



NPA

Events

Monthly Online Newsletter of the Nigerian Ports Authority

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NPA REJIGS MANAGEMENT CADRE, TARGETS HUB STATUS

In furtherance to Management's desire to reposition the Nigerian Ports Authority towards enhanced productivity and the attainment of the hub of Maritime activities in the sub-region, the Acting Managing Director Mohammed Bello-Koko has recently approved the appointment of seven New General Managers and ten new Assistant General Managers.

The New General Managers are Muhammed Shehu General Manager Tariff and Billing, Odunsi Opeoluwa General Manager Finance, Nasiru Ibrahim General Manager Corporate and Strategic Communications. Also included are Ngini Chukwuma, General Manager Lands and Asset Administration, Sheidu-Shabi Khadija Ife (Mrs) General manager, Managing Director's Office, Moltok Josephine Adar (Mrs) General Manager Servicom and Ahmed A. Umar, General Manager Human Resources.

Similarly, the newly appointed AGMs are Eze Livinus Okey AGM Procurement, Danbatta Rabiu Musa AGM Finance, Ballah Sarah Kwa'ala (Mrs) AGM (C&SC) Media/ Comm. & Protocol, Nri Albert Nchekube AGM Port Engineering. Others are Paul Hofwan AGM Accounts, Abdul Ibrahim Sani AGM Facility Management, Abbas Hafiz Rafindadi AGM Seaview properties, Abubakar Bello Alhaji AGM Abuja Liaison Office, Oni Adebayo Rasaki AGM C&SC and Okeke Angela Uche AGM Investment.

The officers who have all resumed their new offices have been charged by the MD to do their best possible and invigorate productivity and efficiency in their various departments and divisions.

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The Acting Managing Director of NPA, Mohammed Bello Koko in his continued effort to reposition the Authority has approved the appointment of 7 new General Managers and 10 new Assistant General Managers, the full list of the new appointees is available in this edition.

Similarly, the General Manager of the Abuja Liaison office is featured on our one-on-one page this month as he gives an expose into the functions of the Liaison office.

Our Serialisation page this time, delved into the issue of Sleep and laid bare the dangers of Sleep Deprivation.

All your juicy regulars are also featured in this edition.

Enjoy.

