



A Note from Our Executive Director

Dear colleagues

Productivity is a key growth driver in every business organization. Continuous improvement in productivity is essential to ensure the long-term competitiveness and sustainability of a company.

Improvement in productivity can be achieved through a combination of:

- Innovation and development of new products and technologies;
- Re-engineering of work processes for greater efficiency; and
- Promotion of a productive and innovative culture to engage staff in the productivity journey

The internet of things is becoming an important tool to support productivity drive. The Group has embraced with an open arm prompting the deployment in our businesses. NSL OilChem has used embedded sensors in all their trucks and tanks to remotely track inventory usage and location to optimize their loading. It has

also installed sensors in its oil storage tanks for automatic remote monitoring oil levels. The use of such technologies will be progressively rolled out to other subsidiaries in their day-to-day operations for more robust feedback and control.

Work processes also should be re-engineered for greater efficiency. Eastern Pretech has recently sent 11 employees for an intensive training to equip them with the latest skill to review and improve work processes. They implemented changes in the storage area which reduced retrieval time and resulted in greater efficiency in production. More improvement activities will be applied in other sections of departments of Eastern Pretech as they roll out their productivity plan.

The mindset of employees is also critical for productivity improvement. Whether in the factory or office, employees need to be on the lookout for innovative ways to do their job better and faster. Thus, I

would like to urge all of us to adopt a productive and innovative culture in NSL in order to propel us to a higher level of growth and profitability.

Corporate Changes and In Appreciation

Mr Oo retired on 31 July. He will however continue to be the Advisor to the Executive Committee of NSL Ltd.

On behalf of NSL management and staff, I would like to record our appreciation to Mr Oo for his invaluable contributions to the growth of the Group over the last 6 years in the Group. His commitment and leadership have left an indelible mark in NSL Group.

I am glad that Mr Oo will continue his new role as advisor to provide continuity for us to tap on his valuable experience and insight as we develop and grow NSL to be the leading industrial group in Asia Pacific.

Dr Low Chin Nam

NSL PBT Improved 18% to \$10.2 million in 2Q2016

The better performance was mainly attributable to higher revenue and contributions from Precast & PBU division

Financial Highlights (Continuing Operations)	THE GROUP					
	Quarter ended 30 June			6 months ended 30 June		
	1Q2016 S\$'000	1Q2015 S\$'000 (restated)	Change %	1Q2016 S\$'000	1Q2015 S\$'000 (restated)	Change %
Group Turnover	110,364	110,357	0	218,744	210,249	4
Group Profit Before Tax	10,234	8,657	18	19,866	12,334	61
Group Profit Attributable to Shareholders	6,625	6,981	(5)	14,727	9,210	60
Earnings Per Share (cents)	1.77	1.87	(5)	3.94	2.47	60

NSL Ltd reported a turnover of \$110.4 million in 2Q2016, comparable to the same period last year. Group Profit before Tax improved from \$8.7 million in 2Q2015 to \$10.2 million in 2Q2016.

The improved performance was mainly attributable to higher revenue and contributions from Precast & Prefabricated Bathroom Unit (PBU) division. The Environmental Services division suffered losses in 2Q2016 owing to weak demand for Recycled Fuel Oil ("RFO").

After taking into account income tax and non-controlling interests, the

Group reported a profit attributable to equity holders of \$6.6 million in 2Q2016 compared to \$7.0 million in 2Q2015.

Outlook

The outlook of the precast business in Singapore is expected to remain challenging with downward pressure on project margins. However, the overall performance of the Precast & PBU division is anticipated to remain satisfactory underpinned by healthy order book of its Dubai and Malaysia units.

The Dry Mix division's plant in Hong Kong is undergoing a major upgrade of its facilities in third quarter this

year which is affecting production, while demand for its products in most of its markets is expected to be satisfactory.

In the Environmental Services division, demand for RFO is expected to remain in the doldrums amidst the severe downturn in the oil and gas sector. The distribution business is expected to remain satisfactory while waste management services continue to be subdued. The business of our associate PEINER SMAG Lifting Technologies GmbH is expected to be challenging in light of weak market conditions.

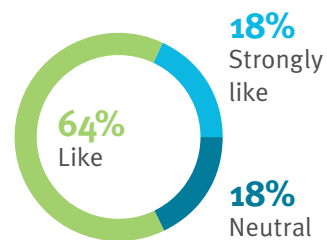
NSLink Survey Results

In preparation for a facelift of NSLink, we launched a survey asking for your opinions and suggestions in August. We are delighted to have received about 270 responses and 71 suggestions including encouragements and compliments to the NSLink Committee. Thank you for helping us put forth an engaging read for your enjoyment.

