

# SCOPE

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MCI(P)008/01/2017

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# ANNUAL PCS -CONTRACTORS HSE MEETING 2017



Chua Eng Seng  
HSE

This year's annual PCS-Contractors HSE meeting was held on 16 January. A total of 32 contractor companies attended the event.

In his keynote address at the meeting, MD Mr A Yonemura noted the excellent HSE performance and accomplishments for last year.

- ✓ no Lost Time Incident
- ✓ an injury-free SDM, with no Recordable Case, for the second time
- ✓ 35 million hours worked without LTI on 18 August 2016
- ✓ Naphtha Import Facilities achieved 500,000 hours worked without LTI on 11 December 2016



Mr Shimomura, MD of Sankyu (Singapore) Pte Ltd receiving the Safety Excellence Award from PCS MD Mr Yonemura.



Mr Vincent Wong, MD of VinDes Engineering Pte Ltd receiving the Safety Excellence Award from PCS MD Mr Yonemura.

Referring to the excellent safety performance during the SDM, Mr A Yonemura reiterated the concept of the "SDM safety triangle", where safety can only be achieved with the combined effort and collaboration of everyone involved, broadly into Operations, Maintenance and Contractor groups. This successful partnership was demonstrated during the SDM and he emphasised that we should continue this good collaboration. He also urged everyone to include in their New Year's resolutions, a promise to their family and co-workers that they will work safely at work and at home.

GM (Plant) Mr Lucas Ng noted that there were still many fatal incidents in Singapore last year as reported by Ministry of Manpower. "Falling



MD Mr A Yonemura - "Safety can only be achieved with the combined effort and collaboration of everyone involved".

from height" remained the highest, followed by "caught in/between objects" and "struck by moving objects". For caught in/between objects, 5 out of 9 cases involved vehicles; and by moving objects, 5 out of 7 were struck by vehicles. All these incidents could have been prevented if basic procedures were followed with risk assessment and mitigation measures implemented. The nature of those activities are similar to ours that we should learn lessons from them.

On process safety, Mr Lucas Ng reminded that process safety incidents are few but of serious consequence. Very often, the cause of process safety incident is basic and fundamental. PCS has been emphasising process safety, with comprehensive process safety management system and measures in place. PCS has been monitoring process safety key performance indicators (PSKPIs) to ensure that our performance is sustainable. However, having consistent good process safety performance can lead to overconfidence and overlooking subtle signs of a brewing problem and losing "Sense of Vulnerability". In this regard, we must get back to basics – feeling vulnerable, ensuring equipment integrity, carrying out risk assessment and mitigation measures, and retaining the basic practical implementation of KYT / in-situ risk assessment before performing any scheduled task and have in place an emergency response procedures for the worst case scenario.

Mr Lucas Ng also noted there have been security threats globally, and Singapore is not immune to it. Chemical plants and

storage facilities in Singapore are amongst the most vulnerable high-impact targets for terrorists, according to Mr Patrick Tay, Member of Parliament for West Coast Group Representation Constituency, who spoke at the Safety & Security Watch Group (SSWG) Counter-Terrorism Seminar held at ITE College Central on 1 November 2016. We should actively prepare to detect any potential terrorist activities in workplaces. All workers should play their part to report any abnormal behaviour / unusual activities to foremen / supervisors / site managers / PCS promptly.

Looking ahead, Mr Lucas Ng commented that 2017 will be another challenging year for PCS. Besides the Naphtha Import Facilities project tanks and a liquid berth construction, PCS's continuing its Facilities Rejuvenation and Capex Improvement Projects which require special attention as these activities are carried out inside / around live plants. Safety remains the top priority for all activities regardless of the size of the job and no matter how small the job is. Safety must be kept in mind right from the planning stage and to ensure that all work are *Designed for Safety, Planned for Safety*.



GM(P) Mr Lucas Ng - "We must always get back to the basics – always feeling vulnerable, ensure equipment integrity, carry out risk assessment, provide mitigation measures, and carry out basic practical approaches such as KYT / in-situ risk assessment just before performing the scheduled task".

Mr Yonemura then presented commemorative certificates to all the contractor companies for working safely in 2016. In addition, Asahi Kokusai Technion Singapore Pte Ltd, Major Insulation & Links (MIL) Marketing Pte Ltd, Foster Asia Pacific Pte Ltd, KYC Scaffolding Pte Ltd, Sankyu (Singapore) Pte Ltd, Trident Hydro Jetting Pte Ltd and Vindes Engineering Pte Ltd were presented with the Safety Excellence Awards for achieving consecutive years LTI free record milestones.



Tossing of yusheng for a safe and incident free year.

