

SCOPE

1st Quarter 2020
MCI(P)047/12/2019



**Annual
2-3 PCS-Contractors**

**1st Mass Tool Box Meeting
4-5 for Year 2020**



**Lunar New
6 Year Gathering**

**Homemade
7 Granola**

**8-9
COVID-19**



**The land of the
Thunder Dragon
Bhutan 10-11**

12 Employee News



SCOPE EDITORIAL COMMITTEE

• P Radhakrishnan • Lincoln Lee • Cerine Lim • Loh Sing Keong
• Leong Wan Tian • Benjamin Tan • Charlie Chua • Joyce Sim





Annual PCS-Contractors HSE Meeting 2020



Kira Chng
HSE

It was the time of the year for the big event that was happening in PCS with our Annual PCS-Contractors HSE Meeting 2020. This annual event provided a platform for PCS and Contractors Management to review the past health, safety and environmental performance and to realign our common goals in creating a Healthy and Safe workplace. At the same time, it was to show our appreciation to our Contractor Companies for their efforts in supporting PCS in maintaining a Healthy and Safe working environment.



PCS Management Team



Guest registering for the event

PCS-Contractors HSE Meeting was held on 21st January 2020, and it was definitely not an easy morning for our representatives from our Contractor Companies. They have to brace through the heavy downpour and heavy traffic to make their way to Merbau Room. Despite all these, it was heartening to see the representatives from 30 "in-house" Contractor Companies arriving one after another to attend this annual event, with the common goals in maintaining a healthy and safe workplace for their workers in PCS.

The event started with the opening address by PCS Management. In their opening addresses, they mentioned the importance of teamwork with Petrochemical Complex Contractors Association (PCCA). PCCA is unique and which we should be proud of, keeping to our adage of "One PCS, One Team". PCS General Manager (Plant) Er. Lucas Ng Hong Kiang emphasised on the significance of maintaining our sense of vulnerability to ensure the continuation of a healthy HSE performance for year 2020. The on-going HSE programmes in PCS such as Behaviour Based Safety Observation (BBSO), Stop and Report (STAR) and Speak Out for Safety (SOS) are the key pillars, amongst other initiatives (e.g. Near Miss Reports), contributing to our success and our Total WSH approach for Vision Zero.

Next, Olefin-I Manager, Er. Tan Henry presented the HSE performance for the year 2019 and the safety milestones

achieved. 2019 was a significant year as once again, we had reached another new height for our HSE performances. Working together hand in hand with our contractors had allowed PCS and our contractors to achieve a combined of 2.6 million hours worked without Lost Time Incident (LTI) in 2019 and a cumulative of 44.8 million hours worked without Lost Time Incident as of 31st December 2019.



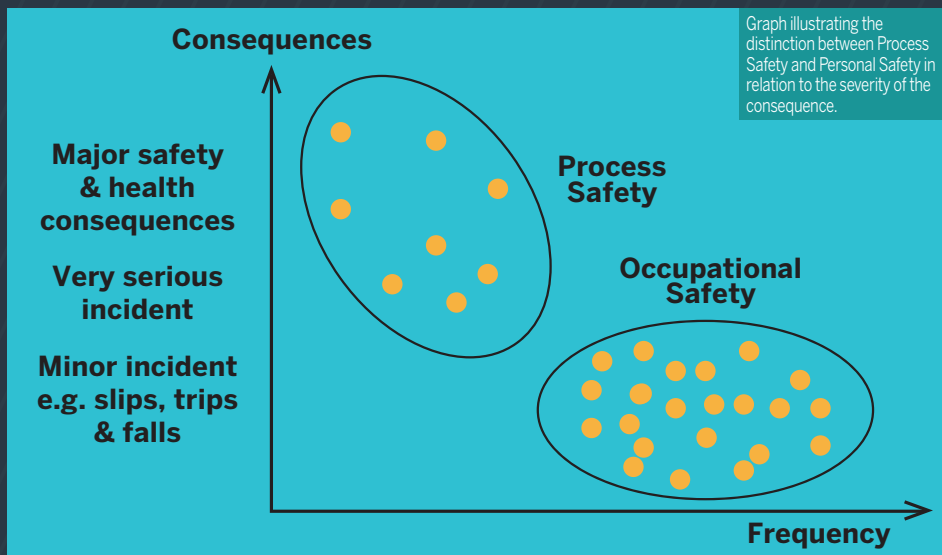
President for PCCA, Mr. Ivan Apostol, awarded with Certificate of Recognition

