

NSL *Link*

Issue 21

Jul 2017

Workplace Safety and Health





A Note from Our **Executive Director**



**A SAFE WORKPLACE
WHERE WE CAN
COME TO WORK
HAPPILY AND TO
RETURN HOME
HAPPILY TO OUR
FAMILY.**

Dear Colleagues

The recent fire in March at NSL OilChem Waste Management's Fixation plant is a stark reminder of the importance of Workplace Safety and Health (WSH). While we are thankful that no one was hurt during this isolated incident, it is a grim wake-up that we must continuously improve our housekeeping and risk management processes. At the same time, conduct regular emergency response exercise and be vigilant in preparing for such incidents.

Speed and precision are crucial during emergencies. Both NSL OilChem (NOC) and Raffles Marina have regular emergencies exercise with Singapore Civil Defence Force (SCDF), Police Coast Guards, Immigration and Checkpoints Authority. The last annual emergency response exercise that NOC's Emergency Response Team (CERT) conducted with SCDF was in December 2016. Regular training and practices by our CERT have certainly helped contain the fire within the fixation plant area and limiting the fire damages while awaiting the arrival of the SCDF.

We have taken a very serious view of this incident and have immediately engaged an international fire and risk consultant to conduct a fire safety review for the entire NOC plant operations. A key recommendation is the establishment of a high level risk assessment committee to assess and approve risk controls measures associated with management of change for high risk activities such as new projects, new waste treatment business in addition to other work improvements. This recommendation has been implemented and others are now being implemented.

In this issue, we will also revisit the WSH programmes and activities across the business units and share some of the best practices for us to learn from one another. I chair the Group Safety and Risk Committee to facilitate such sharing at the professional level. I am happy to note that the total number of accidents for the Group has been declining, and in 2016 it has dropped by more than half to 21 cases. I would also like to congratulate Eastern Pretech Malaysia on achieving 500 accident-free days. These accomplishments are attributed to our continuously engaged WSH programmes.

Safety is paramount to NSL's business. We are committed to organise regular safety trainings and seminars to upgrade workers' safety skills, and promote safety awareness across our operations. We need the support and cooperation of everyone to adopt a conscientious safety-first culture, creating a safe workplace where we can come to work happily and to return home happily to our family.

Dr Low Chin Nam

NSL Group Profit Before Tax Fell In 1Q2017

- Group Turnover increased 3% to \$86.1 million
- However, Group Profit before tax declined 48% to \$2.7 million due to weak demand in the Precast & PBU division. The fire incident and the introduction of diesel tax hike in the Budget also adversely affected the Environmental Services division

| Financial Highlights (Continuing Operations) | The Group | | |
|---|-------------------|----------------------------------|-------------|
| | 1Q2017 S\$'000 | 1Q2016 S\$'000 (restated*) | Change % |
| Group Turnover | 86,104 | 83,277 | 3 |
| Group Profit Before Tax | 2,720 | 5,245 | (48) |
| Group Profit Attributable to Shareholders | 2,585 | 4,633 | (44) |
| Earnings Per Share (cents) | 0.69 | 1.24 | (44) |

* Figures have been restated due to the divestment of Dry Mix business in 2016.

NSL Group turnover improved 3% to \$86.1 million in 1Q2017 compared to \$83.3 million in 1Q2016 attributable to higher revenue from Environmental Services division as a result of the consolidation of its newly acquired subsidiary in the fuel management service business.

However, Group Profit before Tax declined 48% from \$5.2 million in 1Q2016 to \$2.7 million in 1Q2017 due to weak demand in Precast & Prefabricated Bathroom Unit ("PBU") division, a fire incident and diesel tax hike in the Environmental Services division.

Precast & PBU division recorded a lower Profit before Tax of \$1.5 million this quarter largely due to lower revenue and declining operating margins by its precast operation.

This was partially mitigated by improved performance of the division's PBU business in Finland.

The Environmental Services division suffered a higher loss of \$1.2 million in 1Q2017 compared to 1Q2016. The division was adversely affected by the fire incident in March 2017 and weaker demand for Automotive Diesel Oil, following a diesel tax hike in the recent Budget. In addition, an impairment charge was made to the plant assets destroyed by the fire. After taking into account income tax and non-controlling interests, the Group reported a profit attributable to equity holders of \$2.6 million in 1Q2017 compared to \$4.6 million in 1Q2016.

Outlook

The Precast business across all locations continues to face

competitive market conditions with downward pressure on project margins. The division's PBU business in Finland is expected to perform satisfactorily underpinned by healthy order book.

In the Environmental Services division, the performance of waste management services is expected to remain challenging as part of its facilities is shut down for repair work following the recent fire incident. Full operation is expected to resume in 3Q2017. Nonetheless, the division has adequate insurance coverage for property damage and loss from business interruption.

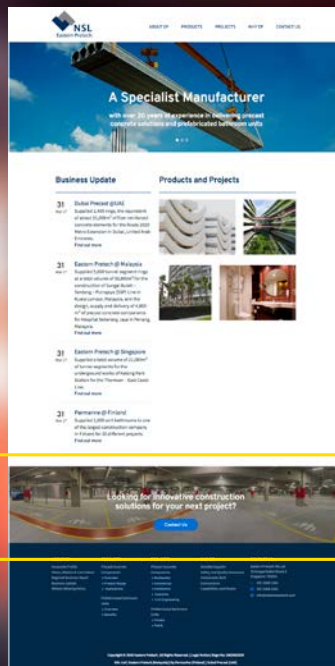
PEINER SMAG Lifting Technologies GmbH is well placed to weather the challenging market conditions following the restructuring of its operations.

