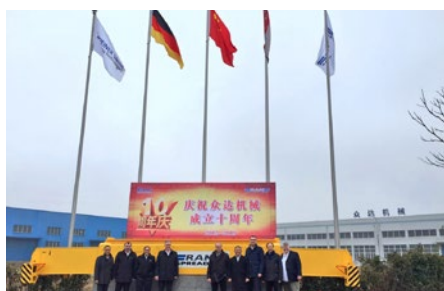
4th PSLT Shareholders Board Meeting

On 28 January, Mr Oo Soo Hee, Dr Low Chin Nam, Mr Ulrich Decker (Chairman, SMAG Shareholders Board), Mr Hannes Eisele (Vice-chairman, SMAG Shareholders Board), Mr Sebastian Henning Brandes (Chairman, PSLT Management Board), Mr Hans Jürgen Bialek (Executive Director, PSLT Management Board), Mr Philip Lee (Executive Director, PSLT Management Board), Mr Holger Dunker (Chief Finance Officer, PSLT) and Mr Ellan Chan (General Manager, Peiner SMAG Shanghai) arrived at RAM SMAG Engineering (ChangShu) Co., Ltd (RSC) to attend the PEINER SMAG Lifting Technologies

GmbH (PSLT) 4th Shareholders' Meeting. The distinguished guests toured the factory and visited the RAM Heritage Gallery and Staff Recreation Center for an exclusive insight of RAM's illustrious history.

To commemorate RSC's 10th year of operation, each guest was invited to plant a tree. PSLT Group CEO Mr Sebastian Henning Brandes was then invited to officially open the refreshed Dining Hall which had undergone an extensive renovation recently. All guests proceeded to join RSC staff for lunch before they adjourned to the meeting room for the Shareholders' Board Meeting.

The next day, the Directors and the Shareholders celebrated the Year of the Monkey with the RSC employees. The annual party was held to reward staff for their effort and hard work contributed, as well as to provide an opportunity for them to enjoy each other's company and exchange blessings. Apart from variety events and comedy shows, RSC was privileged to have the distinguished guests to give out prizes to winners of the lucky draws. Each staff went home with a blessing from Mr Sebastian Henning Brandes, Mr Hans Jürgen Bialek and Mr Philip Lee in the form of a traditional red packet.



Celebrating 10 years of operation at RSC



Directors and shareholders looking through the Heritage Gallery



PSLT Group CEO Mr Sebastian Henning Brandes officially opened the Dining Hall



Start Snapping Away

Calling all photo buffs, time to whip out your cameras or smartphones and go on a hunt to capture Moments @ NSL! We are looking for photos which demonstrate the essence of the Company and its people. Do you have an eye for detail and aesthetics? There are great prizes to be won so unleash your creativity and start snapping away! Winning photos will be featured in the next issue of NSLink.



1st prize
 JBL Flip 3 Portable Speaker



2nd prize
 Swatch watch

1. Prizes:

- 1st prize – JBL Flip 3 Portable Speaker
- 2nd prize – Swatch watch
- 3rd prize – Sheaffer Roller Pen
- 4th prize – Lamborghini passport holder
- 5th prize – RISIS Orchid Brooch

2. Categories:

- Products/ Service
- Workplace/ Factory
- People

3. Criteria:

Photos will be judged on relevance (40%), technical skill (20%), creativity (20%), and composition (20%). Be sure to include the identity of the company and capture the NSL essence!

4. Submission Details:

Include your name, title, department and a brief tagline in your submission to nslink@nsl.com.sg by 13 May.

5. Terms and conditions:

- Photo size – Minimum 3MB, maximum 5MB file size, minimum resolution 72 dpi. Photo format – JPEG.
- Each image submitted must be the original and unpublished work of the participant.
- Confidentiality/Sensitivity policy: Please check with your Supervisor or manager if you are permitted to take pictures in the factory.
- Maximum 5 entries per staff are allowed.
- By submitting an image for the competition, the participant will be regarded as having granted NSL Corporate Communications the right to use the image.
- Photos which fail to adhere to the terms and conditions will be rejected.