'Sola Adesanwo
Editor

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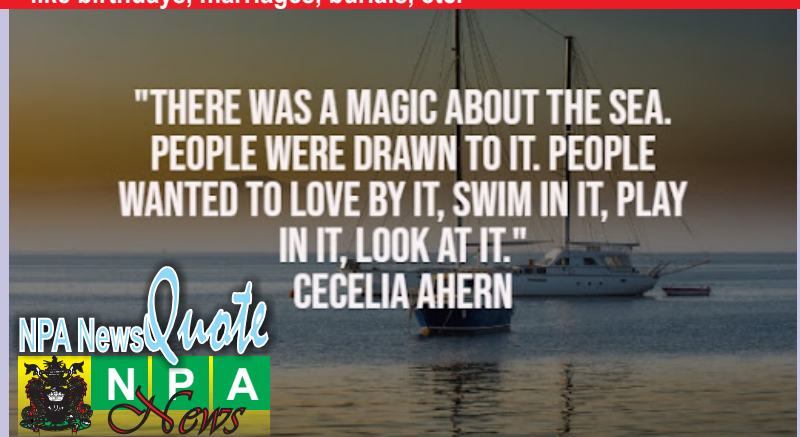
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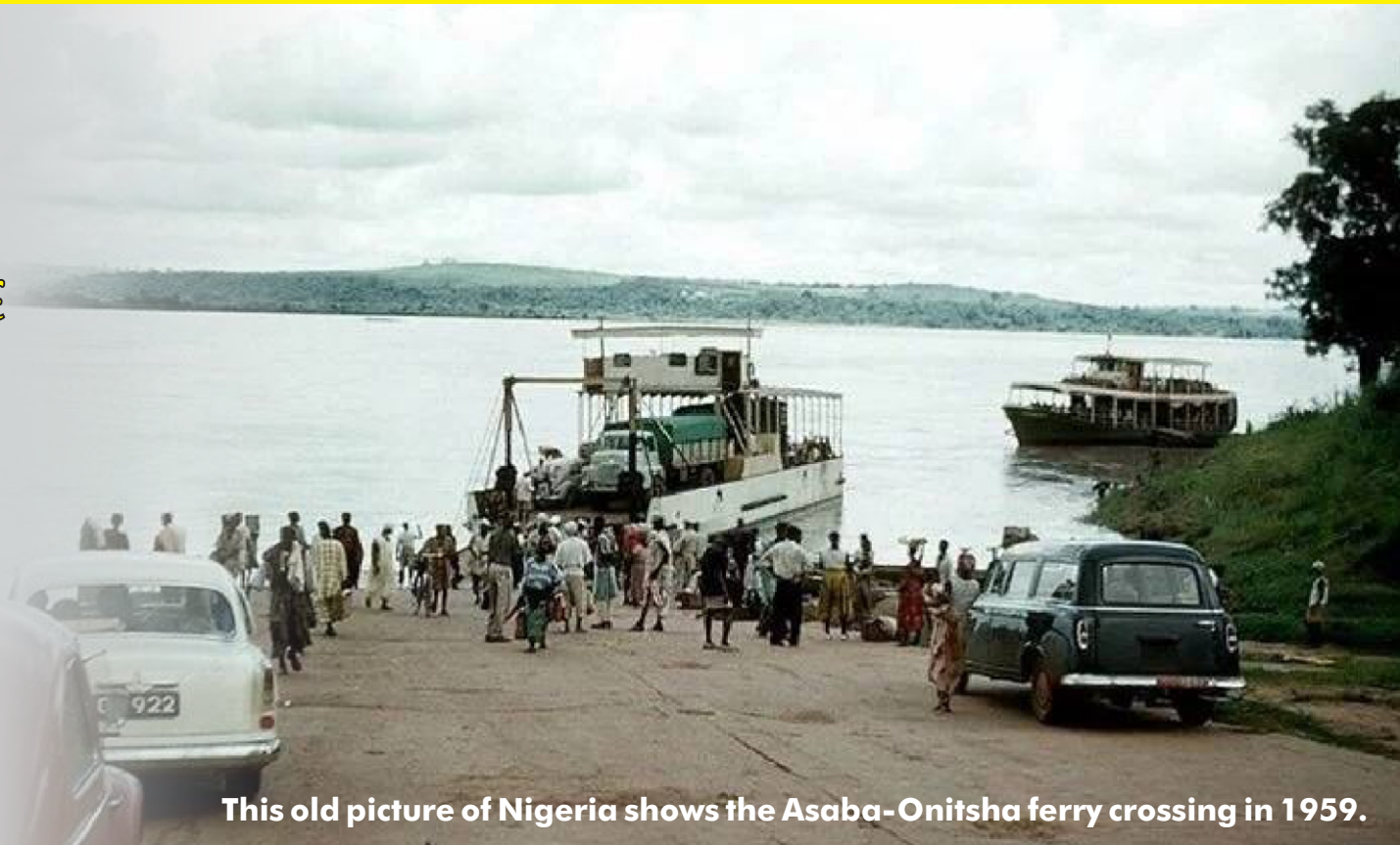
You can send high resolution photographs of your social events like birthdays, marriages, burials, etc.



OUR VISION: TO BE THE MARITIME LOGISTICS HUB FOR SUSTAINABLE PORT SERVICES IN AFRICA



FROM THE
ARCHIVE



This old picture of Nigeria shows the Asaba-Onitsha ferry crossing in 1959.

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NPA IS A WELL STRUCTURED ORGANISATION, WE MUST ALL JOIN HANDS TO KEEP THE STRUCTURE...

- EDWARD DAUDA KABIRU, (GM ABUJA LIAISON OFFICE)

Sir, we would like to meet you.

My name is Edward Dauda Kabiru. I am the General Manager Abuja Liaison Office, Nigerian Ports Authority, Abuja.

Sir we are aware that you are the Head of the Liaison Office here, what is the relationship between the NPA Headquarters and Liaison Office in Abuja?

As you are aware, we liaise between headquarters and the Ministries here in Abuja particularly the Ministry of Transport, the Presidency, National Assembly and other MDAs

So what kind of relationship do we have with these organisations?

Well of course, they have to be cordial because that's the essence of the Abuja office, it is to establish a relationship between the Ministry of Transportation, the parastatals under the ministry and other government agencies particularly the National Assembly, presidency and other agencies. Of course if there is anything that we can solve within our means, we do it otherwise we refer most of the cases to headquarters for further intervention.