# 1<sup>ST</sup> MASS TOOL BOX MEETING YEAR 2017



Lim Kian Huat  
MAI



*Mr Lucas Ng wished everyone a Safe, Happy, Healthy and Fulfilling Year 2017*

PCS GMP Mr Lucas Ng addressing the 500 participants on 4 Jan.

In his opening address, PCS GMP Mr Lucas Ng wished everyone a Safe, Happy, Healthy and Fulfilling Year 2017. He thanked everyone for the hard work and contribution to zero Lost Time Incident (LTI) and zero Total Recordable Case (TRC) for year 2016.

PCS achieved a combined PCS Employees and Contractors 35 million hours worked without lost time incident on 18 August 2016 in the midst of Shut Down Maintenance (SDM) for PCS-II Plants and No. 2 Butadiene Plant. With all the achievements, the challenge now is to strive to sustain good HSE performance and achieve the next milestone of 40 million hours worked without LTI.

GMP reminded both employees and contractors never to be complacent with the good HSE performance and continue to have a sense of vulnerability. The in-house ongoing HSE activities such as Behaviour Based Safety Observation (BBSO), Stop and Report (STAR), and Speak Out for Safety (SOS) are key pillars amongst other initiatives, to our success. He emphasised that no one should violate safety rules and regulations irrespective of being observed by others. Together we should cultivate such a safety culture.

PCS Naphtha Import Facilities Project involved the use of heavy machinery and equipment such as cranes (including lorry cranes), trucks, trailers etc. commonly used by construction and logistics sector. We must learn lessons from incidents published in the Workplace Safety Health (WSH) Alert and prevent the occurrence of such incidents on our watch.

At the time of mass tool box meeting, PCS-I No. 1 Butadiene Plant was having decentralized SDM from 4 to 21 January involving various high risk maintenance activities. We have to follow all rules and regulations to ensure that the maintenance activities were carried out safely and smoothly. We should never rush or take short cuts. Cranes and heavy vehicles were being used, therefore, the risks had to be assessed with mitigation measures to as low as reasonably practicable.

Process safety incidents are of low frequency but have serious consequence. PCS has been emphasizing process safety with comprehensive process safety management system and measures in place. We have been monitoring process safety key performance indicators (KPIs) to ensure that our performance is sustainable.

GMP also reiterated our belief in the two-way, top-down and bottom-up communication, blame-free workplace and pro-active workforce, workforce capacity building, facility integrity and reliability practices.

He reminded us of security threats to vulnerable high-impact targets at the workplace by terrorists. We have to stay alert, united and strong for a secure Singapore (SG Secure). To be prepared for emergency event, we need to equip ourselves with Cardio Pulmonary Resuscitation (CPR) and Improvised First Aid Skills (IFAS).

In closing, he reiterated that PCS treats all contractors with fairness, respect and decency, and PCS continues to provide healthy, safe and secure work place for all workforces.



About 700 staff & workers participated in the annual festive lunch gathering.

## CHINESE NEW YEAR GATHERING 2017

To welcome the auspicious Rooster Year, PCS Contractors HSE Committee (PCC) and Maintenance held a combined Lunch Gathering on 23 January 2017 at PCC Rest Shelter.

About 700 PCS Employees and Contractors got together to toss Raw Fish salad and enjoyed the New Year delicacies and to share a catered lunch. They also wished one another a Blessed Rooster Lunar Year filled with Good Health, Prosperity and a safe year ahead.



PCS GMP Mr Lucas wishing everyone a blessed Chinese New Year.



# 1<sup>ST</sup> DIALOGUE 2017 WITH CONTRACTORS' WORKERS



Lim Kian Huat  
MAI

In his opening address, GMP Lucas Ng thanked the participants for taking time to gather and share workplace safety and health information for continuous improvement. He appreciated the continuous contribution and support by PCS Contractors HSE Committee (PCC) and Petrochemical Complex Contractors Association (PCCA).

**H**e shared that PCS is a forward-looking petrochemical company operating in Merbau of Jurong Island. PCS started its first ethylene plant (cracker) in February 1984, and the second cracker came on-stream in April 1997. Over the years, PCS has been making prudent decisions in enhancing its competitiveness in this region and beyond. PCS had embarked on multiple energy efficiency improvement projects since the beginning of operations and also on capacity increase by debottlenecking projects. These include value-add to by-products / intermediate streams, not only meeting customers demand but also to be more competitive. The last two additions were the metathesis plant (Propylene Plant, 2SP) in 2006 and No.2 Butadiene Plant (3SB or 2BD) in 2014. The current Naphtha Import Facilities (NIF) construction is another ongoing project to enhance PCS competitiveness. For the older ethylene plant (SE Plant), built in 1980s with older technology, the company will be enhancing it with better energy efficiency by replacing all three existing main compressors during the Shut Down Maintenance 2018.

