

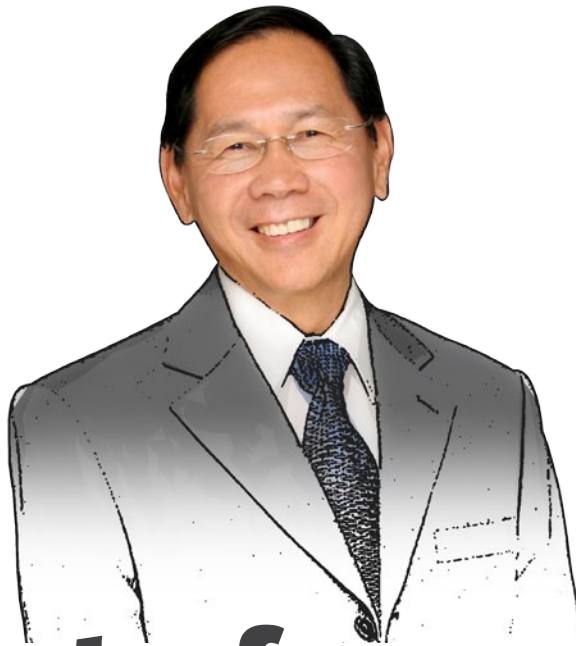
ISSUE  
13

# NSLink

JUL  
2015

## Safety – A Continuous Journey





# A Note from Our Executive Director

Dear Colleagues,

Safety is an integral part of NSL operations. NSL management places great emphasis on safety management systems and awareness. Our strive for continuous improvement of health and safety at our workplace is evident in the safety standards and certifications such as bizSAFE STAR, OHSAS 18001 Safety and Health Management System that we were awarded thus far.

I am pleased that NSL overall number of accidents reported in the first quarter of 2014 as compared to the first quarter of

2015 dropped from 33 to 10. This significant drop did not happen by chance, it is thanks to the many efforts put in by all staff.

**While the statistics may be encouraging, there is no resting on our laurels in terms of safety as we must exercise continuous vigilance and be aware of the occupational hazards around us.** In this issue, read about the comprehensive programs and training activities in NSL Group which have resulted in safety improvements.

No workplace comes without risks and most injuries or deaths can be prevented if one is conscious

of the risks involved. With our concerted efforts, let's strive for zero accidents and fatalities in NSL Group, not forgetting to focus on the process of achieving it.

In line with SG50, we want take this opportunity to acknowledge and thank our NSL pioneers for their contributions during their long service. Their loyalty to the company has produced bonds like a family. It is these relationships which have carried us strength to strength over the decades. Once again, thank you!

**Oo Soon Hee**

# NSL Reported 1Q PBT of S\$3.7M

Group Profit before tax increased to S\$3.7 million although turnover declined slightly for its continuing operations

Financial Highlights	THE GROUP		
	1Q2015 S\$'000	1Q2014 S\$'000	Change %
<b>Continuing Operations</b>			
Group Turnover	99,862	103,857	(4)
Group Profit Before Tax and Exceptional Items	3,729	2,159	73
Group Profit Attributable to Shareholders	2,279	1,076	112
Earnings Per Share (cents)	0.61	0.29	110

NSL Ltd reported turnover of S\$99.9 million in 1Q2015 compared to S\$103.9 million in 1Q2014. The slight decline was due largely to lower revenue by Environmental Services division which was affected by the weaker oil price.

The Group Profit before tax increased to S\$3.7 million in 1Q2015 compared to S\$2.2 million in 1Q2014. The improved performance was mainly attributable to both the Precast & Prefabricated Bathroom Unit (PBU) and Dry Mix divisions, partially offset by lower performance by Environmental Services Division.

After taking into account income tax, the Group reported a profit

attributable to equity holders of S\$2.3 million in 1Q2015 compared to S\$1.1 million in 1Q2014.

## Outlook

Precast operations in Singapore and Dubai are expected to improve. However, risks associated with project delays and execution cannot be ruled out in the industry in which it operates. In the PBU business, performance of Parmarine is expected to remain satisfactory.

The firm demand for Dry Mix products across the region would continue to underpin the Division's performance.

In the Environmental Services division, demand for its distribution

business and waste management services is expected to remain firm. However, weak oil prices would continue to adversely impact the operating margins of the Division's Recycled Fuel Oil business and overall performance.

Following the completion of the merger of the Group's container spreader business with Salzgitter Maschinenbau AG's grab business on 30 April 2015, the Group would consolidate the result of the merged entity (PEINER SMAG Lifting Technologies GmbH or "PSLT") as a 33.33% associate based on the equity method under FRS 28. To date, the order book of PSLT is satisfactory.

# Workplace Safety Practices & Initiatives Lead to Lesser Accidents

At NSL, we value safety and we believe that every staff should return home safely every day. This could only be achieved through support from the top management, implementation of safety management systems and various programs to promote safety awareness and participation amongst staff.

