

SCOPE

1st Quarter 2021
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PCS Open Dialogue with PCS Management & PCC



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• Leong Wan Tian • Benjamin Tan • Joyce Sim



Annual PCS – Contractors HSE Meeting 2021



Benjamin Tan
Olefin-II



the importance of HSE should continue, as we strive to ensure that we do the “right things right”.

It was heartening, therefore, to see that our core beliefs are shared by our contractor companies, as representatives from 32 contractor companies took the time to join in this annual meeting.

The meeting started with the opening address by PCS Managing Director, Mr Akira Yonemura. In his speech, Mr Yonemura commended PCS staff and contractor partners for adapting well to the COVID-19 pandemic, the effective roll-out of the Business Continuity Plan (BCP) and the adopting of the Safe Management Measures (SMM). 2021 being a Shutdown Maintenance (SDM) year, Mr Yonemura urged all involved to plan and execute the programmes and activities with health and safety firmly in mind, with the added consideration of the COVID-19 pandemic situation and alignment with SMM.

PCS General Manager (Plant) Er. Lucas Ng then delivered the keynote address, where he acknowledged the role that contractor partners and the Petrochemical Complex Contractors Association (PCCA) have played in helping to navigate through an unprecedented year of challenges in 2020. Er. Ng emphasised that while HSE performance was good in 2020 despite the COVID-19 situation, complacent going forward into 2021, but we should maintain a sense of vulnerability so that we continue to ensure the highest standards in our health and safety processes and practices. Looking ahead to the SDM for PCS-II plants this year, Er. Ng urged contractor companies and contractor managements teams to familiarise themselves with the PCS's safety and health management system, including the One-stop SDM Centre system which has proved effective in our SDM Management and Control to prevent miscommunication.

Next, Olefin-II Manager, Mr Leonard Chong presented a review of the past HSE performance for the year 2020. 2020 was another significant year for our HSE performance, as we achieved the notable

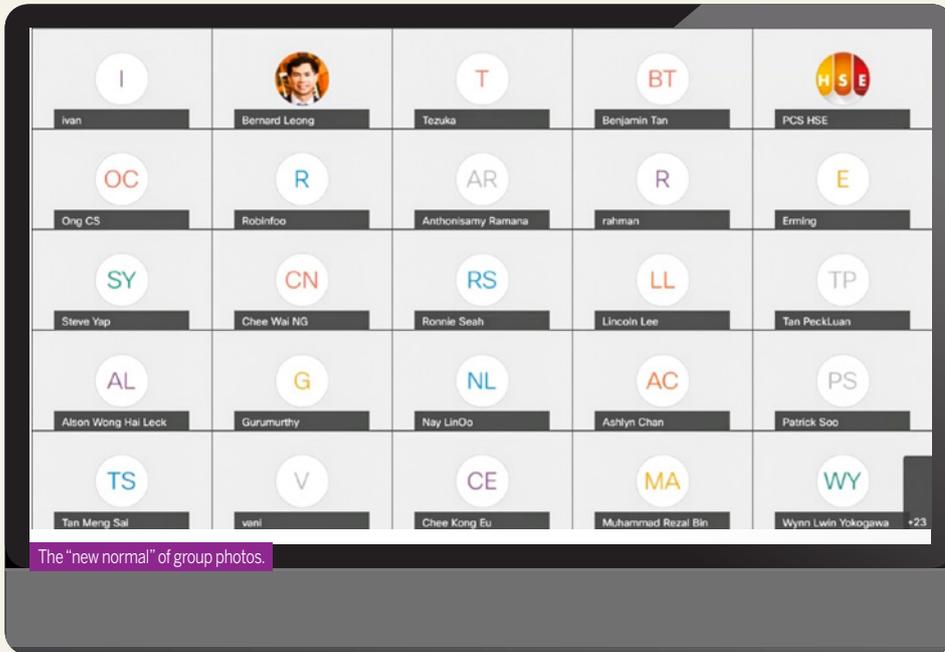
In the past year, the COVID-19 pandemic has impacted our lives and much has changed in terms of the ways people meet and interact with one another. Notwithstanding this, some things should not change regardless of the circumstances – and one such thing is our continued emphasis on the importance of everyone working together to make PCS a safe workplace. Effective communication plays a key role in ensuring engagement between PCS staff and contractors.

