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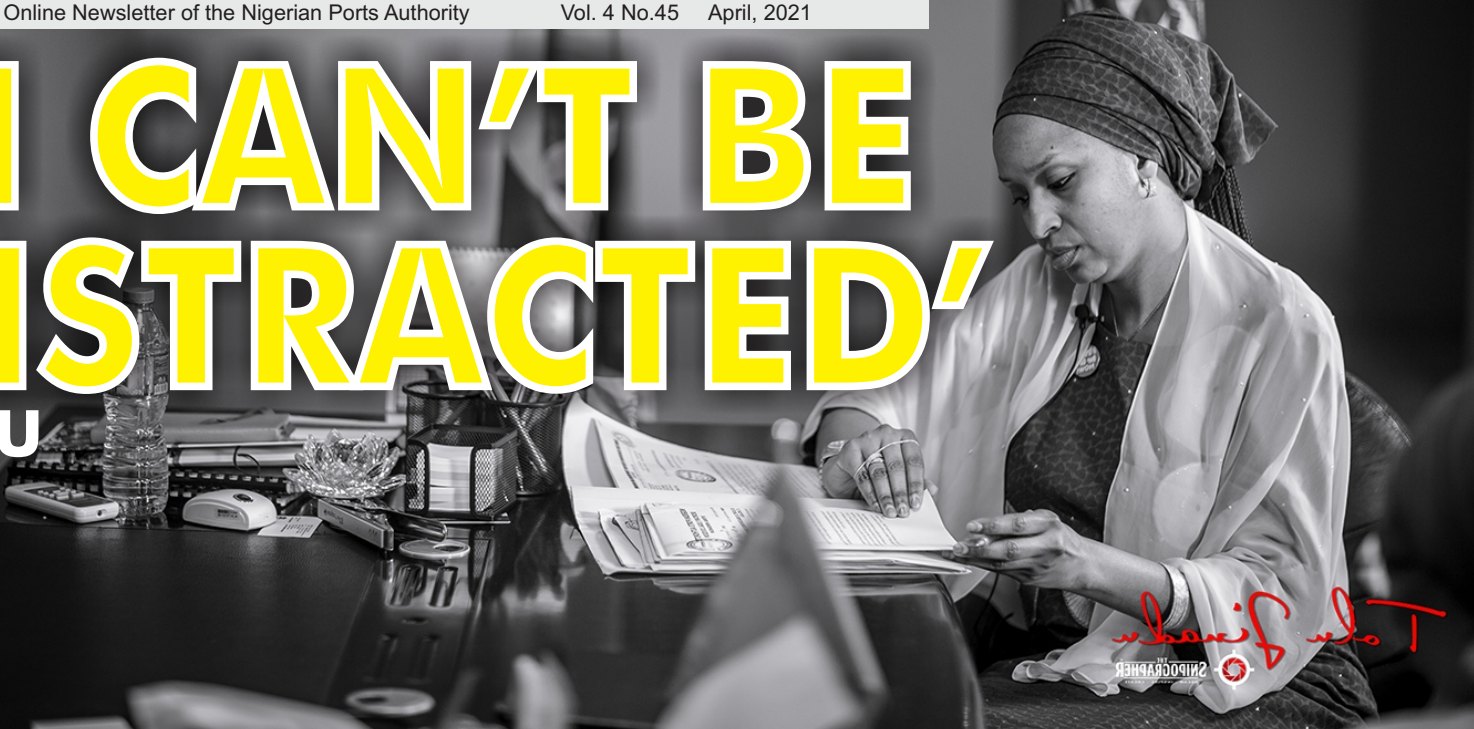
News

Monthly Online Newsletter of the Nigerian Ports Authority

Vol. 4 No.45 April, 2021

'I CAN'T BE DISTRACTED'

- HBU



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FROM THE MANAGING DIRECTOR

The Managing Director of the NPA, Hadiza Bala Usman, has reiterated Management's decision at ensuring that laid down rules and regulations are obeyed accordingly by port users.

She reaffirmed that Management would make sure that enforcement is strictly followed towards the elimination of the gridlock being faced by all.