HEY YOU SHUTTERBUGS!

Did you know that winning entries from the previous photography competition in 2016 have been featured in the Group's marketing collaterals? If you missed your chance last year, fret not, it's back again this year! Send us five of your best shots of products, people, services or anything relating to NSL before 1 August 2017 and stand to win fantastic prizes! Winning photos will be featured in the next issue of NSLink.



NSL Chemicals advertisement



Eastern Pretech website



NSL Annual Report 2016



Samsung Galaxy J5 Prime with LTE



Vanguard Camera Bag and Peak Design Sling Strap



Ogawa Shiatsu Back Massage Pillow



CATEGORIES

- Products / Services
- Workplace / Factory
- People

PRIZES

- 1st prize – Samsung Galaxy J5 Prime with LTE
- 2nd prize – Vanguard Camera Bag and Peak Design Sling Strap
- 3rd prize – Ogawa Shiatsu Back Massage Pillow
- 4th prize – Swatch Watch (Black)
- 5th prize – Valore Mini Drone With 2 MP Camera

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!

SUBMISSION DETAILS

Include your name, title, department and a brief tagline in your submission to nslink@nsl.com.sg by 1 August 2017.

TERMS AND CONDITIONS

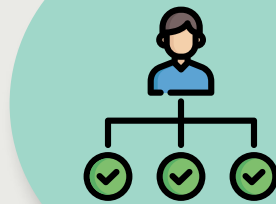
- Photo size – Minimum 3MB, maximum 5MB file size, resolution 300 dpi. Photo format - JPEG.
- Each image submitted must be the original and unpublished work of the participant.
- Confidentiality/Sensitivity clause: Photos taken in the factories must be cleared with Manager or Supervisor for sensitive elements before submission.
- 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.

A Holistic Approach to **Managing Safety & Health in the Workplace**

By Winnie Ti

Economic activities in Singapore have evolved over the last 20 years from traditional heavy manufacturing to higher value-added manufacturing, services, and research. As a result, health conditions related to work are also changing from traditional occupational diseases to more “work-related” conditions, such as musculoskeletal disorders and mental health conditions. Therefore, employers should take an active role in preventing chronic diseases and improving wellbeing of its own employees through health promotion.

To improve health, safety and wellbeing of employees in an efficient manner, the interconnected issues of safety and health are best managed using the Total Workplace Safety Health (Total WSH) approach. Here is an excerpt from the guide to total workplace safety and health, published by Singapore’s Workplace Safety and Health Council in 2014.