Over the past year, efforts to instil awareness and promote safe work

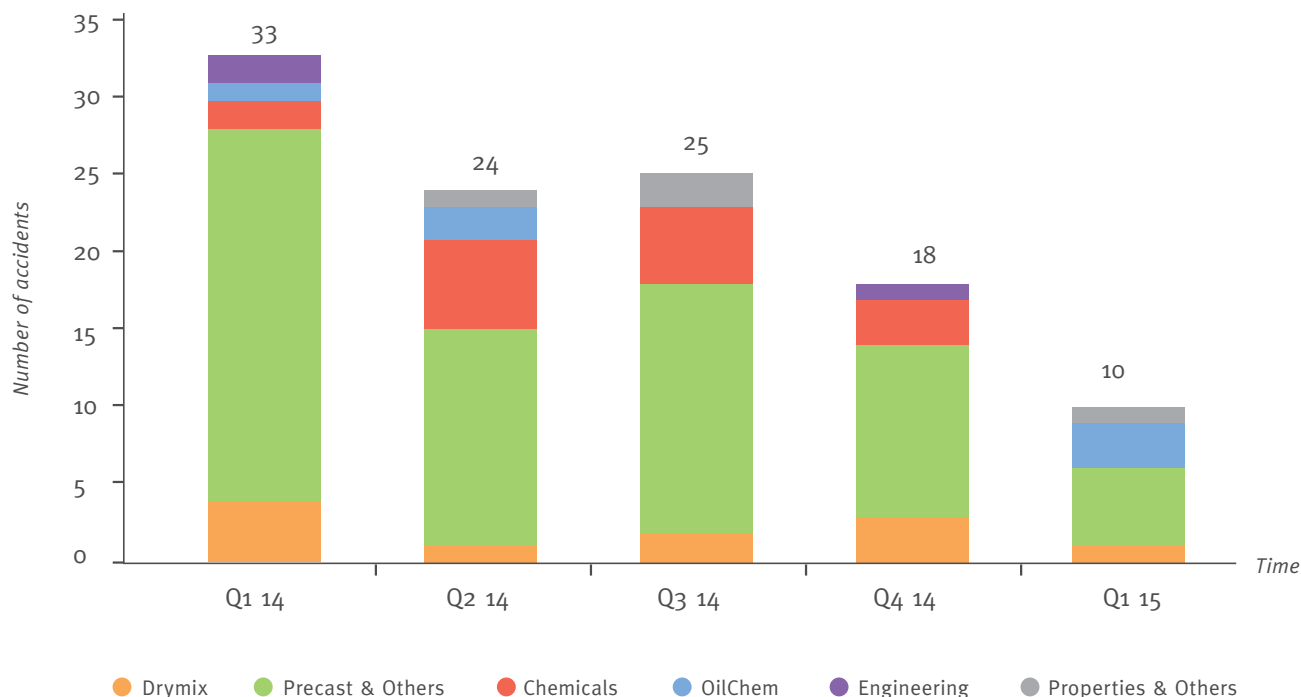
practices have been effective in reducing the number of accidents in our plants. Initiatives include safety campaigns, merit/demerit systems, incentives as well as continuous training to improve safety at work. As a result, the number of accidents in NSL Group has reduced significantly from 33 in Q1 last year to just 10 in Q1 2015.

Safety is an integral part of our operations. With proper planning

and execution prior to work commencement, all work activities can be executed safely and efficiently. Safety measures such as hazard elimination, substitution means or engineering controls not only make the workplace safer, but will also contribute to productivity improvements.

**Safety is a continuous journey and everyone has a responsibility to ensure that they follow the rules.**

**Workplace Safety at NSL Group**



# The Pioneering Spirit

40 years and above

In conjunction with Singapore's 50<sup>th</sup> year of independence, we would like to commemorate and recognise the loyalty as well as contributions NSL's pioneers have provided to the company for more than 30 years and counting. Many have quietly contributed to NSL in their own special ways and roles even before some of us are born. NSL Pioneers have come a long way and as our seniors, we have much to learn from them inside and outside of work. Let us take a leaf out of their books which contains stories of perseverance, gratefulness and motivation. We ask a few of them for some thoughts on their long service.

“

NSL is a good company to work for and that is the reason why I stayed on till now. I feel like I have grown with the company, from being single, to getting married and starting a family of my own. In my 44 years of service, I am fortunate to have met plenty of nice colleagues and we have become like a big family.”

**Ong Kwee Chon**

Supervisor, Operations, EMIX Singapore  
(Employee since 1 January 1971)



“

The stability that the company is able to provide is an attribute that I enjoy. Not only has many colleagues-turned-friends while working here, I still occasionally meet up with friends that have retired from NSL. We know each other since the 1970s and 1980s.”