Do you think NSLink is a good read?



Our ratings by readers:



Your top 3 favourite sections:



Feature Stories

(company news/updates
eg. Product launch,
awards, results)



Profile Stories

(Getting to Know You
and All in a Day's Work)



Staff Bulletin

(update of staff activities
eg. Team building, D&D,
tournaments)

What do you think of the current format of each article?



says the current
format is just right.



says there should be more
pictures than text in the articles.

Do you think 28 pages is just right?



says the number of
pages is just right.



says we should reduce
the number of pages.

Highlights of the suggestions by readers:

"More interactive events or campaigns."

"Grand lucky draw at the end of the year for those who took part in the quiz frequently with a good prize like laptop, camera etc."

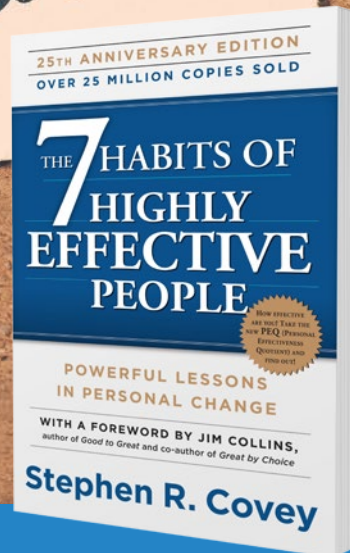
"More pictures in Staff Bulletin."

"Cover more stories on younger generations."

"Consider adding jokes or fun facts."

"Can consider adding motivational and inspiring short stories."

good habits



Everyone in the workforce contributes to productivity. By adopting good habits that encourage a more productive mindset, one can help the company achieve higher revenue through more efficient use of resources, effective work processes and practices, leading to higher profits for the company.

In this issue, we would like to share with you some good habits adapted from *The 7 Habits of Highly Effective People* by Stephen R. Covey that will be beneficial not just for business growth but also personal applications.

1

Be Proactive

Being proactive is about taking responsibility for your life. Proactive people don't blame their genetics, circumstances, conditions or conditioning for their behavior; they choose how they respond and behave to the external environment. In contrast, reactive people often react according to their physical environment, finding excuses to blame for their behavior.

Our greatest power is the freedom to choose our response; one of the most important things is choosing what to say. A proactive person uses proactive language--I can, I will, I prefer, etc. A reactive person uses reactive language--I can't, I have to, if only.

Begin with the end in mind

If you don't make a conscious effort to visualize who you are and what you want in life, then you are empowering other people and circumstances to shape you and your life by default.

Begin with the End in Mind means to begin each day, task, or project with a clear vision of your desired direction and destination, and then continue by flexing your proactive muscles to make things happen.

2

Put first things first

You have to recognize that not doing everything that comes along is okay. There's no need to overextend yourself. All it takes is realizing that it's all right to say no when necessary and then focus on your highest priorities.

3

First things are those things you find of most worth. If you put first things first, you are organizing and managing time and events according to your personal priorities.

4

Think win-win

Think Win-Win isn't about being nice, nor is it a quick-fix technique. It is a character-based code for human interaction and collaboration.

A person or organization that approaches conflicts with a win-win attitude possesses three vital character traits:

1. Integrity: sticking with your true feelings, values, and commitments
2. Maturity: expressing your ideas and feelings with courage and consideration for the ideas and feelings of others
3. Abundance Mentality: believing there is plenty for everyone

5

Seek First To Understand, Then To Be Understood

If you're like most people, you probably seek first to be understood; you want to get your point across. And in doing so, you may ignore the other person completely or pretend that you're selectively listening, but miss the meaning entirely.

Why does this happen? Because most people listen with the intent to reply, not to understand. The key is to genuinely seek the welfare of the individual, to listen with empathy, to let the person get to the problem and the solution at his own pace and time.

Be understood. When you can present your own ideas clearly, specifically, and most important, contextually, you significantly increase the credibility of your ideas. When we really, deeply understand each other, we open the door to creative solutions and third alternatives. Our differences are no longer stumbling blocks to communication and progress. Instead, they become the stepping stones to synergy.

6

Synergize

Synergize is the habit of creative cooperation. It is teamwork, open-mindedness, and the adventure of finding new solutions to old problems. But it doesn't just happen on its own. It's a process that brings people's personal experiences and expertise to the table. Together, they can produce far better results that they could individually.