Precast & PBU 2015 Review

A significant project in Singapore using precast concrete components

Performance

Precast & Prefabricated Bathroom Unit (PBU) division's turnover improved 11% to \$244.1 million in 2015. This was largely due to higher revenue reported by the precast operation in Singapore.

The division turned profitable last year, reversing a loss before tax of \$8.0 million in 2014 to a Profit before tax of \$15.0 million in 2015. The improvement was driven by higher demand for precast components in major projects in Singapore and Dubai that were successfully implemented. Malaysia precast operation was however affected by weak market conditions.

Development Highlights

During the year, the Singapore operation successfully contributed to the completion of a tight schedule major clean room project with its productivity-enhancing engineering design and new labour-saving casting methodology. The project which entailed careful planning and coordination among various production centres in Singapore and Malaysia was

completed within six months with precast concrete volume equivalent to building 2,000 dwelling units of public housing.

Known for delivering innovative precast solutions to its customer, its operation in Dubai successfully executed a key contract to supply three-dimensional breakwater units that require special mould fabrication and production to withstand the seafront conditions for the iconic Burj Al Arab Hotel.

In 4Q2015, Eastern Pretech Pte Ltd (EP) was awarded Singapore Green Label certifications by Singapore Environment Council for its key products such as hollow-core slab, reinforced concrete products and pre-stressed planks. These awards recognise EP's efforts in using a byproduct of the steelmaking process to replace cement during its production and thereby reducing its carbon footprint. They reaffirm EP's commitment in caring for the environment and support for the Building and Construction Authority's sustainability construction movement.

To further strengthen EP's technological capabilities and enhance its productivity and customer service, the division leveraged on 3D software technology, Building Information Modeling.

Going forward

The Precast businesses, particularly in Singapore and Malaysia, are expected to face increased competition within a more subdued market while performance of Dubai Precast is expected to remain satisfactory underpinned by a healthy order book.

In the PBU business, Parmarine is expected to continue to contribute positively to the division's overall results. The Singapore PBU operation will leverage on its European experience to actively market its product which is promoted for construction productivity.

The division will continue to work on improving its productivity and offer appropriate off-site solutions that enhance construction markets.

EPM Updates

Significant Project in Johor

Eastern Pretech Malaysia (EPM) is proud to be associated again with the IGB Corporation Bhd, the notable developer of the renowned Mid Valley Megamall in Kuala Lumpur, Malaysia. IGB Corporation has awarded EPM the contract to design, supply and deliver precast components for Mid Valley Southkey Megamall, Johor Bahru. Delivery of precast components is scheduled to commence in the 2Q2016.



Artist Impression of Southkey City in Johor Bahru, Malaysia

Collaboration with Institute of Engineers Malaysia

EPM is building on their brand awareness and strengthening its presence in Northern Malaysia by organising technical talks. This is in collaboration with the Institute of Engineers Malaysia. The talk focuses on their holistic approach in the design of precast concrete system for buildings and was conducted by CEO Mr Ng Kok Peng and marketing manager Mr Lee Wei Thiam. Topics covered included the introduction of hollow core slab designs and the importance of good production methodologies. More technical talks which aim to promote good practices in the design of precast concrete will be organised in 2016 throughout Malaysia.



Mr Ng Kok Peng giving tips to the participants

Family Day

In November 2015, the families of EPM employees were treated to a family get-together session at their factories with various games and activities.



Group Picture at Seelong's Family Day



Prize giving ceremony to the winners

Dry Mix 2015 Review



E.MIX Group celebrated its 30th Anniversary

Performance

Dry Mix division's turnover increased 24% to \$109.2 million in 2015 on the back of improved revenue from all its operations. This is following the division's greater market penetration for its higher value added plaster and mortar products, as well as positive market conditions.

