



NPA

NEWS

Monthly Online Newsletter of the Nigerian Ports Authority

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The Acting Managing Director of the NPA Mr Mohammed Bello- Koko has asserted that the Authority has continually evolved in her effort to further enhance the security situation in the Ports.

The Ag. MD added that "At the NPA we have dealt with security men indicted over unwholesome activities. We are doing a lot and shall soon rid the ports of all security vices".

While addressing press men in his office recently Mallam Bello Koko stated that security personnel who have served for between five and six years in the same location have been transferred to a fresh location while more competent hands have been redeployed to take over from them.

Also in conjunction with other security agencies, we have agreed to set up a team that would secretly establish how many checkpoints we should have along the Apapa corridors and those that should be dismantled.

We also agreed that any organization such as LASTMA, Police, Army or NPA willing to have security at the designated checkpoint should have the names of such officers displayed at the checkpoint for everyone to see.

We believe if we do the above, and there is a proof of extortion, on a certain date, at a certain location, then we would be able to know the officer involved and charge him or her accordingly.

NPA NEW MOVES TO ENHANCE PORTS SECURITY

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From the Editorial Suites



In her continuous efforts to improve ports operation and infrastructure, The management of the NPA have made fresh move to re-jig the security situation in the Ports as contained in the Ag. Managing Director's statement in this edition.

Also the Port Manager LPC, Mrs Olufunmilayo Olotu takes us on a journey of discovery into her performance, personality and dedication to duty.

The Safety and Health column has set the tone for the Yuletide by providing our readers with survival tips for the season.

This edition is also filled with your usual regulars.

'Sola Adesanwo
Editor

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Contributions are welcome from members of staff.
You can send high resolution photographs of your social events like birthdays, marriages, burials, etc.