Sharpen The Saw

Sharpen the Saw means preserving and enhancing the greatest asset you have--you. It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual. Here are some examples of activities:

Physical:	Beneficial eating, exercising, and resting
Social/Emotional:	Making social and meaningful connections with others
Mental:	Learning, reading, writing, and teaching
Spiritual:	Spending time in nature, expanding spiritual self through meditation, music, art, prayer, or service

7

Feeling good doesn't just happen. Living a life in balance means taking the necessary time to renew yourself. It's all up to you. You can renew yourself through relaxation or you can totally burn yourself out by overdoing everything. Just remember that every day provides a new opportunity for renewal--a new opportunity to recharge yourself. All it takes is the desire, knowledge and skill.

Philip Lee Clinches APEA Award

Congratulations to Mr Philip Lee, CEO of RAM SMAG Lifting Technologies, for being awarded the Asia Pacific Entrepreneurship Awards (APEA) 2016!

The award is a recognition of the real driving force behind entrepreneurs and their boldness to chase after one's dreams, to take calculated risks and to strive to stand tall as the industry leader. An associate of NSL, RAM SMAG Lifting Technologies (formerly known as NSL Engineering Pte Ltd), is one of the world's forerunners in container lifting device.

"This award would not be made possible if not for the teamwork and achievements made by my predecessors over the years. Thus, I would like to thank NSL and share this award with NSL Group," said Mr Lee.



▲
Philip and his team



(Left to Right) Member of Parliament Seah Kian Peng, Mr Philip Lee, Dato' William Ng

NSL Supports Clementi Primary School

This year's Environment Challenge for Schools (ECS) by the National Environment Agency saw Primary 5 students from Clementi Primary School (CPS) unleash their creativity on an eco-project converting waste to craft. Toilet paper rolls and boxes were decorated and made into planters and stationery holders, which were then sold to raise funds for the President's Challenge 2016.

Although the amount raised was small, it taught the students the value of repurposing waste items and upcycling them, as well as giving them some entrepreneurship experience.

NSL worked with CPS teachers to come up with the concept for the project and also sponsored the school's solar aquaponics system with fish as a part of their Science syllabus.

The solar panel attached to the system powers the pump which transports waste water in a fish tank to plants stacked up in tiers. The water flows back to the tank after going through the tiers. Waste from fish acts as the plants' nutrients and acts as a filter in the system, making it self-cleaning and sustainable.



▲
Planters made by students



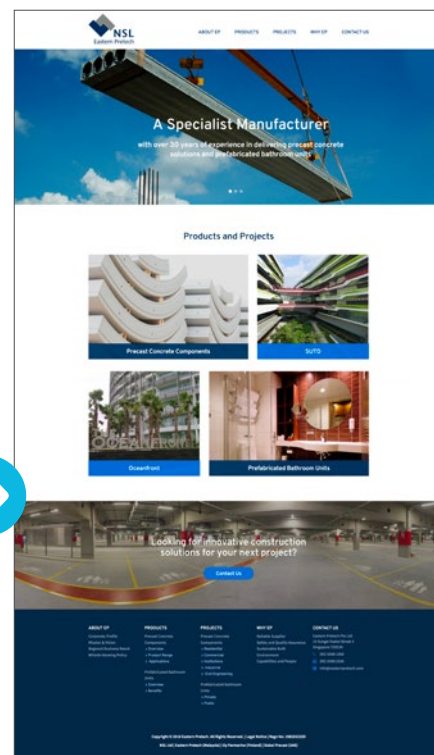
Charity sale at the school canteen

EPS has a New Look

Eastern Pretech Singapore (EPS) recently underwent a website revamp, giving them a refreshing update to welcome visitors. The new website features EP's precast products and prefabricated bathroom units (PBU), as well as emphasized on their strengths and reputation in the industry. In the Projects page, feast your eyes on the photo gallery of the many projects completed by the precast and PBU group.



Before



After

DPC Acquires Automatic Rebar Bending Machine



▲ Coils are fed into the automated machine



▲ The automated rebar machine reduces manpower costs and wastage of steel bars

Dubai Precast (DPC) recently purchased a Pedax Twinmaster 16-II automated rebar bender machine. The machine, purchased second-hand from Bahrain, came fully refurbished, with most wearing parts and much of the hydraulic systems replaced to ensure that the machine is in full working condition.

The machine cuts and bends bars off of coils and is able to handle single bars of 16mm or two bars of 12mm. It can bend normal stirrups and cut long bars. Being a double-

bender unit, it can also cut long bars and bend both ends of the long bar as commonly required for precast wall panels.