Health, Safety & Environment cum Quality Control Manager, Er. Bernard Leong presented on the Responsible Care® and Objectives & Targets for 2020. He highlighted and explained the distinct differences between the personal (Occupational) and process safety in relation to their occurrence frequency and severity of the consequences. He emphasised on the importance of preventing process safety incident, even though the occurrences of process safety incidents are generally lower as compared to personal safety but the consequences are much more undesirable. Er. Bernard Leong also reiterated on the importance of the collaborative partnership between PCS and PCCA to achieve a healthy and safe working environment.

Chairman of PCS Maintenance Contractor HSE Committee (PCC) and Petrochemical Complex Contractors Association (PCCA) President, Mr. Ivan Apostol, next reviewed PCC/PCCA activities in 2019 and presented the WSH Action Plan for 2020. Aligned with the same mindset of creating a healthy and safe working environment in PCS for everyone, Mr Apostol pointed out that in order to maintain and achieve milestones, PCC/PCCA will put in their utmost effort in assisting contractors to improve their **Attitude** and **Behaviour** and gearing towards the right **Character** (workforce **ABC**).

The programme that followed was one of highlights for this event, the prize presentation of 2019 Safety Performance Awards to our in-house Contractor Companies. Certificate of Recognition was awarded to our in-house contractors to express our appreciation to them in supporting PCS in maintaining a healthy and safe workplace. In addition, six of the contractors HSE personnel were recognised for their long service and were awarded the Long Service Awards together with tokens of appreciation.

Last but not least, the event concluded after the dialogue session with the representatives from the Contractor Companies followed by a closing address by PCS Deputy Managing Director,



Mr. Chiew Nguang Yong. And not to forget the delectable social buffet lunch

catered by our in-house canteen operator, The Wok People.



1st Mass Tool Box Meeting for Year 2020

Message from General Manager (Plant)

8th January 2020



Lim Kian Huat
Maintenance



The Mass TBM on 8 January in progress at the contractors rest shed.

General Manager (Plant) Er. Lucas Ng thanked PCS Contractors HSE Committee (PCC) / Petrochemical Complex Contractors Association (PCCA) for their contributions and partnership with PCS to achieve the combined zero Lost Time Incident (LTI) and zero Total Recordable Frequency (target TRCF ≤ 1.4) for the year 2019. He added that we had accumulated a combined employees and contractors 44.8 million hours worked without LTI as of 31 December 2019.

In 2019, we had safely & successfully completed and commissioned the Treated Waste Water Recovery Plant for process use (non-potable) in January 2019. It saves approximately 500 cubic meter of fresh water (NEWater) every day. Another water conservation project is the No.2 Butadiene Plant (3SB) Supplemental Seawater Cooling for the existing cooling water tower system. It saves another 700 cubic meter of fresh water per day. In total, we save 1,200 cubic meter of fresh water every day. This is a part of our contribution to minimise global warming from our operations.

We celebrated two major milestones in our in-house activities, the 15th Anniversary of Behaviour Based Safety (BBS) and the 25th Anniversary of PCS Employees Participation Scheme (PEPS). The "No Name & No



Cheering for Safety First from 550 PCC workers and 30 PCS staff.



Blame" peer-to-peer BBS observations contributed to sustaining our good HSE performance. We thanked PCC / PCCA for their strong support to BBS activities. PEPS contributes to the spirit of continuous improvement and striving for excellence in all that we do. We also thanked our partners and contractors, who had contributed to the FIND programme in our PEPS Scheme.

Er. Ng emphasised that we should not be complacent with our good performance but instead have a sense of vulnerability. The in-house ongoing HSE activities such as BBS Observation (BBSO), Stop and Report (STAR), and Speak Out for Safety (SOS) are key pillars amongst other initiatives of our success.