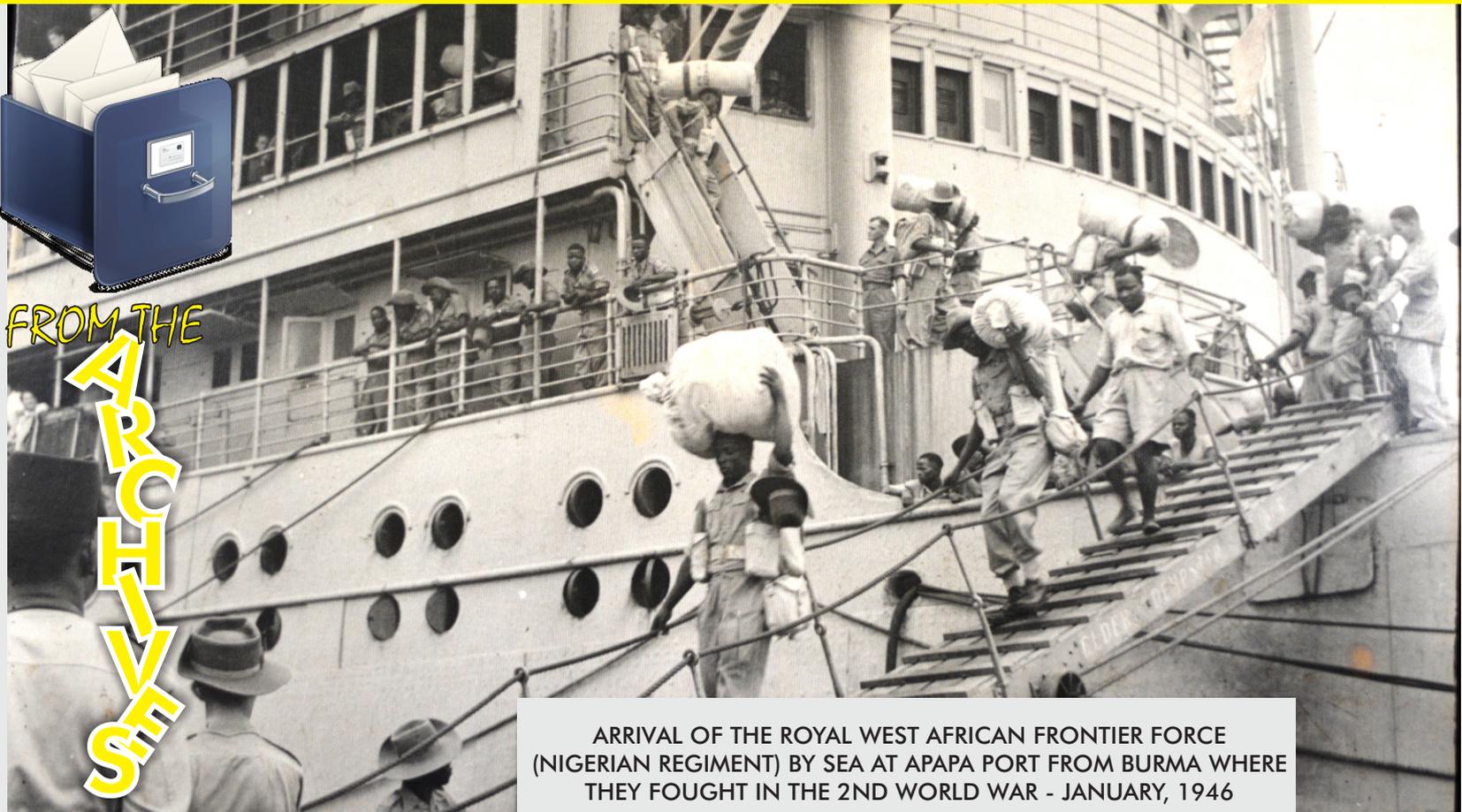
NPA NewsQuote

"IF ONE DOES NOT
KNOW TO WHICH PORT
ONE IS SAILING, NO
WIND IS FAVOURABLE."

- SENECA



FROM THE
ARCHIVE



ARRIVAL OF THE ROYAL WEST AFRICAN FRONTIER FORCE (NIGERIAN REGIMENT) BY SEA AT APAPA PORT FROM BURMA WHERE THEY FOUGHT IN THE 2ND WORLD WAR - JANUARY, 1946

1 ONE ON 1 ONE

Can we meet you please?

My name is Mrs B. Olufunmilayo Olotu. The Port Manager of Lagos Port Complex, Apapa. A fellow of the Nigerian Institute of Management and also a Fellow of National Institute of Marketing of Nigeria.

Thank you very much. Having earlier served as a Port Manager at Calabar Port, what in brief, can you say is the basic difference between Calabar and the Apapa port?

I think there are major differences and I will start with the Channel. In Lagos Port Complex, the distance from the fairway buoy to the port is four nautical miles whereas in Calabar, the distance is forty-five nautical miles from the fairway buoy to the port and that is quite huge in terms of navigation, in terms of pilot experiences. In the case of Lagos, Lagos channel is a direct course whereas that of Calabar has quite a number of dangerous curves that requires expertise on the side of the pilot for them to bring in bigger vessels. Then in terms of a workforce, Calabar, we were around 300 plus while I was serving there, whereas in Apapa at some point we were actually 600 plus, presently we are 598 in the port. Then in terms of craft for berthing vessels, Calabar sometimes requires two tug boats and we had only one in Calabar. So anytime we succeeded in going for trade promotion and we get flat bottom vessels to come we usually need support from either Rivers or Onne port to give us additional tug boat. But here in Lagos port, there is a third party service provider and they have quite a large number of craft that are available to serve all the vessels that we have.

Closely related, Lagos Port Complex operates a 24/7 pilotage services whereas in Calabar we were only having day pilotage, we could not do night pilotage because that distance exposes vessels to security challenges, so the best thing to do is to bring in vessels in broad daylight.

Thank you very much for that deep insight into the workings of the Calabar port. However, can you please give us a brief insight into the workings of Terminal Operators in this Port vis-à-vis NPA?

You will recall that we now have a landlord model of Concession in the Nigerian Ports Authority. Basically we have six operators in Lagos Port Complex, we have the AP Mollar handling containerised cargo, we have ABTL handling bulk most of the time, we have ENL, a wholly indigenous terminal handling multipurpose cargo, be it containers, general cargo, they can handle any. We also have GDNL, Greenview Development Nigeria Limited, they are also into dry bulk, then we have ECO Support which used to be a service provider for off shore vessels but now they have also started handling vessels, regular, ocean going vessels. Then we have Ladol, which is across the waters also serving the offshore but equally handling some vessels. They actually handled the Egina project which was a big one and that was the largest vessel to ever visit Apapa though not under my watch though.

On a human side, let me not forget we have a crèche to cater for the needs of our female workers and even some other stakeholders within the Port and we have minders who are there under the supervision of Head of Employee and Labour Relations

“OUR SLOGAN; PLACING PREMIUM ON PROFESSIONALISM HELPS US SET STANDARDS”

- OLUFUNMILAYO OLOTU, PM LPC

and they are doing very well. We have a library, a Training hall, we have the Multipurpose Hall and on the flip side too, virtually all these things I did while I was at Calabar and I must give credit to whom it is due, Hajiya Ali Ibrahim whom I took over from also did fantastic jobs here at the LPC.