Hence, as we come to the time of the year for our Annual PCS-Contractors HSE Meeting, there was no question that “the show must go on” as the saying goes. While it is prudent in these times to avoid large gatherings and face-to-face meetings, we were determined not to miss this opportunity to gather PCS Management, staff and contractors together, and to seek common understanding and alignment of our goals, objectives and challenges in terms of our Health, Safety and Environmental performance in the year 2021.

With that, as with many other meetings this year, the Annual PCS-Contractors HSE Meeting 2021 was held virtually on 21 January 2021 via WebEx. The change from our usual meeting place of Merbau Room was regrettable in many aspects

– we were not able to see each other face-to-face, we missed the pre-and post-meeting chats and conversations, and of course, we could not have the post-meeting buffet lunch that we have come to expect and enjoy over the years.

Despite the regrets, we have to be proud of ourselves in the way that we have picked up new IT skills over the past year, making use of the available technologies to ensure that our objectives continue to be met despite the constraints that are in place. In some ways, this is a reflection of our commitment to HSE. With or without the pandemic, circumstances at the workplace may change over time, and technology may continue to evolve and change the way that we work. However, regardless of the changes taking place, our core beliefs in



contractor companies for their good HSE performance through the presentation of Safety Performance Awards. While we were not able to present the awards in the meeting this year, we would still be demonstrating our appreciation by presenting the awards physically to the respective award recipients at a separate occasion, albeit in small batches and limited group sizes.

In the dialogue session that followed, representatives from contractor companies raised their concerns regarding the execution of SDM given the COVID-19 situation and SMM. PCS Management acknowledged the concerns and encouraged contractor companies to share their experiences and good practices observed through their work at other sites. Last but not least, the meeting concluded with a closing address by PCS Deputy Managing Director, Mr Chiew Nguang Yong.

milestone of combined 45 million hours worked without Lost Time Incident (LTI) on 27 January 2020.

Following the 2020 review, Health, Safety & Environment cum Quality Control Manager, Er. Bernard Leong presented the Responsible Care® and Objectives & Targets for 2021. He highlighted the importance of a HSE competent workforce and shared how human error has led to 2 significant process safety incidents in the past – Piper Alpha (1998) and BP Texas City (2005). There is therefore a need to reduce human errors in transient operations by reviewing competency-based training and facilitating effective knowledge transfer.

Chairman of PCS Maintenance Contractor HSE Committee, Mr Ivan Apostol, next

presented on PCC/PCCA activities in 2020 and the WSH Action Plan for 2021. He shared how PCS/

PCC Management has implemented measures and supported the contractor companies through the Circuit Breaker period and subsequent Safe Re-start. He also emphasised the importance of the full participation and support from every contractor company, to continue to ensure compliance and alignment of Safe Management Measures, and to achieve the targets and objectives for 2021.

Traditionally, this Annual PCS-Contractor Meeting has also served as a platform for recognising in-house

Because of the nature of the virtual meeting, the meeting was planned to be short and concise. Nevertheless, the one-and-a-half-hour meeting was a meaningful one, as we set the tone and expectations for the year ahead.

2020 was another significant year for our HSE performance, as we achieved the notable milestone of combined 45 million hours worked without Lost Time Incident (LTI) on 27 January 2020.



Contractors Safety Set Target (CSST) and Long Service Award Presentation



Tan Peck Luan
HSE



PCCA President Mr Apostol Ivan Lee receiving CSST Award from PCS GM(P) Er Lucas Ng HK

A simple ceremony was separately organised on 11 March 2021 for PCS GM(P) Er Lucas Ng HK to present the awards to the Contractor Companies. Coincidentally, that day also marked 17 years of combined PCS employees and contractors worked without a Lost Time Incident. A total of 27 Contractor Companies received the Contractors Safety Set Target (CSST) award for achieving zero Lost Time Incident in year 2020. Three HSE personnel from Petrochemical Complex Contractors Association (PCCA) member companies were awarded Long Service Awards in recognition for their dedicated contributions and efforts in ensuring a healthy and safe workforce. Sumitomo Chemical Engineering Singapore Pte. Ltd. was also awarded a plaque for the safe and successful completion of the 2SS Waste Heat Boiler Modification Project.

The ceremony was held in adherence to the prevailing workplace Safe Management Measures. Contractor Companies were scheduled to receive the awards at staggered timings thus limiting the number of people present at any one time, with the wearing of masks and safe distancing between individuals being maintained.