For Occupational Safety performance in Singapore based on the report from Workplace Safety and Health Institute, he shared that while the fatal injury rate has stayed at 1.9 per 100,000 employed persons, there were more non-fatal workplace injuries in 2016:

1. In 2016, there were 66 workplace fatalities, similar to 2015. The number of fatalities reduced from 42 in 1H2016 to 24 in 2H2016, a 43% reduction
2. Major injuries decreased slightly from 597 cases in 2015 to 594 cases in 2016
3. Minor injuries increased by 5.7% from 11,688 cases in 2015 to 12,354 cases in 2016
4. Number of dangerous occurrences (DO) decreased slightly from 46 cases in 2015 to 45 cases in 2016
5. Occupational diseases (OD) cases decreased from 935 cases in 2015 to 732 this year
6. The construction sector had the highest casualty rate with 20 deaths. Of the others, 5 occurred in marine, 6 in manufacturing, 9 in the transport and storage sector, and 15 in other workplaces.

GMP also quoted Minister of State for Manpower Mr Sam Tan, who at bizSAFE Convention 2017 on 14 February 2107 emphasized that "every workplace death and injury is one too many. Accidents and injury statistics reminded us that the industries need to do more to work towards Vision Zero. Everyone must adopt the mindset that we can prevent all injuries and ill health at work" and step up efforts to prevent accidents before they happen. PCS is honoured to share with the bizSAFE community on "Transformation to Total Workplace Safety and Health – I want Myself Safe" during the Convention 2017 that Zero Incident target is achievable.

On Process Safety, Mr Lucas Ng is concerned that consistent good process safety performance can lead to overconfidence and overlooking subtle signs of a brewing problems, and losing Sense of Vulnerability. From SCDF & media reports, he spoke of the recent fire at Tuas waste

management plant handling industrial waste on 23 February 2017 morning. Lessons learnt from this incident, though still under investigation, include prevention of flammable material release to atmosphere, i.e. ensure equipment integrity, elimination of ignition source and strict control of permit-to-work approval for hot work. Smoking in an undesignated smoking area and vehicle engine idling cannot be tolerated as these are serious process safety violations which can lead to fire and explosion in our major hazards installations (MHI). Instant dismissal and banning from work in the complex for these violations will be enforced.

GMP also touched on SG Secure. We should actively prepare to detect any potential terrorist activities in workplaces. All workers are to report any abnormal behaviours or unusual activities to their foremen, supervisors, site managers or PCS staff promptly.

In closing, Safety remains the top priority for all activities regardless of the size of the job. We must keep safety in mind from the planning stage and to ensure that all work are *Designed for Safety, Planned for Safety*. PCS expects contractors' management teams to be committed to safety, that a proper HSE management scheme is in place. Preserve our cultivated WSH culture and spare no effort towards both occupational safety and process safety excellence!

Next, PCC Kurihara, Remizan presented a safety talk on Managing Heat Stress. PCS Manager Krishnan presented the safety performance report and a talk on Common Sense and Good Safety. A process safety video on static spark explosion was shown, followed by Question & Answer session and Safety Quiz for the workers. PCC Vice chairman, Lawrence Toh presented the closing address before participants proceeded to enjoy a networking lunch.



During the Q&A session.



From L-R: PCC Vice Chairman Lawrence, PCC Chairman Ivan, GMP Lucas Ng, MAI Manager Chew TH during the Q&A.

# bizSAFE Convention 2017



Bernard Leong  
HSE



Held for the 9<sup>th</sup> consecutive year on 14 February 2017 by the Workplace Safety and Health Council, the bizSAFE Convention celebrated the achievement of the bizSAFE community and provided an opportunity for non-bizSAFE companies to understand how bizSAFE can be an integral part of their business models. Leading workplace safety and health (WSH) professionals and service providers offered practical solutions and advice in ensuring a healthy and safe workplace.



**b**izSAFE is a five-step programme that assists companies to build up their WSH capabilities so that they can achieve quantum improvements in health and safety standards at the workplace. Companies are guided through a journey, starting at Level 1, along the way acquiring risk management capabilities at Level 3, and implementing

a WSH management system, through to Level 5, where a company must attain accreditation to SS 506/OHSAS 18001.

In the process, participating companies gain recognition and benefits of having a comprehensive WSH system in place. PCS, as well as many major corporations, government agencies and statutory boards, requires companies to be bizSAFE Level 3 before they can be considered for provision of services or supplies.

