A Journey To Remember

The theme of the session was BSP’s record-breaking second quarter results, focusing on safety, people and performance. Page 3

Cascade highlights record-breaking results

BSP has completed its longest snake well in the Champion West Phase 3A field, located some 90 kilometres offshore. Page 5

Record breaking smart field well

SCM/13 has spearheaded a number of initiatives focusing on improving the efficiencies and effectiveness of the SCM process through Simplification. Page 9

BIP: SCM improves processes through Simplification

Bahreen Dato Hamzah had the opportunity to board the S.S Bebatik for an LNG delivery to Sodegaura Terminal in Tokyo Bay, Japan. He shares his story in the CENTRESPEAD
Campaign Operations and contractors achieve 4 million manhours without TRC

Salam, August 2006

Health, Safety, Environment News

THE Service Campaign Operations (SCO) department and their contractors attained a great achievement of four million manhours without a total recordable case (TRC). To commemorate the event, SCO held a get-together for its staff and contractors at the Brunei Shell Recreation Club on 8 August 2006.

Present as the guest of honour was the Managing Director of BSP, Grahaeme Henderson. He presented a safety recognition plaque to the Head of SCO, Haji Aji Haji Hitam, who received the plaque on behalf of all SCO staff. Contractor representatives also received a plaque on behalf of their companies. They were from Sahid Sdn Bhd, Admin Works & Engineering Sdn Bhd, Mashhor Covus Sdn Bhd, Mashhor General Contractor Sdn Bhd, Syarikat Kejuruteraan Sistematik Sdn Bhd, SKS Wood Sdn Bhd, IHW-SKS JV Sdn Bhd and Wehaya Engineering Services Sdn Bhd.

BSP’s Technical Director, David Purvis, also attended the event where he presented prizes for the best PAKAT and most PAKAT raised. Prizes for most PAKAT raised went to Alvin Yong (SCO/531), Rob Harwood (SCO/5), Othman Baha (SCO/3), Mohammad Rasad from Sahid Sdn Bhd, Lito Arellano from IHW-SKS and Steve C Nonato from Sahid Sdn Bhd. The best PAKAT prizes went to Ali Abd Kadir (SCO/531), Nante Garcia from SKS Wood and Daniel Lee Kok Leong (SKS Wood/PTAS).

This appreciation event for staff and contractors rounded off with traditional dances such as the ‘Ibang Ibang’ and ‘Alai Sikap’ and ended with a blessing ceremony.

IN June 2006, Brunei Shell Marketing Co Sdn Bhd (BSM), in cooperation with the Fire and Rescue Department, organised a fire fighting demonstration for all BSM female staff and spouses at the BSM Muara Terminal as part of its Safety Week.

The aim of Safety Week is to focus the attention and energy of all staff, contractors, petrol station owners and managers as well as customers on the key factors that will reduce the risk of safety incidents.

The team from the Fire and Rescue department was led by Haji Othman Jailani, Acting Public Relations Officer (Head of Development) who briefed the participants on the correct usage of the LPG gas cylinder, highlighting the danger of mishandling, the different types of fire extinguishers and the emergency response at home in the event of fire.

A simple 5-points safety check was shared with the participants for using LPG gas cylinders:

1. Environment check - Ensure good ventilation especially at ground level due to LPG being heavier than air. Keep any combustible material (e.g. kitchen curtains) away from the gas stove.
2. Regulator check - Regulator should be fitted and secured correctly on to the valve. Replace your regulator at least every 5 years.
3. Hose check - Change the LPG hose every 2 years or earlier or when the LPG hose has shown visible cracks on it. Use a soap solution to identify any leaks on the hose.
4. Connection check - Secure connections of hose to the LPG regulator and gas stove with clips. Make sure it is hand-tightened but not too tight. Over tightening may cause the hose to break.
5. Cylinder check - Cylinders should be placed in a well-ventilated area. It should be no less than 1.5m away from any source of ignition/flames. It should always be visible and easily accessible in case of emergency.

BSM also recommends using the Shell approved regulator, which features an excess flow limiter in the event of unsuspected leaks. This regulator has been designed to fit on to our cylinder valve. The recommended hose to use for LPG is the BS 3212 hose. Transparent hoses or other hoses intended for use with water is not suitable for LPG as it is prone to cracks and can easily be worn out. Both the products above are available through most retail outlets, supermarkets or BSM appointed LPG distributors.

