



# NPA

## News

Monthly Online Newsletter of the Nigerian Ports Authority

Vol. 5 No. 58 May, 2022

**T**he Managing Director of the NPA Mohammed Bello Koko has been appointed into the Board of Lekki Deep Seaport with effect from April 2022 to represent the organisation.

Recall that NPA holds a five percent equity shareholding in the Lekki Port while other holders are China Harbour Engineering

Company (CHEC) which has the majority share of 52.5 percent and the Lagos State government with 20 percent and Tolaram Groups with 22.5 percent.

The Lekki Deep Seaport is a project which covers over 90 hectares of land in the heart of the Lagos Free Trade Zone (LFTZ). Lekki Deep Seaport is situated just 65 kilometres East of the present Lagos City.

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## BELLO KOKO

### APPOINTED INTO THE BOARD OF LEKKI DEEP SEAPORT







**T**he Managing Director of the NPA Mohammed Bello Koko, has been appointed into the Board of the Lekki Deep Sea Port to represent the Authority as captured in this edition.

The One-On-One column features the General Manager Audit whose effort in the Division has raised the standard of the operations.

Also in this edition, the importance of our health was brought to the fore, as serialization on how to carry out appropriate health assessment, health checks was featured.

All the other regulars are also included.

**'Sola Adesanwo**  
Editor

#### EDITORIAL

Ibrahim Nasiru  
Sarah K. Ballah  
'Sola Adesanwo

- Editor-In-Chief
- Deputy Editor-In-Chief
- Editor

#### PRODUCTION TEAM:

Olusola Akosile  
Olubiyi Omidiji  
Ebunola Ajijala  
Ebere Alaezi-Offia

- Graphics/Production Supervisor
- Senior Staff Writer
- Reporter (People & Events)
- Reporter (Travels & Tourism)

#### SECRETARIAT:

Gbenga Soyomi (Secretary)  
Bidemi Agboola  
Ali Garba Hassan  
Amunike Nkechi Lynda (NYSC)  
Umo Caroline Bassey (NYSC)

Editorial Contributor: Kingsley Ukabiala

Photo Contributors: Friday Eze and Paul I. Erakhiful

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All correspondence to be sent through: [npanews@nigerianports.gov.ng](mailto:npanews@nigerianports.gov.ng)

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



**YOU CAN'T  
CONTROL THE WIND  
BUT YOU CAN  
ADJUST THE SAILS**

**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.**



# 1NE ON 1NE

## WE WORK HARD TO REPOSITION THE AUDIT DIVISION TO 75% BETTER THAN IT WAS

**C**an we meet you please?

- MUHAMMED KOLO, GM AUDIT

My name is Mohammed Kolo I am the General Manager, Audit, I am based in the Headquarters at Marina here in Lagos.

### What is your dreams for this new office?

My dream for the division is to make it better than I met it, and so far I have introduced some innovations to include timely report, annual consolidated report of all the audit locations, which is a statutory requirement, I have also been pushing for the automation of the divisional activities in which the Immediate Past Managing Director had granted but is yet to come into fruition

As part of our statutory role which hitherto was not being carried out is the drawing of annual audit plan.

Annual audit plan is a statutory requirement which I have introduced. What we do basically is to choose three to four areas that we think we should carry out an in-depth forensic auditing in those area.

My dream for the division is to make it a division to be reckoned with, because I want the activities of the audit department to be felt authority wide because it is an internal control department and also risk assessment division. I have re-positioned the department 75% better than I met it.

### How would you advise an up-coming professionals?

I will advise the up-coming professionals to be hardworking because the job of an auditor is like an investigator. No one wants to be checked so you need to be diligent, honest and also exhibit the highest level of integrity in the performance of your job, I will also encourage them to create a think-tank platform in which every Saturday they choose a topic and deliberate on it, just like I presently do with my workers every Saturday.

### What would you say is your philosophy of life?

Live a simple life and take things easy all the time.

### Would you like to add other information to the interview?

I would love the management to increase worker's salary because of the risk, sensitive assignment they carry out and because of inflationary trend of the society today.



# POETRY

with 'Sola Adesanwo

## THE GOLDEN SUN

**L**ike mighty rock

You hang in a  
delicate  
Balance up above  
my head  
Your golden yellow  
brightness is

Eating up my  
eyeballs  
Hot beads of sweat  
snake  
Down my cheeks

Your circumference  
touches all corners  
Of earth, yet I  
remain under your  
crushing  
Presence

I sway left and right  
to hide,  
yet I stand naked  
Under your  
imposing height

Even birds flying  
across  
Fan with wings  
Oh golden yellow  
sun hide me  
When you go to  
sleep tonight.