Traditionally, an award presentation ceremony will be held during the Annual PCS-Contractors Health, Safety and Environment (HSE) Meeting to present PCS in-house Contractor Companies with commemorative certificates and/or plaques for achieving specific safety milestones. However, with the current COVID-19 Safe Management Measures (SMM) in place, the Annual Meeting this year was held virtually on 21 January 2021.

Mr Asbullah Bin Yahya

Singapore Takada Industries Private Limited

First of all, I feel honoured for being recognised for the 10 years of contribution and dedication in PCS and PCCA. My 10 years of service here is concurrent with my 10 years of service with Singapore Takada Industries Private Limited.

Getting myself involved in PCS and PCCA HSE activities had been insightful. I work hand in hand with other PCS staff and Contractors Companies' HSE representatives to upkeep the safety and wellbeing of all workers working in PCS. On a routine basis, we carry out HSE site patrols at several locations including the plants, workshops, storerooms, offices and rest areas. Through 'Speak Out for Safety', 'Behaviour Based Safety Observations' and 'STop And Report' programmes, we are able to communicate and share important information with regards to HSE issues. As time went by, I got to know and work with people from different backgrounds and cultures. All of us became great friends, co-operating together when we encountered issues. Occasionally, we celebrate milestone events and cultural festivals together like one big happy family.

Finally, I would like to stress that successful missions were achieved by having open and friendly conversations and discussions, brainstorming and wise decision making - from top Management to workers' level. Every day is a learning day. Thank you very much PCS and PCCA for this long service award.



Mr Asbullah Bin Yahya receiving Long Service Award from PCS GM(P) Er Lucas Ng HK





Mr Patrick Soo
Foster Asia Pacific Pte Ltd

Thank you PCS for the 5 years long service award. I have been with Foster Asia Pacific Pte Ltd as a site supervisor for 18 years and as a site manager for the last 5 years.

I have been attached to PCS throughout my entire 18 years with Foster Asia Pacific Pte Ltd, going through multiple PCS SDMs and projects. All this time, I have ensured that our company upholds the high level of HSE standards in compliance to PCS' policies.

As an in-house contractor company working in PCS, we will always work together with PCS to achieve good HSE performance. Thank you.

Ms Shahidah Bte Mohamad Noor

Meisei International Private Limited/Petrochemical Complex Contractors Association

I am so honoured and grateful to be the recipient of this PCCA Long Service Award. I am glad to be part of the team and will continue to give my support.



Ms Shahidah Bte Mohamad Noor receiving Long Service Award from PCS GM(P) Er Lucas Ng HK

Decentralized Mass Tool Box Meeting (MTBM) 1 March 2021



Lim Kian Huat
Maintenance



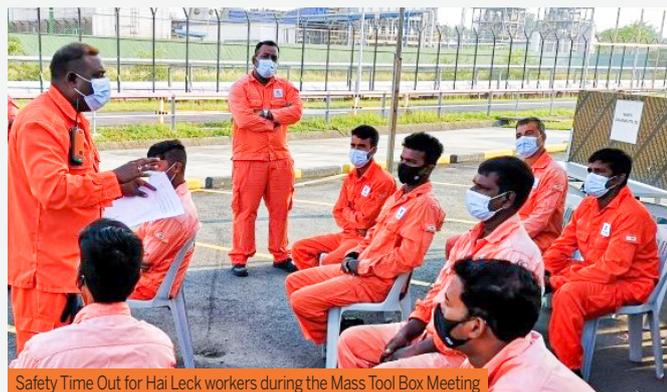
GMP Er. Lucas Ng delivering his HSE message

incident left 3 workers dead and 5 in critical condition. There were also 3 deaths due to falling from height, 4 deaths arising from being caught between objects and 1 work-related traffic accident. PCS and our Contractors believe that every accident is preventable if every one of us does our part to ensure all unsafe acts and unsafe conditions are reported and rectified immediately through our Behaviour Based Safety Observation, Safety Patrol by Management and Staff, and Speaking Out for Safety programmes. Lessons

With all stakeholders as our partners, we constantly stay vigilant to renew our Total WSH commitment for continued HSE excellence.

were also learnt from our Near Miss reporting system and regular sharing of lessons learnt from case studies that happened both locally and elsewhere.

With all stakeholders as our partners, we constantly stay vigilant to renew our Total WSH commitment for continued HSE excellence.



Safety Time Out for Hai Leck workers during the Mass Tool Box Meeting



Safety Time Out for KYC workers during the Mass Tool Box Meeting

Management HSE Site Visit 22 Feb 2021



Leonard Chong
Olefin-II

In the afternoon session, Olefin-II's inspection group comprised of GM Plant Er Lucas Ng, Leonard Chong, Timmy Lim and Eric Tan.