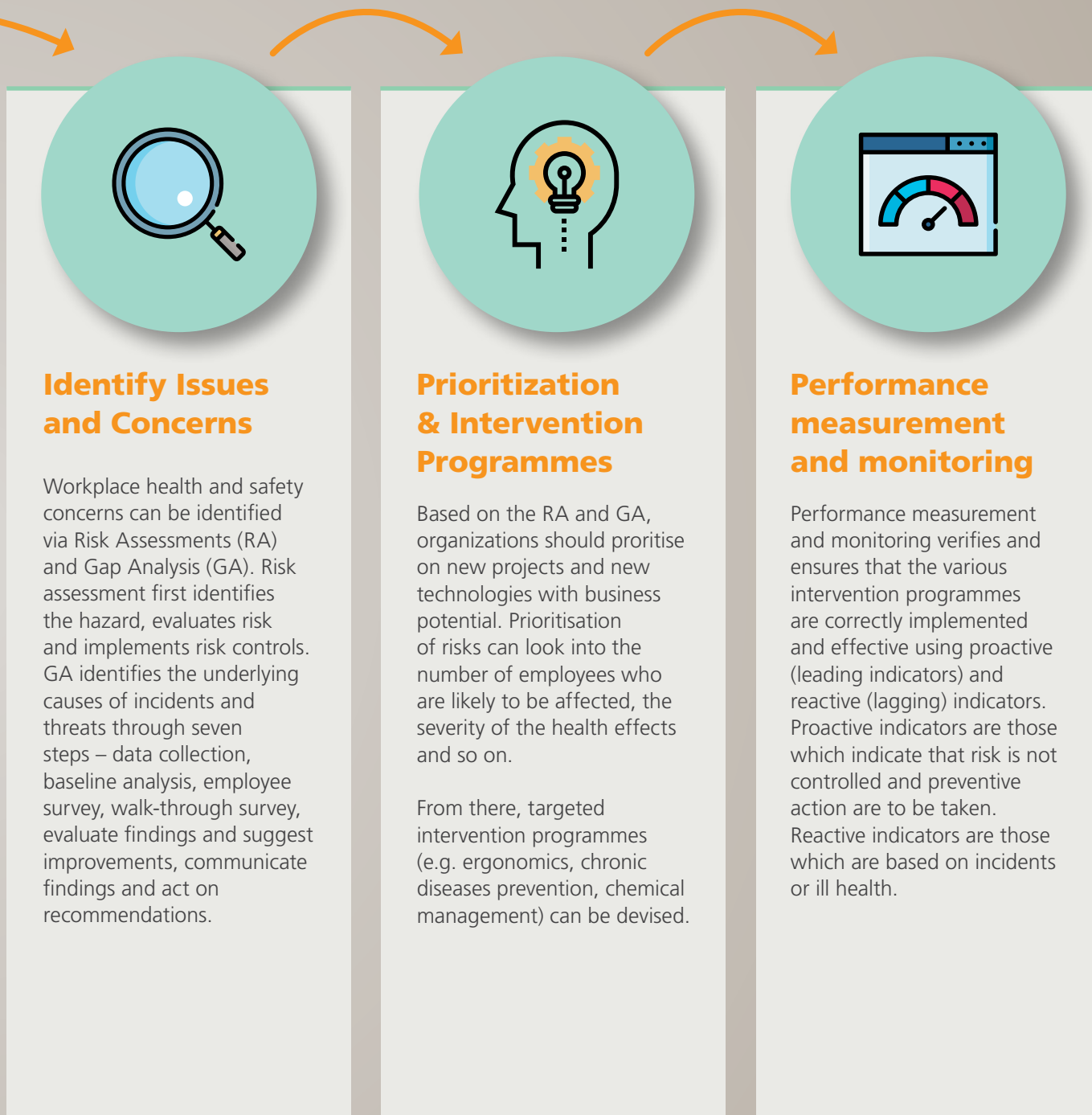
Top Management Commitment

Leaders should articulate the vision of workplace safety and health (WSH), employee health and wellbeing as key components of organisational success and set the direction towards integrating activities and programmes relating to WSH. Then, a culture of safety and health and creation of a supportive environment for holistic and integrated WSH will be instilled.



Set Up a Responsible Team

A committee should be put together to lead efforts in meeting the organisation’s Total WSH objectives via policies or programme decisions. The WSH Committee can make use of data and information for review and analysis while identifying employees’ needs and adopt integrated approaches to address the issues raised. The Committee should also set goals and objectives for WSH policies, programmes and practices, routinely reporting progress to senior management and reviewing programmes periodically to adapt goals and strategies as necessary.



In short, Total WSH involves companies taking a proactive, comprehensive and integrated assessment of all workplace risks – from employee's safety, health to well-being. Handling of WSH risk in a proper manner can prevent safety and health problems and allow employees to have more meaningful and extended careers. At the same time, happier and healthier employees also mean lower healthcare costs, reduced absence due to sickness and higher productivity for companies.

Strengthening Workplace Safety at EPS

By Ng Sin Kiat

According to the Ministry Of Manpower in Singapore, the Construction sector remained the top contributor of workplace fatalities in 2016. As such, Eastern Pretech Singapore (EPS) has taken a holistic approach in the form of a Quality, Environmental, Health and Safety (QEHS) Management System to manage risks and improve safety standards. Committed to quality assurance and standardizing environmental control systems and workplace safety, EPS is certified to international standards such as ISO 9001, 14001, 18001 and 22301.

Under QEHS, risk assessments and operational control procedures are in place to protect workers and maintain a safe working environment. Toolbox meetings, regular safety inspections are conducted to ensure that the system is adhered to.

Some practices implemented at EPS include conducting checks prior to the start of work, during and after. A strict set of house rules and regulations ensure that the principles of safety are instilled in employees. For example, before entering EPS, employees, contractors, vendors and visitors are to ensure that they have authorised entry. Next, they must follow the in-house rules & regulations.

For new employees, orientation, on-job training, continuous improvements, skills improvement and competency will be conducted. Safety Signages, floor demarcations, barricades are placed to warn and deter users from accessing potentially dangerous areas. Safe walkways and workplace accessways have been set up for employees to get around EPS safely.

Additionally, EPS adopted the Japanese methodology of 5S, which is Seiri (to Sort), Seiton (to Set in Order), Seiso (to Shine), Seiketsu (to Standardise), Shitsuke (to Sustain). The methodology provides a systematic approach to organising a work space for efficiency and effectiveness by identifying and storing the items used, maintaining the area and items, and sustaining the new order. Good housekeeping is key to maintaining high safety standards.



Conducting pre-operational checks



Providing a step at the workplace - one step better

Parmarine Provides Safety Training

By Nea Viitanen

Parmarine is hiring more employees as the company would be expanding its Unit Bathroom (UB) plant before the end of Q32017. Between June and August this year, local vocational school, Forssan Ammatti-Instituutti will organize courses for 50 potential new employees of Parmarine. The course will pave the way for staff to learn about UB manufacturing and key in-plant trainings such as forklift and bridge crane operating. Participants will also undergo courses in first aid, occupational safety and hot work. Hot work refers to cutting and welding operations, involving the usage of equipments that emit sparks which may pose as a fire hazard. They are then provided with I.D. cards to certify their completion of the course. The goal of the safety training is to equip new staff with the skills and knowledge to work safely or even save lives.



▲ First Aid Card



▲ Occupational Safety Card



▲ Hot Work Card



EPM Celebrates **500 Accident-Free Days**

Tree Planting by CEO Mr Matti Mikkola

By Dinesh Kumar, Teoh Teik Aun & Kanagarajan

Eastern Pretech Malaysia (EPM) celebrated 500 Accident-Free Days (AFD) for its Beranang and Seelong factories in Malaysia and the adoption of the Japanese housekeeping concept '5S' on 9 March. The 500 AFD was achieved with the support of the Safety, Health and Environment (SHE) department, General Managers, HODs and employees at EPM.

