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News

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IN THIS EDITION

ONE-ON-ONE:

I DESIRE REAL HUMAN FACE IN
HUMAN RESOURCES DIVISION
- Pg. 3

SERIALIZATION FOR INSIGHT:

HEALTH RISKS OF EXCESSES
ALCOHOL CONSUMPTION
- Pg. 4

HEALTH AND SAFETY:

SAFETY CULTURE
- Pg. 5

VOX POP:

COVID 19 HAS BEEN WITH US FOR
TWO YEARS, HOW MUCH DAMAGE
HAS IT DONE TO WORK
ENVIRONMENT AND
THE GENERAL SOCIETY?
- Pg. 6

ROYAL VISIT: BELLO KOKO PAYS HOMAGE TO OBA OF LAGOS



The managing Director of NPA Mohammed Bello-Koko recently paid a scheduled visit to his royal majesty, The Oba of Lagos, Oba Rilwan Aremu Akiolu 1 assuring that the visit was part of his familiarization tour of the traditional institutions following his recent appointment as the substantive MD of the Authority.

Speaking during his visit to the palace of the Oba of Lagos at Iga Iduganran in Lagos, the MD asserted that the need for robust collaboration between government agencies and the traditional institutions in Lagos as represented by monarch is reawrding.

Bello Koko added that a strong relationship between the two institutions is a sure way to the growth and development of the nation's Gross Domestic Product, adding that he intends to build on the successes of his predecessors.

The visit to the palace of the Oba of Lagos, the MD said was to under score the importance of the position of the Oba of Lagos in the state as The first among equals.

In his response, the Royal Majesty and the Oba of Lagos, Oba Rilwan Akiolu 1, agreed that the MD of NPA had actually displayed true professionalism and high level of prudence and accountability in the management of the resources of the organization. The Monarch also commended the extent of job done so far in the state through the development of the Lekki Deep Seaport.



This edition tells the story of the MD NPA's special visit to the palace of the Oba of Lagos, Oba Rilwan Akiolu to solicit for the support of the respected monarch.

The One-on-One column in this edition features the General Manager, Human Resources who doubled as the chairman of NIPOSA, his advise are insightful as well as useful.

The serialization section brings up the dangers in excessive alcohol and how to manage them.

Also included are regular columns such as Vox Pop, Birthdays etc, for your enjoyment.

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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.



**The pessimist
complains about the
wind; the optimist
expects it to change;
the realist adjusts the
sails.**

— William Arthur Ward

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



FROM THE
ARCHIVE



Young Lieutenants Muhammadu Buhari, now President Federal Republic of Nigeria (left), Ibrahim Bako (centre), and Umaru Salihu (right) at the Nigerian Military Training College (NMTC), now Nigerian Defence Academy, Kaduna, 1962.

Source:: #Historyville

1NE ON 1NE

I DESIRE REAL HUMAN FACE IN HUMAN RESOURCES DIVISION

- AHMAD UMAR, GM HR

We would like to meet you. A brief introduction of yourself please.

My name is Ahmad Umar. I am the General Manager Human resources, Nigerian Ports Authority.

Sir we know you have a strong and big financial background in the financial sector and you now have a new assignment. What is your dream for this new office?

Everybody dreams, and I also have a dream for this new office. If you ask me actually, one of my dreams is to ensure that this place is automated, that HR activities are fully automated because they are partially automated now and I also have a dream for better performance by bringing in the HUMAN in human resources because human resources is one of the valuable resources, if not one of the most valuable resources any organisation can have because you can employ robots if you like to work in the same place, those robots will still be controlled somehow, either remotely or directly by human beings. So humans are the most valuable resource of any organisation.

I would also like to eliminate bureaucracy. You know the civil service, typically a lot of bureaucracy exist and bureaucracy usually brings about bottlenecks and slows process which affects productivity.

Another of my dreams is Improved Service Delivery that I want to bring into this new assignment. I also want to introduce a touch of finance in the HR because everything boils down to naira and kobo.

You have been working with different categories of

officers, what would be your advice for upcoming professionals who may decide to take up a career in the system?

Each organisation has its own culture, it has its own ways of doing things. First of all, you have to learn the culture of an organisation, you have to know what the organisation is all about, the mission and the vision, where is the organisation heading towards and what is your own contribution that will aid the organisation to reach its goals.