The Port, she stated, is the life wire of the nation's economy and enjoined all and sundry to cooperate with the Government Agencies charged with such responsibilities in making Port Operations fall in line with International best practice.

The Authority's Chief Operating Officer made these remarks during a radio programme monitored by the Online Crew of the Corporate and Strategic Communications Division in Lagos recently.

According to her, Management has put in place rules such as wider public enlightenment, delisting of Truck Parks that compromise standards and deployment of other Agencies, taking into cognizance attempts by a few unscrupulous individuals who attempted to truncate the System.

Hadiza informed the listeners of the live radio broadcast in Lagos that plans are in the pipeline at strengthening the potentials and opportunities at the Eastern Ports to encourage maximum utilization of their services.

Specifically, she stated that the Onne port would witness infrastructural development especially road network to assist in the swift evacuation of Cargo to their final destinations, linking the Onitsha, Aba and Northern axis.



Recently the Managing Director, HBU in a radio programme reiterated the fact that management will insist on ensuring that all laid down rules and regulations are strictly adhered to by Port Users and Stakeholders.

Also Management in its effort to further entrench its avowed succession plan released a new set of appointment of General Managers and Assistant General Managers recently, details in this edition.

Serialization designed to showcase an interchange between the Condition of Service and Health and Wellbeing booklet will look at sedentary lifestyle and physical in activity and how to overcome the consequences.

All the regulars are also included in this edition.

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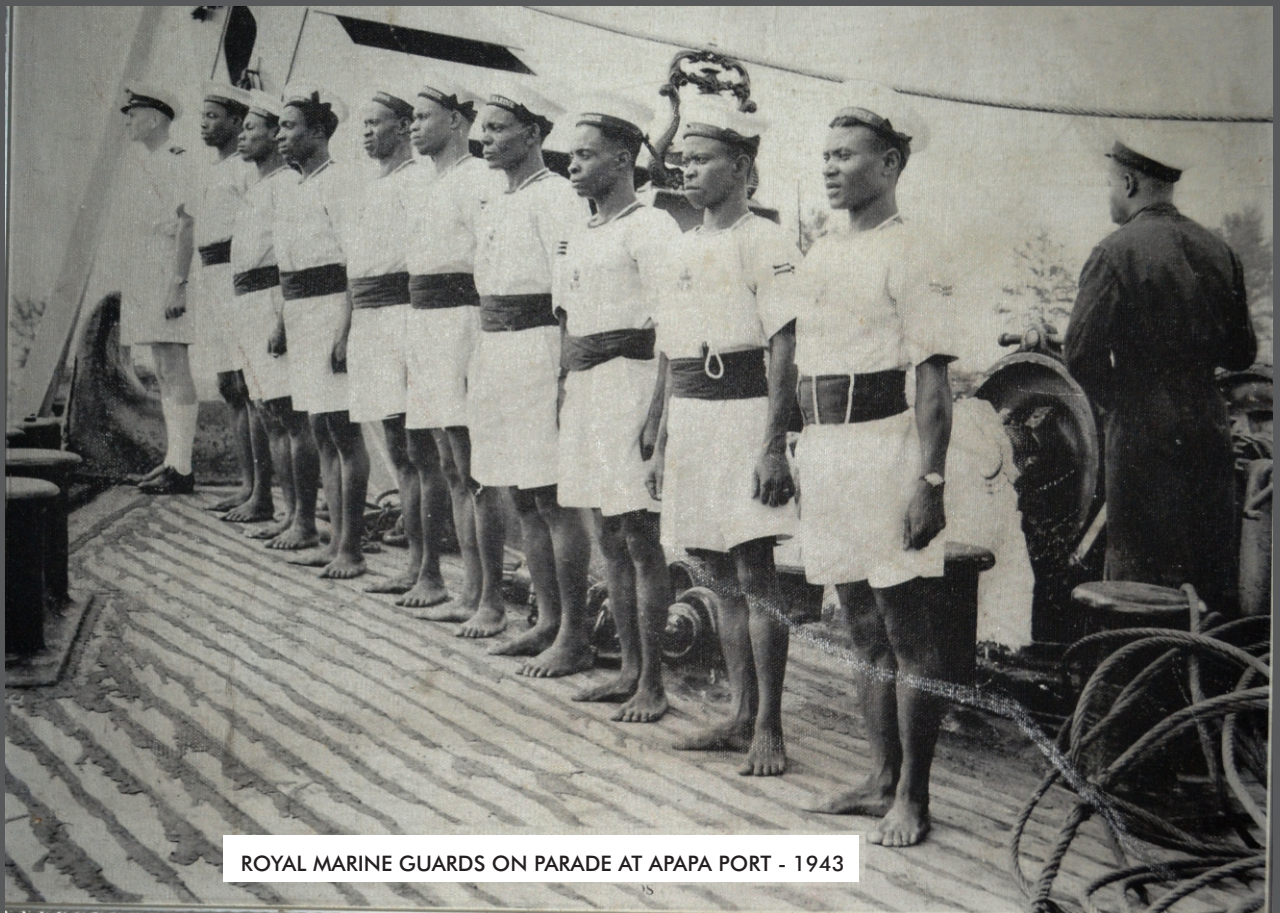
NPA NewsQuote