PCS is a bizSAFE Mentor since 2011. The bizSAFE Mentor is an honour given to companies that have shown consistently outstanding WSH performance and who demonstrate a proactive WSH corporate social responsibility programme benefiting the community at large. Mentors also work closely with the WSH Council in advancing the WSH agenda in Singapore.

At the bizSAFE Convention 2017, PCS was invited to share its programmes and practices. GM (Plant), Mr Lucas Ng HK, shared "Transformation to Total Workplace Safety and Health – I Want Myself Safe" chronicling the company's progression to health and safety excellence, through programmes and activities, picking up from the unfortunate LTI incident in 2004. *[Note: The same presentation is articulated in SISO Issue 01/2017 newsletter "Safety Matters".]*

The presentation and article have been circulated internally, and serves as a good reference to remind ourselves, not only of our programmes, but also to remain vigilant and not be complacent. They can also serve newer employees and contractors a good introduction (and background) on the culture and practices that PCS has cultivated and accumulated over the years.

## FIND SCHEME GMP AWARD

On 26 November 2016 at 1020 hrs, Aetos Officer LCP Tham, who was stationed at the Complex Employee Carpark, noticed a lorry crane with the boom, not fully stowed, drove pass. Without any hesitation, he shouted at the driver, and even chased him down the road in an attempt to stop the lorry crane from hitting the overhead pipeline structures.



Christopher Heng  
F&S



**L**CP Tham's quick action to stop the moving vehicle is one of the key elements of the Find Scheme – early detection of hazardous / critical situations at the workplace at all times. He demonstrated his awareness of the danger and the risk posed by the vehicle and attempted to mitigate the outcome. LCP Tham's deed and his understanding of Complex traffic rules and regulations are commendable. He received the Find Scheme GMP Award for his vigilance and proactive response.

With effect from 1 April 2017, Complex Regulations for Traffic Control require all lorry cranes coming into the Complex must be installed with Audio Warning Systems. It features an audio buzzer in the driver's cabin which is linked to a limit switch installed at the base of the crane. The buzzer is activated when the limit switch detects that the crane is not fully stowed.



# TWENTY-SEVENTEEN ROAD TO ADVENTURE



Muhammad Ashaari  
b Hasan Basri  
OLE II

On 1<sup>st</sup> March 2017, the Merbau Riders held its inaugural road trip to Taman Negara, Pahang, Malaysia with a headstrong team of 22 people. The sole objective of the trip was to foster a stronger relationship between co-workers, which may in turn, reap even greater benefit in improving communication and inculcating a positive work culture by working hand in hand.



We kickstarted our trip by gathering at Gelang Patah, our first meeting point where we fuelled our tanks and grabbed a bite for the long journey ahead. With satisfied tummies and heart brimming with adventure, we set out for the road. Covering a total of 574.6km, we were greeted with a scenic and picturesque view along the highway. We may have gotten a little wet from the rain but our spirits were not dampened.



We finally reached our end point at Taman Negara, Pahang, Malaysia. It was a challenging road to our destination which had us cornering around the winding road for over an hour. Thankfully, we made it all safe and sound. Phew!

The largest protected area in Malaysia, Taman Negara, is Malaysia's premiere National Park and is also one of the

world's 12 mega diverse destinations. Its remarkable biodiversity is made up of some 14,000 species of plants, 200 species of mammals and 300 species of birds. The 130 million-year-old rainforest is said to be one of the oldest jungle paradise. It is a place of astounding sights and untouched natural beauty where natives and nature dwell in harmony. The name evokes images of jungle natives and rare species of plants and animals. It's a place where one can simply watch and admire from a distance, or join an endless adventure of discovery.



Located in the middle part of Peninsular Malaysia, Taman Negara is also the home of Gunung Tahan, maintain the highest peak in Peninsular Malaysia, standing at 2187 metres.



At the end of a long day on the road, we sought refuge at TRV Motel. It is the latest TRV's budget lodging provider. Located just 800 metres from Taman Negara jetty, it is easily accessible by road. TRV Motel is very popular among self-drive visitors to Taman Negara due to its location along Kuala Tahan main road. The facilities within the compound are very satisfying since it provided the utmost important "tool" for technology-dependant people... a strong WIFI connection!



It was free and easy for the first night! So we decided to spend our time driving around the village and made a pit stop by their "pasar malam" to satisfy our tastebuds. It was along the small road with many stalls selling items at extremely reasonable prices.

We ended our first day with an ice breaking session for the new staff and concluded with a discussion on the programme for the following day. A short session filled with jokes and laughter made it an enjoyable one for the team to end the night.