Extract from **MUSINGS OF A QUESTER**

# SERIALIZATION FOR INSIGHT

## HEALTH ASSESSMENT, HEALTH CHECKS AND HEALTH MONITORING AT WORK

**H**ealth assessment, checks, monitoring and evaluations are essential components of the implementation of Workplace Health Promotion Programmes (WHPP) at work. Where carried out, they serve as an appraisal of employees' health status. These assessments enable a given organisation opportunity for changes to document on existing health and wellbeing policies/programmes. Additionally, they contribute to building evidence, provision of accountability and identification of effective WHPP. Also, they add to a positive and caring image of the company, improve staff morale, enhance productivity. Furthermore, they reduce staff turnover and absenteeism, sick leave, health plan costs, workers' compensation and disability payments. Also, the assessment enables opportunities to educate and counsel employees on various aspects specific to their individual health needs. The importance of the assessment is to enable early detection and treatment of hypertension and other health risk factors, with a view to achieving a gradual decline in morbidity and mortality of diseases among employees and the entire populace.

This is why the Management of Nigerian Ports Authority grants approval to ensure that the necessary health assessment, health monitoring and evaluation are routinely conducted for employees.

### PARAMETERS OF FOCUS DURING HEALTH ASSESSMENTS

These vary and depend on need assessment of a workplace. So far, at the Nigerian Ports Authority, a typical health assessment includes checks to determine:

Total Cholesterol levels

Body Mass Index(BMI) using values from weight and height

Blood pressure level

Blood glucose level and

Stress Level

Others are:

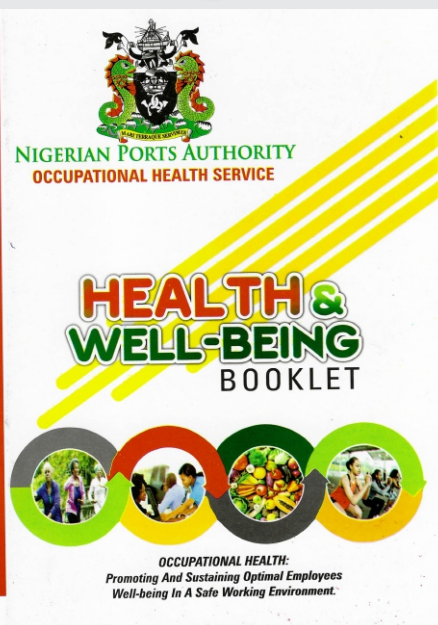
Cardiac Age assessments and

Hepatitis B status

Subsequent sections highlight the relationship of the parameters to Health and Well-being.

### ASSESSMENT OF CHOLESTEROL LEVEL

Excess cholesterol referred to as Hypercholesterolemia or hyperlipidaemia leads to a fatty deposit of Low Density Lipoproteins (LDL) in the



blood vessels which puts the heart at risk for diseases and stroke. The higher the level of High Density Lipoproteins (HDL) cholesterol in the blood, the lower the risk level of a heart disease.

### WHAT IS CHOLESTEROL?

Cholesterol is a waxy, lipid organic substance found in blood and is required for effective functioning of the body through building of hormones, healthy cells and other vital body activities.

### TYPES OF CHOLESTEROL

There are two types of Cholesterol. They are the:

i. High Density Lipoproteins (HDL) referred to as the **"good cholesterol"** because of their abilities to remove excess cholesterol from body tissues and blood vessels back to the liver, where they are finally removed from the body.

ii. Low Density Lipoproteins (LDL) referred to as the **"bad cholesterol"**.



# Health and Safety

**D**id you know that cooking fires are a leading cause of house fires? Every year, house fires destroy thousands of homes. In addition to property damage, house fires can cause serious injuries and even death. The tips below can help you stay safe and reduce the risk of cooking fires in your home.



## COOKING SAFETY - GENERAL TIPS

### Do

Remove all items from the stovetop when you're done cooking.  
Use a heat-resistant surface to cool down cookware.  
Keep young children and pets away from stovetops.  
Install smoke detectors and make sure they are functional.  
Clean and test your smoke detectors and replace batteries once a year.  
Keep a working fire extinguisher in the kitchen.  
Keep a pot cover nearby to smother flames in the event of a fire.

### Do not

Don't leave cooking appliances unattended while in use.  
Always stay in the kitchen while you are cooking.  
Did you know?  
Unattended cooking is a leading cause of cooking fires.