**"We cannot control the wind,
but we **can**
direct the sail."**

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FROM THE
ARCHIVE



ROYAL MARINE GUARDS ON PARADE AT APAPA PORT - 1943

STOP PRESS

NPA ELEVATES 4 GENERAL MANAGERS AND 8 ASSISTANT GENERAL MANAGERS

In order to further project its succession plan, motivate the workforce, the managing director of NPA, Hadiza Bala Usman has announced the appointment of 4 General Manager and 8 Assistant General Managers.

They are Alakija Olaseni Adio, AGM, Enterprise & Risk Management now GM, Corporate & Strategic Communications, Aboh Patricia Alero, AGM, Investment now GM, Servicom, and Engr. Nwankwo Sylvester, AGM, Civil now GM, MD's Office. The high point of these appointments is the emergence of the first female General Manager, ICT, Engr. Mrs. Ohagwa Anthonia Chinelo.

The appointments which take immediate effect, have the following elevated to the office of Assistant General Manager:

Pella Naphtali Nafarnda, PM, Audit now AGM, Audit (Finance & Investment), Salau R. Adesina Babatunde, PM, Estate now the AGM, Land & Estate, Dantiye Zainab Magaji, PM, Administration now AGM, Administration, Zhimwan Nansel Audu, PM, Public Private Partnership now the AGM, Corporate & Strategic Communications.

Others include Oluyori Benjamin Idowu, PM, Enterprise & Risk Management now AGM, Enterprise & Risk Management, Boyo Ruth Olegwa, PM, Human Resources/Operations now AGM, Investments, Engr. Isah Mukhtar Umar, PM, Public Private Partnership now AGM, Civil, and Adekunle Felix Adedapo, PM, ICT now AGM, ICT (Network & Communications).

Whilst Management congratulates the new appointees, it charges them to put in their best in the discharge of their duties.

Signed:

I. S. Nasiru

Assistant General Manager, Corporate & Strategic Communications



HOW TO BUILD EFFECTIVE WORKING RELATIONSHIPS

- JANICE TINGUM

Trust, teamwork, communication and respect are keys to effective working relationships. Develop positive relationships with the individuals you interact with at work to make your job more enjoyable and productive. These connections could also serve as future references or contacts in your career.

People you have a working relationship with include coworkers, supervisors and people you manage, as well as clients, service providers and professional colleagues. Strong working relationships take time to mature, so focus on being consistent and dependable.

Develop Trust with Colleagues

Develop trust by guarding confidences and not gossiping. Keep your appointments and do your work well. This demonstrates that others can count on you. Follow through on your promises. If you discover that you can't fulfill a promise, apologize and offer to resolve the matter in another way.

Take responsibility for your mistakes, rather than casting blame on someone or something else. Integrity is central to trust. Be fair and honest in all your dealings. Share resources and information with coworkers. Promptly return materials you borrow.

Work With Your Team

Collaborate with coworkers in a group project. Exchange ideas and be willing to change the way you usually do a task.