Come Day 2, the highly anticipated part of the trip had arrived! It was a day to explore the lush greenery of Kuala Tahan. Kuala Tahan derives its name from the main tributary of Tembeling's Tahan River which originated from Tahan mountain range. Serving as the main entrance to Taman Negara, the park headquarter is easily accessible by boat and road. All guided tours start here, and most of lodging and food services are located within a 5 kilometre radius.

The first activity of the day was trekking up Bukit Terasek (Terasek Hill). The peak of the hill is 2km from the park headquarter and 334 metres (1096 feet) above sea level. The trail to Terasek Hill may be one of the best introduction to the rainforest eco-system. The first 500 metres is a relatively easy walk whilst the next part is a steep climb where there are two lookout points - one overlooking Tembeling River, and the other overlooking Tahan River and Mount Tahan.



We had a go at trying out the Canopy Walk along the way. The Canopy Walkway is one of the 3 found in Malaysia. Taman Negara's Canopy Walkway is situated 1.5km from the park HQ. Regarded as one of the longest in the world, it stretches 530 metres in length and 40 metres above the forest floor with 9 platforms constructed on tree tops and provides a bird's eye view of the rainforest's 5 main canopy layers. Originally built for research purposes, it has now become the highlight of a trip to Taman Negara and a popular place for bird enthusiasts.



The next program was to stay overnight in a Hide. A boat journey along Taman Negara's rivers offered a great insight to the range of wildlife. The largest variety of wildlife is found in the lowland rainforest and there were a number of ways to increase our chances of wildlife sightings. It was well worth spending a night in the Taman Negara's wildlife observation hide. Right in front of Cegar Anjing hide, we spotted a salt-lick, where plant-eating animals come to supplement their mineral intake. We got lucky and had a chance to experience seeing and hearing those animals like deers and elephants from the Hide!



Guess what we had for dinner and breakfast for the next morning? A yummy slice of Adventure Cooking! Although it was just a humble serving of simple dishes cooked by the tour guides, it was simply delicious!

The boat cruise to Lata Berkoh through Tahan River is probably the most photographed part of Taman Negara. Located 8 kilometres from Park HQ, it offers a picturesque scenic of lowland dipterocarp and riverine forest. The rock formation of the cascade at Lata Berkoh creates a natural jacuzzi and is rewarding for swimming or dipping in the pool.



Kelah Century was set-up as part of a conservation program for endangered species of fresh water fish. It is accessible by boat en-route Lata Berkoh. Visitors may also do 4 - 5 hours trekking from Kuala Tahan and return by boat, or vice versa. There is a campsite and huts with toilet facilities and cooking area for those who want to stay overnight.

Our last activity in Kuala Tahan was going for the Rapids Shooting and tubing at Tembeling River. It was an enjoyable one and we had so much fun in the river.



The highlight of the trip was the visit to the aborigines, or better known as the Orang Asli. Living within the jungle borders of Taman Negara is the Batek tribe with a population of around 500. These indigenous people still practises a nomadic way of life with their own dialect, customs and lifestyles.



Alas, it was time for checkout! Before heading back to Singapore, we stopped by our last destination, Samsuri Restaurant in Kajang where we had satay for lunch.



At long last, all good things must come to an end. "Take nothing but photographs, leave nothing but memories." Our hearts may be heavy having to bid goodbye to such fun times, but it had without a doubt, forged new friendships and strengthened our bond as a team. What better way to end a trip, right?



# Exemplary service in SWC



A John  
HSE

The formation of PCS Safety and Health Working Committee (hereinafter called the Committee) is mandated under the Workplace Safety and Health Act (Chapter 354A) – section 29: Workplace Safety and Health Committees, and Workplace Safety and Health (WSH Committees) Regulations 2008 for the purposes of:

- reviewing circumstances in the Function which affect or may affect the safety, health and environmental matters relating to the Function of the persons employed therein;
- carrying out HSE inspections for the Function and prepare countermeasures and follow-up actions;
- promoting co-operation between management and employees in achieving and maintaining safe and healthy working conditions;
- carrying out as and when required inspections at incident scene or dangerous occurrence in the interests of the safety and health of the employees

Some of the WSH hazards or risks identified by the committee in 2016 were tracked to ensure that all issues raised are closed as shown below:



Dropping hazard by valve key from height



Installed metal backing to prevent valve key from dropping from height



Corroded walkway platform



Corroded platform replaced with metal grating



Damaged insulation - scalding risk



Damaged insulation rectified

In the 2016 Committee, two members from Olefin-I Mr Wang Baixin and Mr Balakrishnan Murali exhibited remarkable dedication and commitment in the Committee by voicing out safety and health concerns.