The main celebrations commenced at Beranang with about 300 employees attending the morning assembly and appreciation talk by the Plant SHE officers. Staff and sub-contractors were given two specially designed t-shirts with the AFD achievement and 5S concept emblazoned. In remembrance of the significant milestone and to keep everyone motivated, staff would wear the t-shirts every Thursday and assembly day.

The day continued with a grand housekeeping of the entire factory by staff, followed by a speech by Factory Senior Manager Mr Zainuddin Bin Aspar and CEO Mr Matti Mikkola. A cake cutting ceremony, 5S launch by VIPs, and tree planting event took place shortly after. Employees at Beranang factory were then treated to a lunch reception, followed by a fire prevention talk by the Fire Prevention

Society, a non-governmental organization for members of the Emergency Response Team.

Staff at Seelong also had a celebration at their premises on the same day with assembly, grand housekeeping followed by lunch. The specially designed t-shirts were distributed to employees at the plant. The celebration ended on an enjoyable note with everyone reminiscing the achievement and experience.

To accomplish the feat of 500 AFD, regular internal and external safety trainings were conducted for employees. Every quarter, Forklift & Crane operators attend trainings conducted by SHE officers. Awareness on safety at the workplace was addressed to employees via daily walkabouts, posters and weekly toolbox meetings. Employees are required to perform daily housekeeping of their workplace.

Ensuring that supervisors, engineers and leadsman are well-equipped with the necessary knowledge, they had to undergo compulsory external trainings on First Aid and Automated External Defibrillator, Firefighting and Emergency Response Plan, among others.



Beranang employees and sub-contractors at the morning assembly



Staff at Beranang during the lunch reception



Seelong employees and sub-contractors at the morning assembly

Following this significant achievement, everyone looks forward with motivation to achieve the next milestone of 1,000 AFD. With that in mind, a safe working attitude will definitely be a permanent culture embedded in EPM.

A Story of Commendable Bravery

By Thomas Ng



NOC's CERT (in yellow stripes) fighting alongside SCDF

On 21 March at midday, workers at NSL OilChem Waste Management (NOC) were having their lunch when two Project Operators spotted flames at the pit in the Fixation Plant. They immediately alerted the Incinerator Plant's operators who attempted to put out the fire with fire extinguishers, without success. The fire grew rapidly and the shed of the fixation plant was soon engulfed in flames. Meanwhile, the fire alarm sounded and all personnel were promptly evacuated from the premises to NSL Chemicals.

In the midst of the emergency and chaos, NOC's specially trained Company Emergency Response Team (CERT) firefighters sprang into action instantly, rushing to put on protective suits before fighting the fire. With speed and urgency, they worked as a team to connect water hoses to the fire hydrants, directing water at

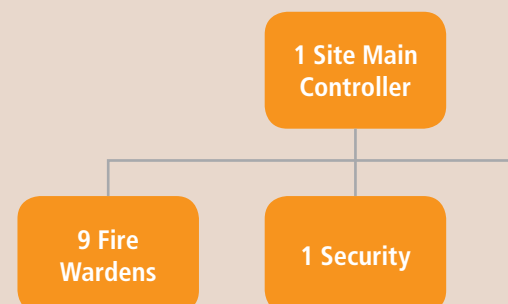
the fire, as well as cooling down nearby oil storage tanks to prevent them from becoming flammable.

Upon the arrival of Singapore Civil Defence Force (SCDF), eight firefighters from NOC continued to assist and support SCDF's officers in the fire fighting for more than 40 minutes. Subsequently, more fire engines arrived and SCDF took over the entire firefighting operation, relieving NOC's firefighters. The fire was fully extinguished two hours later. While NOC's CERT was trained to handle a fire outbreak, the unanticipated crisis caught them by surprise and having fought a fire of this scale was a first for all of them. Their training was put to the test in this incident, highlighting the critical point of having regular drills and practices, as well as having a CERT on standby in all three shifts.



Under Singapore's legislation, NOC is required to set up a CERT. NOC's CERT is a group of 30 first responders who are competently in-house trained in preventing any emergency from escalating into a major disaster. The primary objective of CERT is to mitigate and control an emergency situation during the initial stages prior to SCDF's arrival and also to ensure operational synergy between the CERT and SCDF. According to SCDF, a CERT must be 'capable of containing an incipient threat, by swiftly mitigating an emergency situation according to established plans and procedures transcribed inside the company's Emergency Response Plan during an emergency.'

The company is glad that no one, including the firefighters, was injured



NOC CERT Organization Chart



▲ **NOC firefighters with Management:** From right, Ravi A/L Joseph James (Process Specialist), Guna Seelan A/L Kalimuthu (Process Specialist), Chinnaiyan Anand (Process Specialist), Li De Yin (Lab Technician), K. Hariharan (Process Specialist), Ho Fook Yee (Process Supervisor), Jeffrey Fung (NOC CEO), Dr Low Chin Nam (Executive Director, NSL). Not in picture, Chinnavadugu Veerappan (Process Supervisor) and Singam Raghava Reddy (Process Specialist).

and the management of NOC were appreciative of the courage and quick actions of the eight firefighters in the face of danger. Their bravery was highlighted and acknowledged at NOC's Annual Dinner on 25 March. Chinnavadugu Veerappan (Process Supervisor) and S.R. Reddy (Process Specialist), were later treated to an appreciation lunch in April.