**Ishak Bin Abdul Ghani**

Senior Store Assistant, Operations, EMIX Singapore  
(Employee since 25 January 1971)

“

I enjoy the work I do and I feel that my job complements the other aspects of my life. Having been in the company for four decades, and progressing from being single to getting married and having kids, I feel connected to the company.”

**Ahmad Bin Hamid**

Store Assistant, Operations, EMIX Singapore  
(Employee since 26 May 1971)





“

I love working as it allows me to feel fresh and energetic. Working provides a daily objective and keeps me on my toes. The most memorable period during my stay in the company was when I was preparing for my wedding in 1977 – I had to work many hours during that time, waking up at 4:30am to go to work and only reaching home at 8pm every day.”

**Seet Eng Teck**

Safety Coordinator, Environmental, Safety and Health, NSL Chemicals  
(Employee since 24 January 1973)



“

It is a good company, I enjoy working here and the job provides stability. I think a huge part of my staying so long in the company is because of the colleagues I work with, most of them are very friendly. We help each other and work as a team, like a family.”

**Shafiee Bin Shukor**

Senior Laboratory Officer,  
Quality Control, NSL Chemicals  
(Employee since 24 April 1974)



“

The most memorable period for me would be in the 1990s when we moved to the new office at Tanjong Kling. We were particularly impressed with the huge pantry where many of us spent our lunch time in and bonded over meals. It was fun coming to work. Great friendships were built during that period and I still keep in touch with the colleagues that have left the company.”

**Grace Heng**

Secretary, Internal Audit, NSL Ltd  
(Employee since 12 September 1974)



## 30 years and above

“

I have worked in the company for 39 years and seen the progression of the company from TAOSON ENGINEERING to NATIONAL IRON STEEL MILL, NatSteel Ltd and finally NSL Ltd. I have been with NSL Engineering (NSE) since the start and was given the platform to excel at my work, contribute positively to the company as well as provide for my family. I spent my golden years with the company and have gained many happy times, good friends and a family in NSE.”

### William Quek

Senior Engineer, Sales,  
NSL Engineering  
(Employee since 15 April 1976)



“

I love that my job challenges me every day in different ways.”

### Wong Sai Peng

Principal Engineer, Engineering,  
Eastern Pretech Singapore  
(Employee since 1 September 1983)



“

The company provides proper and good benefits/welfare to staff, especially so when I had to go through a major operation last year. I appreciate it and have been happy working in the company through the many years.”

### Goh Yong San

Assistant Supervisor, Operations,  
EMIX Singapore  
(Employee since 1 November 1983)



“

I have been here when the company was NATIONAL IRON STEEL MILL before changing its name to NatSteel Engineering and now NSL Engineering. I have been through many changes and experienced the different working environment. I enjoy my work and what I am doing.”

### Koh Tong Wah

Supervisor, Operations –  
After Sales Support, NSL Engineering  
(Employee since 19 July 1984)



“

Eastern Pretech and NSL is a company that offers a pleasant working environment with enriched corporate culture and friendly colleagues. This is also a place that broadens my experiences with defined management guidance.”

### Yong Chiang Boon

General Manager, Sales and Marketing,  
Eastern Pretech Singapore  
(Employee since 1 October 1984)



“

The affinity fostered with Eastern Pretech (EP) is really amazing and my length of service never fails to astonish. I am filled with great pride to be a pioneer in the company and I love EP as much as I love my country, friends, pets and family!”

### Rosalind Teo

Personal Assistant to Group CEO,  
Finance & Admin, Eastern Pretech Singapore  
(Employee since 2 November 1984)



## Parmarine Ltd

“

Those who have worked for the longest gave thanks to payroll for being on time and accurate. The long-serving staff also appreciates the company offering steady employment despite the global financial crisis in 2008 as well as being a reliable and responsible employer for the past decades.”



Parmarine celebrated and handed out medals to staff who have worked for more than 30 years in the company.

*From left to right:  
Mr Keijo Kauppi (30 years),  
Ms Maritta Lintula (40 years),  
Ms Reija Lempinen (40 years),  
Mr Unto Raitanen (40 years) and  
Mr Rauno Aromaa (40 years)  
together with CEO of Parmarine,  
Jussi Raunio*

## NSL contributed \$0.5 million to Ex-chairman George Bogaars' Professorship at NUS

### Elevating the Department of History to the next level



The late Mr George Bogaars, who was the Chairman and Director of NSL in the 1980s, then known as National Iron and Steel Mills, is still making a difference to our nation.

In recognition of Mr George Bogaars' contribution to our company and part of our commitment to care for the community, NSL pledged a support of \$500,000 to the George Edwin Bogaars Professorship in History at the Department of History, Faculty of Arts and Social Sciences in National University of Singapore (NUS) during the first quarter of

2015. The Professorship will allow NUS to appoint scholars of high calibre to advance the study of the history.

The late Mr George Bogaars's contribution to the society helped to bring Singapore to where it is now. This professorship is a fitting tribute to honour him for his extraordinary roles and lifelong beliefs in the value of a strong education in the humanities. It will inspire future generations of change makers who will go on to leave a lasting impression on society like Mr Bogaars did.

