



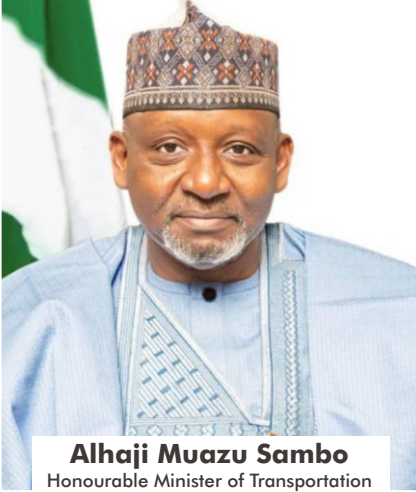
NPA

X-GENS



Monthly Online Newsletter of the Nigerian Ports Authority

Vol. 5 No. 60 July, 2022



Alhaji Muazu Sambo
Honourable Minister of Transportation



Mohammed Bello-Koko
Managing Director, NPA

The managing Director of NPA, Mohammed Bello – Koko has congratulated Alhaji Muazu Sambo on his recent appointment as the Honourable Minister of Transportation by the government of President Mohammadu Buhari.

Bello – Koko also extended the same felicitation to the honourable Minister of state for Transportation Ademola Adegroye.

While Sambo replaced former Minister, Rotimi Ameachi, Adegroye was appointed as a replacement for Sen. Gbemisola Saraki.

The MD NPA added that their wealth of experience and track records of excellent performance will undoubtedly add grit to the desire at improving efficiency and advancement in the efforts at improving efficiency and advancement in the Maritime industry.

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BELLO-KOKO

CONGRATULATES NEW MINISTER OF TRANSPORTATION ON HIS APPOINTMENT



The recent appointment of the new Honorable Minister of Transportation, Alhaji Muazu Sambo has drawn a loud applause and congratulations from the MD NPA, Mohammed Bello Koko as published in this edition.

Cholesterol is a serious health challenge which every staff must be wary of. This edition of the newsletter delves into prevention strategies and how to get rid of dangerous cholesterol.

Also in this edition, there is the one-on-one column which features the AGM Enterprise and Risk Management on his dreams for the organization. Your scintillating regulars are also not left out.

'Sola Adesanwo
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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.

**"A Ship Without
Marines Is Like a
Garment
Without Buttons."**

-Adm. David Dixon Porter



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



FROM THE
ARCHIVE



VISIT OF PRESIDENT JIMMY CARTER OF UNITED STATES OF AMERICA TO TIN-CAN ISLAND PORT 1976.

MY VISION IS TO SEE THAT NPA PROACTIVELY MANAGES ALL HER RISKS

- BENJAMIN OLUYORI, AGM ENTERPRISE & RISK MANAGEMENT

Can we meet you?

My name is Benjamin Oluyori I am the Assistant General Manager, Enterprise and Risk Management, Nigerian Ports Authority, Lagos.

What is your Dreams for this New Assignment?

Enterprise Risks Management is a new concept in the Nigerian Ports Authority and my dreams for the office is to be the foremost Risks Manager because Enterprise Risks Management seek to pull every department together and to see the risks of the organization in an holistic manner in other to handle and manage it as well.

My vision is to see that NPA proactively manage all risks of the organization authority wide in other to reap the benefit of risk management in NPA.

How Would you advice up-coming professionals?