NSL Corporate Communications conducted an interview with some of the firefighters who were at the scene that fateful day to gather some of their thoughts.

NSLink: How did you hear of the fire in the fixation plant?

HFY: When I saw the smoke from afar, I shouted to my team for help and they gathered quickly to grab their firefighters' Personal Protective Equipment (PPE). The fire wasn't too big then.

HH: It was lunchtime and De Yin and I were having lunch when we heard people shouting of a fire.

NSLink: What was your reaction?

HFY: I quickly grabbed the fire hose from the fire hoses cabinet and ran towards the fire; setting it up took me about 3 minutes as the hose was heavy and long. I knew it was important to set it up as soon as possible so that the firefighters can start fighting the fire once they were ready.

LDY: My first reaction was to go and wear my firefighter PPE quickly and rushed to the scene. Some of my colleagues were already at the site trying to put out the fire.

NSLink: What were some of the safety precautions that you took before approaching the scene?

HFY: I stood at a safe distance to fight the fire. The water discharged from the hoses was able to reach a distance of about 30m from where I was standing.

HH: I had to ensure that I controlled my breathing to stay calm and be mindful not to get too close to the fire. I wore the fireman suit, boots and helmet and tried not to inhale the smoke. I wanted to keep the fire under control and hoped for SCDF to arrive fast. It was very hot and exhausting to hold the heavy hose!

LDY: I wore my firefighter PPE but we forgot the oxygen tank because we were anxious to get to the scene. Our priority was to put out the fire. We fought the fire from a distance and hence did not need to go back for our oxygen tank.

NSLink: Did you feel that your training has helped you in handling this incident? How?

HFY: Yes. Thanks to the drills and hands-on practice, I'm quite familiar with the equipment. We were taught safety measures and how to operate the equipment in emergency situations. A fire drill is not as stressful as compared to an actual emergency though!

LDY: I realised that learning how to unroll the fire hose in the fastest way possible was critical in the set up. Knowing how to control the flow of the water with the correct posture also helped in the effectiveness of firefighting.

▼ From left, Hari Haran (HH), Ho Fook Yee (HFY) and Li De Yin (LDY)



6 First Aiders

4 Site Incident Controllers

9 Firefighters

NOC's Safety Programme

By Thomas Ng

NSL Oilchem Group (NOC) is in the business of handling and processing waste oil, chemicals and other industrial waste and naturally, certain levels of risks will exist in its operations. Hence, the management places great emphasis on the safety and health of its employees.

Compulsory Safety Induction Course

A major factor of maintaining high safety standards in the company is awareness. Safety and Health promotion is key to driving home this factor. Life in NOC starts with a compulsory Safety Induction Course, which the Environmental, Safety and Health (ESH) department conducts for every personnel on their first day of work. This is to ensure that they are familiar with NOC's Workplace Safety and Health (WSH) requirements as well as the In-House Rules and Regulations.

Regular Communication

To maintain communication with the ground employees, the ESH team conducts monthly Toolbox Meetings with various workgroups. Findings in the regular inspections, significant accidents and educational videos are shared with attendees. NOC believes that these communication strategies help in shaping the WSH culture in the company and improve the safety mindset of individuals.

Everyone has a part to play when it comes to safety and health at the workplace. As such, the ESH committee is made up of a representative from every department, ensuring that concerns from their colleagues would be brought forward for discussion. Committee members conduct an inspection

on the company's premises once a month, and meet at the monthly ESH Committee Meeting to discuss relevant matters. The meeting is chaired by Mr Raymond Quek.

Comprehensive Training

In NOC, the management recognises that being equipped with the necessary skills and knowledge is important. The ESH department works with vendors to conduct relevant trainings for different workgroups. Some in-house

training sessions include Fire Safety Awareness Training, cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) Training and Emergency Chemical Spillage Training.

Properties and machines are replaceable, unlike human lives. Hence, ESH matters are taken seriously and NOC CEO Jeffrey Fung participates regularly in the ESH Committee Meetings to reiterate this.



▶ Mr Raymond Quek, Chairman of NOC ESH Committee, speaking during Toolbox Meeting



CPR and AED Trainer ▶ overseeing and instructing the First Aiders



NOC Timor Leste wins Shell Macro Distributors' Safety Award

A simple action helped NOC Timor Leste bag first runner-up in Shell's Macro Distributor Health, Safety, Security and Environmental (HSSE) Competition. The competition, held quarterly, aims to motivate and share good HSSE practices among the Macro Distributors of Shell Lubricants by giving monetary rewards to contributors of featured incidents.

Congratulations to the NOC Timor Leste team for clinching the award by suggesting to use an extendable multi-plug so that a colleague's mobile phone charger could be closer to him, eliminating a tripping hazard. Making the smallest change to a daily habit can go a long way. Let's continue to upkeep safety and security in the workplace.