## STOVETOP SAFETY TIPS

### At the store:

Look for safety features. When buying a stove, look for one that has additional safety features such as "hot surface" indicator lights.

### Before cooking:

Learn about your stove. Read the owner's manual for safety tips and to understand how your stovetop works. If you don't have an owner's manual, contact the manufacturer for details on how to obtain one.

Check recalls. A number of stovetops have been recalled due to the failure of element controllers. Check if your stovetop has been recalled by contacting the manufacturer.

### While cooking:

Stay alert. If an element gets hotter than the setting on the control for an extended period of time, stop using it and contact the manufacturer for further instructions.

### After cooking:

Ensure the element is off when the control is placed in the "off" position. If the element does not turn off, unplug your appliance or shut the power off from the circuit breaker.

## DEEP FRYING SAFETY TIPS

### Dangers of deep frying

Deep frying food is a common cause of home cooking fires. These fires can start when cooking oil has been kept at a very high temperature for a long period of time.

You can avoid serious injuries before, during and after deep frying food by following these tips.

### Before cooking

Using an electric deep fryer with a temperature control is safer

## COOKING SAFETY

than deep frying food in a pot or pan. Make sure the deep fryer is turned off before adding the oil.

Read the information in the instruction manual on how to use, clean, and store your deep fryer safely.

If you deep fry food in a pot or pan, make sure the element is turned off before adding the oil and use a cooking thermometer to keep track of the oil temperature.

If you're using a propane deep fryer, only use it outdoors.

Keep young children out of the cooking area when deep frying. Kids can be very badly hurt if they touch hot oil or if it splatters (splashes) on them.

### While cooking

When you're getting ready to deep fry food, heat the cooking oil slowly. Raising the oil temperature too fast or heating the oil for too long can cause it to catch fire.

Always watch the oil when it is being heated. Pay extra close attention when you are heating oil in a pot or pan.

If you have to leave the cooking area, turn off the heat first.

Splattering and boiling over of hot oil can cause severe burns.

To reduce splattering and boiling over:

pat the food dry with paper towels before putting it into the hot oil.

place the food into the oil slowly.

Once the food is in the deep fryer you should:

put the used paper towels in the green bin or garbage to avoid spreading germs.

wash your hands thoroughly with hot, soapy water.

Never leave a deep fryer unattended while the food is cooking.

### After cooking

As soon as you're finished cooking, turn the deep fryer off. Make sure to dry it completely after you wash it.

### What to do in the event of a fire

If the oil in your deep fryer catches fire, use a kitchen fire extinguisher or cover the deep fryer with a metal lid. Never use water to put out an oil fire. If your clothes catch fire do not run. Moving and running feeds the fire. Stop, drop to the ground and roll around to put the fire out.

- Canada.ca

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

# WORK HOUR RELAXATION

## VOX-POP

**AS A PARENT, HOW WOULD YOU SUGGEST FG AND ASUU RESOLVE THE LINGERING CLOSURE OF UNIVERSITIES IN NIGERIA?**

**T**he lingering face-off between ASUU and FG which has resulted in closure of universities can be quickly resolved if both parties commit to dialogue and explore the options addressing the quick wins and low hanging fruits in the dispute. Both parties should shift ground as the above quick wins are addressed to show faith. That dialogue between both parties should remain continuous and never ending.

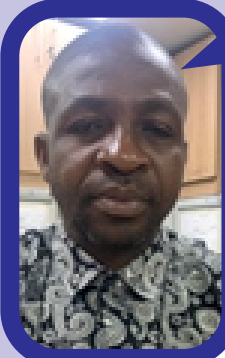


**ABDULMUMINI SHUAIBU**  
HR Dept. HQ



**TOPE FADAHUNSI**  
C & SC, HQ

**C**onsidering a long-term solution, the FG needs to put priority on education as it concerns funding. However, in the immediate, both FG and ASUU will have to embrace some sort of compromise for the sake of the students. Most importantly, the idleness of these students as we approach the 2023 General Election is a source of worry, so, whatever it will cost the FG, whatever sacrifice is required the FG should make available funds to meet their demands; the country will experience peace. The ASUU strike is brewing another ENDSARS if no lasting effort is made by the FG.