Compared to 2014, Profit before tax jumped 78% to \$23.2 million in 2015. The significant improved performance was mainly attributable to the division's initiatives in better product mix and reduction in unit production cost from higher production volume and cost savings.

Development Highlights

The division marked its significant milestone of 30 years of operation and excellence on 5 October 2015 by celebrating with its valued customers, suppliers, community, colleagues and directors. The division was honoured to have Dr John Keung, Chief Executive Officer, Building and Construction Authority, as the Guest of Honour for the event.

During the year, its Singapore operation, Emix Industry (S) Pte Ltd, was awarded another eight Singapore Green Label certifications by Singapore Environment Council for its environmental friendly products.

In July 2015, its Malaysia operation achieved international accreditations such as ISO 9001, ISO 14001 and OHSAS 18001 for their commitment in delivering high-quality products and services that meet the best practices of the industry.

Going Forward

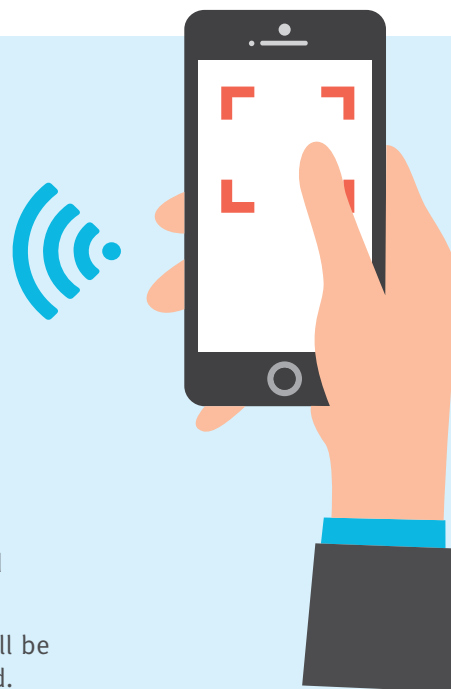
Going forward, demand for the division's products across the region is expected to remain satisfactory supported by firm demand. The division would continue to broaden its product offerings in its key markets.

E.MIX is on WeChat!

Starting 29 January 2016, E.MIX China and Hong Kong jumped on the WeChat wagon. WeChat is a mobile text and voice messaging application that is widely used in China with over a billion users! From providing online medical services, to checking-in before a flight, Public Accounts in WeChat is a versatile platform used by organizations for reaching out to their customers through offering convenient services.

It is the aim of E.MIX to promote their brand through this channel by pushing feeds to and interacting with subscribers from the construction industry including architects, developers, distributors and engineers. In the page there are five sections: Focus, Products, Projects, Gallery and Contact. Users can explore the page to know more about E.MIX and stay updated with the company's news, mobile-optimized in the app.

In a short span of 20 days, E.MIX has amassed over 60 followers. In the coming months, they will be launching different types of content such as industry news and technical presentations release to their subscribers, as well as relevant seasonal greetings. Scan the QR code and subscribe to their newsfeed on WeChat today, available on most mobile operating systems. (Note: You must be a WeChat user.)



To subscribe:

1. Click + (top right corner)
2. Select "Scan QR Code" and scan the above QR code
3. Select "Follow" and you will be subscribed to the newsfeed.



Main menu navigation



Part of the main content in the page

Environmental Services

2015 Review



Performance Overview

Turnover of Environmental Services division declined 24% to \$68.3 million in 2015 mainly due to a significant drop in average selling prices and sales volume for Recycled Fuel Oil (RFO). The decline in revenue was also attributed to lower sales of Automotive Diesel Oil (ADO) owing to lower average selling prices, despite reporting healthy year-on-year volume growth.

The division recorded a loss of \$5.8 million in 2015. The significant decline in operating performance was a result of lower sales of RFO given the prolonged decline in oil price. Further, the division also recognised various impairments totalling \$6.2 million. Both the ADO and waste management services continued to be major profit contributors to the division.