Er. Ng also highlighted the high workplace fatality incidents in the month of November 2019 as updated by the Ministry of Manpower (MOM). There are many lessons that can be learnt from these unfortunate incidents as some of them have similar work nature as our facilities.

On defensive driving or riding when commuting to and from workplace, he cited a traffic incident that occurred on 16 December 2019. This traffic incident involved a 45-year-old motorcyclist who was killed in an accident involving two cars and a trailer truck on that morning. The incident occurred on the Seletar Expressway (SLE) towards the Bukit Timah Expressway (BKE). General public opinions suggested that a blind spot could be one of the contributing factors to the accident. Therefore we have to practise defensive driving or riding even though we may have the right of way, based on traffic rules. Driver or rider must stay away from blind spots, especially from the big trucks!

Lastly, Er. Ng refreshed the Vision Zero Jurong Island motto. Workplace Safety and Health (WSH) standards at Jurong Island must be kept as high as possible as the process operations there involve hazardous materials such as crude oil, flammable petroleum products, and corrosive chemicals. Any lapses in safety procedures may result in loss of lives and injuries and also business losses.



Companies in the cluster must continue to adopt five WSH measures. These are:

1. Adopting the **mindset that all incidents are preventable**, not just statistical occurrences;
2. Implementing **pre-emptive measures rather than just responding when incidents happen**;
3. Coming up with **comprehensive solutions** and **not just looking at the root cause of incidents**;
4. Including all those in the **company's supply chain in WSH efforts**;
5. **Going beyond basic compliance with regulations**, for instance, to implement a holistic management system

WSH activities pertaining to process/chemical industries in Jurong Island span beyond occupational safety, health & wellbeing, and the areas of process safety. Very often the causation of process safety incidents involve releases and ignition sources. Let us support this new initiative by exchanging and sharing our good practices and experiences, to drive and champion Vision Zero movement in Jurong Island.

In conclusion, GMP Er Lucas urged all to preserve our cultivated WSH culture, and continue our every effort in working towards both occupational Health, Safety, Environment, Security and process safety excellence!

Lunar New Year Gathering with Contractors

20th January 2020

To welcome the Lunar New Year of the RAT, PCS Contractors HSE Committee (PCC) and Maintenance function held a combined PCS and Contractors lunch gathering at Contractors Rest Shelter.

About 750 Contractors workers and PCS Employees got together to enjoy the New Year delicacies and the catered bento set lunch. All who were present wished one another a safe, healthy and blessed year ahead.



PCS GMP Er Lucas wishing all a blessed year in his address.



Homemade Granola



Joyce Sim
Feedstock Procurement

Baking has been my interest and joy since my twenties and I always love to bake for my family and friends every Chinese New Year. The advantage of home-baked cookies/cakes is that you will be able to control the sugar level and use alternative or healthier ingredients for flour and flavouring essences.

Today, I would like to share my homemade granola recipe. Although granola can be readily found in the supermarket, I choose to bake my own homemade granola as I personally do not like raisins or coconut which are commonly found in granola bought from stores. I hope that this recipe will be to your liking and that you may want to try it out.