The procurement of the rebar bender was much required, as cut-and-bend suppliers in Dubai are not able to deliver bars within the stipulated time frame. DPC engages a large number of workers and subcontractors for cutting, bending and caging of steel bars. Use of the automatic bending machine will free up manpower and reduce wastage

of steel bars significantly, improving productivity.

Improving safety was another reason to purchase their own machine as the rebar process has one of the highest incidents of accidents in the factory. Fingers or hands are sometimes injured during the process of manually cutting and bending rebars. The utilization of the bender will reduce such incidents as the operator will not need to hold on to the bars during the automatic bending process.

EP's Productivity Journey

Slogan Contest

Productivity is the theme of the year for Eastern Pretech Singapore (EPS) in 2016 and it all began with an announcement of a slogan contest in December 2015. The slogan contest aimed to define what productivity meant to staff. The winning slogan “Do it Right, Do it Now. Our Company, Our Pride” emphasized on performing tasks correctly and promptly. It also encouraged people to have pride in their work and to feel proud as a part of the EPS family.



Winning entry of slogan contest

WSQ CPI Course

In January 2016, EPS embarked on a productivity journey with the Singapore Manufacturing Federation (SMF) by enrolling 11 employees in the Singapore Workforce Skills Qualifications' Certified Productivity & Innovation (WSQ CPI) Manager course. Concepts and tools to implement productivity improvements at the enterprise level were shared in classroom activities which consist of lessons, discussions and presentations. This was not an easy task for all the participants as they had to juggle between assignments, examinations and their daily job responsibilities!

Classroom activities were completed on 24 March 2016 and the participants set out on implementing productivity improvement projects with the guidance of a Japanese consultant from JMA Consultants Inc. Two project teams, Team Optimus and Team Sparkling, were formed after an initial study of the



Classroom discussion

inherent problems at EPS. With the goals of improving productivity, quality and safety, the two teams worked on (1) developing a positive change in workers' behavior and (2) implementing 5S, at plant 3 of the factory.

The objective of developing a

positive change in workers' behavior is to reduce production defects and overall man-hours. A real-time video recording of a group of workers during their 8-hour shift was used to identify wasteful processes. Actions performed by the workers were documented and categorized based on value-adding, auxiliary or



wastes. Improvement activities were then crafted to reduce or eliminate auxiliary actions and wastes.

The second team worked on implementing 5S which stands for Sort, Set in Order, Shine, Standardize and Sustain. This Japanese methodology ensures that workers maintain a well-organized and neat workplace so as to reduce accidents and improve operations' efficiencies by storing necessary items at the right place and keeping the area clean. One enhancement to current operations is to fabricate stackable and shorter racks for the storage of mould parts to improve search and retrieval time.

Following the completion of the two projects, EPS productivity programme with SMF concluded on 13 July 2016. This end, however, marked the beginning of EPS's *kaizen*¹ journey to drive productivity, quality and safety. The next immediate step at EPS is to implement all the relevant improvement activities in other sections or departments.

All in all, the WSQ CPI Manager course has garnered positive feedback from the participants. The tools and knowledge gained, as well as the time spent together learning as a team has been a valuable experience for all participants.

Before



After



Stackable and shorter racks were introduced to reduce retrieval time

¹ Kaizen refers to the practice of continuous improvement

Group photo to mark the successful completion of the course



EPM Notches 3rd IKEA Project

Still fresh from the successful completion of the IKEA Cheras in Kuala Lumpur, Malaysia, last year, Eastern Pretech Malaysia (EPM) secured another IKEA store project, this time in Johor Bahru, Malaysia. This will be the third IKEA job that EPM will be embarking on.

The Main Contractor, Nakano Construction, selected EPM to be the supplier for the design, supply and installation of precast concrete system for this job. Production commenced in July 2016 and installation of precast components started in August.

The 170,600m² store is scheduled to open for business by Christmas 2017.



Technical Talk on Railway Technology

In May 2016, EPM organized a technical talk on the latest railway technology by Mr. Johannes Hoezl of P-Tec International of Germany. P-Tec has been a long associate of EPM, being EPM's technology partner in the supply of railway sleepers in Malaysia. The objective of this talk was to provide a platform for EP Group to embark on future railway projects within the region.

The talk covered the latest railway sleepers technology in both design and manufacturing and was attended by several key personnel from EPM and Eastern Pretech Singapore.