Both groups were led by GM Plant Er Lucas Ng, and followed the visiting route planned by plant Managers.

Before commencement of the site visit, the Plant Manager presented a short brief of the plant status, safety precautions and a round-up of previous site visit findings and follow up status.

At the end of the site visits, Management's comments, all findings and recommendations were recorded and related functions would promptly follow up to close gaps or for further improvements. The findings include the correct application of operations tools, facilities improvement pertaining to on-stream inspection and post-job inspection requirement etc.

In summary, Management HSE Site Visit is an important HSE activity that promotes HSE awareness and motivates each and every one, employees and contractors, to strive to do better in every aspect of Health, Safety and Environment. Management's visible support and commitment would continue to strengthen our Safety Culture with continual improvement.

Regular workplace inspection indeed forms an important aspect of the overall Health, Safety and Environment programme and management system, so that potential hazards and unsafe acts can be uncovered and identified for prompt corrective actions. Touching base with the ground with physical presence also provides good opportunity to check the effectiveness of existing safety measures and practices at actual work site conditions, as well as asset integrity for improvement.

As a positive demonstration of company Management's commitment to HSE activities, bi-monthly site visits by Management is always being planned, with encouraging participation across functions and contractors' companies representatives. These regular site visits are often engaging and conscientiously stimulate improvement in our current HSE practices via unique teamwork which is one of the key elements in PCS safety culture.

In view of the current COVID-19 situation and BCP restrictions, a small group of limited 4 participants was convened to participate in February's Management HSE visit to Olefin-I and Olefin-II plants, on 22 Feb 2021. Representatives from Operation, Maintenance and HSE functions were gathered.

In the morning session, Olefin-I's inspection group comprised of GM Plant Er Lucas Ng, Jack Ho, Timmy Lim and Eric Tan.

A Different Lunar New Year Celebration 2021



Lim Kian Huat
Maintenance

The celebration is also an occasion for PCS Management to thank our contractor partners for their contribution and support towards continued safe and reliable operation of PCS plants.

Due to the prevailing COVID-19 restrictions on events of mass gathering, the event was modified to focus on safe management measures while treating our 600 workers to a sumptuous bento lunch. The event this year was held on 5th February 2021.

A pre-recorded video message was delivered by PCS General Manager Plant (GMP), Er. Lucas Ng. The message was brought to the contractors' workers on the screens at the PCC rest shelter. The video message was also made available through email and WhatsApp to reach contractors' managers, supervisors and foremen.

In his address, GMP reiterated that PCS is always prepared to commit additional resources to improve on the well-being of our staff and workers. He noted that while our workers are separated from their families and loved ones, technology helps to bridge the physical distance that

resulted from the Covid-19 pandemic. He urged all workers to keep in touch with video calls to their loved ones while we await for cross-border travel to resume. He also added that PCS is ever receptive to our workers' suggestions to sustain our HSE practice.

Concluding his address, GMP Er. Lucas Ng wished everyone a safe, healthy and prosperous year of the OX!



No raw fish tossing ritual for good fortune but a nice bento set lunch for all the 600 contractor workers was much appreciated.



Bento lunch at A+ Engineering office



GMP Er. Lucas Ng delivering his HSE message

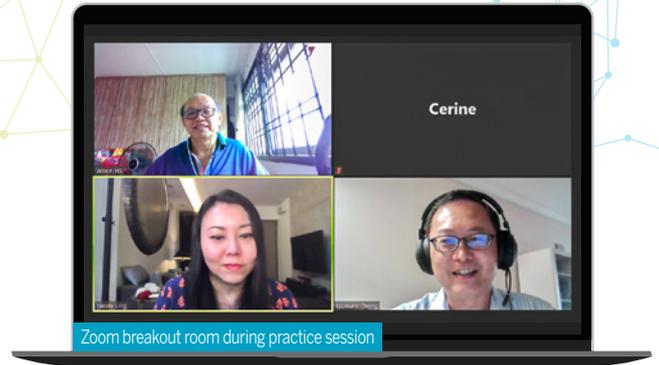
The Lunar New Year celebration is a regular annual event that brings PCS and the contractor workforce together for a Lo Hei, tossing up for good fortune followed by lunch.

Workshops on “Workplace Mental Health Awareness for Managers, Supervisors & Team Leaders”

3rd/10th/17th/24th March



Cerine Lim
HR & Admin



What Is Mental Health?