Development Highlights

During the year, the division expanded its waste management

services to include treatment of hydrocarbon contaminated soil and inorganic wastewater. Its technical capabilities were strengthened with the upgrading of the laboratory to a more advanced analysis so that treatment methods for various waste streams could be determined more quickly for better efficiency and customer service.

To strengthen its market position, the division broadened its customer base for Liquid Gold and other automotive specialties through making inroads to new markets such as Myanmar and Timor Leste.

The division further enhanced its competitiveness in the slop market by commissioning new tanks to enable operational flexibility in the management of storage and recovery of RFO.

Committed to conserving the environment, the division created a newly formulated range of

Cheston products that are environmentally-friendly and biodegradable, meeting the standards of Maritime and Port Authority of Singapore and International Maritime Organization.

Going Forward

In the Environmental Services division, the RFO business will continue to face very difficult market conditions amidst the steep decline in oil price. The distribution business and waste management services are expected to remain subdued.

The division will actively develop its new organic wastewater treatment facility in Tuas with the aim of becoming a leading waste management service provider in Singapore. In addition, it will broaden its business service to better position the division to meet the future industrial needs of Singapore.

Myanmar: The New Frontier For Liquid Gold

Opportunity in a nation “hungry for growth”

Liquid Gold lubricant is growing its distribution network rapidly in Asia Pacific. Currently the distribution network covers countries including Singapore, Malaysia, China, Hong Kong, Timor-Leste, Indonesia and Vietnam. Since March 2015, NSL OilChem Trading has made inroads in Myanmar and participated in tenders, promotions, sales and marketing of Liquid Gold lubricants.

Liquid Gold Lubricant is currently marketed in major cities including Yangon, Mandalay, Naypyitaw and Monywa. Targeted at industry sectors such as automotive, construction, agriculture, industrial and marine, the Liquid Gold team is actively organizing meetings and seminars to educate people on the importance of using high quality engine oil.

Armed with the unique selling point of delivering quality products made in Singapore that is trusted for its reliability and strong business integrity, the team conducted seminars targeted at engineers, purchasers, managers, ship owners and fleet owners. The topics covered included Liquid Gold’s quality, knowledge and benefits as well as certifications by American Petroleum Institute, Volvo, Volkswagen, Mercedes Benz etc.



Seminar for the Ministry of Agriculture and Irrigation in Yangon





Water from the pond is used for the irrigation of the garden

Partnership with Yang Zheng Primary

As part of the Corporate And Schools Programme organized by the National Environment Agency, NSL OilChem (NOC) partnered Yang Zheng Primary School and sponsored \$3,000 to build a self-sustaining aqua system, one of the many ideas brainstormed by students from the Science Club. Aside from the sponsorship, NOC also helped validate the students' ideas and sourced for suitable contractors to build the project.

A solar panel provides the pumps with energy to aerate a mini pond,

while waste water from the pond is used to irrigate the school garden, eliminating the need to use fresh water. The waste water has added nutrients provided from the fish waste in the pond, reducing the need for chemical fertilizers.

The system is outfitted with a level sensor which tops up fresh water when the water level in the pond is running low. The project, which was part of the school's curriculum on renewable energy and sustainability, took three weeks to fruition.



Students observing the fish in the pond



The solar panel captures energy, storing them for later use



Looking Back in 2015

Raffles Marina focused on improving their service and cost control measures to weather 2015

Although a monumental and very significant year for Singapore, 2015 proved to be a tough year financially for many businesses including Raffles Marina (RM). After a strong 2014, the reality of the slowdown in business started sinking in, early in 2015.

Achievements come in many ways, shapes and forms. RM's achievements during the year tended to focus on how well they managed tougher times. For an industry such as theirs, it is all about the people; the people they interact with are their members, customers and of course employees.

RM's members remained loyal to the club throughout the year, whilst being more careful in their spending and quite logically, seeking more value for money. A number of alternative F&B options sprouted up around the club this year, offering non-members and visitors

a wider choice of dining options. This presented its own challenges to the food service teams and RM tackled this head on by focusing on standards, value for money and very importantly, a smiling welcome.