Participants were further reminded that if they smell LPG leaks at their homes, it is always best to ventilate the room first by opening the windows or doors to let the gas out. Relocate the cylinder safely to a well-ventilated area to disperse any remaining gases in the cylinder.

Fire fighting demonstration for BSM staff and spouses

The fire fighting demonstration was one of many activities, organised by BSM, in conjunction with its Safety Week.

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Dear Colleagues,

I would like to focus on my top three priorities, namely safety, people and performance.

SAFETY

Although we are seeing safety improvements in many areas, more action is needed. The lessons learned from recent accidents indicate that we have to do more to ensure that the message on Compliance, Intervention and Attitude is fully understood and rigorously applied by every single staff member:

• Compliance - stick to the rules and procedures, no matter what.
• Intervention - when you see something unsafe, stop it from happening.
• Attitude - show care for everyone, so that there are no accidents.

I have just issued the second BSP Safety Letter. I would ask that you please take time to read with care all communications on safety, and also discuss this vital issue in departmental meetings. We must ensure that everyone, both BSP and contractor staff, understands the message, with active and visible application everywhere.

PEOPLE

We have conducted the 2006 Brunei Shell People Survey this September. This is one of the most important opportunities for everyone in the company to have their say, and it will also influence the future of BSP.

Since the last survey in 2004, much progress has been made and this aligns with my own focus on people aspects in BSP. In addition to the increased emphasis on people issues across BSP, this has also resulted in improvements in the value proposition for our staff; work-life balance and communications.

I thank you for your active participation towards how, together, we can continue to make our company a great place to work.

Record-breaking second quarter results

DESPITE heavy rain and an off-site location, a good number of staff participated in the September staff cascade session held at the Brunei Shell Recreation Club. The theme of the session was BSP’s record-breaking second quarter results, with specific focus on the company’s three priorities of safety, people and performance.

Staff Pride in Outstanding Performance

Managing Director Grahaeme Henderson led the session by providing an overview on each of the priority areas, and praising the efforts and commitment of staff. He said, “You should all take great pride in what has been achieved so far in 2006. It’s been a record-breaking second quarter, and we are on track for making 2006 our best year ever.”

“Oil and gas production has been outstanding. Our full-year latest estimate for oil is 205 kb/d, which is above target for the first time in seven years. Gas sales are also above target with the full-year latest estimate at 189 cargoes versus a target of 188 cargoes,” Grahaeme said.

Fish hook technology used in new Seria North Flank prospects

SERIA North Flank, S-834 and S-837 exploration wells, will be employing fish hook technology with smart completions. This was disclosed at the blessing ceremony for the new Seria North Flank prospects.

“Go beyond the norm when it comes to safety.
• Start every (and I mean every) engagement and communication with safety, and speak with personal conviction on why safety is so important to you.
• Insist on the highest possible safety standards and accept that this may require you to be unreasonable at times.
• Get out on your location every day to personally check that what you think is happening is actually happening in practice.
• Lead by example, both in and outside of work, and expect others to do the same.
• Go beyond the norm when it comes to safety.

Grahaeme Henderson engages with staff the second quarter staff cascade

SAFETY

We are confidently on track to meet our annual scorecard targets for the first time ever. The final four months of the year are of course crucial, so please use your departmental meetings to review where further improvements in targets can be achieved, particularly in the Functional and Milestone Scorecards.

As always, I look forward to your suggestions and feedback.

Best Regards

Grahaeme Henderson
BSP’s Health, Safety, Environment and Security (HSE) department organised a Regional Environmental Workshop and Meeting in Kuala Belait in June this year. Among those present at the workshop were representatives from other Shell companies in the region i.e. Shell Malaysia Exploration and Production (SMEP), Shell Todd Oil Services (STOS, New Zealand) and Shell Philippines Exploration BV (SPEX). HSE advisers and representatives from operations, engineering and production chemistry also attended the programme.

BSP was invited by the Ministry of Development to conduct a talk on Opportunity Framing for senior government officials in Bandar Seri Begawan on 5 August 2006. Over 100 government officers from various ministries attended the talk which was aimed at creating alignment and clarity among teams, stakeholders and decision makers as to what an opportunity is, to identify value drivers, critical success factors, risks and opportunities, to determine the scope of the effort required to address an opportunity, and to build a decision driven team.