Upgrading of Yuen Long Plant

Yuen Long plant, built in 1997, is EMIX Hong Kong's (EIH) key competitive advantage over its competitors, especially for bulk volume products. This has enabled EIH to be the industry price setter and command a significant market share in Hong Kong estimated at 60-70% for render/screed products and 30-40% for tile fix products in the residential segment.

The plant started its upgrading check in the third quarter this year which will increase the design capacity to 160,000 tons from current designed capacity of 90,000

tons. It is expected to be completed in mid-October.

The technology of the machinery for this plant will enhance the production process using advance gravity flow and fluidization technology with precise dosing and weighing technology. It is cost efficient, only needing low manpower operation and maintenance costs.

The main upgrading will help to improve the production outputs of the following processes as below:

- Sand Dry Process: from 30 to 40 metric tonnes per hour
- Blending Process with the increase design capacities of weighing scales and mixing volume.
- Increase of capacity of the Packaging System from 32 to 40 metric tonnes per hour.

The upgrades will also incorporate a dusting system to improve on environmental health and safety for workers, meeting the local authorities' requirements.



Hoisting Machinery to Silo Tower for installation

Auto Packing Line System installation



Packing Machine



Palletizer



Wrapping Machine

NOCT Merges with CNC

On 17 August 2016, NSL OilChem Trading (NOCT), the distribution arm under the Environmental Services Division merged with CNC Petroleum Pte Ltd (CNC) to broaden and strengthen their fuel distribution business.

CNC is a seven-year-old diesel distribution company founded by three energetic and innovative engineers. It serves a customer base that operates in complementary markets from those of NOCT's, as CNC handles more projects and solutions services. CNC differentiates itself from its competitors by offering engineering services that integrate and automate fuel management, hence value adding to its customers.

Through this merger, NOCT will be able to tap on CNC's engineering expertise to automate fuel management process, thus



From left: Kelvin Chua, Sean Chua, Dr Low Chin Nam, Patrick Ng

improving fuel management productivity and minimize reliance on manpower needs. On top of that, the combined NOCT and CNC diesel distribution volume would result in an increased in diesel distribution market share, enabling NOCT to be in a better position to realize economies of scale. This merger is expected to double up NOCT's diesel distribution sales volume.

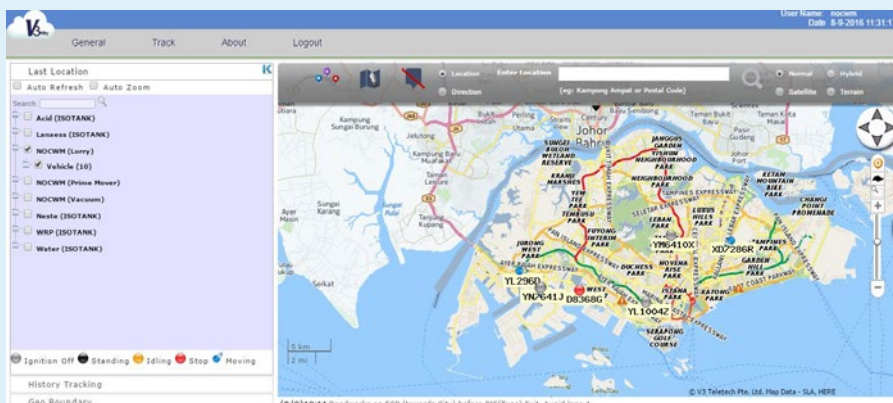
Sean Chua and Patrick Ng, both of whom have more than 10 years of experience in the diesel distribution business and good track record in business management of CNC, will serve in senior management positions at NOCT as a result of the acquisition. Together with CNC, NOCT will continue to grow to be the market leader of petroleum distribution in Singapore.

New Systems to Improve Productivity

To improve traceability of collected waste and automate the collection, verification, testing and treatment process flow and hence improving operational performance and productivity, a customised Management Information System (MIS) and a Fleet Management System (FMS) will be implemented in NSL OilChem Waste Management. The FMS will be deployed to optimise logistics job scheduling process for better vehicle utilisation rate and productivity.

The systems are expected to roll out in Q4 2016. It includes integration of weighbridge system software, the use of Global Positioning System /Radio Frequency Identification and

auto-scheduling system to manage vehicle routes and job scheduling. A handheld device will be deployed for logistics business and Electronic Document Management System across all departments.



Thank You Team NOC Logistics!