Tuas is a district of change. 2015 saw major disruptive construction to the surrounding landscape of Raffles Marina, whilst the new MRT and road networks are still under construction.

This obviously impacted on their business and communications became a key factor, ensuring that members and guests were always aware of just how and where they were accessible.

The most significant achievement during the year was controlling the cost of the club doing business. When income is difficult to come by, this becomes even more critical. The people who have the biggest

influence on this are the employees on the front line, the service teams.

Regardless whether they are from Food and Beverage, Housekeeping or Marina Services, using less of something, purchasing it better, using it more smartly and controlling how much of it is wasted, made a huge impact on the cost of doing business.

Whilst not yet perfect, CEO Ray Parry wants to thank all 140 employees in helping to keep this cost under control. From saving on the detergent used for washing the plates, to turning off the lights when not needed, by recycling and reusing, by more aggressively purchasing and by a thousand other ways, this was to be Raffles Marina's greatest achievement in 2015. It all helped to get them through the year and launch into 2016 with a renewed vigor and a new focus towards better times.



Over 150 staff from NSL Ltd, Eastern Pretech Singapore (EP) and E.MIX Singapore had a ball of a time at One Farrer Hotel in December last year. Themed 'Saturday Night Fever', the annual dinner kicked off with early-bird activities including portrait drawing on a mug by a caricature artist and photo taking at a booth.

After the welcome and appreciation speech by Debbie Tan, CEO of EP, the long-service awards were presented. The winner of EP's slogan contest was also presented prizes; the winning slogan being 'Do It Right, Do it Now. Our Company, Our Pride'. Dinner commenced shortly after, and the partygoers were entertained by the evening's talented performers, hilarious games and exciting rounds of lucky draw. Winners of the lucky draw went home with awesome prizes and the event ended with everyone boogying to a highly-energized mass dance.



Rainbow Night and Christmas Celebration

NSL OilChem (NOC) and NSL Chemicals (NSC) held their annual dinner at SAFRA Jurong on Friday, 26 February. The theme of the annual dinner was Rainbow Night and participants arrived in their colourful attire, looking forward to a good time. The highlight of the night was when both NOC and NSC management gamely came on stage for an impromptu karaoke performance and sang “爱拼才会赢” (To Win You Have to Give Your All) and “朋友” (Friend) to everyone’s surprise and delight!

During the event, Long Service Awards were presented, as well as special awards such as Safety and Staying Healthy awards. The Safety Awards was to reward staff with good safety records in NOC while NSC rewarded those with the highest score in a safety quiz. Staying Healthy awards recognized NOC staff who had not taken any medical leave or incurred medical costs.



NOC celebrated Christmas in December 2015 with a large spread of potluck and gift exchange event at the office lobby. Colleagues brought creatively decorated and delicious dishes to share with their peers. The myriad of yummy dishes coupled with the festive decorations made for a merry and heartwarming celebration indeed.



Happenings at NSL

NSL celebrated Christmas with a buffet lunch at Swissotel The Stamford and gift exchange event last December. After the scrumptious meal, everyone adjourned to the office to collect their Christmas gifts from their Secret Santa.



Happy Birthday Mr Oo!

NSL held a simple birthday celebration for Mr Oo Soon Hee, Executive Director of NSL, and he invited all February babies to join him. Staff enjoyed a little get-together with him over fruits and pastries.



The sprightly-looking durian cake for Mr Oo

Happy birthday to all February babies!



NOC Rally 2016 – Innovation and Work Improvement

Executive teams from Waste Management, Corporate Services and Trading at NSL OilChem Group (NOC) spent a day at the NOC Rally 2016 discussing issues concerning the company in February at Safra Jurong. This year, it is especially pertinent in view of the global economic slowdown as well as falling oil prices affecting their business. Management leaders from each department shared their strategic plans to maneuver through challenges and presented their work plan for 2016, enabling everyone to be on the same page.