Thank you so very much. You have confirmed our feelings and belief that you are a workaholic and also a determined goal getter. What would you like to be remembered for as Port Manager of two ports by the time you will move up to higher responsibilities.

I want to be remembered as a Port Manager that corrected that impression, that public servants are lazy and lethargic to work, that they do not respond to emails. So I want to be remembered as the Port Manager that put in place, a working system.

So I want to be remembered for that, for putting up a working system and changing the wrong perception of public servants because I have quite a number of our stakeholders say, “you are not working like a public servant”. I want to be remembered for systemic re-orientation, yes I think that is the word I want to use. I also want to be remembered as someone who stood for integrity. While in Calabar, we had an error where a vessel will come into Port and the rate applicable for that particular vessel and voyage time were wrongly calculated but I corrected it. The same problem surfaced in Lagos, we also put it right.

I want to be remembered as a Port Manager who recovered twenty-seven million naira for the Nigerian Ports Authority from clients that people felt this money could not be recovered and sticking out my neck, God helping me, I was able to do it. I also want to be remembered as a Port Manager who is loyal to the office and respectful to the occupant. We have this thing in the system where maybe you were appointed by someone or perceive you are close to someone, you are labelled as a loyalist to that person and irrespective of what you are bringing to the table, people want to weigh you by where you are coming from or what they perceived, so I want to be remembered as someone who is always loyal to the offices of the ED, M & O and the office of the Managing Director, I am loyal to the office and I am respectful to whoever the occupant is, they deserve that from me.



To be continued in next edition.

POETRY

with 'Sola Adesanwo

MANCHESTER DIS-UNITED

Today in the bowl of
Manchester,

a big, lush green bowl
there is war!

This war which divided
Manchester
will be fought without
booming guns or tanks.

The warriors are fleet-
footed
gazelles, whose nimble
feet
will swing victory
without bullets.

Earlier today fans
draped homes, in
costumes of war,
their toga, sea of two
colours,
drums of war in
cacophony.
oh! Manchester is
serrated sharply
along misty sky-blue
and distinct scarlet
colours of twins brothers.

Today Camaraderie has
taken
flight, Manchester is dis-
united.

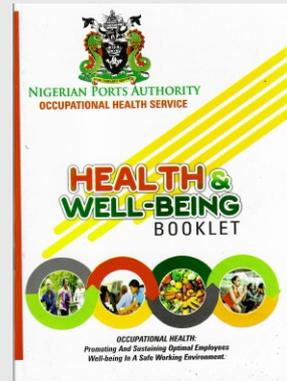
Will the lone whistle man
fetch enough from the
sea
to quench this raging
inferno.

Extract from: **MUSINGS
OF A QUESTER**

SERIALIZATION FOR INSIGHT

HEALTH & WELL-BEING

EFFECT OF SLEEP ON THE GENERAL PHYSICAL HEALTH



Sleep plays an important role in a person's physical health. For example, sleep is involved in the healing and repair of the heart, blood vessels and other cells and tissues in the body. Also, sleep helps maintain a healthy balance of the hormones that make one to feel hungry or full. It promotes healthy body growth and development, it boosts muscle mass and plays a vital role in fertility.

In addition, the immune system that defends the body against foreign or harmful substances relies on sleep to stay healthy. continuous sleep deficiency can change the way in which the immune system reacts. For example, an individual could be predisposed to common infections.

Similarly, perpetual sleep deficit can increase the risk of heart, kidney, high blood pressure, diabetes, and stroke disease/conditions. Also, it increases the risks of obesity. For example one study shows that with each hours of sleep lost, the odds of becoming obese went up as individual craved more food.

Furthermore, sleep affect the way one's body react to insulin, which is the hormone that control the blood glucose (sugar-level) which may increase the risks of developing diabetes.

EFFECT OF SLEEP ON BRAIN FUNCTION AND EMOTIONAL WELL- BEING

Sleeps help the brain work properly.it prepares the brain for the next day's activities. Studies have shows that a good night sleep improves learning, and problem-solving skills- ranges from mathematical skills to the playing of the instruments, or driving of a car (among others) sleep deficiency has been reported to alter activities in some part of the brain. If one is sleep deficient, concerned individual may have trouble making decisions, solving problems, controlling emotions and behavior, coping with change. Sleep deficiency also has been linked to depression, suicide, and risk-taking behaviour.

EFFECTS OF SLEEP ON SAFE PERFORMANCE AND PRODUCTIVITY

There no doubt that getting enough sleep at the right time especially at night helps one to function well during the day. people who are sleep deficient are less productive at work and other daily activities. concerned individuals takes longer to finish tasks, have a slower reaction times and a higher tendency to make mistakes.