Give credit to others for their contributions. Provide constructive criticism and request feedback on your work.

Do your share of the work. Volunteer to take on challenging assignments. Incorporate fun activities and icebreakers into team projects so that members get to know each other better. Be an encourager by praising the successes of others and by inspiring them to achieve more.

Communicate Well by Listening and Speaking Clearly

Improve your communication skills by listening attentively to others and speaking clearly. If you aren't sure you understand the other person, repeat the statement in your own words and ask whether you understand it correctly. Let others know that you value their opinions. Maintain eye contact during conversations.

Keep your emotions in check, and don't use berating words if something upsets you. Provide your calling card to clients, service providers and other professionals so they can contact you.

Be Respectful of Others

Show respect for others. Be interested in the perspectives of other workers, and be willing to examine viewpoints that are different from your own. Share your own perspectives in a courteous manner. Avoid telling lengthy personal stories and sending emails unrelated to work.

If you work in a shared office space, limit personal phone calls and distractions such as radios. Maintain a professional and courteous attitude.

POETRY

with 'Sola Adesanwo

King Parrot and My Garden



King Parrot regals
in his majestic rainbow
regalia
clucking, whistling and
bouncing to contemporary
rhythms
in the sparkling splendor of
this garden.

Your symphony serenades my
circular garden
with bards and birds on
assemblage
a home to brilliant colours
of florals and faunas.

All swaying to the tunes of
this parrot and other birds.

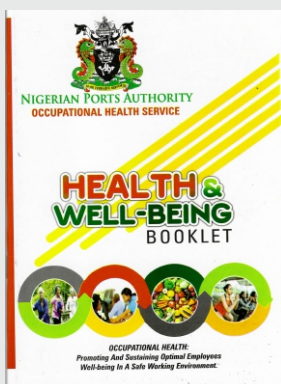
Like pampas of Argentina
your beauty beacons and
massages
with ancient balms of the
papyrus
during my leisure walks.

This garden often opens me
to
the depth of griots and gods
of poesy.

Even giant banana leaves
sways open, as Muse steps
out
to expand frontiers of
creativity
here, King Parrot
superintends

SERIALIZATION FOR INSIGHT

This section of the Newsletter would henceforth be dedicated to the serialization of official documents and books that would impact on the mission and vision of the NPA.



HEALTH & WELL BEING

SEDENTARY LIFESTYLE/PHYSICAL INACTIVITY

Non communicable Diseases (NCDs) like cardiovascular diseases, diabetes, cancers, respiratory diseases, mental health and neurological disorders share common causes. As a result, tackling the following

key risk factors is to paramount importance:

Sedentary lifestyle/physical inactivity
Unhealthy diets
Inadequate rest/sleep
Consumption of Alcohol especially in excess amount
Tobacco use

* TACKLING KEY CAUSATIVE FACTORS FOR NON COMMUNICABLE DISEASES

A sedentary or physically inactive lifestyle is one with a lot of sitting and lying down and very little to no exercise. Reports have shown that people are spending more and more time engaging in sedentary activities.

* EFFECTS OF PHYSICAL ACTIVITY ON THE BODY

Physical activity and exercise is a major contributor to a healthy lifestyle. Naturally, bodies are designed to be used as disuse puts the body at risk of varied health challenges. Physical inactivity is not just bad for the waistline and heart but also associated with weakening of the brain especially in areas associated with memory. The negative effects of inactivity also include increased risk of cancer and increased overall risk of early death.

Additionally, with a continued significant level of inactivity, muscle strength and endurance may be lost in the process. This could further affect bones by making them weaker and thereby lose significant mineral content. Metabolism may also be affected thus, the body may have more challenges breaking down fats and sugars. Similarly, the immune system may not function optimally.

Studies showed that approximately 150 to 200 minutes of exercise per week is required to reduce the negative cardiovascular risks of a sedentary lifestyle. However, for those that complete a minimum of 300 minutes of physical activity a week, these risks were recorded cleared.

The paragraph below summarizes in bullets the health benefits of regular physical exercise.