After each presentation, a Q&A session was open to the floor. To facilitate interactivity and engagement during the Q&A session, event facilitators deployed Pigeonhole, a software which enables the audience to post questions and suggestions anonymously. It created a conducive environment for participants to confidently voice out concerns and queries regarding the work plans.

To cultivate an innovative culture in the organization, the

Innovation and Work Improvement Team (IWIT) was newly formed to encourage innovations for operations optimization, reduction of operation and maintenance costs across the entire organization and the development of new waste management services to customers.

Also attending the Rally were Dr Low Chin Nam, NSL Group's Chief Operating Officer, who shared the new bonus scheme and Dr See Soo Loi, Head of NSL CRD, who shared NOC's R&D projects.



Soap Making Workshop

Colleagues from NSL Group joined in a fun session of soap making using natural aroma oils in early December 2015. The workshop was conducted at the four office locations, NSL, NSL OilChem (NOC), Eastern Pretech and Raffles Marina during lunch hour. Many participants had their first hands-on experience in trying different colours, scents and shapes to make their unique soaps in time for Christmas.

All participants left the workshop happy and excited with their handmade soaps and a starter kit to make their own at home.



Colleagues at Sungei Kadut office "cooking" their soap



Soap making trainer giving tips and instructions at NSL office

Lemon, lavender,
peppermint scented hand-
made soaps



Bowling Tournament

The last NSL SRC event of 2015 was the annual Bowling Tournament held at Bukit Batok Civil Service Club. 10 teams from various subsidiaries competed in a total of three games for the individual and team awards category. The top team came from E.MIX Singapore (EIS) while the top male contestant was James Lim (EIS) and the top female contestant was Lim Su Cha (NOC). After the game, everyone was treated to a simple buffet lunch. Congratulations to the winners!



Team champions
from EIS

Zero Accident at NSC in 2015

In January 2015, a new safety committee was formed in NSL Chemicals (NSC) due to changes in the organization structure. The committee kicked off its safety initiatives with the theme “Safety Is Everyone’s Responsibility”. The Lost Time Injury Frequency Rate (LTIFR) for NSC for the year 2015 was set at zero during the NSL Group Environmental, Safety and Health (ESH) meeting. To meet this challenging target, various initiatives were planned and implemented together with safety programs from NSL Group ESH committee.

The main area of focus was on Roadstone division, which was the manufacturing outfit for recycling of steel slag from NatSteel, where the operations face various safety hazards including environmental issues. Refractory division, store and office were also included in NSC safety initiatives. In addition, managing the use of common areas by the various subsidiaries was a challenge, especially on traffic issues and housekeeping.

Top Down and Bottom Up Approach

Roadstone plant management was fully involved in implementation of the safety initiatives. This projected the importance of safety to all workers.



Plant Management - Fire Safety briefing

Reinforcing Safety Awareness

Weekly tool box meetings were conducted to address safety issues and served as a platform for workers to voice out safety issues. In addition, supervisors and managers are on the lookout for safety lapses by workers. All safety violations would be taken into consideration in the workers’ overall performance for the year.

Good safety practices by workers are also brought up during safety meetings as a form of positive encouragement to motivate staff.

Safety Campaign/Safety Test

In line with NSL Group ESH safety initiatives, the Personal Protective Equipment campaign was carried out in the middle of the year and housekeeping campaign started in the fourth quarter and ongoing till March 2016. A safety test was also organized for all staff in NSC, with an award for the top scorers.

Safety Focus in 2016

These initiatives proved effective in achieving the target of having zero accidents. Moving forward, safety efforts will be ongoing to reinforce safety at the workplace at all times. Together with NSL Group ESH initiatives, NSC will work towards maintaining a safe workplace and to achieve another year of zero LTIFR.



First Aid training – CPR rescue



Firefighting training during Emergency Response Plan Exercise

Top Foods for Cancer Patients

Source: By Anupama Kailasam for Health Xchange, with expert input from the Outpatient Pharmacy at National Cancer Centre Singapore (NCCS), a member of the SingHealth group.