It means therefore that the Abuja Office is a go between for Federal Ministry of Transportation, the Presidency and the Management (GM CHIPS IN)

Exactly and we do that in conjunction with the Ministry of Transportation, particularly on National Assembly issues, because most of our work here is to liaise, we attend meetings on

behalf of the management, in all the Ministries and National Assembly.

But on rare occasions, the agency concerned or the Presidency or National Assembly will invite the Managing Director directly to come in person but most of the meetings, we attend on behalf of the management.

So on such occasions when the MD or headquarters are invited, are you always with the team that goes because you are familiar (GM CHIPS IN)

Yes, because I am the one that lead the delegation but the Managing Director is the head of the delegation.

What is your philosophy of life?

If everybody takes life the way I take it, I think everything will be oka

y .

We need to take life the way it comes, the most important thing in life is contentment. Be content with what you have and treat other people the way you treat yourself, no discrimination, no segregation, no nepotism. Treat everybody equal, that's the bottom line.

Sir because this is Abuja, it is also the Federal Capital of Nigeria, it is the centre of action in all, what other information do you think will benefit our reader that we have not asked?

Well I will talk on what I know concerning Nigerian Ports Authority. NPA is an old organisation, we met it structured and we want to leave it structured. It is a good organisation to work with and it is a well-structured organisation. The revenue generation has come up after the concession of the ports and the Federal government should encourage concession of other private sectors. Nigerian Port Authority is a good example. Federal government should make an example of them because after our concession of the Operations, our revenue has shot up with over 100 percent and things are moving fine except for the government intervention here and there, well that is a normal thing since it has not affected too much of our revenue and I encourage them to continue making concession of other areas of Operation, NNPC, Airport, etc.

Thank you for your time Sir, we have come to the end of this interview.

You are welcome.



POETRY

with 'Sola Adesanwo

GONE WITH THE BLAZING INFERNO

for SEUN ADENIYI (AKA BEBETO)

Gregarious and available

To give a hand always
The battle was fierce, but
Like Gibraltar you stood firm.

You enlisted the hospital
When corona virus
unleashed
A billion soldiers which
marched
Ceaselessly through your
veins.

Ventilator arrived late
Both man and machine lost
The battle of Armageddon.

Like thunderbolt news rang
That corona virus visited
And plucked you at your
prime.

Your demise without farewell
A bitter pill which
Poisoned our neighborhood.

As an adhoc medical
assistant
You braved the odds against
The blood chilling enemy
Whose form is indeterminate
like amoeba
Took down some of the best
doctors.

Adieu, beloved friend
Even now we still bath in
torrential tears
We will for ever remember
your
Good deeds banked in our
hearts.

Extract from MUSINGS OF A QUESTER

SERIALIZATION FOR INSIGHT

HEALTH & WELL-BEING

RISKS OF SLEEP DEPRIVATION

The following highlights individuals that may be exposed to the risk of sleep deprivation. These include those with:

Limited time available for sleep, such as caregivers or people working long hours or more than one job

Conflicting schedules that alter the internal body clocks, such as shift workers, first responders, teens who have early school schedules, or people who must travel for work
Lifestyle choices that prevent them from getting enough sleep, such as taking medicine to stay awake, abusing alcohol or drugs, or not leaving enough time for sleep
Undiagnosed or untreated health problems, such as stress, anxiety, or sleep disorders.

CONSEQUENCES OF SLEEP DEPRIVATION

The list below highlights certain health conditions linked with sleep disorders:

Heart conditions - High blood pressure, Heart failure, Transient ischemic attack (mini-stroke)
Obesity
Diabetes
Stroke
Depression and
Attention-deficit hyperactivity disorder (ADHD)

STRATEGIES FOR GETTING ENOUGH SLEEP

First, is to allow enough time to fall asleep when going to bed. Other steps are:

- * Going to bed and waking up at the same time every day.
- * Keeping the same sleep schedule on week nights and weekends. Limiting the difference to no more than about an hour.
- * Staying up late and sleeping in late on weekends can disrupt the body clock's sleep-wake rhythm
- * The use of an hour before bed for quiet time.
- * Avoidance of strenuous exercise and bright artificial light, such as that from a TV or computer screen. The light may signal the brain that it's time to be awake
- * Avoid heavy and/or large meals within a couple of hours prior to bedtime. (Having a light snack is okay.) Also, avoidance of alcoholic drinks before bed is crucial
Avoid nicotine (for example, cigarettes) and caffeine (including caffeinated soda, coffee, tea and chocolate). Nicotine and caffeine are

stimulants and both substances can interfere with sleep. The effects of caffeine can last as long as 8 hours. So, a cup of coffee in the late afternoon can make it hard for one to fall asleep at night
Spend time outside every day (when possible) and be physically active

* Keeping bedroom quiet, cool and dark (a dim night light is fine, if needed)
Taking a hot bath or using relaxation techniques before bed.