*The late Mr George Bogaars,  
Chairman and Director of NSL during the 1980s*



# Much Publicity Gained from Construction of IKEA Cheras



*A panorama of IKEA Cheras under construction*

Eastern Pretech Malaysia (EPM) on-going project, IKEA Cheras, has drawn over 200 visitors from various government agencies, association and the Institute of Engineers Malaysia. Visitors learnt about precast design concept, execution plan and challenges faced by EPM.

IKEA Cheras, which is located in Kuala Lumpur, is set to open by the end of 2015. During the construction of this prestigious project, EPM has gained recognition from professionals who were impressed with the rapid execution of the job using precast construction under extremely challenging site conditions.



*Visitors from MBAM, some of whom are members of reputable contractors in Malaysia*



*EPM's General Manager LP Tang (middle), receiving a memento from the head of Technical Committee for Master Builder Association of Malaysia (MBAM) in appreciation for organising the technical visit.*



*Mr Lee Mun Sam from EPM giving his briefing to the members of the Health Unit from the Public Works Department*



# DPC Annual Worker and Staff Party

Over 500 workers attended the exciting annual party on 19 Feb 2015 at Etisalat Sports Academy, Dubai. Workers competed in sports such as football, basketball and marathon relays, pitting skills and endurance. The games in the event challenged their team cohesiveness and was a great opportunity to build greater bonds.



Mr Matti Mikola, CEO and Mr Henrik B. Jensen, GM, handed out cash prizes to the happy winners



## A Wild Night of Games & Partying

The annual Dubai Precast LLC (DPC) staff party was held on 26 February 2015 at the Crown Plaza Hotel, Dubai. 90 staff turned up for the Hawaiian-themed party in grass skirts and brightly-coloured floral garb, ready to have a good time.

Some brave staff took part in games adapted from the popular TV game show 'Minute to Win It'. Called 'Junk in the Trunk', the audience was bending over with laughter as the participants on stage tried to shake, wiggle and bend to complete the challenge. Mr Janeesh Keloth eventually conquered the game with his fantastic shaking skills.

The other game, called 'A Bit Dicey', involved contestants having to complete the task that required utmost concentration, control and precision. Everyone held their breath until finally, Mr Darmesh Parek emerged as the champion.

Party-goers were surprised when the winners for the 'Face of the Night' competition were announced: both winners were from the same department. Lots of memorable moments were cherished as everyone had plenty of fun after a wild night of games and partying.



Participants balancing the die precariously on ice cream sticks



Staff in their colourful Hawaiian garb

# Think Safety, **Work Safely**

Safety is an aspect E.MIX never compromises on; many E.MIX production sites have more occupational health and safety facilities beyond what is required by local legislations. In order to keep E.MIX factories a safe place to work in, considerable resources were allocated to safety related measures. Extensive safety fences, demarcation lines and weight lifting equipment are just a few of many investments made towards the aim of having zero accidents.

However, any investment would be meaningless without safety-minded people. Tremendous efforts were therefore put into training; EMIX Malaysia (EIM) and Singapore (EIS) conducted safety trainings in April and May to establish a culture in which employees had a hand in promoting safety procedures while on the job.

## **EIM: Developing an Effective Safety and Health Committee**

17 committee members selected from EIM's Bemban plant took part in a workshop called "Developing an Effective Safety and Health Committee".

The discussion included:

- the fundamentals of safety,
- effective Safety Health Committee (SHC) characteristics,
- roles and responsibilities of SHC members,
- the overview of Occupational Safety and Health system and SHC regulations,
- the importance and benefits of effective SHC toward the individuals and company,
- successful safety leadership, and effective safety inspections.

## **EIS: EEE**

An emergency evacuation exercise in EIS was held in May to ensure a safe evacuation in case of emergency. The exercise started with a simulated scenario of a fire outbreak in the stamping area of the factory with casualties. All staff moved briskly to the assembly point via pre-defined escape routes and the exercise was completed swiftly in 10 minutes. Some improvements such as a secondary assembly point were suggested following the debrief.

## **737 Accident-free Days**

These programmes helped enhanced the workforce's knowledge on safety topics and workplace inspection



*Various activities were held during EIM's safety training this April*



*Representatives from all three plants in Malaysia participated in "Developing an Effective Safety and Health Committee" workshop*

skills. As a result, an improved safety culture was entrenched and in addition, committee members are more motivated and committed towards safety and health issues. EIM's Bemban plant has since enjoyed 737 accident-free days as of 24 April 2015. This shows that an effective SHC can reduce the number of accidents significantly.