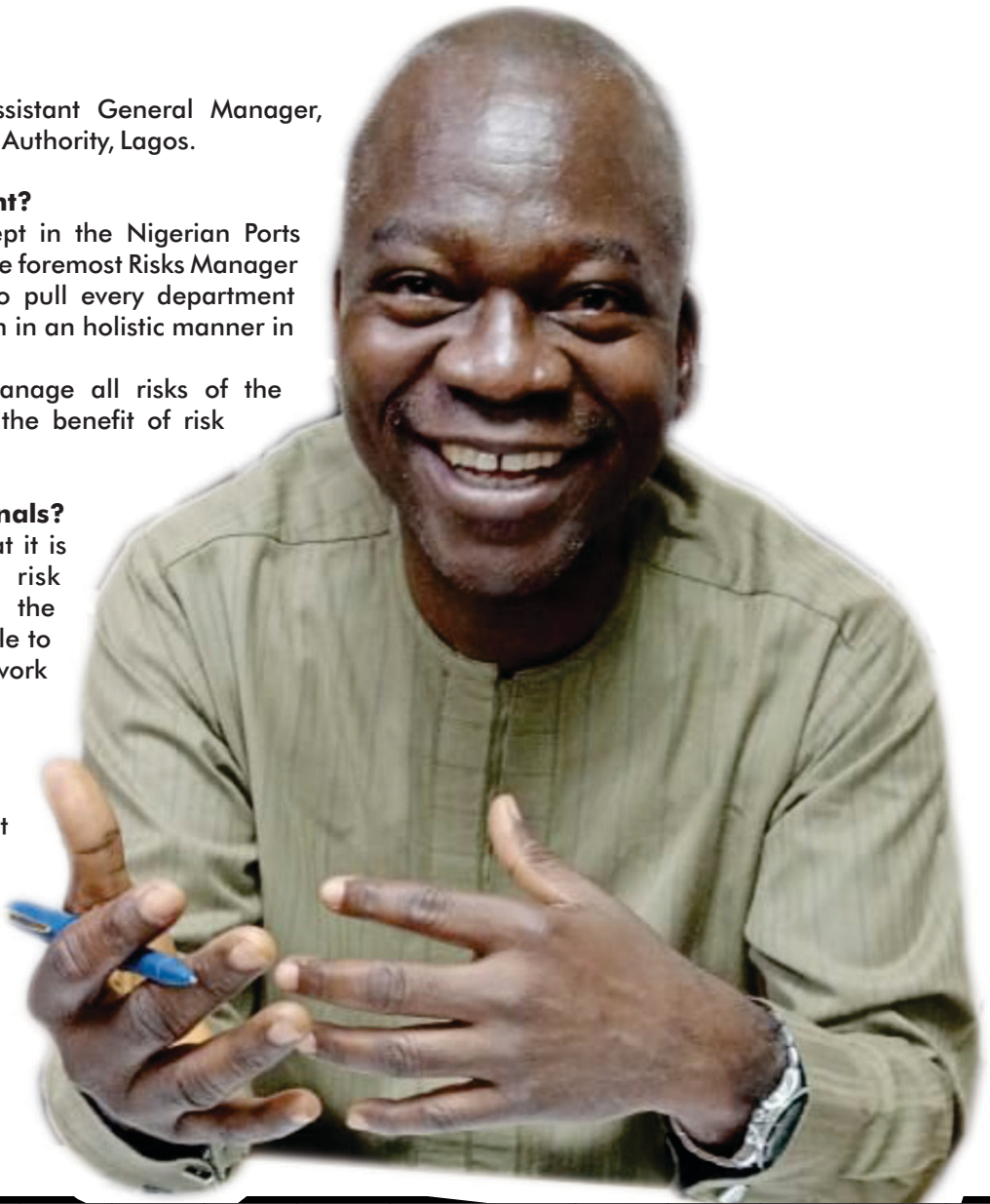
I will to advise the up-coming professional that it is difficult to grow in the insurance and risk management field, without enrolling with the professional bodies and it will not be permissible to head insurance departments. So they should work hard.

What is your philosophy of life?

My philosophy of life, is face challenges and you will definitely get to the expected end. Also what is worth having is worth insuring.

Would you like to add any other information to this interview?

Yes, I would advise that personnel should be more discipline in the organization and contribute their best according to their abilities.



POETRY

with 'Sola Adesanwo

PILGRIMAGE TO STRAFFORD



Upon Avon

I recall the ancient wordsmith
Whose looming presence
Envelopes the firmament,
the super legend whose light
illuminates the
path of millions globally.

I recall when the curtain fell
at RSC
Muses whispered the
presence of
Caesar, Cicero and Cassius.
I recall century-old costumes
worn across several ages
by ancient characters and
performers
then a sharp nudge from
muses
reminds me of STRATFORD.

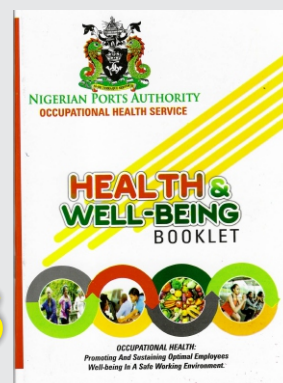
It is the ancestral home of
archetypal wordsmith,
the deity whose initiates
grow daily.
I recall the deluge of pilgrims
from far-flung cities
partook in this rituals of
baptism
and purgation.

Oh! Sleepy town of Stratford
I will come over and again
swap you for the Vatican
when it is time for
pilgrimage.

Extract from MUSINGS OF A QUESTER

SERIALIZATION FOR INSIGHT

HEALTH & WELL-BEING CLASSIFICATION OF CHOLESTEROL READINGS



Less than 200mg/dl (<5.3mmol/L) =
Good and well desired

200-239mg/dl (5.3- 6.3mmol/L) =
Borderline

240mg/dl and above (>5.3mmol/L) = High
risk

SOURCE OF CHOLESTROL

Cholesterol is obtained from food intake.