Cancer patients must eat a balanced diet packed with nutrients that can help them stay strong and energetic.

It's not always an easy task, as cancer medications can cause nausea while radiation treatment can make the mouth sore, affect the taste buds and lead to a loss of appetite.

Experts at the National Cancer Centre Singapore (NCCS), a member of the SingHealth group, advise patients to eat the right foods before, during and after treatment. A nutritious diet can help patients maintain a healthy body weight and stamina levels, better tolerate the side-effects of treatment and also recover faster.

"It is important for someone undergoing cancer therapy to eat well to maintain a good blood profile, which includes platelets, neutrophils and albumin, in order to receive therapy with minimal breaks," stresses Ms Chang Yok Ying, Principal Pharmacist, Outpatient Pharmacy, National Cancer Centre Singapore (NCCS), a member of the SingHealth group.

Cancer patients should avoid stringent food restrictions

Since cancer treatments often cause side-effects like nausea and taste changes leading to a loss of appetite, it is important that patients don't have too many dietary restrictions imposed on them.

"The strategy is to serve them their favourite foods without too much fuss on the finer aspects of a healthy diet. Yet, it is preferable to avoid excessive intake of salt, sugar and oil," Ms Chang explains.

A good diet for a cancer patient contains a mix of vegetables and meat, and avoids extremely sweet and oily foods. Preferred cooking methods are steaming, boiling, and stir-frying rather than deep frying, grilling, barbequeing and baking.

A balanced diet should provide the body with proteins (to build tissues, prevent infection, heal wounds and maintain a healthy immune system), carbohydrates and fats (energy sources), vitamins and minerals (for proper growth, body functioning) and, most importantly, plenty of water and fluids to prevent dehydration.

Foods to include in your diet as a cancer patient:

Vegetables

- Tomatoes, carrots, peas, pumpkin and turnips for vitamins and fibre.
- Tomatoes, tomato puree and parsley (especially good for prostate cancer patients)
- Cruciferous vegetables like broccoli, cauliflower and cabbage contain plant chemicals that can convert bad oestrogen into good oestrogen, and hence reduce cancer risk as well as the risk of a relapse.
- Asparagus and Brussel sprouts for detoxification
- Bitter gourd for lowering blood sugar levels
- Green leafy vegetables for calcium and iron.

Fruits

- Oranges provide vitamin C
- Bananas, kiwi, peaches, mangoes, pears and strawberries for vitamins and fibre
- Avocados, guava, apricots, figs, prunes and raisins for energy

Proteins

- Lean meat, fish, poultry, eggs, tauhu and taukwa
- Dairy products, nuts, dried beans, dhals and chickpeas
- Fish and soy foods (especially good for prostate cancer patients)

Carbohydrates

- Rice, noodles, chapatti, wholegrain bread and pasta
- Wholegrain crackers, oats, corn, potatoes, beans and dairy products

- Honey, consumed in moderation for its anti-bacterial and anti-fungal properties which may help in preventing infections

Foods to avoid as a cancer patient

- Deep fried, grilled, barbequed, baked meats since subjecting animal protein to high heat creates carcinogenic byproducts called heterocyclic amines
- Excessive intake of salt, sugar, and oily foods
- Red meat and processed meats such as bacon, ham, sausages
- Preserved foods like pickles, jams, kiam chye (salted mustard green), and century eggs as they contain nitrites which are carcinogenic
- Minimise alcohol

Additionally, cancer patients should avoid excessive intake of vitamin supplements, as they act as antioxidants and can interfere with chemotherapy when taken in large doses.

Other diet tips for cancer patients

A healthy diet is even more important for cancer patients, so it is important to eat well even if you don't always feel like it.

Be open to trying new foods. There may be a silver lining: Due to taste changes, foods you never liked before may taste good during treatment!

With expertise from the Outpatient Pharmacy at:



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