In gratitude of performing special jobs well done, NOC Management arranged an appreciation dinner for the taskforce who received commendation letters from Changi Naval Base (CNB) and Changi Airport Fuel Hydrant Installation Pte Ltd (CAFHI). The team comprising of members from Project and Logistic

Departments had successfully performed deslopping of general waste, interceptor and sewerage wastewater for CNB. It was a big project involving some 18 men over the course of five days with 24 hour shifts, the equivalent of one aircraft carrier and four frigates. For each shift, they cleared out 800 tons of sewage!

The team also commissioned the new fuel hydrant extension for CAFHI. The project involved the installation of an innovative monitoring device which monitors fuel levels in tanks, improving the productivity of their handling and monitoring processes. A token of appreciation in the form of vouchers were given to teams involved for their hard work.

NOC Sponsored School Exhibit in SGF 2016

Following the successful implementation of a self-sustaining aqua system in Yang Zheng Primary School (YZPS) earlier this year (see NSLink Issue 16), NOC and the school showcased the project at the Singapore Garden Festival 2016 (SGF) held at Gardens by the Bay in July.

The Singapore Garden Festival 2016, helmed by National Parks Board (NParks), is a beautiful showcase of garden designs and exquisite floral creations. The festival, which covers

9.7 hectares at Gardens By the Bay, attracted some 300,000 visitors from 23 July to 31 July.

In conjunction with NParks' initiative "Community In Bloom Schools", students from YZPS presented their gardening projects in their booth at the Festival. The projects aimed to use gardening activities to cultivate an appreciation for nature and to turn school gardens into outdoor classrooms for students. Visitors to their booth also built their own mini terrariums.



YZPS' booth at the Singapore Garden Festival 2016



NSL town hall meeting

Engaging Staff with Town Hall Meetings

Following the NSL Group Engagement Survey, town hall meetings were planned with each Sub Business Unit (SBU) to update staff of the survey results, and also to engage staff to have a better perspective of their thoughts and motivations.

Organised by NSL Group Human Resource Department, these engagement meetings also pose as an avenue for the management to celebrate success with staff and to explore areas for improvement.

Some SBUs use Pigeonhole live, a simple interactive mobile website which is a platform to facilitate feedback sessions, enhancing the engagement level. With the use of Pigeonhole, staff can freely post their feedback or questions to the

platform anonymously and it will be shown on the screen. Staff can vote for questions they are most interested in and presenters can answer accordingly. Questions with the highest votes also show staff's level of interest in that particular topic; this might help shed a light on staffs' concern to management.

NSL HQ used Pigeonhole for its off-site town hall session in June with great success. During that meeting, staff actively participated in the Q&A where a host of questions ranging from leadership, collaboration, communication to corporate branding and culture were raised. Dr Low Chin Nam, Executive Director, chaired the event and answered all the higher priority questions then. Management further engaged staff with smaller

meetings addressing the questions that were not answered.

Likewise, town hall engagement meetings facilitated for NSL OilChem Waste Management and Raffles Marina were conducted with great success.

The HR department was greatly encouraged by the strong engagement and participation at these town hall meetings which enhanced clarity and alignments of thoughts, increased collaboration across departments and improved communication channels with strong emphasis on information sharing.

Following the above success, more town hall engagement meetings involving Gen Y and other subsidiaries are in the pipeline.



Dr Low addressing some questions posed by the attendees



RML town hall meeting

NSL Cares for Melrose Home

This year's Love Movement saw NSL staff donate \$10,000 to Melrose Home, together with \$10,000 from NSL Group. Melrose Home provides a supportive environment for children who require care and protection in a residential setting. The donations were presented to Melrose Home's Executive Director Mr Frederick Low by Mr Chia Tong Hee, Senior Vice President, Finance and Corporate Services.

NSL staff brought 13 children out for a day of fun at Cool de Sac Play Centre on 27 August, a children's entertainment play centre.

After two and a half hours of non-stop action and play, the energised group took their lunch at Manhattan Fish Market. Staff had fun interacting and playing with the kids. At the end of the event, the children thanked NSL for their gifts and the wonderful day out.

Desy: "The event preparations were worth it when I see them smile. It was a fun experience!"

Salamah: "The event was smooth. All the kids are happy and some may be a bit active but we all enjoyed playing with them."



NSL Group's love donation was presented by Mr Chia Tong Hee (right) to Mr Frederick Low



New Uniforms for EPS

Eastern Pretech Singapore (EPS) launched newly designed uniforms on 9 September 2016. The mood at the launch ceremony was jovial as everyone was delighted to don the new uniform of EPS. The concept of the designs were first explained to all staff, followed by the awarding of prizes to the winners of the contest.