That is one. Secondly, in order to grow in the career path as a civil servant, I need to improve myself. So I will advise them to go for self-improvement training or if you have a bachelor's degree, then go for masters up to PHD. Knowledge is something you can use even beyond NPA. Self-improvement in terms of something that will add values to your organisation and also to yourself because anything can happen. You may leave NPA in the middle of your career, you never know. So if you are able to take opportunity and improve yourself, it may become handy out there.

As I said earlier, I will advise them to be disciplined. They have to follow the rules and regulations of the organisation. I will advise them to first of all know the culture of the organisation, also self-improvement and discipline. These are the three key things that I would advise young professionals to embrace.

What is your guiding principle? What is your philosophy of life?

There are 3 things about life and it goes this way; if you don't act on life, it will act on you, if you don't find

direction for your life, it will direct you, if you don't decide where you are going, you will probably end up at a place you don't want to be. Therefore, in essence, you are the owner of your own destiny. I cannot sleep in my house and say God will provide food or money for me without going there to look for it in a lawful manner. It is you that will stand up and help yourself before you say God help me.

Are there things you want to add to this interview?

I have said all I have to say in this interview, thank you very much.

Thank you for your time

You are welcome.



ELEGY FOR M.A.

040315

When the shrill
of the lonely owl
reverberates
in those giddy nights,
when rest took flight
and sleep spans longer
where was I

when legacies yet
transferred
and aborted dreams on
terrace
of liquid moments
linger,
where was I

Recurrent desire to pass
on
before you passed on
your daily chant to
congregate
melted like glacier,
where was I

Now the tales,
those tales you
crave to tell daily
are forever
frozen six feet
below Mother Earth
but we will not forget...

Extract from MUSINGS OF A QUESTER

SERIALIZATION

FOR INSIGHT

HEALTH RISKS OF EXCESSIVE ALCOHOL CONSUMPTION

The common ones are:

Infectious diseases
Cancer
Diabetes
Neuropsychiatric diseases (including alcohol use disorders), cardiovascular disease
Liver and pancreas disease
Unintentional and intentional injury or harm.

HEALTH RISK MANAGEMENT OF EXCESSIVE ALCOHOL CONSUMPTION

Identify and adopt healthy alternatives
Grow beyond Peer Pressure
If must consumed, to be conscious and disciplined by purchasing in small and measured amounts.
Seek help as may be needed.

TOBACCO USE

Tobacco use is the leading cause of preventable disease, disability and death in developed countries like the United States of America and constitutes an appreciable number of morbidity and mortality in developing nations. According to the report, on a daily basis, about 1600 young people under 18 try their first cigarette and nearly 200 become daily cigarette smokers.

More importantly, second-hand smoke or passive smoking (non-smokers effect derived from smoker associates) has negative health impacts as well (ranging from middle-ear infections, coughing, wheezing, bronchitis, possible pneumonia and cancer).

HEALTH IMPACTS OF TOBACCO USE

Some key health effects of tobacco use are highlighted below:

Cancer
Heart diseases and stroke
Lung diseases
Diabetes and
Chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.

Smoking also increases risk for:

Tuberculosis
Certain eye diseases and
Immune system diseases including rheumatoid arthritis.

HEALTH RISK MANAGEMENT OF TOBACCO USE

The health risk management of Tobacco use can be categorized into two: These include:
Behavioral therapies using different quitting methods:

There is no doubt that quitting tobacco use could be self-tasking and challenging. Tobacco comprises nicotine which is naturally addictive. Hence, quitting smoking requires a serious life-long commitment in order to achieve success.

A number of techniques are available to assist people who wants to quit, including nicotine replacement therapy (NRT), behavioral modification, self-help literature and prescription medications.

STEPS TO QUIT SMOKING

Identify triggering factors to smoking and possible healthy alternatives

Set a date for quitting

Smoke only in certain places, such as outdoors. When there is an urge to use tobacco, wait a few minutes, then consider healthy alternatives to smoking. For example, chewing a gum or drink a glass of water

Change smoking routines

Never buy more than one pack of cigarettes at a time

If possible, switch to an unlikeable brand of cigarettes.

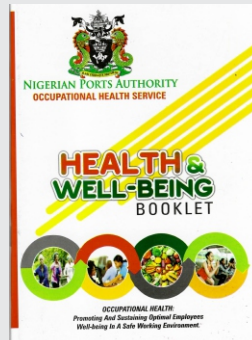
FDA-approved medications include various forms of nicotine replacement therapy.