*Practicing the use of a fire extinguisher*



*First aider practice session was arranged as part of the program for familiarization of casualties treatment*



# NOC Cares for the Environment

While most of us were still in the festive mood on the 6<sup>th</sup> day of Lunar New Year, 24 February, a number of our colleagues were activated for an unusual project which showcased NSL Oilchem Group (NOC) commitment to the environment. Thousands of fish died in the fish farms at Pulau Ubin and Lim Chu Kang area due to deadly plankton blooms. The project team from NOC went out in boats over 12 days to clear the dead fish along farms, and collected 900 bags or 18 tonnes of dead fish from 25 February to 5 March.

Mr Young Ying, a senior manager who led the clean-up said his 19-men team, including him, worked an average of six to seven hours a day

bagging up dead fish as the floating kelongs were inadequately equipped to deal with the mass disposal. The walkways and working areas were mostly made up of thin wooden planks stacked together, many of which were not even fastened well. There were also no forklifts, cranes, or other power lifting tools to carry out the daunting and grim task.

## A Can-do Attitude

Faced with the Herculean job of clearing the rotted fish and ridding the environment of the foul odour in the shortest possible time, NOC's staff adopted a *can-do* attitude and went beyond their normal scope of work to assist the clean-up. Replacing their usual formal shirt and pants with life jackets,

five colleagues from NOC's sales team worked under the scorching sun as boatmen and coordinators, alongside the crew from NOC's Project Team. Together, they shuttled between the kelongs and shore numerous times each day.

## Seamless Teamwork

Over at the office, the Customer Service team assisted by seamlessly coordinating the logistics for off-landing and transportation of the dead fish from the barges at Jurong Port to the Tuas South Incineration Plant.

NOC's effort to care for the environment was featured in The Straits Times on 26 March 2015.



*The team who braved the elements and the stench*



*Fish rotted in their individual pens*



# Safety the Oilchem Way

NSL OilChem Group (NOC) places great emphasis on workplace safety and health. NOC is committed to be a responsible company that integrates environmental, safety and health consideration into all aspects of its activities, products and services. The management of NOC believes that a safe and healthy working environment is an undeniable right of their employees.

NOC continually reviews its engineering designs and working processes to enhance safety. Recently it invested in specialised Workplace Safety and Health (WSH) equipment to comply with Ministry of Manpower's Work at Height 2013 regulations by installing a Self-Retracting Lifeline System (SRS) for plant use, and railings for ISO tanks. The flexibility of the SRS allows a worker to move freely yet does not compromise on safety and automatically locks at the start of a fall to prevent a free fall, safeguarding workers working at height.

NOC is committed to train and promote a safety culture amongst



*Workers who take extra steps to improve the workplace safety standard with excellent safety performance were given special honour on NOCWM Safety Night 2014.*

its staff. It has a team of internal safety officers providing WSH advice, assistance and enforcement of its WSH program at various worksites. Weekly tool box meetings and monthly safety meetings are conducted to review safety performance as a whole.

In 2014, a demerit-point system was implemented to encourage safe work practices. Employees who committed environmental, health and safety violations would be handed out demerit

points according to the severity of the offence. For maintaining accident-free for 286 days in the workplace, gifts were also given to all employees as a token of appreciation during NOC's Safety Night in December 2014.

Certified to ISO14001, OHSAS 18001 and SS506, NOC hopes to take a step further by developing a safety course to share its expertise and best practices with the waste management industry and promote safer work culture.



*Weekly tool box meeting conducted by GM, Raymond Quek*



*Fuel Spillage training*

RML Rescue boat  
simulating a rescue  
situation.



# Safety at Sea

## What to do during an emergency



Since ancient times, the potential dangers of the sea have been well documented. More often than not, people tend to forget about safety while having fun. The frailty of humans, in the face of the unfathomable sea, demands the effort of relevant authorities to ensure the safety of boaters at sea.

Keeping safety atop our list of priorities, Raffles Marina (RML) adheres to the following procedure in our sea sports events:

### Safety and Communication Plan

Approximately eight weeks before an event, a Safety and Communication Plan will be submitted to the Maritime and Port Authority of Singapore (MPA) for approval. Important points to highlight include the roles and duties of relevant personnel, a Risk Assessment Plan, as well as an Emergency Action Plan. In addition, the ratio of support boats to participants has to be clearly stated.

The volatility of the weather is what makes any sea sport a potentially

dangerous one. It is therefore of utmost importance that possible hazards such as thunderstorms or waterspouts are identified in advance, so that a Risk Control Strategy can be prepared.

### A Team of Professionals

In any event, a team is carefully handpicked to oversee the different aspects of safety. The roles include: a Chief Safety Officer, Rescue Team, Marina Crew, First Aiders, and a Communication Team. Points of contact on shore and off shore will also be established.

Prior to the event, the Safety and Communication Plan is distributed to the team. Thereafter, a meeting will be held to ensure that the team is fully aware and certain of their roles.

### List of important contacts

A list of contact numbers is generated so that the team remains contactable in the event of an emergency. Included are also the contacts of relevant authorities such as the Marine Safety Control Centre and the Singapore Civil Defence.