* HEALTH BENEFITS OF REGULAR PHYSICAL EXERCISES

Regular exercise could prevent and reverse age-related decreases in muscle mass and strength; improves balance, flexibility, and endurance, and decrease the risk

of falls in old age.

Also, exercise when done regularly could halt the development of coronary heart disease, stroke, diabetes, obesity and hypertension

Weight-bearing exercise can also help prevent bone degeneration by building bone strength

Exercise could help to relieve arthritic discomforts and sufferings

Regular exercise can help improve an individual's self-esteem and self-confidence

It relieves stress and anxiety, enhances mood, and improves general psychological/mental health status

Regular exercise could assist with weight control and shedding of unnecessary body fat.

* CRITICAL CONSEQUENCES OF PHYSICAL INACTIVITY AND LACK OF EXERCISE

Physical inactivity and lack of exercise are associated with heart disease and some cancers

Physical inactivity and lack of exercise are associated with type II diabetes mellitus (also known as maturity or adult-onset, non-insulin dependent diabetes).

Physical inactivity and lack of exercise contribute to weight gain.

Thirty minutes of moderate exercise at least 3 to 5 days a week is recommended. However, the greatest health benefits come from exercising most days of the week.

Exercise can be broken up into smaller 10-minutes sessions

Start slowly and progress gradually to avoid injury or excessive soreness or fatigue. Over time, the exercise could then be built up to 30 to 60 minutes of moderate to vigorous exercise every day. People are never too old to start exercising. Even frail, elderly individuals (70 – 90 years of age) can improve their strength and balance with exercise. Almost any type of exercise (resistance, water aerobics, walking, swimming, yoga and many others) are helpful for everybody.

Exertion during strenuous exercise may make a person tired and sore, but if pain is experienced, then, there is need to stop the exercise until its root cause is determined. Concerned person may need to seek medical help and advice before continuation.

Health and Safety

WATER SAFETY TIPS FOR THE FAMILIES



To ensure a safe and pleasant water experience especially when your children visit a swimming pool or beach, there is need to teach your children some safety tips. Some of these tips are:

1. Never Swim Alone

In the pool or beach, your children should not swim alone without a life guard around. Swimming with a friend or sibling is also advisable to ensure that there is someone who can go for help if something goes wrong.

2. Supervise Children When They're in the Water

Parents should be alert and not over relax when their children are in the pool swimming. Parents should be within arm's reach of their children at all times.

3. Don't Play Breath-Holding Games

While swimming, children shouldn't hold their breath for a long time, as this can cause drowning and has several other severe risks. Children who swim competitively should learn proper breathing techniques to avoid problems during practices or meets.

4. Always Wear a Life Vest

Ensure young or inexperienced swimmers wear a certified life jacket around water. Market products claiming to help children stay afloat, such as water wings, floaties, pool noodles, etc., may not be a substitute for life preservers or lifesaving devices in a genuine emergency. Use these products only when a parent or trustworthy adult is within arm's length of the child using them. Life jacket or other flotation device should never be an excuse to ignore other water safety guidelines. Life jackets alone are not enough when it comes to staying safe around water.

5. Don't Jump in the Water to Save a Friend

If a child sees their friend struggling to keep their head above water, their first instinct may be to jump in to help. Doing so could lead to both people drowning. The Y's Safety Around

Water program recommends the "reach, throw, don't go" technique, which involves using a long object to pull a struggling swimmer to safety. By using this technique, children can help their friend without putting themselves at risk.

6. Enter the Water Feet First

Severe injuries can occur when kids jump or dive headfirst into shallow water. Ensure your child understands the proper way to enter and exit the pool. If they're interested in jumping and diving, make sure to teach them the correct way to do it, as well as point out the areas where it is safe to do so. If your pool does not have an area designated for diving, do not allow it, no matter how deep the water.

7. Stay Away from Pool Drains

Children's hair, bathing suits and even limbs have become stuck in broken or faulty drains, which can lead to drowning or serious injury. Children should stay away from these areas in pools, especially if a drain is missing a cover or appears otherwise broken. If you notice one that seems to be operating incorrectly, report it immediately.