Nicotine replacement therapy has about 25% success rate, with increasing tendencies of 35% or 40% when nicotine replacement therapy is combined with intensive behavioral counselling.

In nicotine replacement therapy, which is the cornerstone of most smoking cessation programs, another source of nicotine is substituted while the cigarettes are stopped (the idea of nicotine replacement therapy is to eliminate both the smoking habit-although the addiction remains-and the symptoms of withdrawal. Then, the replacement nicotine is gradually stopped).

Currently three forms of nicotine replacement therapy are available over the counter: nicotine patches, nicotine gum, and nicotine lozenges, while two forms are available by prescription, an inhaler and a nasal spray.

Hence, in a bid to quit smoking, it may require efforts like behavior modification, counselling, use of nicotine chewing gum, nicotine skin patches (Transdermal Nicotine) or oral medications such as bupropion (Zyban).



Health and Safety



SAFETY CULTURE

What is Safety Culture?

Safety culture is defined as the way in which safety is managed in a workplace. It is the combination of beliefs, perceptions and attitudes of employees toward the safety of workers and the overall safety of the work environment. Cultivating a safety culture is a key aspect in maintaining workplace safety.

The safety culture of an organisation is the product of individual and groups values, attitudes, perceptions, competences and patterns of behaviour that determine the commitment to and the style and proficiency of an organisation's health and safety management.

The attitude, beliefs, perceptions and values that employees/employers share in relation to safety in the workplace is thus often describe as "THE WAY WE DO THINGS AROUND HERE".

In creating a safety culture in the workplace, all levels of management are involved and it is a teamwork approach that focuses not on regulations and standards but a recognition and correction of identified hazards on a day-to-day basis.

For NPA Safety Culture, Safety Department thus create an NPA Safety Pledge to enhance the perception and safety attitude of employee/employer at the workplace and at home.

NIGERIAN PORTS AUTHORITY SAFETY PLEDGE

- I will think Safety: First, Foremost and Always.
- Working safe is my goal: I shall work no other way; when in doubt, I will ask someone that knows.
- If I see you working unsafe, I shall stop you. If you see me working unsafe, please stop me.
- I will report unsafe acts and condition.
- I will make safety a priority at my home, workplace and in transit.



#KEEPSAFE #STAYSAFE

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

WORK HOUR RELAXATION

VOX-POP

COVID 19 HAS BEEN WITH US FOR TWO YEARS, HOW MUCH DAMAGE HAS IT DONE TO WORK ENVIRONMENT AND THE GENERAL SOCIETY?

Underemployment is also expected to increase on a hard scale. The decline in economic activity and constraints on people's movements is impacting both manufacturing and services. Labour supply is declining because of quarantine measures and a fall in economic activity.



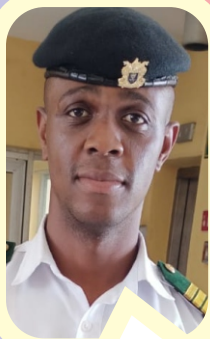
BELLO IBRAHIM
HIL/OPT, HQ

The damage COVID-19 has done to the environment and the general society can be listed as follows;

HEALTH IMPACTS - of pandemic are disastrous
ECONOMIC IMPACTS - pandemic can also results to decline in tax revenue and increase in expenditure
SOCIAL AND ECONOMIC IMPACT
GLOBAL DEVELOPMENT
WORK ENVIRONMENT IMPACT



MAC GEORGE I.
ED, M&O Corr. HQ



ONOTAFE ERHOVWO
SECURITY DELTA PORTS COMPLEX

Covid 19 has triggered one of the greatest negative impact on the jobs and on the society at large since the past 2 years. Many have lost their jobs, some establishments has down sized and some companies has folded up. The society at large being a global village also suffered a major blow coupled with the lock down and it's consequences.



BALAN UMAR BARAU
Harbours, HQ

It is now over a year since the virus outbreak was declared a Global Pandemic by the World Health Organization. Covid 19 has claimed over 4 Million lives and infected over 200 million people worldwide. The Pandemic has affected almost every aspect of our modern life public health system, the Global Economy, tracked supply chains, community and social ties and how we work. There was a serious drop down of revenue generating on most of the business firms, and also unemployment has risen, which lead to the shrinking of Global Economy.

Covid 19 has been with us for two years, how much damage has it done to the work environment and the General Society.