Present as the guest of honour at the event was Her Royal Highness Princess Hajah Majeedah Nuurul Bulqiah binti Kebawah Duli Yang Maha Mulia Paduka Sultan Haji Hassanal Bolkiah Mu’izzaddin Waddaulah. Other prominent figures in attendance at the talk were the Minister of Development, Yang Berhormat Pehin Orang Kaya Hamzah Pahlawan Dato Seri Setia Haji Awg Abdullah bin Begawan Mudin and the Deputy Minister of Development, Dato Paduka Dr Haji Mat Suny bin Haji Mohd Hussein.

Present on behalf of BSP were Asset Director Haji Salleh Bostaman Haji Zainal Abidin and Darat Asset Manager, Haji Kamaluddin Haji Bungsu. The workshop, which was facilitated by Pg Shamhary Pg Mustapha (HSE/5) and Haji Sajali haji Kip (EPA-S-HSE-E), was aimed at allowing the different Operating Units from across the region to share experiences, knowledge and address common issues pertaining to the environment relevant to the EP industry. Speakers included Pg Shamhary (BSP), Jo Kissick (SMEP), Heng Soo-Huang, Hj Sajali (SMEP), Sam Dixon (STOS) and Arphee Caymo (SPEX).

Topics that were discussed ranged across various aspects of environmental protection. These covered managing greenhouse gas (GHG) emissions for EPA and BSP, oil-in-water (OIW) sampling and measurement standards, the Global Environmental Standard (GES) which replaces the Minimum Environmental Standards (MES) and discussion on emerging environmental issues for EPA and BSP for 2006 onwards. Haji Sajali also shared feedback from the previous Environmental Leadership Team meeting held in Rijswijk.

Presenters also shared their respective OU’s 2006 Environmental Plan, talked on new environmental legislation being introduced in their respective countries, presented an overview of forthcoming projects and any associated key environmental studies (six month view) and key challenges for the coming year.

The workshop was closed by BSP’s Asset Director, Haji Salleh Bostaman Haji Zainal Abidin, who stressed the importance of ensuring environmental issues were adequately addressed in all our activities and the significance of the workshops such as this one in helping to achieve our commitment for continuous improvement and sustainable development.

Sharing insights on opportunity framing with stakeholders

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Leading the talk were Leong Voon Choon (SEN/11) who gave an overview of opportunity framing and Haji Idris Haji Mohd Jaafar (WEN) who spoke on outputs of opportunity framing workshops.

Yang Berhormat Pehin complimented BSP for its use of opportunity framing within its organisation and urged everyone in attendance to make use of the tool in project planning.
BRUNEI Shell Petroleum Company Sdn Bhd (BSP) proudly announced the completion of its longest snake well on 6 August, in the Champion West Phase 3A field, located some 90 kilometres offshore.

At eight kilometres long, the well - Champion West 31 (CW-31) - is one of the most challenging wells drilled to date in the field. Some 3,700 metres of the well’s 8,001 metre length snakes laterally through the reservoir, targeting a number of separate oil formations. The CW-31 ‘snake well’ has now been successfully brought on stream and is producing some 60% above initial expectations at 15,100 barrels per day.

Champion West brings together a number of cutting edge technologies, including the very complex, horizontal ‘snake’ well, which is drilled through the sands with a tortuous trajectory. The development also employs Smart Field technology, which makes it one of the most technologically advanced fields in the world.

“This is an excellent achievement by BSP that demonstrates our capability in innovation and the application of energy technology in the oil and gas industry, underlining our leadership in the areas of Snake Wells and Smart Fields,” said Grahaeme Henderson, Managing Director of Brunei Shell Petroleum.

“By completing this well over this long section successfully, the Champion West team has realised the objective of combining reservoir targets planned for two separate snake wells thus further eliminating the need for the last well in the campaign.”

BSP had announced the delivery of first oil from the field in January this year, two months ahead of schedule.

Background

BSP’s Champion West facility is one of the most technically advanced offshore facilities in the world. It demonstrates BSP’s leadership in two key technology areas: Snake Wells and Smart Fields.

Snake Wells
- The Snake Well design was created in 2001 by BSP to improve reservoir access and deliverability.
- The first Snake Well was drilled offshore in BSP’s Iron Duke field in 2003, with a 1,500m reservoir section.
- Snake Wells have been a key enabler for the development of drilling through the sands with a tortuous trajectory, as part of the Phase 3 Development of Champion West.
- The benefits of Snake Wells include low unit development costs and very high initial rates. The drawdown is minimal, and the recovery efficiency from these wells in BSP is proving to be significantly better than that of vertical wells.