### Flowcharts

It is essential to stay calm and collected in times of emergency. An illustrated flowchart diagram shows clear steps for the team to abide by the protocol.

### Designating Evacuation Points and a Sick Bay

Optimum locations are to be reserved as evacuation points. Selection of an alternative location is highly recommended as crises vary. The Sick Bay will be fully operational and monitored by first-aid trained staff at all times.

Overall, it is critical to keep one's options open, remain flexible, and act in accordance to the situation.

### Safety Briefing

Aside from the efforts of our staff, the responsibility of staying safe depends on the participants as well. To make sure participants understand and are absolutely clear about our Safety and Contingency plans, a safety briefing will be conducted on the day of the event. Doubts will be clarified during the briefing.



# Remembering Mr Lee Kuan Yew



*Tribute centres were set up in the heartlands and staff from Eastern Pretech (S) went in batches to visit the Choa Chu Kang satellite tribute centres*

Mentor, father, visionary, these are the many words used to describe the late Mr Lee Kuan Yew, who was Singapore's first Prime Minister. He instituted many policies which resulted in the success that Singapore is today, and is often remembered as a man who had great foresight and intellect.

## 7 days of mourning

Prime Minister Lee Hsien Loong declared 7 days of mourning for Singapore's founding father after his death on 23 March, 3.18am in Singapore General Hospital. The elder Mr Lee had been suffering from severe pneumonia since early February this year.

It was a period most solemn as the public poured out their grief, plying



*Colleagues from NSL Ltd braved the morning heat and queued for two hours on 26 March to pay their last respects to Mr Lee at the Parliament House*





*Mr Jeffrey Fung, CEO from NOC gave a short address before leading staff to observe a minute of silence on 27 March. During that week, the corporate video at the lobby was replaced with videos of Mr Lee*

flowers and cards to mourn the loss of the nation's greatest leader in Singapore history. Long queues snaked around the Parliament House as thousands came in droves to pay their last respects during the lying in state. Fellow citizens held each other up in this time of grief by offering bottled water, paper fans and even snacks, to those queuing in the hot sun and rain for their turn into the Parliament House. Businesses delayed their marketing campaigns and broadcasts or even closed as a mark of respect. Many residing overseas also paid a visit to their respective

embassies to write their condolences and well wishes in condolence books. It was a time when the nation put aside their differences and came together to bid the man who created it goodbye.

#### NSL

At NSL, many colleagues were saddened about his death and paid their respects to Singapore's founding father.

During the week-long mourning period, the NSL Corporate website, intranet and Facebook page was also changed to reflect our sobriety.

**Our  
mentor,  
father,  
and  
visionary!**

IN LOVING MEMORY OF  
**MR LEE KUAN YEW**  
1923 - 2015





EIH & EIC staff dressed in 1960's style in matching with the theme of the event



## EMIX Goes Retro

The Annual Dinner of EMIX (HK) Limited was held on the evening of Friday, 27 March, 2015 at the Happy Valley Club House of Hong Kong Jockey Club. All participants enjoyed an entertaining evening in the 1960's theme with matching décor and apparel in addition to all the sparkles of the dinner, performances, dancing, lucky draws and much more.

The evening's festivities kick started with a welcome speech by Mr Andy Ip, CEO of E.MIX Group, followed by a presentation of awards to staff who contributed to the company for more than five years. Mr Oo, Executive Director of NSL Ltd, was one of the distinguished guests who attended the party.

The excitement remained at a fever pitch with intermittent lucky draws for guests and staff, and the atmosphere further heated up with various dancing and musical performances by staff members. Overall ambiance of the entire event was brought to an all-time high with the stunning performance by the band formed by guests, showcasing their slick moves on the dance floor.

The management of E.MIX Group was grateful in bringing together valued business partners, staff, and representative from E.MIX operations in China, Malaysia, Hong Kong and Singapore to celebrate the business unit's accomplishments, and to honour those who have made significant contributions to the company.



Dressed up as Bruce Lee in split-second for the table prize



Inviting pieces of music in the professional hands of the band formed by guests from Hong Kong's largest developers such as Chun Wo & Hsin Cheong created perfect ambiance for the event



# NOC's Denim Night

NSL Oilchem Group (NOC) held its annual dinner at Raffles Marina on 13 March. Themed 'Denim Night', everyone dressed up to the nines donning their best denim apparel. The dinner provided a good chance for the staff to mingle and get to know each other better.

Entertainment activities included a lucky draw and group games, with the highlight being a fashion show by our very own NOC staff. One could tell that the guests enjoyed themselves to their fullest as laughter filled up the ballroom throughout the night. On top of the great lucky draw prizes, there were surprise prizes contributed by the management team and Raffles Marina.

During the event, a total of 11 staff received long service awards ranging from 5 to 30 years.