Mental health is about how we think, feel and behave. Anxiety and depression are the most common **mental health** problems.

They are often a reaction to a difficult life event, such as bereavement, depression, but can also be caused by **work-related** issues.

Workplace Mental Health: Wellness programme developed to care for the mental and emotional health of employees, eg **EAP (Employee Assistance Programme)**.



The virtual workshop provided basic knowledge and key skills applicable in a counselling conversation. The knowledge acquired is useful as it is not only restricted to our co-workers. It is important to note and how to seek professional assistance through EAP which is crucial for our colleagues if need arises.

- Tan Thian Chye (Olefin-II)



As part of PCS ‘Mental Well-Being at the Workplace’ initiatives, we engaged Ms Nicole Ling from 360° Psychology & Consulting to conduct 2-hour virtual workshops, “Workplace Mental Health Awareness for Managers, Supervisors & Team Leaders”, to guide our Managers and Supervisors on the importance of Mental Health at the workplace.

This roll-out was conceived primarily with the launch of the tripartite advisory in November last year given the COVID-19 pandemic situation that triggered concerns on the mental health of workers. During the pandemic, different work practices have been adopted, leading to significant changes to work content and context that could have contributed to work stress for some employees. The key intent here is to support our employees’ mental well-being by providing resources in some focus areas that could help the Managers and our staff better cope with this and manage it more effectively.

The workshops were designed and conducted via live streaming on Zoom. Nicole shared with the participants common mental health issues and how the leaders could offer assistance to their

team members who may encounter such issues. “Communication and empathetic listening”, “Managing difficult emotions



The workshop on Workplace Mental Health couldn’t have been organised at a better time! The Instructor gave good guidance on ‘Basic Counselling’ skills that can be applied straight away at the workplace if team members are in need of such help. The session highlighted the differences between Coaching and Counselling and guided the participants with the dos & don’ts of counselling. Participants also understood how employees could seek help using the PCS Employee Assistance Programme (EAP). Thank you HRA for arranging this workshop!

- P. R. Krishnan (Maintenance)



at the workplace”, “How to make referrals for professional help” are some of the areas that were covered. There was active participation which was encouraging and we certainly hope our colleagues have found the sessions informative & beneficial for them.

As we embrace this new normal, let’s continue to stay mindful and happy!



Introducing Purchasing Function



Viclaus Yip
Purchasing



Purchasing Function Team photo.

“No, the price is still high! You need to give me a better offer and no more pockets!” the Purchaser’s phone call cuts through the morning.

At the other side of the phone call, profit margin calculations restart and management approval reports have to be rewritten.

Exploring opportunities to save cost such as the instance described above is part and parcel of the Purchaser’s day in the office.

Purchasing job is defined as the optimal procurement of the right goods and

services of the right quality and quantity, at the right time and the right price from the right source.

Our Function’s motto has always been to: “Never Fear to Negotiate. But Never Negotiate with Fear!!”

Except for Feedstock purchase, practically all other procurements (whether major equipment or minor parts) are covered



Purchasing Manager, Fong Yeng Keong

by Purchasing. Being one of the two Functions that issues Purchasing Orders, procurement work usually involves leverage over suppliers and Purchasing staff take pride in carrying out their duties with honesty, integrity and fairness in accordance with the Purchasing Policy including Anti-Bribery and Corruption Guidelines.

Purchasing Function works and coordinates closely with Operation Functions, Maintenance, Engineering and other Supporting Functions (including Legal) within the Company, Suppliers, Vendors, Contractors and even Statutory Organisations.

In this manner, Purchasing acts as a liaison between Users and Suppliers, ensuring the right quality of goods are supplied on schedule and also provide unfailing support to facilitate smooth and efficient production, maintenance and construction programmes in PCS.



Purchasing Officers: (Left to right) David Tng, Jescinda Yeoh, Viclaus Yip.