On 14 March 2017, a simple commendation ceremony was held in Olefin-I ICC to honour Mr Bai Wangxin and Mr B Murali. Mr Tan Henry Olefin-I manager, presented plaques to both of them in recognition of their dedication and exemplary service in the SWC Committee activities during their tenure as SWC members last year.

It takes effort and personal sacrifice to attain the perfect attendance which is one of the criteria to be nominated for the "Exemplary Award". We commend Mr Bai Wangxin and Mr B Murali for their dedication in service. They are good role models for others to emulate.



Olefin-I Manager Mr Tan Henry presenting the plaque to Mr Balakrishnan Murali



Olefin-I Manager Mr Tan Henry presenting the plaque to Mr Bai Wangxin



# PCS ANNUAL BOWLING TOURNAMENT 2017



Catherine Tan  
QC

PCS Annual Bowling Tournament 2017 was held at SAFRA Mount Faber on 25 Feb 2017. We saw more than 60 PCS staff who participated in the Tournament. The format this year was as usual where all players rolled off with an added twist i.e. Invitation Challenge Trophy (ICT) to the competition. This ICT event was introduced for the first time which brought not only excitement to the tournament but foster a higher level but friendly competition and rapport amongst PCS and PCC/PCCA colleagues.

**T**he team of 4 best bowlers from PCC/PCCA (the Invitation Team) will pit the team score with the 4 best bowlers from PCS for the Invitation Challenge trophy. We congratulate Team PCS who emerged as the Champion Individual Team for 2017.

Overall, the tournament was a great success and with the inaugural Invitation Challenge Trophy, was a very meaningful event to promote the spirit of teamwork among staff and contractors on and off site.

SSRCC would like to thank our MD, Mr A Yonemura for gracing the occasion and giving out the prizes. Congratulations to all the winners!

## TOURNAMENT RESULTS

**Team**  
**Champion**  
Olefin 1

**1<sup>st</sup> Runner Up**  
F&S

**2<sup>nd</sup> Runner Up**  
Olefin 2

**Invitation Challenge Trophy (ICT)**  
**Champion**  
PCS

### Top 10 Bowlers

**1<sup>st</sup>** William Wong

**2<sup>nd</sup>** Alex Aw

**3<sup>rd</sup>** Andy Liew

**4<sup>th</sup>** Tiah Nam Kuan

**5<sup>th</sup>** Albert Ang

**6<sup>th</sup>** Mohd Sukri

**7<sup>th</sup>** Wong Siew Ming

**8<sup>th</sup>** Jack Ho

**9<sup>th</sup>** Joshua Wong

**10<sup>th</sup>** Amzah



Certainly MD, Mr A Yonemura does not require immediate fire assistance



Proof of good times and bonding



Our extended 'Family'



Congrats to the defending champion. Again?



PCS top 4 bowlers. Don't they look familiar?

# BIGGEST Loser



Annie Tan - M / S

## Word of advice:

*Set a dietary and exercise regime that is realistic and can be achieved on a sustainable basis. I have seen people lose 20 kg very quickly and then putting on as quickly. The objective is sustainability and healthy living!*

I lost 5.4 Kg during the competition period and my current weight is about 52 kg. I believe my ideal weight is 50 kg. I lost the weight through a combination of dietary and exercise. I love to snack a lot but during the 2 months of competition, I cut down on snacks especially junk food. Personally, I don't believe in any specific diet cause it can only last a short stint before depravity get the better of me. I believe in a sustainable regime which means eating normally coupled with a regular exercise regime. For this competition, I signed up with a gym that has a variety of exercise programs that are very interesting and fun (zumba, kickboxing, fatburning, k-kardio, cardio mix, athletic steps etc).



It was very challenging during the CNY period especially in Marketing & Sales because we had many business lunches and dinners with customers. But once the CNY ended, in less than one week, on the same exercise regime, the last 1.3 kg was lost. People always like to ask "How did you lose weight" when they already have the answers. Simply have a balanced diet (with indulgences but not all the time) and a exercise regime, ALL it takes is determination and discipline. The competition provided me with so much motivation, it was so fun and challenging to see how far I could achieve within the 2 months. Of course, having a good contender (Johnny) added to the fun as we constantly tracked where we were in the competition.





Dr Kwong Seh Meng  
Dy Medical Director  
Fullerton Healthcare Group

# AMD, LPA and ACP – Primary Care Perspectives

Advanced Medical Directive, Lasting Power of Attorney and the Advanced Care Planning. What in the world are those terms? They certainly didn't teach them in medical school back then!