Smart Wells/Fields Technology
- BSP is a recognised global centre of excellence in the use of “Smart Well/Field” oil and gas technologies in Shell, and across the industry. It pioneered “Smart” technologies at its South West Ampa and Iron Duke Fields, and Smart Well completions are now standard in all BSP operations.

Facts from Champion West Phase 3A Project
- Four wells have now been completed (CW-28, CW-29, CW-30, CW-31)
- Phase 3A Project has two of the longest wells in BSP, CW-31 at 8,001 meters along hole and CW-30 at 7,580 meters along hole.
- Each of these wells sits on top of the most prolific oil wells for BSP. CW-31 at 2,400 m3/d (15,100 bbl/d), CW-30 at 2,150 m3/d (13,500 bbl/d), CW-29 at 2,650 m3/d (17,700 bbl/d), CW-28 at 2,258 m3/d (14,200 bbl/d).
- Champion West currently contributes around 30% of BSP’s oil production.

The Champion West project team from EPE, CWDP-1 and West Pelaut
I recently had the opportunity to board the S.S Bebatik for an LNG delivery to Sodegaura Terminal in Tokyo Bay, Japan. The six-day trip on this magnificent vessel was one of the most memorable journeys of my life.

5000+ cargo deliveries, 34 years of outstanding service, numerous safety awards - the facts speak for themselves. The B-Class LNG ships - namely the Bebatik, Bilis, Bubuk, Bekalang, Bekulan, Belais and Belanak - serve Brunei LNG with distinction.

The transportation of LNG, is a highly specialized business that forms an important component in the Brunei LNG business. The transportation of Brunei LNG to customers in Japan and Korea is handled by the seven Brunei Shell Tankers B-class ships, and the Brunei Gas Carriers A-class Ship, the Abadi, which collectively deliver about 215 B-Class cargoes a year.

The opportunity to travel onboard the Bebatik, which forms part of the seven B Class LNG ships, was a real honour and learning opportunity for me.

SAFETY FIRST

As a newcomer to the ship, I attended a detailed safety tour ahead of sailing, which included a walk through all key safety facilities, as well as a visit to the Cargo Control Room, where the temperature and pressure in the tanks are monitored. The Bebatik has five LNG tanks, each of which has nine temperature monitors.

The safety tour also included a walk through the Engine Room, and I was briefed on how the ship runs on steam generated by boilers that burn the cargo Boil Off Gas (BOG). All the B Ships and the Abadi are driven by steam turbines and have dominated LNG shipping since the industry began four decades ago. The Ship's boilers are fed BOG which turns water into steam to power turbines that drive the propeller through a reduction gearbox. Another steam turbine and a diesel engine drive alternators to produce electricity. Even when fully laden, the Bebatik is capable of cruising at over 18 knots.

Interestingly, the B-Class ships run a PAKAT equivalent which they call a “512 Form”. Each form submitted will automatically earn crew members a small reward, while the crewman submitting the best “512” of the month is given the honour of having it displayed on the ship’s notice board.

In addition, the crew is requested to submit a “Safety Thought of the Day” report which gets published on each daily work plan. Best one I read while I was on board was: “Always plan your job before doing it, failing to plan is to plan to fail.”
Safety was also a key feature of the journey itself. I was fortunate to participate in a safety boat drill during the trip. The drill tested responses to potential risk incidents such as pirate attacks and oil spills.

A detailed risk assessment of ballasts is also conducted on all journeys to ensure that any cold spots and excessive corrosion are dealt with quickly. During the inspection, a crew-member will act as the standby person outside the tank while the Chief Officer and Cargo Engineer go down the tanks. They check for any drop in oxygen and for the presence of toxic gas using special gauges and meters. During this particular inspection, the inner hull showed no cold spots, but it was proposed that the steel ladder be replaced as the upper parts were showing signs of corrosion.

Two days before the ship is due to arrive at its destination, ESDS tests are carried out to check that all pumps, alarms, and dump valves are in good working order. A Pre-Port Meeting is held a day before of arrival at Sodegaura Terminal to confirm preparations.