CERT Exercise at Raffles Marina by Home Team

By Ray Parry

The Police Coast Guards (PCG), Immigration and Checkpoints Authority and Singapore Civil Defence Force (SCDF) conducted a joint emergency exercise together with Raffles Marina (RM) staff at the Marina on 28 February 2017. The purpose of the exercise was to ensure that RM's Crisis Emergency Response Team (CERT) were well-equipped and ready to handle a disaster, should it occur.

The exercise started with one of the team members taking on the role of an intruder to the marina, setting a boat on fire and casting it away from the Alpha dock; artificial dry smoke was used to achieve the smoky effect caused by the engulfing "flames" and the vessel slowly drifted away from the dock with smoke billowing from its stern.

The scenario was based on the intruder's motive to divert attention to that particular boat while he set more boats in the lagoon ablaze. Having successfully achieved this aim, he moved to another pontoon to continue his nefarious agenda. In the process of setting a second yacht aflame however, he was "spotted" by RM security staff and fled towards a speedboat moored at the recovery basin.

The security staff alerted the CERT to tackle this second "fire", removing casualties to a safe spot at the same

time. The CERT contacted emergency services seeking their assistance for the land side.

By this time, the intruder had boarded his escape vessel and was heading out of the marina at high speed.

This was the cue for the PCG to move in and intercept him, which they achieved within 500m radius of the exit point of the marina. The intruder was taken into custody and brought back to the marina.

Meanwhile at the lagoon, SCDF had arrived and taken control of the situation from the CERT. The boat that the intruder initially set ablaze had been intercepted by SCDF Marine Command who rapidly extinguished the fire, using their most impressive fireboat.

With the arrival of the Hazardous Materials & Items Specialist Team from nearby Tuas Fire Station, the "fire" at the lagoon was brought under control. A "casualty" was treated, and sent to hospital.

The entire exercise was executed successfully and completed in approximately 30 minutes. Staff were alert and displayed good team work, efficiency and calmness while working under pressure. Valuable hands-on training were executed.

Later, a debrief was arranged at the Theatre. Officers involved in the operations shared feedback on RM CERT's performance.

This exercise was invaluable and a great way to practice RM's readiness to handle emergencies. RM thanked the agencies which participated and look forward to executing future drills again.



SCDF Marine Command's Fireboat in action



RM's CERT putting out the "fire"



Vessels of the Home Team: PCG working with SCDF Marine Command during the exercise



RM CERT with SCDF officers and firefighters from Tuas Fire Station

Recent Projects Awarded to Eastern Pretech

By Yong Chiang Boon

Eastern Pretech Singapore (EPS) was awarded a string of projects in the Public and Private sectors.



Proposed JTC Furniture Hub at Sungei Kadut Street 2

Public

Located close to EPS in Sungei Kadut, the 10-storey JTC Furniture Hub will be the first high-rise and multi-tenanted development to cluster both furniture and furniture-related companies in Singapore, and is expected to be completed by the end of 2018. EPS is supplying hollow-core slabs for the project, with a total precast of 44,000m².

Selarang Park Complex at Upper Changi Road

| | |
|------------------------|---|
| Products Supplied | Hollow-core slab, precast plank, precast wall & precast staircase |
| Total Precast Volume | 9,000m ³ |
| Expected Delivery Date | June 2017 |

Custom Command Complex at Jalan Bahar

| | |
|------------------------|---|
| Products Supplied | Hollow-core slab, precast plank, precast wall & precast staircase |
| Total Precast Volume | 4,000m ³ |
| Expected Delivery Date | July 2017 |

PUB Water Hub Extension at Toh Guan Road

| | |
|------------------------|--|
| Products Supplied | Hollow-core slab, precast column, precast wall & precast staircase |
| Total Precast Volume | 1,000m ³ |
| Expected Delivery Date | July 2017 |

Private

In the private sector, one major project will see EPS supplying hollow-core slabs, amounting a total of 60,000m² for a 12-storey ramp up industrial development at Tuas South. The development is owned by Diamond Land Pte Ltd and the expected delivery date is July 2017.

Integrated Construction & Prefabrication Hubs at Airport Road

| | |
|------------------------|----------------------|
| Products Supplied | Hollow-core slab |
| Total Precast | 18,000m ² |
| Expected Delivery Date | July 2017 |

7-Storey Light Industrial Building at Kung Chong Road

| | |
|------------------------|---|
| Products Supplied | Hollow-core slab, precast plank, precast wall & precast staircase |
| Total Precast Volume | 2,040m ³ |
| Expected Delivery Date | August 2017 |

Global Switch Data Centre at Woodlands Avenue 7

| | |
|------------------------|--|
| Products Supplied | Hollow-core slab, precast column, precast wall & precast staircase |
| Total Precast Volume | 6,620m ³ |
| Expected Delivery Date | August 2017 |

EPM Clinches *Landmark Project in* **Jalan Bukit** **Bintang, Kuala** **Lumpur**

By Lee Mun Sam

Eastern Pretech Malaysia (EPM) has secured the tender for the supply of hollow-core slabs and planks of approximately 25,000m² together with precast staircase in May for Bintang Plaza, a 40-storey office tower in Kuala Lumpur, Malaysia. The project is due for completion in 2019.

The landmark is located at Jalan Bukit Bintang, well known for numerous high end retail strips, highly lucrative commercial and hospitality hubs. Shaped like a jagged shard, the building's design is also set to qualify for a Gold Rating in Malaysia's Green Building Index.