Ingredients

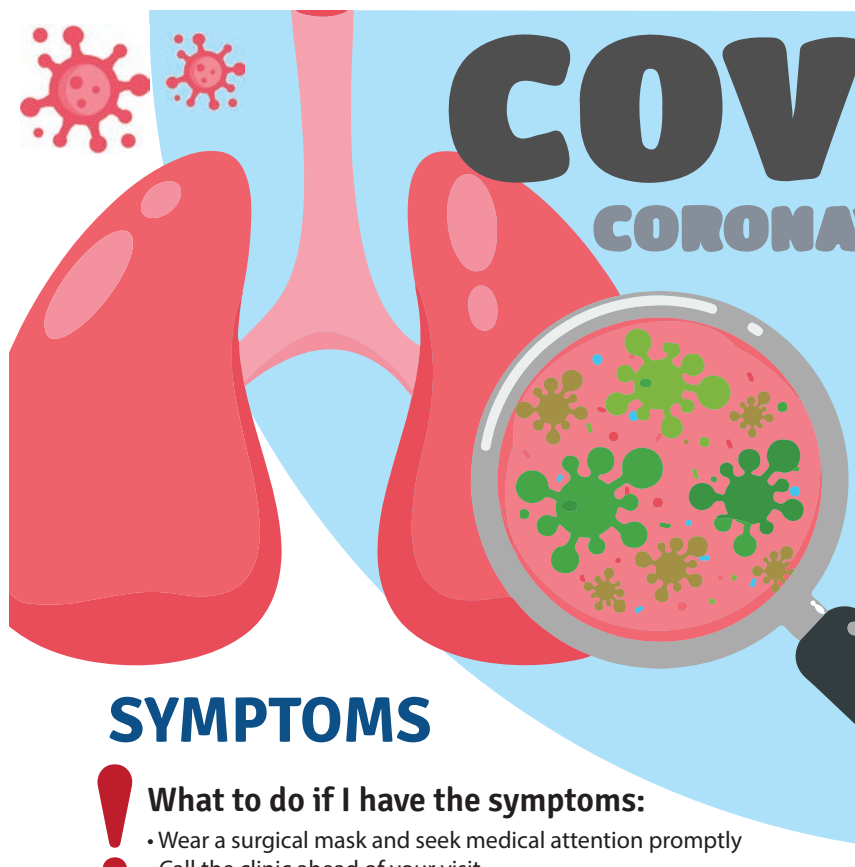
140 g	Rolled Oats
50 g	Walnuts
30 g	Pecans
20 g	Sunflower Seeds
20 g	Pumpkin Seeds
20 g	Black Sesame Seeds
20 g	White Sesame Seeds
60 g	Dried Cranberries
1/4 tsp	Cinnamon Powder
1/4 tsp	Salt
10 g	Sunflower Oil
50 g	Yuzu Honey

Directions

1. Preheat the oven to 160°C.^
2. Bake the rolled oats in a tray for 8 minutes before leaving it to cool.
3. Cut the walnuts, pecans and cranberries to small pieces.
4. Add in all the dry ingredients to the rolled oats and mix well.
5. Add in the remaining wet ingredients to the dry ingredients and mix well.
6. Bake in the oven for 12 minutes, lightly stirring the ingredients evenly at the 6 minute mark.
7. Leave to cool before transferring into an airtight container.

^ Please adjust the oven temperature accordingly as each oven works slightly differently.





COVID-19

CORONAVIRUS 2019-nCoV

WHAT YOU NEED TO KNOW

What is it?

- COVID-19 is a new strain of coronavirus, which causes respiratory illnesses ranging from common cold to pneumonia.
- COVID-19 can spread from person to person and by droplets made when people with the coronavirus cough or sneeze.

SYMPTOMS

! What to do if I have the symptoms:

- Wear a surgical mask and seek medical attention promptly
- Call the clinic ahead of your visit



Cough



Fever



Headache



Runny Nose



Shortness of Breath

HOW TO PREVENT

Practise Respiratory Hygiene

When you cough or sneeze:

- Cover your mouth and nose with flexed elbow or tissue
- Discard tissue immediately into a closed bin
- Clean your hands with alcohol-based hand rub or soap and water.



Why?

- This is to prevent germs or viruses in droplets to land on other people or surfaces.
- Good respiratory hygiene would help prevent spread of any infectious diseases, safeguarding the health and well-being of people around you.

Safe Distancing at Workplace

- Stagger work and lunch hours
- Limit meeting size
- Tele-commute, video and tele-conference, where possible
- Maintain at least 1 metre distance between yourself and other people



Why?

- When someone with a respiratory disease coughs or sneezes, he/she projects small droplets containing the virus and if you are too close to the person, you could breathe in the virus.