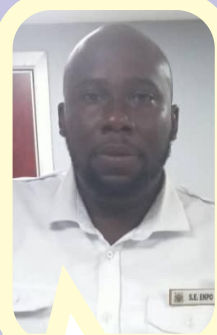
**SOLOMON ILEMONA EGAH**  
HR Opts, HQ

**T**he only way forward now is dialogue between both parties. Thinking about it, if the children of most Governors, Ministers, Senators etc are studying in Nigeria, there will be no strike. A lasting solution would have been achieved ending these strike periods in the country.



**EDEKIN TOYIN**  
Security, HQ

**I**t's so sad as a parent to see your children being idle due to the ongoing strike, which can make them lose focus in life and take to vices. Government should not have allowed the strike to linger for a day longer than necessary. Having required funds will enable the varsities compete with their peers across the world. The Government and ASUU should go back to the drawing board to resolve their issues so as to enable students go back to the classroom. Federal Government should look into their demands because we cannot fault ASUU for demanding increased funding for varsities. We parents call on FG and ASUU to shift grounds "For the sake of the students and parents and appeal to them to call off the strike"



**EKPO S.E**  
Harbour, HQ

**I** will suggest that the federal Government and ASUU, should come back to the round table and deliberate. They should shift grounds, pay the lecturers what is due to them. And the lecturers should reconsider too and go back to class.



**T**he Federal Government must at all costs meet the demands of the union to save the future of our children. I am seriously appealing to the relevant authorities on behalf of parents to end the strike and make education a top priority and save the sector from total collapse.

**KAZEEM ABDULLAHI**  
T&B, CALABAR PORT COMPLEX

**I**n the saying "if you think education is expensive, try ignorance" by Robert Orben, as costly as education is, ignorance is costlier. FG should keep her part of the agreement with ASUU. Educational system should be overhauled in tandem with global innovative realities where graduated students from Universities in Nigeria are all-round competent to compete globally.



**EDET ITIGHISE**  
C & SC, HQ





**Capt. Jerome Angyunwe**  
Marine & Operations HQ  
27th May

**Catherine Ude**  
Superannuation Div. HQ  
30th May

**Ikechukwu Onyemekara**  
C&SC Div. HQ  
TA Protocol to MD  
25th May

**Asein Marie**  
LPC  
3rd May

**Rosemary Dafit**  
Superannuation Div. HQ  
27th May

**Olamobisi Robert**  
Admin. Dept. (HQ)  
5th May

**Agnes Raphael B.**  
Security Dept.  
Abuja Liaison  
5th May

**Ngini Franca**  
ICT (LPC)  
14th May

**Gladys Green**  
Tarrif & Billing, KLT  
12th May

**Olayinka Joshua**  
Marine & Operations (HQ)  
3rd May

**Queen Edet**  
C&SC Div. HQ  
MD's Office  
2nd May

**Babatunde Ogunsanya**  
SERVICOM Onne Port  
15th May

**Adekunle Dada**  
HR Ops (LPC)  
23rd May

**Maureen Ogbonna**  
Tarrif & Billing (HQ)  
16th May

**Ogoloma Chima**  
Procurement Dept.  
TCIP  
1st May

**Lilian Onyekwere**  
TCIP (HQ)  
28th May

**Francisca Orjiugo**  
Procurement (LPC)  
23rd May

**Kafayat Mohammed**  
Security Dept.  
Abuja Liaison  
7th May

**Zainab M. Dan'tiye**  
Performance Mngt. HQ  
30th May

**Mary Silas**  
SERVICOM, HQ  
4th May

**Ajiboye Olajumoke**  
Accounts Dept.  
Lagos Port Complex  
5th May





# NIGERIAN PORTS AUTHORITY

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



## Our Port Locations:

### Lagos Port Complex, Apapa

P.M.B. 1021 Apapa Lagos  
Email Address:  
lpcinfo@nigerianports.org

### Tin Can Island Port

P.M.B. 1201, Apapa, Lagos  
Email Address:  
tcipinfo@nigerianports.org

### Rivers Port, Port-Harcourt

Basket House, P.M.B. 5043  
Port-Harcourt -Rivers State  
Email Address:  
riversinfo@nigerianports.gov.ng

### Delta Ports, Warri

P.M.B. 1054, Warri  
Delta State  
Email Address:  
deltainfo@nigerianports.gov.ng

### Calabar Port Complex, Calabar

New Calabar Port Complex  
P.M.B 1014 Calabar,  
Cross-River State  
Email Address:  
calabarinfo@nigerianports.gov.ng

### Onne Port Complex, Onne

Onne Port Complex,  
PMB 6199 Onne  
Rivers State  
Email Address:  
onneinfo@nigerianports.gov.ng