Once the Bebatik was securely moored at the discharge terminal, visitors, including the IMR Superintendent, buyers’ representatives - in this case Tokyo Electric and Tokyo Gas - BLNG agents represented by Chiyoda, and the Independent Surveyor, board the ship.

The Pre-Discharge or Ship/Shore meeting is then conducted and a checklist is followed to check the ship adheres to certain safety requirements. Only when the buyers’ representatives are satisfied with these requirements, do preparations start for cargo discharge and Ballasting. During the discussion, ship and cargo information are exchanged between the ship and buyers. More important, is information on the cargo content. Discharge usually takes 17-18 hours, subject to weather and sea conditions.

While the ship is moored in Tokyo Bay, there is also an opportunity for IMR Superintendents (STASCO), Lloyd’s personnel (Ship Classification) and Electronic Equipment staff to conduct checks and repair.

The last stage of my journey was to witness final discharge and confirmation of the cargo content. After this was completed, I was kindly invited by representatives of Tokyo Gas to witness the sampling process. Small quantities of LNG are taken from the Bebatik and stored in three cylinders. One is for the buyers for their sampling. A second is retained for 20 days in case of a dispute. The third is retained by BLNG, also for 20 days. The cylinders are taken to Tokyo Gas’ sampling facility and the whole testing process takes about two hours. Once the breakdown of gas properties and the Gas Heating Value calculations have been made, and the methane level measured and confirmed by the Independent Surveyor, BLNG agents send the documents over to the BLNG Finance Dept for invoicing.

On the way to my hotel in Tokyo after the sampling process, I felt great pride in having been on board this very special Bruneian LNG ship. It has been a great learning experience for me on board the ship and provided me with a greater appreciation of the enormous effort put in by BLNG and its stakeholders along the LNG value chain in providing its customers a stable and reliable supply of LNG.
THE Well Engineering and Well Services Department (TSW), comprising staff from TSW/3 and TSW/4 section, held its career exhibition at Institute Technology Brunei (ITB) on 17 Aug 2006. Approximately 100 students from various faculties in ITB attended the inaugural event.

Led by Osmera Haji Othman (TSW/3) and facilitated by Human Resource Planning and Development (HPD), the exhibition was organised to provide awareness and also to inspire potential graduates to pursue careers in Well Engineering and Well Services operations.

Activities during the day involved quizzes regarding different sections within TSW and subjects covered included various drilling operations such as rig capabilities, well cleaning, cementation, completion as well as servicing and optimising production activities from wireline, coiled tubing, hoist and maintenance operations.

Apart from the technical aspects, an exhibition on HSE, staff development and Knowledge Sharing Network were also put on display. Souvenirs were presented to the students who participated actively and guidelines an recruitment was also provided to the students by HPD.

A GROUP of twelve BSP graduate development trainees, all from different skill pools, were invited to a lunch engagement with David Purvis, BSP’s Technical Director on June 21 2006. The engagement also served as a group birthday celebration for all the graduates, and for David as well, all of whom had birthdays within the first and second quarters of the year.

The Luncheon was initiated by David, who had earlier voiced his wish to have closer ties with the graduate pool in BSP. This led to the inception of the birthday lunch engagement event, which will be held on a quarterly basis utilising graduate birth dates as the criteria for invitation.

The invited graduates had the opportunity to learn more about David’s life and work experience, from his earlier days as a Reservoir Engineer to how he made his way up to becoming Technical Director at BSP.

David also gave friendly advice to the graduates, urging them to not just stay within their respective departments but to gain experience in other fields of work as well, as it would benefit them in the long run.

Dinawaty Rambli from HPD, who joined the company in November 2005, said, “David has been such a great inspiration to us as a mentor, coach and somebody to look up to as a role model.”

“He gave us a lot of insight into his journey in his days as a young professional in the oil and gas industry, teaching us how to survive, strive and excel in this working environment. He genuinely takes interest in our activities and is very supportive of graduate initiatives such as this. We appreciate the fact that he reaches out to us, giving us a human touch”.

25 undergraduates from University Islam Antarabangsa Malaysia (Faculty of Engineering) visited JO-02 Hoist on S-718 E28 Well on 5 September as part of a four-day career exposure visit to Brunei. Undergraduates visit hoist operations

Around 100 students attend TSW career exhibition
SCM improves processes through simplification

IN support of the Supply Chain Management FIP on Operation Excellence and in line with the BSP drive towards Simplification, SCM/13 team has spearheaded a number of initiatives focusing on improving the efficiencies and effectiveness of the SCM process including exploiting the SAP functionality in order to make it easier for users of the SCM services.