How to Wear a Surgical Mask:



It should **COVER YOUR MOUTH, NOSE AND CHIN**, with the coloured side facing outwards



PINCH THE METAL EDGE OF THE MASK so that it presses gently on your nose bridge



Remove a used mask by **HOLDING ONLY THE EAR LOOPS**

Wear a face mask at all times when you are heading out for essential services.

Why?

- Especially for people who are unwell, a mask will ensure that they do not spread any infection to other people
- Wearing a mask will protect other people when someone with respiratory symptoms coughs or sneezes, as the mask would trap those droplets and prevent those droplets from spreading and disseminating

How to wash your hands thoroughly:

Wash Hands Frequently

Washing your hands often for 20 seconds will help protect you from germs and viruses.

Why?

Washing your hands with soap and water or using alcohol-based hand rub eliminates the virus if it is on your hands.



Water and Soap



Palm to Palm



Between Fingers



Focus on Thumbs



Back of Hands



Focus on Wrists

SINGAPORE'S TRAVEL & STAY HOME REGULATIONS

• To defer all travel abroad. Singapore residents and long-term pass holders who disregard travel advisory will pay unsubsidised rates for their inpatient stay at public hospitals, if they are admitted for suspected COVID-19 and have onset of symptoms within 14 days of returning to Singapore

• All Singaporeans, Permanent Residents, Long Term Pass holders and short term visitors entering Singapore must serve a 14-day Stay-Home Notice (SHN)*

• Anyone who display respiratory symptoms and are given a five-day sick leave by medical practitioners must stay at home for all five days, starting from the day the medical certificate (MC) has been issued*

*Those on SHN or 5-day MC for respiratory symptoms are to remain in their place of residence at all times. Those who do not comply with this may face up to S\$10,000 fine or up to six-month jail term, or both, under the Infectious Diseases Act.



Why?

This is to further reduce the risk of importation of the virus and prevent community spread in Singapore

The land of the Thunder Dragon Bhutan



Lean Chin Hee James
Quality Control

The Kingdom of Bhutan is a tranquil country where you can explore ancient cultures, stunning landscapes and magnificent architecture. Also known as the "Land of the Thunder Dragon", Bhutan is regarded as "the happiest country in the world". This beautiful, mysterious land is located on the eastern Himalayas, between China and India. It is a relatively small country in terms of its population (about 760,000), but its land space is roughly 38,000 km² (about 50 times larger than Singapore).



Paro Town

Bhutan is also known for its Gross National Happiness (GNH) policy. It measures the nation's success not by GDP but by the well-being of its people. Bhutan is also sometimes referred to as the last Shangri-La, because the country's spiritual and ancient cultural heritage remained untouched by globalisation, imported cultures and western influence.

My one week there was amazing, as I travelled from town to town, through valleys, over mountains and across rivers. In my journey, I captured glimpses of Bhutan in my shots - from the magical monasteries to the beautiful architecture of the Dzong (fortresses), from the mask dances and celebrations of Thimphu Tsechu (Festival) to the astonishing Tiger's Nest. I have been truly mesmerised by the unique combination of spiritualism and nature.

I can't wait to return to Bhutan to hike again, and to again experience the culture and stunning landscape.

The beautiful Paro Valley is home to Paro International Airport, which acts as the entry point for visitors arriving on Druk Air (the national carrier of Bhutan). Looking out the windows as we approached,



the wings of the aircraft seem to nearly touch the mountainsides. On bright, clear days, the Himalayan Range will be visible from the left side of the plane. The charming town of Paro offers both the ancient and modern faces of Bhutan, and it is home to the most famous monastery – Tiger's Nest or Taktsang.

Taktsang Monastery (Tiger's Nest) - this monastery was built in 1692, on the side of a cliff overlooking Paro Valley and is well-regarded for its sheer beauty and magnificence. Legend states

that Guru Rinpoche flew to the site atop the back of a tigress and meditated in the cave for 3 years, 3 months, 3 weeks, 3 days and 3 hours to subdue evil demons residing within it.



Himalayan Buddhist sacred site and temple complex located on the cliff side. The trek to the site takes about 2-3 hours.

Purifying my chakra - a trip to Bhutan is never complete without trekking to Taktsang.