The following is the list of Long Service Award Recipients:

Name	Years of Service as at 2014
Oh Kok Choon	5 years
Lim Ting Ting, Linda	10 years
Quek Peng Peng	
Ilangeswaran A/L Doraisamy	
Rajkumar A/L Velu	
Zahari Bin Abu Bakar	
Chung Sin Wong	15 years
Ngiam Tee Leng	
Amzah Bin Masarbi	
Ng Yong Khoon	25 years
Angelia Cheng Lee Fong	30 years



*Demure ladies in denim*



*Dashing guys in denim*

*Appreciation was given to the project team who cleared dead fish from the farms*



## After-event thought by colleagues:

### Gan Wee Xian

I enjoyed myself during the event. It is all thanks to lively contributions and enthusiasm from my colleagues. The committee did a great job too. Without them, the event would not be as enjoyable.

### Cecilia Low

I saw vibrancy in bonding amongst colleagues. Much credit to the well-planned programs by the dedicated committee members and our senior management's spontaneous participation. I felt a sense of unity in NOC.

### Robert Lim

Staff were very sporting with the games organized and that greatly helped to make the night enjoyable for everyone. It was a night for NOC to play, and we did.



# A Day Out with Children from Melrose Home

NSL cares for the community and this year, NSL directed donations collected from Singapore offices during the Chinese New Year period to Melrose Home. Run by the Children's Aid Society, the Melrose Home provides a supportive environment for children who require care and protection in a residential setting. A donation of S\$12,000 from staff and S\$10,000 from NSL Group was presented to Melrose Home's Executive Director Mr Jeremy Khoo by Dr Low Chin Nam, Chief Operating Officer.

Apart from the donations, NSL staff brought 19 children from Melrose Home for a local farm tour on 2 May, starting with Hay Dairies Farm, Singapore's only goat farm. The participants were in time to catch the daily milking of goats and sampled the fresh produce. Next, the group headed to Khai Seng Trading and Fish Farm, a local fish supplier which breeds and imports fresh

seafood. The third stop was at Kin Yan Agrotech, which deals with ornamental plant production and supply and trading of organic compost. Here, crops such as wheatgrass, aloe vera and mushrooms are grown to meet the growing demand in Singapore for health foods.

The tour ended with lunch at Farmart Centre, a tranquil plot tucked away in a rustic part of the island. The children, aged five to 10 years old, got up close and fed farm goats and koi fish, as well as played with rabbits and tortoises. It was a good opportunity for them to get in touch with nature and learn the origins of our food source through such an educational trip. NSL staff had a pleasant time interacting with the children and presented each child with a goodie bag upon their trip home.



NSL staff who spent the day with the children at the farm tour



Presentation of a lovely art piece done by children from Melrose Home, in appreciation of staff and corporate donations



Feeding a baby goat at Farmart Centre



Capturing the lush wheatgrass grown locally at Kin Yan Agrotech.



# NSL Games 2014/2015

## Medal Tally



### And The Winner Is...

With the slogan “Out Run, Out Play, Out Win”, NSL Sports and Recreation Club (SRC) introduced NSL Games 2014/2015 which aims to promote inter-company bonding and engagement amongst employees through multi-sports.

After the 10 exciting competitive events from October 2014 to May 2015, NSL OilChem Group (NOC) finished at the top of the medal tally in the first NSL Games.

NOC swept most of the medals with nine golds, six silvers and five bronzes. EMIX Industry (S) (EIS) followed behind, bagging four golds, four silvers and a bronze. NSL Chemicals (NSC) came in third place with two golds, five silvers and two bronzes. Congratulations to all the winners! Join us and prove your prowess in NSL Games 2016/2017!

### Final Medal Tally

	GOLD	SILVER	BRONZE	TOTAL
NOC	9	6	5	20
EIS	4	4	1	9
NSC	2	5	2	9
EPS	2	3	5	10
NSE	2	1	2	5
RML	1	1	0	2
NSL	0	0	5	5

### Tournament Results (Gold winners)

Futsal Tournament	Vijian Dayah Subramaniam Yogeswaran Mogan Arun Katarre	NOC
Basketball Tournament 2015	Chen Yong Zhi Anthony Koh Liu Jiang Vincent Cheng	NOC
Tennis Tournament (Singles)	Tan Kim Song	EIS
Escape Game	Marine Chan Lydia Teo Katty Seah Wing Li Jessica Thomas Ng	NOC



Futsal champion team from NOC



Basketball tournament winners from NOC



Participants raced against time to escape from a locked room for the final event



# Are You Safety Conscious?

It's been an hour into the annual safety training and you are only listening to it half-heartedly, not thinking much about it. You find yourself itching to play 'Candy Crush' while the trainer drones on about putting on the correct Personal Protective Equipment (PPE). It is not until the next day, when you heard your friend Ah Low's hand getting crushed between a hydraulic jack that you realise how important safety at work really is.

Perhaps it's time to rethink your attitude towards safety. If you work in an office and think your risk is

low, you are wrong.