PREVENTION STRATEGIES GAINST EXCESSIVE CHOLESTEROL

Adopt Healthy Eating: (1) Limit foods high in saturated fat. Saturated fats come from animal products (such as cheese, fatty meats, and dairy desserts) and tropical oils (such as palm oil). Foods high in saturated fat are likely endowed with high cholesterol. So, choose foods that are low in saturated fat, trans fat, sodium (salt), and added sugars. These foods include lean meats, seafood's; fat-free or low-fat milk, cheese, and yogurt; whole grains, lots of vegetables (Cabbage, Cucumber, Lettuce, Carrot).

(2) Eat foods naturally high in fibre, such as oatmeal, beans (black or kidney and others) and unsaturated fats like avocados. Also, vegetable oil (e.g. olive oil, and those derived from nuts) are recommended. These food items may help prevent and manage high levels of low-density lipoprotein (LDL, or "bad") cholesterol and triglycerides while increasing high-density (HDL, or "good") cholesterol level.

Maintaining a Healthy Weight: Overweight and obesity raise levels of LDL ("bad") cholesterol. Excess body fat affects how the body deploys cholesterol thus slowing down the body's ability to remove LDL cholesterol from the bloodstream. Consequently, concerned individuals are exposed to a series of chronic health risks including heart diseases and stroke.

Indulge in Physical Activity: (1) Physical activity can help to maintain a healthy weight and lower cholesterol and blood pressure levels.

(2) A minimum amount of 2 hours and 30 minutes of moderate – intensity exercise is recommended every week. Examples of such include brisk walking and bicycling.

(3) Conscious efforts need to be made (daily) to ensure involvement of physical activities as part of an individual's routine. For instance, using staircase instead of the elevator, or parking a little farther away from office or to stores, or following commercial vehicles and alighting 1-2 bus/stops from area of residence.

(4) Working while standing up for about 5mins every hour.

Quit Smoking: Tobacco use can lead to dependence and serious health problems including developments of Hypercholesterolemia. Smoking damages blood vessels, speeds up the hardening of the arteries, and greatly increases the risk of developing heart diseases. Hence, the only solution is to never smoke. If you are already smoking, it is high time to quit.

Quitting smoking is hard, it may take time but it is never late to start the process. The use of nicotine replacement therapy could help whilst following health expert's advice.

Control the use of Alcohol: Alcohol intakes especially excessive consumption indirectly impacts on and leads to high cholesterol levels in blood.

Avoid drinking too much alcohol.

Blood Test Results		Levels
Glycaemic C		
Fasting		4.4 – 6.1 mmol/L
Non- fasting		4.4 – 8.0 mmol/L
HbA1c		< 6.5%
Lipids		
Triglycerides		≤ 1.7 mmol/L
HDL cholesterol		≥ 1.1 mmol/L
LDL cholesterol		≤ 2.6 mmol/L
Exercise		150 minutes per week
Blood Pressure		≤ 130/80 mmHg
Normal Renal Function		< 125 µmol/L

Health and Safety

RESIDENTIAL BUILDING COLLAPSE IN NIGERIA: CAUSES, EFFECTS AND SOLUTIONS

Building Collapses: Causes and Practical Steps to tackle it

With the recent occurrences of building collapses in Nigeria, it has become more imperative to look for permanent, lasting and practical solutions to this menace. Not only do these collapses affect the economy, lives are lost, capacities destroyed and worse off, some careers are destroyed because someone definitely has to take the hit.

A lot of these collapses are totally avoidable. Ignorance, laziness, nonchalant attitudes, are responsible for these collapses. Buildings do not on their own collapse. They do not happen without cause.

Causes of Building Collapses in Nigeria

1. Poor Structural Design

Civil and Structural Engineers are saddled with the responsibility of designing building structures. An inexperienced, amateur or unprofessional Structural Engineer may not churn out poor structural designs. This is in reality the foundation of any building in itself.

2. Using the building other than what it was designed for

Sometimes clients convert a building meant to be used for its original purpose into something else. Imagine a residential building is converted into an office. In some cases, people add more floors to an already completed building. This original building is designed to carry its own weight. Addition of more floors or converting it into one whose purpose would be to

carry weight or load other than it was intended to would invariably lead to building collapses.

3. Construction with sub-standard materials

Here in Nigeria, we still have a long way to go as regards professionalism, standards and respect for human lives. A building that has been very well designed by the Engineer but whose implementation is poor is heading towards building collapse. Imagine that substandard materials are used for foundation, for roofing, for fences, it is

logical to prepare for building collapses.

4. Lack of sub-soil investigation

Did you know that it is even important to conduct a research on the soil on which a building is to be erected? Sometimes, a building begins to noticeably tilt and submerge below the top soil level before a collapse occurs. It is surprising that even with this noticeably loud building collapse signals, some people ignore and continue to inhabit these buildings even though danger is imminent.

Cont. next edition



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

WORK HOUR RELAXATION

VOX-POP

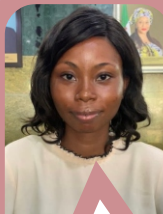
THE RECENT FUEL SCARCITY IN NIGERIA IS FAST BECOMING ENDEMIC AND PERENNIAL, HOW DID YOU MANAGE THE SITUATION?