1. Thimphu City



2. Pho Chu Suspension Bridge



3. Punakha Dzong (fortress)

- 1 The capital and largest city of Bhutan. A modern city which still retains its cultural identity and values.
- 2 One of the longest suspension bridges in Bhutan, spanning 160m and perched high above the very swift Po Chu river. Draped with prayer flags, the bridge is used by locals from the other side of the town as a shortcut to another town.
- 3 The stunning architecture of Punakha Dzong. It serves as administrative office and also houses monks. It was built in 1637, and stands majestically at the junction of two rivers - Pho Chu River (Male river) and Mo Chu River (Female river).



Tashichho Dzong/ Thimphu Dzong



When in Bhutan, do as Bhutanese do!

Thimphu Festival (Tsechu) is an annual event which falls on the first week of October. Thousands join in celebration, in honour of Guru Rinpoche, the yogi and saint who introduced Buddhism to Bhutan in the 8th century. A series of masked dance rituals are performed based on stories and incidents about the life of Guru Rinpoche / Padmashambawa. Tourist and locals will dress up in traditional costumes – kiras for women and ghos for men to witness this event. Bhutanese believe in attending a Tshechu at least once in their lifetime to receive blessings and enlightenment.



Employee News

LONG SERVICE



Awardees for the period October 2019 – March 2020

5-Year

Jaslyn Peh	Feedstock Procurement
Heng Chee Wee	Fire & Security
Ahmad Khalid bin Salleh	Fire & Security
Daniel Puah	Maintenance
Grace Ow	Marketing & Sales
Ho Meng Bing	Olefin I
Sri Zulaikha bte Riduan	Quality Control

10-Year

Angela Ter	BDP
Andy Lee	Maintenance
Ee Boon Siong	Technology & Optimisation

15-Year

Lee Min Wei	Account & Finance
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20-Year

Timmy Lim	Maintenance
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25-Year

Mak Kuok Hwa	Maintenance
Low Cheng Teck	Maintenance
Leong Yee Yan	Maintenance
Radhakrishnan Perianan	Maintenance
Muhd Aswadi bin Salleh	Olefin I
Hoon Wee Soon	Olefin I
Mohd Haffit bin Mohd Talib	Olefin I
Anas bin Ibrahim	Olefin I
Mohammad Bhashir bin Selamat	Olefin I
Soh Guan Yeow	Olefin II
Wong Tar Loong	Olefin II
Mohamed Faizal bin Junus	Olefin II
Mohd Ashmi bin Abdul Razak	Olefin II
Jumar bin Yati	Olefin II
Tan Eng Huat	Olefin II

35-Year

Lilian Lee	GMC
Othman bin Sulor	Olefin I

Presentation on 11 February 2020



From left: Andy Lee, Daniel Puah, Lucas Ng (GMP), A Yonemura (MD), Lilian Lee (GMC), Ishak bin Ismail, Timmy Lim & Johnny Lim

NEW EMPLOYEES



Mr Cheng Ping Her Joseph
Fire & Security Office, Fire & Security
Joined 2 Jan 2020
Hobbies: Swimming, Cycling



Mr Ong Sock Meng
Engineer, Engineering
Joined 2 Jan 2020
Hobbies: Jogging, Reading, Swimming



Mr Alvin Razon Culala
Supervisor, Maintenance
Joined 2 Mar 2020
Hobbies: Basketball, Tennis



SSRCC 2020



- | | | |
|-------------------------|---------------------|------------------------|
| 1 Charlie Chua | 7 Ho Meng Bing | 13 Lincoln Lee |
| 2 Loh Sing Keong | 8 Joyce Sim | 14 Aashiq Muhd bin H M |
| 3 Benjamin Tan | 9 Leong Wan Tian | 15 Eugene Koh |
| 4 Cerine Lim | 10 Chuang Ka Leong | 16 Vincent Woo |
| 5 Rosmadi bin Mohd Taib | 11 Lilian Lee, GMC | |
| 6 P Radhakrishnan | 12 V Chandrasuriyan | |

(Not in picture) J Karthikeyan