Working in Purchasing not only requires a certain level of IQ (intelligence quotient), but also a high EQ (emotional quotient) in order to withstand emotional demands, expectations and responsibilities. This may not be fully understood or recognised by others. - David Tng

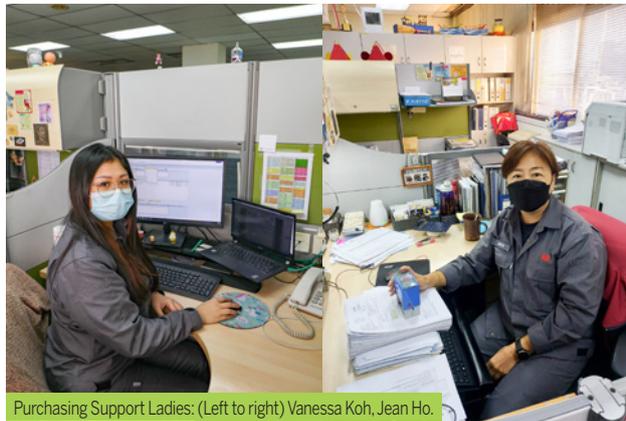


In addition, Purchasing also lends a hand to the other Functions in the disposal and/or sale of redundant items such as scrap materials and empty drums. This ensures that unwanted equipment beyond repair and materials are properly and safely removed from PCS premises, and also provide PCS an avenue to salvage any remaining cost from these unwanted materials.

In addition to Procurement staff, Warehouse staff are also part of the Purchasing Function. Warehouse staff co-ordinate all goods (purchase order issued) deliveries into PCS, perform joint inspection of goods receipt, goods issue and inventory monitoring.

We have four warehouses. General items are kept in Warehouse 1; Warehouse 2 stores chemicals and lubricants; general spare parts are put in Warehouse 3 and Warehouse 4 stores the heavy duty parts.

Other Warehouse work includes delivery of chemicals to support Plant operations as well as collection of samples for QC. It is also one of the main contributors of FINDS in Commercial and has an excellent HSE record over the years, having to participate in Safety and health Working Committee (SWC) inspections and Safety Audits (both internal and external) with no major adverse observations.



Purchasing Support Ladies: (Left to right) Vanessa Koh, Jean Ho.

“ Working in Purchasing requires strong fortitude, an enduring spirit and especially, perseverance. This is not a job for the average person!
- Jean Ho



Warehouse Staff (Left to right): Sarimah bte Sulaiman, Viclaus Yip, Ramasamy s/o Pattappan



Prepare and prevent. Don't repair and repent. - Viclaus Yip



Warehouse 1



Warehouse 2



Warehouse 3



Warehouse 4



Ramasamy's STAR Logo

Oozing with inspiration, Ramasamy, also made us proud when his entry for 2015's HSE Stop And Report (STAR) Logo Design Contest won the top prize! This STAR Logo has been registered as a trademark in PCS since 20 December 2019. Ramasamy has certainly left his footprint in the Company!

Moving forward with the digital economy, Purchasing is also looking towards embracing procurement automation in order to achieve a more efficient overall supply chain management. We have implemented E-Purchase Orders (EPO) successfully since March 2019 and looking further into Electronic bidding, E-Invoice processing and Warehouse E-Material Management. We are set to become paperless and digital, heading to revamp the procure-to-pay process!

Our Purchasing colleagues have also been recognised for demonstrating safe work behaviours, with Jescinda being the first to be awarded the monthly BBS Exemplary

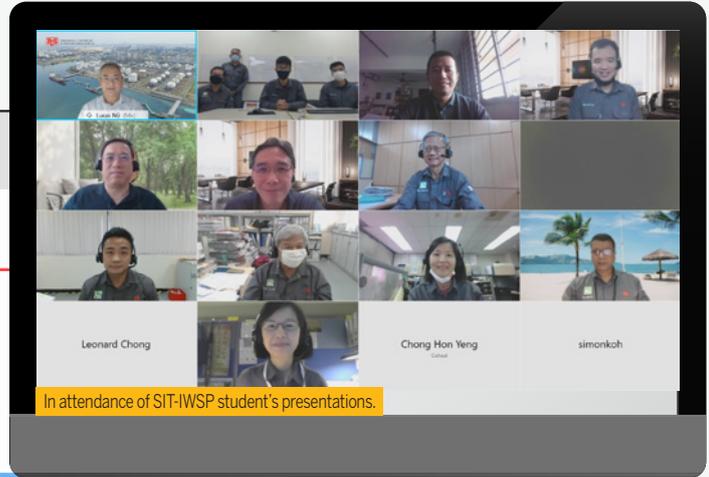
Safe Staff Role Model in May 2016, followed by Ramasamy in November 2019 and recently, Jean in May 2020 respectively.



Singapore Institute of Technology Integrated Work Study Programme (SIT-IWSP)



Chong Hon Yeng
T&O Plant Services



PCS has been supportive of the Institute of Higher Learning (IHL) Industry Attachment (IA) programmes.