Bintang Plaza ►



DPC Awarded **Four Seasons** **Hotel's Staff** **Accommodation** **Project**

By Henrik Jensen

Dubai Precast LLC (DPC) is proud to be awarded two blocks of a five-storey Four Seasons Hotel's staff accommodation project in Dubai.

This project, valued at AED 8.8 million (about S\$3.3 million) was secured on 12 March 2017. The scope of work includes designing, producing, transporting and erecting two blocks of the building. Altogether, 4,065m³, about 2,350 of precast components and 3,414m³, about 2,450 of hollow-core slabs were used. The overall design works have been approved while detailed design works are still ongoing.

Production works of the precast components are underway and the expected completion date is 3Q2017.



▲ *Current construction site, Dubai*

EPS to Be Audited For **PBU Manufacturer Accreditation Scheme**

By Chee Jiawei and Jason Lim

Eastern Pretech Singapore (EPS) supplied its first Prefabricated Bathroom Unit (PBU) in 1995. PBU is a volumetric precast component with its modules assembled in a factory before being transported as a full unit to the construction site for direct installation. This prefabrication process helps to improve on-site productivity by reducing manpower, thus shortening the overall construction timeline. In recent years, this building technology has increased in popularity, with the

government supporting technologies that improve productivity.

The Singapore government has been actively encouraging developers and main contractors to adopt the practice of using PBU. In 2014, the use of PBU was made mandatory in all Government Land Sale sites. At least 65% of all bathroom units have to be prefabricated. Recognising the increased popularity in PBU over the years, EP seeks to obtain the PBU Manufacturer Accreditation Scheme

which is administered by the Building and Construction Authority (BCA) and the Singapore Concrete Institute (SCI).

Officers from BCA and SCI visited EP's plant in Singapore on 8 and 9 May 2017 for a plant audit. The objectives of the audit were to conduct an assessment of the manufacturing process, verify and validate the quality plans and identify areas for continual improvements. The audit is still ongoing and EPS hopes to get accredited by the end of June 2017.



A completed PBU



Inspection of caging prepared at rebar yard by BCA officer



Rock and Roll at Hard Rock Café

Staff at NSL, NSL OilChem (NOC) and NSL Chemicals (NSC) rocked and rolled their Saturday at their annual dinner held in Hard Rock Café Singapore. NOC also took the opportunity to celebrate their 20th anniversary with a big bang at the event on 25 March.

Dr Low Chin Nam, Executive Director of NSL gave an opening speech. A cake cutting ceremony was held together with Jeffrey Fung, CEO of NOC and and Dr See Soo Loi, CEO of NSC. Along with other long service award winners, Mr Fung and Dr See were awarded for their 20 and 25 years of long service respectively.

A special mention and token of appreciation was given to the team who battled the fire at NOC. Read about their commendable bravery on page 10.

After everyone had filled their stomachs, the boisterous host led the crowd in stage games and entertainment. Dr Low and Mr Fung were game enough to come on stage and join in the dancing with the participants. Several lucky participants won big prizes while some performed impressive stunts and groovy dancing. 'Oppa gangnam style', anybody?



EPM's Cultural Nite

By Lee Mun Sam

Eastern Pretech Malaysia (EPM) held their annual dinner on 18 February at Hotel Bangi Putrajaya, Kuala Lumpur. The theme of the dinner, Cultural Nite, saw some 300 staff and external performers turning up in dazzling cultural costumes which showcased Malaysia's rich and diverse heritage.

For one night, it felt like everyone was back in touch with their ancestral roots dressed up in their customary garb. Staff indulged in the eight-course meal and some of them took part in stage games and traditional dances with performers in their elaborate costumes. The lucky draw featured many attractive prizes and CEO Matti Mikkola presented Certificates of Appreciation to the Sports, Welfare and Recreational Committee members in appreciation of their efforts to organise activities for EPM in 2016.



Cooking Workshop

In March, staff in Singapore offices learned how to bake salted-egg yolk cookies, a hot favourite among locals, and jelly in eggshells. Participants liked the easy-to-do recipes which they could replicate at home.



Creating their jellies at EPS!



Staff at NOC and NSC: Let's hope the cookies will turn out yummy!

Night Cycling 2017

This year's edition of night cycling saw 28 participants starting the event at Lower Seletar Reservoir Park and following the Park Connector Network on a 15 kilometre route on 5 May. The ride tested their stamina and strength as participants pumped their legs up and down the hilly route. They stopped for a brief respite to enjoy an idyllic view of Mandai Reservoir.

After riding along the Connector, with bustling construction sites on their left and dusty trucks roaring past on the right, riders were finally rewarded with a cool breeze from the sea when they ended the trip after two hours at Woodlands Waterfront Park.

They enjoyed the sunset at the jetty that edged out from the park and proceeded to have their dinner at the restaurant there.



▲ With all the work to get here, it is now time to eat!

◀ All set and ready to go!



The first group to arrive at Mandai Reservoir.

Distracted Walking ON THE RISE!

You have seen alarming headlines and read about horror stories of 'petextrians' who got into accidents while using their mobile phones on the road. Pedestrians formed the second largest group of road traffic fatalities, behind motorcyclists and pillion riders. In most cases, the pedestrians were either crossing heedless of traffic or had failed to use available pedestrian crossing or even guilty of both!