The refreshed designs were created via a uniform design contest held earlier in March. Participation from staff at all levels was encouraged with the purpose of instilling a sense of belonging and pride. A polo t-shirt was designated for supervisors and engineers, while long-sleeved tshirts were meant for workers.

Assembly of the people during launch day on 9 September 16

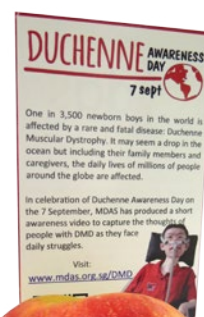


Duchenne Awareness Day at NSL

In celebration of Duchenne Awareness Day, beneficiaries from Muscular Dystrophy Association of Singapore (MDAS) went to Eastern Pretech Singapore and NSL OilChem Waste on 7 September to distribute apples to spread awareness of the disease. Duchenne muscular dystrophy (DMD) is a genetic disorder characterized by progressive muscle degeneration and weakness. DMD is caused by an absence of dystrophin, a protein that helps keep muscle cells intact. Symptom onset is in early childhood, usually between ages 3 and 5. The disease primarily affects boys, but in rare cases it can affect girls.

NSL has been supporting MDAS by commissioning exclusive greeting cards designed by their talented members on an annual basis for Christmas and Chinese New Year. Staff mingled and chatted with volunteers and members from the Association. Understanding more about the difficulties faced by members and their caregivers has given staff a better insight into this uncommon and unfortunate disease.

Check out MDAS's Facebook page and support their cause.



The team at NOC had a pleasant time interacting with members from MDAS.



MDAS members Danial and Gareth handing out apples at EPS.



Mr Figueroa Aries Tiglaio, Planning Engineer, was the designer for the polo t-shirt. His design consisted of different shades of corporate colours, depicting the vibrancy concept.

Mr Ng Sin Kiat was the winner for the long sleeve shirt. The Safety Officer designed a rocket made up of the NSL logo emblazoned boldly on the front of the shirt, conveying that the sky is not the limit for EPS so as to relate a "can-do" attitude. The stack of blocks also symbolized a building in the construction industry, an identity deeply rooted in the EPS family. The back of both shirts have EPS' productivity slogan "Do it Right, Do it Now" and EPS' niche product, the hollow core slab.

1 Being Environmentally Conscious

Did you know? Reducing your meat consumption could do more to save the earth than reducing use of paper!

That's the message the Earth Society, a non-profit organization in Singapore, shared with staff in the Group during a lunch talk on environmental protection. It takes 15,400 litres to produce 1kg of beef as compared to 214 litres to produce 1kg of tomatoes!

After watching chilling videos of Earth's degradation due to humans' growing appetite for meat, it is sobering indeed to learn that the world's climate problems can be solved if more people go on a plant-based diet.

This lifestyle change has many health benefits such as the lowering of blood pressure and

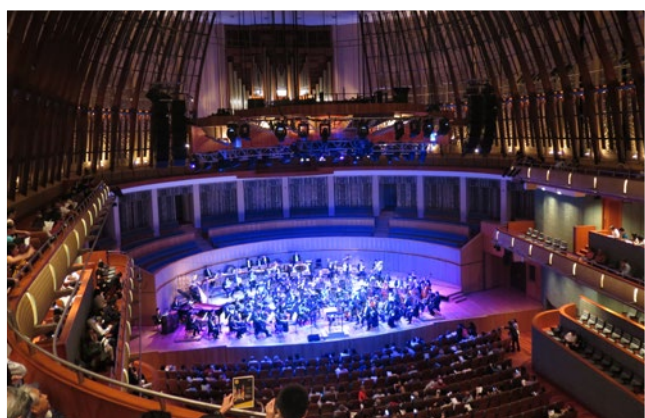
cancer prevention. On the environmental front, greenhouse gas emissions will be reduced; up to 40% of all greenhouse gases in the atmosphere could be absorbed, and the world's governments would save US\$32 trillion by 2050! Make your meat-less choice and start the journey for a healthier planet and a healthier you today.



2 A Night On Broadway with SSO

For the first time ever, staff from NSL Group were treated to a Singapore Symphony Orchestra Pops Concert: A Night On Broadway on 29 July at the Esplanade Concert Hall. Lawyer-turned-contemporary vocalist Rani Singam charmed the audience with her soulful and jazzy renditions of some Broadway classics such as "My Fair Lady", "West Side Story" and perhaps everyone's all-time favourite, "The Sound of Music". The Orchestra, conducted by Associate Conductor Joshua Tan, played magnificently and entranced listeners with their dynamic performance.