**A**s a young doctor I had no clue. In the early 2000s, a good part of my early years working in hospital was spent totally ignorant of these provisions. It wasn't taught, and knowing it didn't make me a better junior blood-sucker (drawing blood) and paper pusher (administrative summaries). It also wasn't just unfashionable to ask what plans for dying a patient had in hospital – it was a ticket to a complaint letter!

There were also a lack of good role models - we must remember that our current healthcare system is touted as great, not because of community care, but because of tertiary care in hospital, based on tackling complications rather than preventing complications. Hospital specialist leaders were almost "god" in the way patients revere them for their "life-prolonging" powers. I now prefer to see it as being very good at patching things up after the time bomb has gone off, rather than defusing it early.

## Recall and Review of a decade of futile medical treatment

So more often than not (or almost always, in my own memory), night calls in hospitals were

peppered with urgent resuscitations where a patient after surgery suddenly deteriorates, patients on chemo had stopped breathing or get breathless, etc. These happened every day. Very often I had to jump on another person's grandparent to administer cardiopulmonary resuscitation (CPR - often breaking their ribs). The reality of these resuscitations are mostly futile, the few we save spend a long time in hospital due to other complications of resuscitation (such as cracked ribs, a bigger stroke, or heart attacks), or go on to succumb to them in days. The few selective ones who made it out alive mostly got discharged a few weeks later to a nursing home or confined to lying down in bed, unable to sit up even. I dread to think how long they survived lying down after discharge.

I look back and realize the duty nurse and I were very often the last people such patients spent their last moments with. Even in their last breath, it is common practice to draw the curtains and continue resuscitation while the family is around. Or their families would arrive later and it wasn't hard to see the shock and grief on their faces, but as a young healthcare worker I probably tuned it out.

For the families of the patients who do survive such emergencies, there is an overwhelming sense to do everything for their loved one, and because they almost never talk to the patient about their last wishes, patients very commonly get all pumped with IV lines, flushed with drugs that support the heart and brain and spend a considerable amount of time in the ICU, whereupon most catch a drug resistant bug and die a few days later, or the family decides (after decimating their financial resources) to pull the plug.

Things have gladly improved somewhat since a decade ago. There are now a few processes in place for you to choose from to protect your legacy. The important thing is that it is not merely signing the forms that matter, but the difficult but necessary conversations that are to be had with your family to get to those decisions.

## Basic Introduction

**An Advanced Medical Directive (AMD)** is a legal document you sign in advance to inform your doctor that you do not want the use of any life-sustaining treatment to be used to prolong your life in the event you become terminally ill and unconscious and where death is imminent.

The form can be downloaded from the MOH website, and will require it to be signed in the doctor's office in the presence of another witness who does not benefit from your passing. Any medical practitioner will be able to make an assessment and facilitate the process.  
[https://www.moh.gov.sg/content/moh\\_web/home/form.html](https://www.moh.gov.sg/content/moh_web/home/form.html)

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**A Lasting Power of Attorney (LPA)** is a legal document which allows a person who is at least 21 years of age ('donor'), to voluntarily appoint one or more persons ('donee(s)'), to make decisions and act on his behalf as his proxy decision maker if he should lose mental capacity one day. A donee(s) can be appointed to act in two broad areas: **personal welfare** as well as **property & affairs** matters.

The form can be downloaded from the Office of the Public Guardian at <https://www.publicguardian.gov.sg/opg/Pages/The-LPA-The-Lasting-Power-of-Attorney.aspx>. Certificate Issuers are limited to (a) medical practitioner accredited by the Public Guardian; (b) a practising lawyer; or (c) a registered psychiatrist.

Of course, a medical practitioner will only charge you \$50 but a lawyer will cost a lot more but can facilitate more detailed arrangements. Usually, doctors don't just sign the LPA, but also a litany of assessment forms from Eldersfield Claims, to Foreign Worker Domestic Levy, to Pioneer Generation Disability Assessment Scheme (PG-DAS) as these are all closely related forms when a condition turns for the worse.

**Advanced Care Planning** is the process of planning for your future health and personal care. Having ACP conversations with your loved ones allows you to:

1. Share your personal values and beliefs
2. Explore how your values and beliefs affect your healthcare preferences in difficult medical situations.
3. Think about who among your loved ones can be your voice if you become very ill one day.

ACP is commonly initiated in hospitals and hospices, although there are community facilitators. It must be emphasized that it is a process. It is a lifelong journey that begins with having an open conversation with your loved ones. The decisions are fluid and no lawyers or fees are required.