Several recent studies have shown that people who use their phones when walking or driving have slower reaction time and pay less attention to their surroundings. You can choose not to contribute to the statistics with the following tips below to stay safe on the road as a pedestrian:

- If you must use headphones or other electronic devices, maintain a volume where you can still hear the sounds of traffic and your surroundings.
- While you walk, focus on the people, as well as the objects and obstacles in front of and around you.
- Don't jaywalk. Cross streets carefully, preferably at a traffic light, remaining cognisant of the pedestrian traffic flow and the cars and bikes in and near the road.
- Look up, not down, especially when stepping off or onto curbs or in the middle of major intersections; and/or when walking or approaching on stairs or escalators.
- If you need to talk to a child or the person next to you, make a phone call, text or other action that could distract you from the goal of getting where you need to go safely, stop and do so away from the pedestrian traffic flow.

Distracted by a cell phone, pedestrian struck by car and killed

Published: Sunday, November 23rd 2014, 8:21 am SGT
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The driver that hit the victim was not cited. (Photo Source: WMC Action News 5)

MEMPHIS, TN (WMC) - Travis Peeler says he was driving behind the vehicle that hit 31-year-old pedestrian Ira Meadows. Police blame the entire accident, which took place on Coleman Road at Stage Road, on a cell phone.

"I was right behind them when it happened," said Travis Peeler. "And the vehicle accidentally struck a gentleman. The gentleman was distracted by a cell phone, he was walking actually in the middle of the road."

Police are still investigating, but according to a preliminary report, the driver of a Jeep Cherokee crashed into Meadows, who was walking in the middle of the street. The driver stated that she didn't see Meadows at all because he had on dark clothing.

Source: WMC Action News 5, USA

CRIME, COURTS, CALAMITY | CALAMITY

DISTRACTED BY PHONE, WOMAN KILLED CROSSING CHONBURI ROAD

By Sasiwan Mokkhasen, Staff Reporter - May 11, 2017 11:53 am



Sudchada Buripia talks on her mobile phone as she crosses a road Wednesday in Chonburi province moments before she was struck by a speeding car.

CHONBURI — A woman struck by a car as she crossed a road while talking on the phone in dramatic footage circulated online has died, police said Thursday.

Sudchada Buripia, 40, was seen talking on her mobile phone while crossing a four-lane road in the Si Racha district of Chonburi province on Wednesday when she was struck by a car and sent flying through the air.

Footage of the incident from another vehicle's dash cam quickly found its way online. After passing the first three lanes safely, the school janitor did not look for oncoming

Source: Khaosod English, Thailand

8 Tips to Eat Well Without Guilt

By Singapore General Hospital Dietetics Department



Want to learn how to eat well without feeling guilty? The Department of Dietetics at Singapore General Hospital (SGH) shares 8 simple tips.

Eating Well: Tips from Our Dietitians

Singaporeans love their food, and it's possible to eat well without feeling guilty with these eight golden rules from the dietitians at Singapore General Hospital (SGH), a member of the SingHealth group.



Variety is the Spice of Life

No single food can provide all the nutrients your body requires every day. Select a variety of foods from the different food groups. Eat more rice and foods that provide carbohydrates and dietary fibre, a moderate portion of fruits and vegetables, a small amount of meat and protein-rich foods, and minimal fat, oil, sugar and salt.



Forget Extremes, Eat Sensibly and in Moderation

Do not go to extremes if you want to achieve and maintain a body weight that falls within the normal range. Food provides us with the energy to perform a full range of daily activities. To help us stay trim and fit, our energy input (what we eat) should be balanced by our energy output (what we do).

**Enjoy Grains**

Enjoy foods that are rich in carbohydrates or starch, dietary fibre, vitamins and minerals. Grains and grain products make up some of Singapore's favourite foods, including noodles, pasta, chapati, lontong and porridge.

**Remember Your Fruits and Vegetables**

Most vegetables and fruits are low in calories and high in dietary fibre, vitamins and minerals. Eat two portions of fruits and two portions of vegetables every day. Add colour, taste and health to your meals with bright green, leafy vegetables, red chillies and tomatoes, as well as fruits like papaya, banana, watermelon, starfruit and longan.

**Cut Down on Fats**

Choose and prepare dishes that are low in fat, especially saturated fats. Weight for weight, all types of fat have more than double the caloric value of carbohydrates and proteins. Cut down on your fat intake to significantly reduce your total caloric consumption.

**Reduce Salt, Go Natural**

Use less salt and sauces. Salt or sodium occurs naturally in all foods as well as in table salt, seasonings, ready-made sauces, preserved and processed foods. Reduce your salt intake gradually and you will soon begin to appreciate new tastes and subtle flavours that would otherwise have been overwhelmed by salt.

**Go Easy on the Sugar**

A good way to reduce calories is to cut out sugar by taking fewer sweet drinks. A can of soft drink consumed twice a day adds to your sugar intake by about 15 teaspoons of sugar or 280kcal a day!

**Alcohol in Moderation**

Alcohol contains calories and excessive drinking can lead to weight gain, heart problems and alcohol dependency. If you must, take no more than two standard drinks for women and no more than three for men.

Information adapted from Where is the Fat? Cookbook, which is available at SGH Pharmacy, Block 4.

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