Among the initiatives that has already generated benefits are as follow:

- Roll-out of Third Party Access (TPA) for Service Entry to vendors. This has contributed:
  - Reduction of processing time leading and promoting “on-time” payment
  - Better transparency of process with the vendors being accountable for tracking and ensuring timeliness of their service entry
  - Elimination of manual key-in of service entry by staff in the processing centre to reduce error of “double handling” and this has freed time for other more value added activities.
  - TPA has now been implemented with vendors SKSwood, Batamas and MOC.
  - Feedback from vendors has been positive which can be summarised as follows:
    - a definite improvement on receiving payment
    - Service Entry can now be lodged in real time once work is completed.
    - Improves transparency and traceability.
    - Vendors now can cross check held invoice report against the status of Service Entries (SE) as an initiative by the vendors.

- SAP Usage Awareness Training has also been provided to the Line and SCM staff on SCM processes such as correct use of material master, contract uploads process, etc. These have not just resulted in efficient system usage and reduction of rework, but more importantly set a platform for better start-up of procurement process and ensure that goods and services are ordered and received as required.

- Purchase orders securely transmitted via TR/O2I, where BSP is leading the rest of the Shell Group in conversion to a new “e” environment. This has reduced manual distribution of PO by 80%

Producing monthly reports to support Key Performance Indicators (KPI) monitoring and initiating the follow-up process to ensure smooth running of procurement activities within the Company including paying the contractor on time and ensuring goods and services are available when required.

With all these initiatives, the team has shown that they are winning the battle to reduce bureaucracy and developing a platform for SCM to deliver efficiently.
BSM organised another healthy lifestyle programme (HLP) session on 24 -26 July 2006 at the BSM Head Office in Bandar Seri Begawan. The event, themed ‘Working Towards Health and Fitness’ was officially launched by BSM’s Managing Director, Pg Haji Yasmin Pg Haji Mohammad and was participated by BSM staff.

As part of the launch, a Health Talk by Dr. Norazua Riazuan from Panaga Health Centre (HML) was given, followed by an exhibition on health and fitness.

A health screening check-up by the HML Team was also conducted for BSM staff at BSM Head Office and at BSM Muara Terminal Depot.

BSM launches healthy lifestyle programme

A ROADSHOW highlighting BSP’s Healthy Lifestyle Programme was held at Hangar 3 of the SAV Anduki Airfield on 14 August 2006.

The four-day roadshow comprised an exhibition and health screenings for SAV staff, leading up to the closing ceremony on 17 August. In his closing speech, Head Of Aircraft Services, Jonathan Philips stressed the need for staying healthy and keeping fit, highlighting the increasing trend of obesity and weight related illnesses not only within the Brunei Shell joint venture companies but throughout the country as well.

Dr. Pervesh Kaur, a medical officer from the Panaga Health Centre, then gave a talk highlighting the effects of obesity and the numerous lifestyle diseases associated with it. Nurses from the Panaga Health Centre conducted health screenings for 34 SAV staff members throughout the roadshow, which included a check on body mass index, blood pressure, blood sugar level, cholesterol and stress levels.

To end the ceremony, a prize presentation was also conducted for the winners of the health quiz with Jonathan on hand to give out the prizes to the lucky winners.

SAV holds HLP roadshow for staff
HML successfully runs Weight Management Pilot Programme

BRUNEI, like many developing and developed countries, is now faced with a problem of overweight, obesity and their associated ‘lifestyle’ diseases like diabetes mellitus, hypertension and coronary artery disease.

Last year, the Body Mass Index (BMI) cut-offs for Asians were reduced to 23. Using this benchmark, almost 80% of BSP staff have been found to be overweight or obese. This is truly a frightening figure and that has spurred the company to launch a Healthy Lifestyle Programme (HLP). The Panaga Health Centre (HML) is happy to announce that almost all departments in BSP now have HLP committees organizing various weekly and monthly activities.