* Also, while napping during the day may provide a boost in alertness and performance, it may cause trouble falling asleep at night. Hence, there is a need to limit naps or take them earlier in the afternoon. As an adult, napping duration should not be for more than 20 minutes during the day.

MANAGEMENT OF SLEEP DEPRIVATION

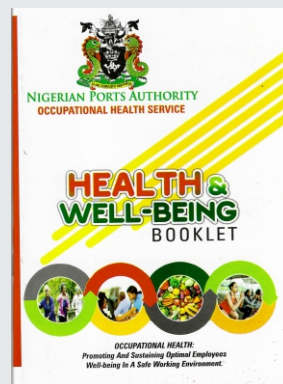
Bad sleeping habits and long-term sleep loss affects health and well-being. Hence, it becomes useful to keep a sleep diary for a couple of weeks if there is any concern of sleep deficiency. Required information in the sleep diary includes how much sleep is achieved each night, how alert and rested the individual feels in the morning and how sleepy the person feels during the day. This document could then be presented as required during consultation at the Clinic.

As part of the basic management, it is important that every individual sleeps when the body is eager or ready to sleep.

ALCOHOL

Globally alcohol consumption causes 2.8 million premature deaths per year. It has been identified as the underlying cause for more than 30 conditions and a contributing factor to many more.

Specifically, Consumption of alcohol (especially in excess) predisposes individuals to mistakes and errors. As a result, it potentially causes unwarranted injuries or even deaths from machine operations (including automobiles) at workplaces. Also, chronic and excess alcohol consumption accounts for appreciable number of liver Cirrhosis and its devastating effects (ranging from internal haemorrhage, fluid accumulation in the abdomen, Liver cancer, easy bleeding and bruising, muscle wasting, mental confusion, infections and in advanced cases, coma and kidney failure could result) cannot be overemphasized.



Health and Safety

HAND and POWER TOOL SAFETY



Approximately 8 percent of industrial incidents result from the improper use of hand tools. Always follow safety precautions, know the common risk factors, and operate all tools properly to avoid injuries ranging from simple cuts, contusions, and abrasions to amputations, fractures, and punctures.

HAND TOOLS

- § Carry all sharp tools in sheath or holsters.
- § Tag worn, damaged, or defective tools as "out of service" and do not use them.
- § Do not use a tool if the handle surface has splinters, burs, cracks, or splits.
- § When handing a tool to another person, direct sharp points and cutting edges away from yourself and the other person.
- § Do not carry sharp or pointed hand tools such as probes or knives in your pocket unless the tool or your pocket is sheathed.
- § Do not perform makeshift repairs to tools.
- § Do not throw tools from one location to another or from one employee to another.
- § Transport hand tools only in tool boxes or tool belts.

POWER TOOLS

- § Never carry a tool by the cord or hose.
- § Never yank the cord or the hose to disconnect it from the outlet or receptacle.
- § Check that power tools are grounded or double-insulated. Never remove the ground prong or use a two-prong adapter.
- § Keep cords and hoses away from heat, oil, and sharp edges.
- § Disconnect tools when not in use, before servicing, and when changing accessories such as blades, bits, and cutters.
- § Keep all observers at a safe distance away from the work area.
- § Ensure all guards and shields are in place before turning on equipment.
- § Secure work with clamps or a vise, freeing both hands to operate the tool.

§ Avoid accidental starting. Do not hold a finger on the switch button while carrying a plugged-in tool.

§ Maintain tools with care, keeping them sharp and clean for the best performance. Follow instructions in the user's manual for lubricating and changing accessories.

§ Keep good footing and maintain good balance.

§ Remove all damaged tools from work area.

Keep it Sharp

Whether a power tool or a hand tool, if it is designed to cut, keeping the cutting-edge sharp is a safety priority. Sharp tools work better and require less force. When sharpening, adjusting, or changing a blade, bit, or cutting edge, disconnect the tool from the power source by unplugging electrical cords or removing hoses.