Lack of night sleep may also lead to micro sleep the brief moments of sleep that occurs when an Individual is meant to be awake this situation could lead to unsafe acts and inefficiency at work. For Example, drowsy drivers may feel capable of driving; study shows that deficiency harms driving ability as Much as, or more than, being drunk. Its estimated that driver's sleepiness is a factor in about 10,000 car accidents each year, resulting in about 1,500 accidents, such as nuclear reactions meltdowns grounding of large ships, and aviation accidents. Similarly, other employees could be affected including healthcare workers, pilots, student, lawyers, and mechanics. Consequently, sleep deficiency is not only harmful on personal level, but can cause large -scale Damage.

QUALITY OF DAILY SLEEP REQUIREMENT

The amount of daily sleep requirement changes over the course of one's entire life. Although sleep needs Vary from person to person, adults aged 18years or older needs 7-8hours a day.

WARNING SIGNS OF SLEEP DEPRIVATION

Sleep deficiency, which includes sleep deprivation, affects people of all ages, races and ethnicities. It is Vital to note that loss of sleep does add up. The total sleep lost is referred to as sleep debt. Also, Naps May provide a short-term boost in alertness and performance. However, napping does not provide Equivalent benefits of night-time sleep. Thus, individuals are hardly able to make up for lost sleep. It is Crucial to note that sleep deficiency can affect people even when they sleep the total number of hours Recommended for their age group. For example, people who have sleep that's out of sign with their body Clocks (such as caregivers or emergency workers) or routinely interrupted (such as caregivers or Emergency responders). Hence, these categories of employees might need to pay special attention to their sleep needs.

However, you need sleeping more on off, than on work days and going to bed later and get up later on off days

Health and Safety

The last month of the year usually brings with it lots of excitement and anticipation, preceding the usual Christmas and New Year celebrations. As this festive period approaches, let us take time to reflect on our personal and domestic safety. Remember that you can only share from the joy of the season if you stay accident or injury-free, one day at a time.

AT HOME

Ensure there is a place for everything and everything is in its place – maintain good housekeeping.

Clean spills immediately, they constitute slip hazards.

Handle sharp objects with care and keep away from children, they can hurt easily; beware of pinch points, sharp edges, door hinges, e.t.c)

Use electrical appliances as directed by the manufacturer, avoid multiple connections from one socket.

Always discuss the safe way to do various domestic tasks with the family, discourage shortcuts.

Discuss fire safety with the family.

Develop and review emergency response plans with the family.

Install smoke detectors/alarm at appropriate locations in the house.

When attending a party, always designate a non-drinking driver.

TRAVELLING TIPS

Imbibe the culture of journey management. Ask yourself the question – “IS THIS TRIP NECESSARY”?

Ensure your vehicle is fit for the trip; check your brakes, lights, tyre pressure, e.t.c before embarking on any trip; wear your seat belt always, don't cut corners, your life could be on the line.

Avoid night travels; plan to commence your trip early.

Do not drive under stress or fatigue; take enough rest before embarking on any trip.

Avoid distractions – cell phones, emotional discussions, family, e.t.c while driving.

Maintain reasonable speed; be aware of weather and road conditions.

Follow the rules of defensive driving.

Check your rear view and side mirrors for coming traffic at intervals.

Yield to drivers who are determined to get there first.

Always expect the other driver to do the unexpected.

Watch for sudden movements.

Keep a reasonable distance with the vehicle in front of you – follow the 2 seconds rule and adjust as necessary for weather and road conditions.

Do not drink and drive “DON'T HAVE A CRASH, DON'T CAUSE A CRASH. DON'T BE A VICTIM OF A CRASH”.

With banditry and kidnapping issue in the country, don't travel at night, travel with no vehicle in your front and back and along the opposite road.

Avoid using the side-way of the road as restroom.

FIRE SAFETY

Handle all combustibles (petrol, kerosene) with care – keep



SAFETY TIPS FOR CHRISTMAS HOLIDAY SEASON

combustibles away from sources of ignition or naked flames.

Be mindful of electricity – avoid overloading a circuit, use the right plugs for all connections (do not use two pin plugs in three pin sockets, get the right adaptor).

If you have to burn trash, do not leave the fire unattended; keep children away.

Discourage the use of fireworks, baggers, knock outs and other pyrotechnic by child or self.

Switch off your cell phone when handling flammable liquids – especially when filling your generator do not use your mobile phone as touch light.