Rani and the Orchestra finally ended the concert with "Over the Rainbow" from "The Wizard of Oz". Concert-goers loved the show and agreed that it was a good way to end the week.



3 Conquering the Climb @ Yishun SAFRA

18 participants scaled some heights at Yishun SAFRA on 6 August. The grueling climb was an exciting challenge as many of the participants were first-timers. Unfortunately no one managed to reach the top of the intimidating 25 meter wall, the tallest in Singapore. Nevertheless, it was a good experience and we hope to host another climbing event again soon!



4 Night Cycling

39 people who went on a night cycling trip around the pristine and peaceful riverine loop on 19 August at Punggol might agree that it was one of the better ways to forget about the hectic week. One could catch glimpses of colourful birds flying past or perched on lampposts. The 18km ride ended with a yummy dinner at Sengkang.



Unique Safety Initiatives in EIS

E.MIX Singapore (EIS) Workplace Safety and Health (WSH) Committee is committed to promote workplace safety and health through various capability building and engagement programmes. EIS believes that a safety-minded workforce contributes effectively, thus promoting safety and cultivating a safety-minded culture for all employees is their top priority.

To achieve this, several safety improvement strategies led by the NSL Corporate Environmental, Safety and Health (ESH) Team were implemented across NSL Group in 2016. The strategies include weekly toolbox meeting, safety campaigns, relevant trainings, weekly site inspection, safety tests, to name a few.

To further enhance EIS safety programmes, the company initiated the following unique initiatives:

Annual Safety Day

Safety Day is an annual event to emphasise on the importance on safety to all employees. For half a day, staff will attend talks by the management and play games such as a pop quiz where participants can win prizes.



Operations Manager Wayne Lim tests participants with a pop quiz on Safety Day.

Best Employees of the Month Award

Each month, a few employees are nominated for the Best Employees of the Month Award. EIS believes that discipline is not the only emphasis; rewards should be given when employees perform and behave well. Employees are judged on their safe practices, absent rate and work performance. Winners of the award will receive \$100 cash.



General Manager, Gordon Tan, awarding workers for good safety practice



A page from the safety handbook

Launch of Safety Handbook

To help employees have quick reference on safety information regarding their daily tasks, a safety handbook produced in September 2015. This safety handbook is written in English and Chinese with colourful illustrations to make it more interesting for employees to understand the contents better.

Obstructive Sleep Apnoea: Fast Facts

Source: Article excerpted from Singapore Health.
Original title: "Snoring". By: Thava Rani

Loud snoring that changes in intensity may be a sign of sleep apnoea.

About 15 per cent of Singapore's population has obstructive sleep apnoea

This compares with 15 to 20 per cent for Asians in general and about 25 per cent in Koreans. While the smaller body skeletal structure among Asians tends to be the cause of the disorder, obesity is the main cause for Caucasians.



Obstructive sleep apnoea affects more men than women

Patients tend to be males in their 30s or 40s, and the incidence tends to rise in women after menopause.

Not all snorers suffer from sleep apnoea, but patients with sleep apnoea all snore

Soft, rhythmic snoring is usually harmless. But if the snoring becomes loud and changes in intensity, it may be indicative of obstructive sleep apnoea.

Severity gauge

The apnoea-hypopnea index (AHI) measures the number of complete airway blockages (apnoea) and partial obstructions (hypopnea) that occur every hour during sleep. An AHI of 5-15 is considered mild, 15-30

is moderate, and a value greater than 30 is deemed severe.

Blood oxygen levels

Ideally, blood should have at least 95 per cent oxygen. A little dip below that mark is still acceptable, but anything less than 90 per cent is not healthy.

Cure rates

When the AHI is less than five, patients are considered cured. In very severe cases, surgery that reduces AHI to less than 20 is deemed successful.

Quick tips to manage obstructive sleep apnoea

To help snoring and mild obstructive sleep apnoea

- Reduce weight
- Avoid alcohol or medication that aids sleep as these relax the muscles at the back of the throat and cause obstruction
- Sleep on one side or on the stomach, instead of facing up, to prevent the tongue and soft palate from collapsing against the back of the throat
- Clear a blocked nose with medication recommended by a doctor or pharmacist
- Use dental appliances that reposition the lower jaw and tongue during sleep

For moderate to severe sleep apnoea

- Use a CPAP device to keep the airways open during sleep
- Undergo surgery to enlarge the back of the throat

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