The IHL-IA programme is critical in providing students with a first-hand experience of what a career in the Chemicals industry is like, and in shaping the perception that students have of the industry. As such, improving the IA experience for the students would be a good way to attract them to the industry.

Objectives of the Industry Attachment are:

- ➔ Provide students with on-the-job training, acquiring skills and knowledge relevant to their course of study
- ➔ Allow students to develop practical knowledge and skills relevant to their future careers
- ➔ Allow students to assess if there is an "organization/job fit" between themselves and The Company
- ➔ For companies to be an industry partner of choice and good corporate citizen in engaging and supporting the community at large, especially with Institutes of Higher Learning (IHL)
- ➔ For companies to identify, recruit, and retain high-quality candidates for employment upon graduation

(above excerpt from TECHNICAL SCHOOL INDUSTRY ATTACHMENT PROGRAMME GUIDE by CHIMAC)

PCS hosted two students from Singapore Institute of Technology for their Integrated Work Study Programme (SIT-IWSP) from 27 Jul 2020 to 22 Jan 2021. They were Brandon Ang and Goh Zhong Lai. During the period of their attachment, Brandon was assigned to T&O (Olefin-II) and Engineering, while Zhong Lai was assigned to T&O and Maintenance-I&S.

These are their stories: (written by the respective students)



Brandon Ang

My six months internship in Petrochemical Corporation of Singapore (PCS) was a good learning experience for me. I was attached to two different departments during my time here, Technology and Optimization (T&O) and Engineering. Being attached to different departments during this short span of time, allowed me to understand the role of each department, and also a clearer picture of how different departments complement each other.

In T&O, I was mentored by Senior Engineer Benjamin Tan (Olefin-II) and tasked with the project of 'Corrosion in 2SC'. Working on the project enhanced my process and technical knowledge and a better understanding on the 2SC process and how C4s flow in the plant. I also learnt the causes of corrosion and the countermeasures taken to prevent it. The problem-solving skills I acquired will be valuable in my future endeavour.

In Engineering, I was mentored by Senior Engineer Simon Koh, Lionel Cai and Rina Soh. I did Pipe Stress Analysis of new SU piping to 2T-230 using a programme called Caesar II which is a stress analysis software. I had to model the SU piping and make necessary changes to reduce

the stress levels when it exceeds the threshold limit.

Being able to pick up new skills during my attachment here in PCS was a bonus for me, as opportunity like that does not come very often.

With the knowledge gained, I felt that I have grown as an individual. This experience will definitely prepare me for what is to come in the future.



Goh Zhong Lai

I am currently pursuing my Bachelor of Engineering with Honours in Chemical Engineering at the Singapore Institute of Technology. As part of my degree programme, we are required to undertake six months of internship to gain exposure to real working life. This is also a great opportunity for me to relate to the things that were taught in school and integrate them into the workplace.

Firstly, I was attached in Technology & Optimization (T&O) function. I was mentored by Senior Engineer Ee Boon Siong and was assigned to study the impact of hydrogen in the Gas Turbine

Generator (GTG) fuel. This project was relatively new to me and interesting as I have no experience on how the GTG works and in-depth mechanism of the combustion process inside the combustion chamber. My mentor provided me with the relevant documents and process data to aid me on the project. He guided me along the way and gave valuable feedback whenever I met with difficulties. The project would not have concluded without his help and support along the way.

Secondly, I was attached to Instrument & System (I&S) under the Maintenance Function. Senior Engineer Ho Jia Quan was my mentor and I had learnt a lot from him. I was exposed to the various flow measurement equipment, such as the Vortex flowmeter and Coriolis mass flowmeter. I have also learned many new things such as PID tuning, diaphragm leaking test for pressure self-regulating valve and tank calibration. I was exposed to several PCS upgrading projects such as the Yokogawa Gas Chromatography (GC) Analyzers and the Bently Nevada Vibration

Monitoring System. I had the opportunity to participate in the successful completion of two Factory Acceptance Tests (FATs) for these two upgrading projects.

My learning journey in PCS was indeed an eye-opening experience for me. The chemical processes are complicated and not as straight-forward, compared to simple conversion processes we learnt from textbooks. This is my first time working and learning in such a large-scale petrochemical plant and it is definitely a great opportunity to gain exposure in this industry.

Overall, I have gained deeper insights and it has helped me significantly with my growing experience. I developed a deeper understanding of the career path as an engineer, helping me to make an informed career decision. The biggest takeaway for me during this industrial attachment would be the new long-term relationships and connections which I have forged with my colleagues and mentors here at PCS.