Most accidents happen when we least expect it. An innocent-looking loose cable on the floor could trip someone up and land him in hospital. We can get cuts from penknives. No matter where we work, if we can train ourselves to anticipate and prevent accidents, we would not need to watch someone suffer needlessly. Hence, we need to develop a positive attitude towards safety.



## 4 Keys to Improving Safety Attitudes

Your attitude towards safety affects everyone around you. Don't make excuses for not acting in a safe manner, because in the end a good safety attitude might just save your life.

### Focus

Are you concentrating on the present task? If you are distracted by something, chances are you may be less careful about handling the task. If you are tired or bored, a slip will come easily.



### Responsibility

You are part of a team to keep the workplace safe. If you see anything that can be a hazard, change the situation by improving it or report to your superior. Everyone should have a sense of responsibility to report potentially dangerous settings for the good of our colleagues. Protect yourself from harm by putting on the correct PPE and do not horse-play at work.



### Risk

Risk is unavoidable, but don't take unnecessary risks. Even if the chance of occurrence is low, the severity of the consequences makes the activity in question a high risk.



### Time

Take the time to get the job done right. Although it takes longer to put on that extra equipment, it is definitely worth the protection than if you did not. Do not cut corners. Prioritize your work so that you do not have to rush through your tasks. Managing your time will keep you focused on your tasks.



# Home Emergency Kit - What Every Home Should Have

*Source: By Teresa Cheong for Health Xchange, with expert input from the Department of Emergency Medicine, Singapore General Hospital (SGH).*

Accidents do happen in every home – from minor cuts and grazes that children are prone to, to more serious burns and falls. Having a well-stocked first aid or home emergency kit means you can respond quickly and treat these minor injuries.

“The mental preparedness that comes with stocking up your own home emergency kit puts you in a better position to deal with unexpected minor injuries at home,” says Dr R Ponampalam, Senior Consultant, Department of Emergency Medicine, Singapore General Hospital (SGH).

For a minor cut or graze, where the injury is only on the skin’s surface, a home emergency kit does come in handy.

Clean up the wound under running water and apply an antibiotic or antiseptic cream to protect the wound from infection. Finally, dress up the wound with a first aid plaster (preferably, waterproof) or cover the wound with a bandage. To stop the bleeding from a minor cut, apply direct pressure on the wound using a sterile dressing.

Sounds simple? Yes, but only if you are prepared with a home emergency kit.

The antibiotic or antiseptic cream, first aid plasters and bandages are all essentials in a home emergency kit since, when accidents happen, you don’t have time to rush to the nearest pharmacy to buy these items.

## 10 items to keep in your home emergency kit

You can buy a ready first-aid emergency kit from the pharmacy, or create your own basic home emergency kit with this list of essential items recommended by the Singapore First Aid Training Centre.

1. Scissors
2. Saline wash
3. Plasters
4. Gauze and pads
5. Triangular bandages
6. Crepe bandages
7. Bandage tape
8. Gloves
9. CPR face shield or pocket mask
10. Medication (e.g. paracetamol, charcoal tablets, lozenges). Be sure to use this medication only for family members due to the risk of allergies or contraindications.

## When to seek emergency medical treatment

While some minor cuts, burns and injuries can be treated with supplies

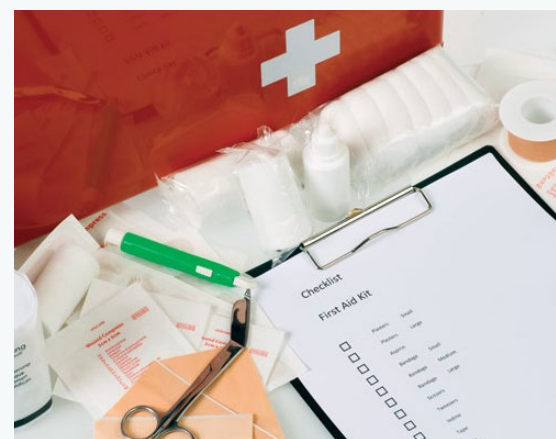
from a home emergency kit, medical help must be sought immediately for serious cuts and burns.

“First-degree burns only affect the skin surface and can be treated at home. When blisters form on the burnt area and the skin looks intensely red or blotchy, or when there is severe pain and swelling, or a large surface area is involved, seek emergency medical care,” says Dr Ponampalam.

Wounds that become infected and start oozing pus, or wounds that refuse to heal, also require immediate medical attention. Pain that becomes progressively worse could indicate a more serious problem.

It is also advisable to treat deep cuts, severe burns, head injuries, high fever, eye injuries, and severe, unabated vomiting and diarrhoea as medical emergencies. This list is not exhaustive; you should always consult your doctor if you are not sure.

Be sure to re-stock the first aid items in your home emergency kit after use, and place the kit in an easily accessible place like the kitchen.



Article contributed by the Department of Emergency Medicine at:



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