Source: <https://discovernaija.com>

REMEMBER: -

- ü **DON'T BE SAFETY BLINDED, BE SAFETY MINDED**
- ü **MAKE SAFETY A REALITY AND DON'T BE A FATALITY**
- ü **THERE IS NO SUBSTITUTE FOR SAFETY**
- ü **SAFETY IS THE MOST PRODUCTIVE BUSINESS**
- ü **THINK SAFETY AVOID UNSAFE ACTS**
- ü **SAFETY AWARENESS SAVES LIVES**

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

WORK HOUR RELAXATION

VOX-POP

COMMUTING TO AND FRO THE OFFICE ON STAFF BUS, PERSONAL CAR OR PUBLIC TRANSPORT, WHICH DO YOU CONSIDER MOST PREFERABLY AND WHY?

For my job that is unpredictable, I would have preferred to join the staff bus. It is less mentally stressful and relaxing. Also in it one does not feel the impact of the crazy traffic gridlock caused by horrifying bad roads and broken down trailers.



Barbara Ejemeh Nchey-Achukwu
C&SC Onne Port Complex

Private car provide comfort but public transport reduce the carbon emissions to the environment, since you are not driving you can go online to attend to some stuff and it's is also economical since you don't have to maintain a car.



Sinclair K. Akani HR/Opts, D/Ports, Warri

Commuting to and fro the office in staff bus is most preferably: 1. It makes the movement seem easier. 2. Feels more safe and or secured. 3. You feel respected and well taken care of. 4. Not bad when you feel proud. 5. You are well coordinated and place more regard to seniors.



Uzomah Bidwell Franca, E&LR, Onne Port

To me, commuting to and fro the office on staff bus is considered most preferable, especially in Lagos. This is because of the stress of Lagos traffic. If a staff bus drives about 30 staff to work, the driver has been paid to take the stress off those 30 staff- to and fro the office. This increases their productivity and longevity.



Engr. D. O. Adeola
Safety, HQ

Staff bus is better and most preferable because it is less stressful, cheaper, safer and gives you more comfort as against public bus which keeps people on the queue for hours before you can get on the bus. I am suggesting to management to kindly consider the use of water transportation.



Aboki Nuhu S.
Engineering, HQ

Staff bus is a better way to commute to work and back. You ride in comfort from home to work and back. With designated routes and pick up time, your schedule is always guaranteed. Having a staff bus facility benefits the employees since it saves their money, vehicle and fuel.



Raji Abdulateef .G.
HRO HQ

I preferred the staff bus because it is easy for coming to the office or going back home. It's like we are family and apart from that we always work towards early arrival making sure that we get to the office on time. Last year December, when I lost my husband, I was told while in the staff bus about his demise, I don't know where I would have ended if driving my personal car. My colleagues consoled me.



Funmilayo Osoba
Sec. to PM, LPC



Yerima-Balla Zailani
Performance Management, HQ

I unequivocally prefer staff bus due to the following reasons. Staff bus use official license plate, hence law enforcement agents sometimes give them concession to use BRT lanes, therefore you get to the office or home earlier. With commercial bus I spend an average of N1500 daily. Fuelling my car for a week to commute to and from work cost me an average of N10,000 a week. Staff bus is cheaper.



Josephine Moltok
Overseas Liaison office
1st November



Mrs. Funmilayo Olotu,
Port Manager, LPC
12th November



Zainab Kwande
Servicom Div. HQ
12th November



Engr. Ferdinand Azi
Safety Dept. Calabar Port
11th November



Omonike Awosika
Admin. Div. HQ
8th November



Mr Carew Ekundayo
ICT Div., HQ
15th November



Mrs. Mary Okoliko
Fire Services. TCIP
23rd November



Sylvester Egede
Traffic Dept., Rivers Port
5th November



Martina Akoko
HR Rivers/Onne port
19th November



Lilian Brume
Med. Lab. Science, Delta Ports
2nd November



Mrs. Priscilla Maduka
Audit Div. HQ
27th November



Firmabo Bobogunga
Vessels Management, Rivers Port
22nd November



Joyce Umar
HQ, HR Ops.
9th November



Omodayo Taiwo
HQ, Engineering
4th November



Shedrach Edison
TCIP, Fire Service
11th November



Akaninyene Brendan
Security Dept., Calabar Port
4th Nov



Makanjuola B. Teslim
Traffic Dept. Rivers Port
24th November



Kingsley Ezeanaya
Md's Office, HQ
10th November



Mrs. Egun Ajjala
Corp. & Strat. Comm.Div. HQ
11th November

...the world within our reach...



001/GraphicsUnit/NPA/017

With an increased port operational efficiency, decreased port cost and decreased financial burden on government,

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

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Nigerian Ports Authority

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