Fortunately enough, I often buy from a particular filling station around my area, this couple with a customer card from Total that helps.

Equally for home use, I leverage more on alternative power supply, making use of inverters. This gladly helps to manage the situation for me.



Iyawe Seyi
HQ



Tosin Okuns
Servicom, HQ

Fuel scarcity has been very hectic in my environment and the price stability is basically absent somehow, anyways I manage the situation pretty well by not buying fuel everyday, thanks to PHCN that supplies power adequately.

It has also been a major problem in Nigeria. Which, in my own observation I think if PHCN continue to supply power adequately, no one will be bothered about the fuel scarcity.

Firstly, the situation has been so unbearable and dissatisfying, which has brought about vehicle scarcity in the country. People had to trek to their destinations.

Increment of Prices: This current situation has made commercial and private transporters increase their prices due to the effect of fuel scarcity in the economic.

Business Breakdown: This has also affected the business of some companies and some other private and local businesses in which they now found it difficult to transport their goods.

Economy Instability: Fuel scarcity will also affect the economy which will bring about black market sale of fuel.

Doris
Servicom, HQ

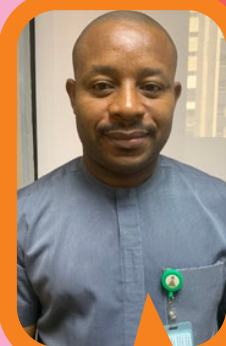


Fuel scarcity has been a major problem in Nigeria, particularly in Lagos state, and this has caused several damages but I manage the situation really well, because there is always light in my environment, so I am not really affected by it.

The recent fuel scarcity in Nigeria, especially in Lagos state has resulted in the hike in transportation fare within and around the suburb of Lagos. It has also skyrocketed the prices of goods and services adding to the Sallah market rush, not considering the average and low income earners.

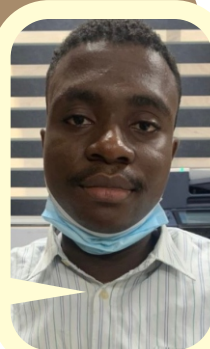
The scarcity of fuel has increased my number of dependants as their daily income is no longer enough. It has also increased the number of beggars along the streets.

Yesterday, I experienced a commercial vehicle, whose exhaust was shooting gun upon gun and I was told it was as a result of adulterated fuel due to fuel scarcity.



Njoku Chiedozie
Fire Service, HQ

Afolabi Zubair K.
Training and Manpower, HQ



The recent situation of fuel scarcity isn't manageable, because, it is causing a lot of inconsistencies to the public, first to access the fuel is very difficult and being that we operate with time, one doesn't have to spend a whole day at the fuel station.

Asides that, the scarcity is causing a lot of traffic due to long queues. The situation is also making movement very difficult, there are no vehicles on the road and when you are lucky to get one, the fare is very expensive.

In conclusion the situation is really uncomfortable and making daily activities difficult.



Okolo Loretta
Facility, HQ



Adesope 'Seun
Security, HQ

Well, I have not been facing too much stress in getting fuel lately because I have a friend who is working in a filling station and he hinted me a day before the fuel scarcity started. So I filled up my tank.

Though I have been managing the fuel by minimizing the use of the air conditioner in my car. I may run out of fuel by this coming weekend and may need to get another full tank, maybe I will have a different experience by then.



Musa Yaro,
Servicom Division, HQ
July 2

Ande Josephin,
Training & Manpower Dev. HQ.
July 6

Engr. Dafe,
Safety Dept. HQ
July 30

Clara Nwokedi
Training & Manpower Dev. HQ
July 28

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July 2

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July 25

Sipasi Inumidun Busayo
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July 14

Subair Adebayo,
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July 15

Obiora Mbah
Land & Asset Admin Dept.,
Delta Ports
July 26

Ekundare Bukola Solomon,
T&B, TCIP.
July 17

Oluwakemi Alegu
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July 17

Gbenga Soyomi
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July 22

Eunice Irumekhai,
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July 26

Tunde Aina
C&SP, HQ.
July 15

Smart Adesida
C&SC, HQ.
July 7

Olunmilayo Falola
Audit Dept., LPC
July 16

Monday Oshieme
C&SC Div. Onne Port
July 4

Ekpo Okon
Security Dept., Warri
July 3

Nneoma Ukpaa
Tariff & Billing Dept., LPC
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Paula UjahHR
Dept.Opts, HQ
July 22

Clara Amadi
Audit Dept., TCIP
July 24

Mariam Yakubu
Legal/Board Dept., HQ
July 25



NIGERIAN PORTS AUTHORITY

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



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