It is well recognised that it is difficult to talk about such things to our loved ones. How I tend to ease into conversations is by this analogy: "We ( family) are all sitting at a table having a banquet. Sometimes, it is a reality that we can't all settle the bill and leave together. When I have to leave suddenly, I want to pay my fair share, and to make it clear I do not want to be a burden to those who I will leave behind at the dining table. It's never good manners to leave the bill unsettled for others to trash out, so it's probably best to sort out who pays what before you go."

The three concepts may seem complete, but there are loopholes, and there are ways to plug them as best we can, which I will share in the next article.

## EMPLOYEE NEWS

### LONG SERVICE

Presentation on 11 & 20 April 2017



#### 5 Years

Angie Lim	Marketing/Sales
Benjamin Tan	Technology & Optimization

#### 10 Years

Khoo Wei Hang	Olefin II
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#### 30 Years

Kelly Chua	Maintenance
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#### 35 Years

Tay Loo Kheng	Technology & Optimization
Tan Khai Meng	Maintenance
Tan Koon Jui	Olefin II



From left: Tan Koon Jui, Tan Khai Meng, Lucas Ng (GMP), Benjamin Tan & Kelly Chua



From Left : Foo Siang Tien (GMC) & Angie Lim

### NEW EMPLOYEES



**Ms Leong Wan Tian**  
System Analyst, Maintenance  
Joined 10 April 2017  
Hobbies: Jogging, Cycling

## births



NAME	FUNCTION	NEW BORN
Dzul Fadhli bin Ramli	OLE II	Girl
Lim Yeong Hann	OLE II	Girl
Lee Chio Chui	OLE II	Girl



# A WHIRLWIND 10 DAYS IN JAPAN



Pauline Lim - ANF

In November, I joined my sister and two nieces for a 10-day trip around Japan. It was an inspiring trip around the country, taking in the sights, sounds and tastes of the amazing country.

## OSAKA

At our first stop, we saw the sights of the city, both old and new. Japan is the perfect blend of historic, UNESCO World Heritage sites and modern architecture and technology. One of our favourite sights was the Osaka Castle, where the sprawling castle grounds and gardens make up one of Japan's most famous landmarks. We also made time to discover the new landmarks of Osaka, like the Haruka300 Observation Deck and the Umeda Sky Building. The modern buildings offered limitless views of the city, standing at up to 300m as the tallest skyscraper in Japan.

We also made time to visit the Universal Studios of Japan to make the special trip to The Wizarding World of Harry Potter. It was especially interesting to see how involved the Japanese get when visiting their theme parks, getting the whole group involved and dressing up for the occasion.



We also made the daytrip to Hiroshima, first taking a ferry to Miyajima, where we could visit the famous Itsukushima Shrine. We saw the floating torii gate at both high and low tide, viewing the UNESCO World Heritage at two very different times. At low tide we were able to walk right up to the massive stone and wood pillars and touch the centuries-old torii.

We then visited the Hiroshima Peace Park, which serves as a memorial and a museum of Hiroshima's sad past. The A-Bomb Dome (left) is one of the only remaining buildings left standing after the bomb dropped, and remains as a representation of people's prayers for a lasting peace.



## KYOTO

Kyoto was the highlight of the trip. The temple-filled city was a good, relaxing break between the busier cities like Osaka and Tokyo. After some interesting adventures at our AirBnB we spent the days exploring Kyoto's old temples and shrines. Here, it was popular for tourists to dress up in kimonos and walk the old streets of the town, immersing themselves in the culture of the city. Most of Japan's most iconic landmarks are found in Kyoto, such as the Golden Pavilion, Kiyomizu Temple and Fushimi Inari Shinto Shrines.

From Kyoto, we travelled to Ariashimaya, famous for its Bamboo Forest which was a popular location for Japanese wedding and engagement photoshoots. Taking a train tour of the countryside, we could see the autumn colours slowly arriving, the treetops turning red and gold.



## NARAYA

Nara is home to one of the oldest temples in Japan, the Todaji Temple. The main hall is the world's largest wooden building, holding one of Japan's largest bronze Buddhas. One of the massive wooden pillars holding up the structure had a small tunnel, which it is believed that if one could fit through the tunnel, they would gain enlightenment.

Nara was also home to a large deer population. Deers occupied Nara Park and the surrounding areas around the temples. They relaxed on the grass and were always curious to see if you were hiding any snacks in your pockets.

## TOKYO

Onwards to Tokyo! Saving the capital for last, we arrived to a bustling city which was constantly moving. Our last few days were reserved for the shopping and entertainment culture of the city. We witnessed the craziness of the iconic Shinjuku Crossing, enjoyed the nightlife in Harajuku and experienced the famous Japanese courtesy everywhere, from the transport system to the shopping malls. We also celebrated my sister's 50th birthday in the vibrant city.