In this aspect covid 19 has done a lot of damage to the general society as well as work environment such as isolation, loss of income and fear are triggering mental health conditions, may also be facing high level of drugs and alcohol use. It can also lead to mental complication, such as stroke, it has also led people to leave their jobs so many people can't take good care of their family.



TOVISHEDI PETER
C\$SC, HQ

FEEDBACK

FEEDBACK:

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

- Editor.

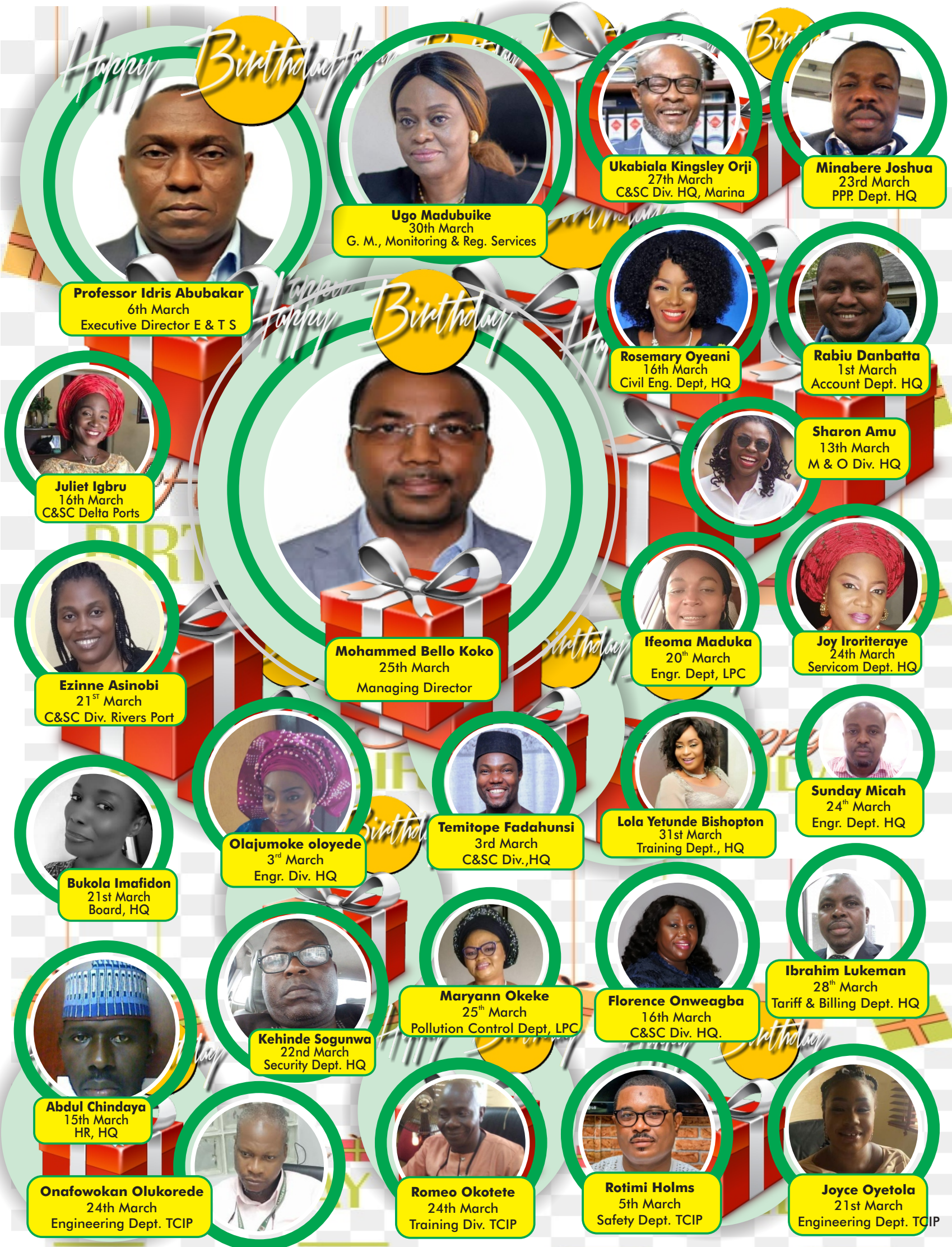
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ALWAYS WEAR YOUR MASK



Message from: **NPA**





NIGERIAN PORTS AUTHORITY

To be the **Maritime Logistic Hub**
for **sustainable Port Services**
in **Africa**



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