8. Stay Within Designated Swim Areas

Whether you're swimming in a pool, ocean or lake, staying within the designated swim areas is vital to staying safe. Teach children about ropes and why people use them to divide a pool. Never encourage a child to swim in water deeper than their abilities will allow, and, especially if you're swimming in a lake or ocean, always follow guidelines local lifeguards have established.

9. Avoid Using Alcohol

Avoid drinking alcohol when swimming. Alcohol impairs judgment, coordination and balance. It affects a person's ability to swim well, and it can even lower body temperature. Parents should also never consume alcohol while supervising their children in the water. Not only can it cause you to become distracted, but it could leave you unable to function appropriately if an emergency should happen.

10. Learn Cardiopulmonary Resuscitation (CPR)

As a parent supervising children, it's critical for you to be familiar with lifesaving techniques, including CPR for children and adults. Knowing how to perform CPR can be the difference between life and death.

Think & Act Positively.

By Engr. Dafe T. S. Prin. Manager, Safety

WORK HOUR RELAXATION

VOX-POP

HOW CAN YOU HELP A STRUGGLING SUBORDINATE GET BETTER ON THE JOB?

If struggling means studying hard to acquire professional certificates to compete globally for any office by merit, I will help by: Supporting Financially, Recommending for Promotion/Training, Counselling on Skills, Knowledge, Attitude (SKA), Exposure to Success Tools (ICT) and also Creating Succession Plan Scheme.



Edet Itighise,
C&SC, HQ

By motivating, coaching, mentoring the personnel for efficiency, effectiveness and for succession/continuity. It is also advisable to delegate functions or Authority, allowing him or her make mistakes while supervising and correcting him or her for the attainment of organizational goals.



Barbara Ejemeh Nchey-Achukwu
C&SC, ONNE PORT COMPLEX

You offer assistance to guide him / her through the job

- Send him / her for course that will improve his/ her abilities
- Understand what motivates employee and do it
- Reward improvement on the job.



Innocent Ogbuehi
H/R DEPT. ONNE PORT COMPLEX

The first step to take to help a struggling subordinate to get better on the job is to try to identify the reason(s) why he or she is in that state. After identifying the problem, for instance, if it's inadequate training, then you send him or her to training that is relevant to the job. Do it in the atmosphere of love, empathy and understanding.



Olubola Phoenix
HARBOURS DEPT. DELTA PORTS, WARRI.

In order to help a struggling subordinate get better on the job, I need to acknowledge his/her struggles and validate those struggles by sharing my own struggles too. Secondly, I would listen intently to the struggles and we would develop daily steps that can proffer a plan and solutions to enable him/her overcome their struggles practically.



Inyiama Stella
HYDROGRAPHIC SERVICES, HQ



FEEDBACK:

Dear Readers,
To serve you better, kindly feed us back with your opinion, suggestions and criticisms.
Hoping to hear from you soon.

- Editor.

Contributions to be sent to the **Editor**
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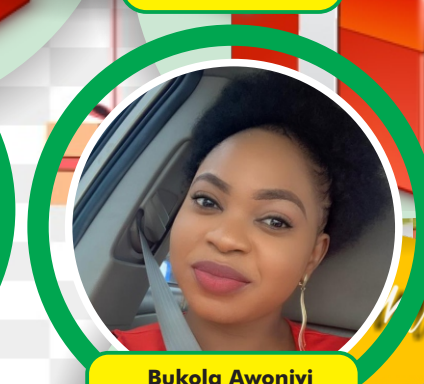
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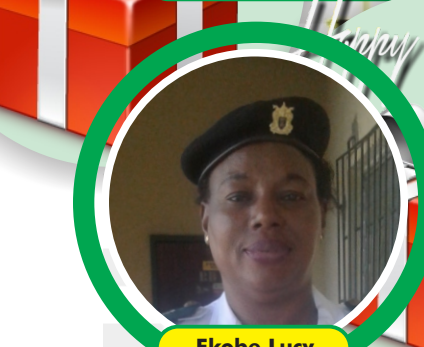
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...the world within our reach...



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Nigerian Ports, becoming the Hub of International Trade and Freight in West and Central Africa.

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