Cover bits, blades, and cutting tool edges while on the shelf or in the toolbox. This keeps the cutting edge from becoming dull and prevents hand injuries when reaching for the tool.

Check Adjustments

If there are any adjustable parts of a tool, they will most likely be "unadjusted" just when you need the tool. Check all adjustments before using.

Check for Damage

Look at handles, tool edges, power cords, hoses, connections, switches, triggers, casings, and attachments. Check hand tools for cracks dings and chips. Don't use damaged tools. Hand tools generally cannot be repaired and should be thrown away. Use power tools only for their designed purpose. Never attempt to modify a power tool so it can be used for a purpose other than what it is designed to do. Have repairs made only by someone who knows the tool repair craft.

Personal Protective Equipment (PPE)

Use the proper PPE based on the hazards.

Clothing Hazards

When using powered equipment, do not wear long or loose clothing or clothing with tie-strings. Pull back and secure long hair so it doesn't hang in front of the ears. Remove all jewellery such as rings, necklaces, and pendants.

- CATHY BLACK



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

WORK HOUR RELAXATION

VOX-POP

IN WHAT AREAS HAVE YOU RESOLVED TO IMPROVE YOUR OFFICE PERFORMANCES IN THE YEAR 2022?

I have decided to improve and be more dedicated to my duties this new year, which I know will help improve my office performance this year.



EKPO S. E.
Harbours Dept. LPC

New year is the ideal time to bring meaningful performance to the office, I will not leave the day work unfinished, I will also encourage team work, encouraging the team to learn to put on multiple hats, avoid distraction and be tactful.



FAMOUS OVWIOMODIWHO
C & S C, Delta Ports, Warri.



OMAGE I. VICTOR
Lands & Estates, HQ

Time Management- due to high volume of work and related activities and our department being short staffed, I would manage my time by prioritizing jobs in order of importance and urgency which will help in completing others task for example field projects efficiently.



SAMSON UGOCHUKU
Harbours Dept, LPC

With every new year, there's this resolution that comes alongside like a norms as a means of improving one however, the performance of an office is a collective effort in order to achieve the organizational aims. Although measures have been set in place to improve work performances through provision of modern office equipment in order to effectively manage work hours. While considering self development, the office has a futuristic plan set in place for training and organising a cross exposure training of its members for 2022.

Punctuality, professionalism and to make sure all works given to me is done on time.



JIDEONWO A. U
HR OPS, HQ

The introduction of the International Standard Organisation (ISO) 900/2015 & OHSASA 1800/2007 has helped the Authority/Department in revenue generation. Though all gaps have not been closed but its been effective. We also need to improve on the Radio Frequency Spectrum Policy to ensure compliance with all obligations of users or non-commercial spectrum. The command, control, communication and intelligence system has been blamed since after ENDSARS protest. Management needs to improve for easy surveillance of illegal vessel movement and also movement of vessels for revenue generation.



ORAH OMORARO
Harbours, HQ



SOLOMON ILEMONA EGAH
HR, HQ

For us to improve our performance in the new year requires us to dedicate ourselves to the service of the organization by coming to the office early and close at the time we supposed to close both staff and the officer of the organization. Also, we need to improve ourselves, the government need to do more about the welfare of the staff and officers of the organization so they can improve their performance in the year 2022.



Ngozi Obikili,
Corp. & Strat. Planning, HQ
24th January



Dapo Adekunle
ICT Dept, HQ
12nd January



Nelson Ovbude
Port Manager'
Calabar Port
26th January



Mariam Asanga
Tariff & Billing. LPC
23rd January



Zeliha Muritala Muhammed
C&SC Div, HQ
17th January



Deborah Akhabue
Medical Dept, HQ
9th January



Immanuel Ubi
Harbours Dept, Calabar Port
14th January



Solomon Adegoye
Procurement Dept, HQ
30th January



Agazi Bernard
Security LPC
12th January



Uche Jennifer Onwuekwe
Accounts Dept, HQ
20th January



Mercy Udoh
Engr. Dept. HQ
6th January



Koleoso Felicia
Planning Dept, HQ
29th January



Jeje Oludare Saheed
HR Opts, LPC
25th January



Mrs. Pere Eyin
Personal Secretary, HQ.
28th January



Aliyu Ahmad
Procurement Dept, HQ
25th January

...the world within our reach...



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