Employee News

LONG SERVICE

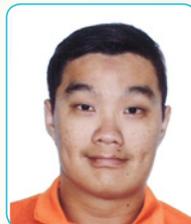


Award Recipients for Jan-Mar 2021

25-Year

Cheryl Phua	Maintenance
Hj Muhammad Farhad bin Hashim	Olefin I
Sie Yew See	Olefin II
Munir bin Mohd Basni	Olefin II
Chang Poh Keng	Olefin II
Noorharrison bin Amsah	Olefin II

NEW EMPLOYEES



Mr Cheng Wei Hong

Leading Fireman II,
Fire & Security
Joined : 4 Jan 2021
Hobbies : Jogging &
Football



Ms Lin YiLin

Engineer, Technology
& Optimization
Joined : 1 Feb 2021
Hobbies : Videography



Ms Wong Shin Yiun Mandy

Officer, Business
Development & Planning
Joined : 1 Feb 2021
Hobbies : Hiking

HEARTIEST CONGRATULATIONS

marriage

NAME	FUNCTION	SPOUSE
Timothy Ashley Gomez	Olefin II	Ms Roseria Cassandra Nathan

births



NAME	FUNCTION	NEW BORN
Muhammad Rafneezan bin Noordin	Olefin I	Girl
Muhammad Sufi bin Sukiantor	Olefin I	Boy
Teo Ding Li	Olefin I	Boy
Tan Zhenyu	Maintenance	Girl

Make the Healthy Choices in Life!



The Annual Medical Examination for PCS employees were conducted in Sep/Oct last year. A battery of tests were conducted for the employees, some were mandatory while others were optional tests to determine the employees' state of health. On the lifestyle indices, indicators such as 'Body Mass Index', 'Fasting Blood Glucose', 'Hypertension' and 'Hypercholesterolemia' showed general increasing trends. So what can you do to better manage your own health? Let's start talking about "Risk Factors".

What Are Risk Factors?

Many studies have suggested that a person's lifestyle can be a cause of health issues. For example, chronic diseases such as cardiovascular disease, cancer and diabetes are linked to preventable biological risk factors (such as high blood pressure, high blood cholesterol, overweight) and to behavioural risk factors (such as lack of physical activity, unhealthy diet, smoking). The good news is that the effect of many risk factors can be reduced if you make healthy lifestyle changes.

One way to start is to consider changing lifestyle factors which you can control, commonly known as the *modifiable risk factors*. Yes, you may have heard this a lot but let's understand more about what you can do about it - see box on the right.

How Can You Make Successful Changes?

The following four points are noteworthy to increase the chances of successfully making a lifestyle change:

- ➔ **You want to make the change.** If the person doesn't want to change his/her lifestyle, no one can make them do so.
- ➔ **There needs to be a lifestyle change.** A person who tries to eat more healthily needs to remove foods that are high in fat, salt and sugar, and replace them with healthier choices of foods.
- ➔ **The lifestyle change must continue over time.** The change needs to become part of everyday life. It shouldn't be something that lasts for few weeks just to make you feel good temporarily.
- ➔ **The lifestyle to be changed cannot be a way of coping.** If the person smokes when they are stressed, they need to replace this habit with another coping mechanism, such as chewing sugar-free gum. Otherwise, when they get stressed, they will reach for their cigarettes.

We understand that making changes to your lifestyle can be challenging at first, but over time you will notice the benefits to your health and wellbeing. You can also get help from your doctor if you are unsure of what lifestyle changes are suitable for you.

MODIFIABLE RISK FACTORS



Quit Smoking

Quitting smoking lowers the risk of health problems such as heart diseases, cancer, diabetes, and lung diseases.



Eat Healthy

Eating healthy helps prevent and manage heart diseases and diabetes. A balanced diet of fruits, vegetables, whole grains and lean meats is important at any age.



Regular Physical Activity

Regular physical activity can help you prevent and manage chronic diseases. Aim for moderate physical activity, for example brisk walking, for at least 150 minutes a week.



Avoid Drinking Too Much Alcohol

Excessive drinking can lead to high blood pressure, various cancers, heart disease, stroke, and liver disease. By not drinking too much, you can reduce these health risks.



Get Enough Sleep

Insufficient sleep has been linked to the development and poor management of diabetes, heart disease and obesity. Adults should get at least 7 hours of sleep daily.