However, this is only one part of the programme to encourage regular physical activities amongst staff. There remains a group of people who need intensive help in order to lose weight. It is this group of people who we have targeted in the pilot activities amongst staff. There remains a group of people who need intensive help in order to lose weight. It is this group of people who we have targeted in the pilot

Progress in weight loss of 24 participants

Hussin Bin Abd Rahman EOP10
John Ribut Bin Deli MPA1
Kepli Bin Hj Hasubbah PPA323
Koh Chin Meng EME42
Liew Ah Man SCO21
Md Zaini Bin Hj Md Yassin DEN21
Mohd Jamil Bin Abd Manaf WOP113
Mohd Raiss Bin Daud WOP112
Pg Hj Muhamad Japa P Hj Jeni EOP112
Pg Khashimi B Pg Hassan SEN132
Pg Omar Bin Pg Hj Mumin PPA112
Pinggaran Anak Andam EOP126
Rosli Bin Raml WOP23
Shie John IPE21
Suhaili Bin Hj Ahmad EOP121
Umarzuki Bin Hj Zaidi IPE33
Yahya Bin Haji Safari SCO531
Zaini Bin Hj Shebli WOP113
Young C A TSG3
Ibrahim Bin Mohammad EOP124
Muhammad Shafie B Abdul Kani ISM16
Naweh Bin Ura SAV71
Dk Hjh Habibah Pg H Mat Jaafar WBSS54
Osman Bin Hj Ab Hamid HSQ36

Hj Mohd Sabri Bin Hj Abu Bakar DOP121
Hj Raduan Bin Hj Daud PPA411
Ilham Bin Hj Abdul Manan STL2231
Johnny Bin William PPA423
Mohammad Zaffri Bin Zunaiddi SCO520
Mohd Harith B Mohd Hassan EOP10
Mohd Jociey B Mohd Yussuf WOP113
Muhammad Anawai Bin Abdullah DOP121
Nordin Bin Hj Mohamad Jahari POP111
Sartaroh Bin Pagun EOP121
Sheepmaker R BPE
Abdulllah Bin Hj Jainudin WOP133
Ahmad Shukran Bin Jafar WOP112
Alirahman Bin Suhaill PPA111
Azlan Bin Hj Ali PPA512
Ezurimman Bin Abdul Rahman WOP112
Hj Ali Akbar Hj Abu Bakar EOP113
Hj Md Amriol Azman Hj Jaludin WOP131
Hj Mohd Azmi Bin Hj Magon WOP111
Hussaini Bin Hj Mohd Hussain EOP131
Kamis Bin Awang Lamit PPA201
Koh Chin Heng DOP121
Mohd Yusrus Bin Abu Bakar POP31
Pg Jafaryddin B Pg Abd Rahman EOP112
Renin Bin Hj Md Kamis SCO42
Hj Abd Kadir Bin Hj Mina PPA311
Doyle R OPM513
Mcdonald A C WOP23

Haslwan Bin Phlip/Phillip SAV111
Mas Ridzwan Bin Abd Majid EOP122
Mohd Azalmy Hj Mohd Zainin SAV111
Rahim Bin Hj Jait EOP31
Zulhashmi Bin Hj Abdullah IRT231
Muhammad Azian H A Ghani TPE1

• HML will formalise the weight management programme and offer to all staff with BMI of more than 30 kg/m2.
• HML will work closely with offshore supervisors and medics to ensure programme is sustained offshore.
• Introduction of food-calorie labelling in all canteens and messes

Hajji Zainal Abidin Haji Md Ali (BSP’s Deputy Managing Director cum Human Resource and External Affairs Director) along with staff from the Panaga Health Centre and weight loss participants in the programme
BSM staff undergo awareness on assault cases and cash management

As part of its Safety Week, Brunei Shell Marketing Co Sdn Bhd (BSM), in cooperation with the Royal Brunei Police Force, organised a talk on Assault Cases and Cash Management at BSM Head Office in Bandar Seri Begawan.

The objective of the talk was to raise public awareness of the assault cases that had happened at several petrol stations since early this year and the consequence of their actions.

Participants were reminded that any assault case is punishable by law. The owners and supervisors of the petrol stations were also advised on the proper and secure ways of managing cash at the petrol stations.

BSM staff and contractors held a cleaning campaign at the BSM Muara Terminal on 11 August 2006.

The session is part of an activity organised by the Operation Team and contractor's staff to enhance relationships and promote a healthy as well as cleaner environment at the work place.

The session commenced with an early morning workout and aerobic session led by Head of Operation, Alias Duraman.

An early morning aerobic session for staff and contractors kick-started the cleaning campaign

The campaign aimed to enhance relationships between staff and contractors while creating a cleaner environment at the work place.