

INSIDE THIS ISSUE:

- PNGPCL staff to undergo health checks 1
- PNG Ports' first pilotage cadetship program starts 2

News Flash is an occasional publication for the Executive Management Team to explain important policies, projects and management issues relating to the operations of the PNG Ports Corporation Ltd. It will be issued if and when the need arises for the benefit of all stakeholders and employees.

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PNGPCL to organise staff health checks

TOO much cholesterol in your blood is called high blood cholesterol (or hypercholesterolemia) which increases the chance of having a heart attack.

PNG Ports Corporation Limited (PNGPCL), therefore, encourages its employees to undergo health checks at the nearest medical institutions to check levels of cholesterol in the blood.

Chief Executive Officer of PNGPCL, Brian Riches said "too much cholesterol in the blood, or high blood cholesterol, can be serious."

Mr Riches said that people with high blood cholesterol have a greater chance of getting heart disease.

"High blood cholesterol on its own does not cause symptoms; so many people are unaware that their cholesterol level is too high," he said.

Cholesterol can build up in the walls of people's arteries (blood vessels that carry blood from the heart to other parts of the body).

This buildup of cholesterol is called

plaque (plak) and over time, plaque can cause narrowing of the arteries which is called atherosclerosis (ath-er-o-skler-O-sis), or hardening of the arteries.

PNGPCL's human resource division via the corporate services department is therefore organising for its employees in all ports and head office to have blood checks at the nearest health centres in the very near future (a date and time will soon be announced).

There are usually no signs or symptoms of high blood cholesterol and many people do not know that their cholesterol level might too high.

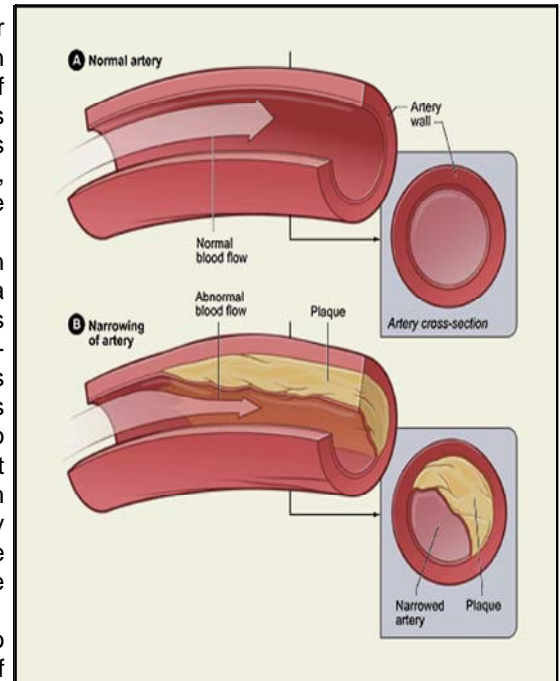
Everyone age 20 and older should have their cholesterol levels checked at least once every 5 years.

Mr Riches said: "You and your doctor can discuss how often you should be tested."

He said high blood cholesterol is diagnosed by checking levels of cholesterol in the blood.

It is best to have a blood test called a lipoprotein profile to measure your cholesterol levels.

Employees are advised not to eat or



The illustration shows a normal artery with normal blood flow (figure A) and an artery containing plaque buildup (figure B).

drink anything (fast) fat in the blood).

for 9 to 12 hours before taking the test.

The lipoprotein profile will give information about your total cholesterol. The low-density lipoprotein (LDL) is bad cholesterol (the main source of cholesterol buildup and blockage in the arteries) and high-density lipoprotein (HDL) is good cholesterol (good cholesterol helps keep cholesterol from building up in arteries and triglycerides: another form of

If it is not possible to get a lipoprotein profile done, knowing your total cholesterol and HDL cholesterol can give you a general idea about your cholesterol levels.

Testing for total and HDL cholesterol does not require fasting.

If ones total cholesterol is 200 mg/dL or more, or if a person's HDL is less than 40 mg/dL, that person will need to have a lipoprotein profile done.

Cadetship program underway



Pictured are the students namely Jim Robert and Ruth Philip from Bugandi Secondary School and Toge-bowa Kunuguyau and Floyd Sakiusa from Cameron Secondary School. They were recently selected to undertake the PNGPCL cadetship program this year. Picture by Michelle Yiprukaman

PNG Ports Corporation Limited (PNGPCL) for the first time will be sponsoring four grade twelve students to undergo studies at the PNG Maritime College in Madang this year for the next four years.

These students are Jim Robert and Ruth Philip from Bugandi Secondary School and Toge-bowa Kunuguyau and Floyd Sakiusa from Cameron Secondary.

They were recently selected to undertake the PNGPCL cadet program which will be ongoing and each year the Company

will be sponsoring top grade 12 students from various schools throughout the country to undertake the cadetship.

They will undergo basic seamanship, officer of the Watch and final program will be Mate Class 2.

During the cadetship, they will have sea-time program for almost 2 years to gain sea-time experience. The highest qualification in this field is master class 1.

The cadet program is an ongoing initiative of PNG Ports.

The cadetship is a new development PNGPCL has taken on board in

line with its aim of building human resource capacity to keep pace with the on-going social, economic and technology changes affecting the maritime industry.

PNGPCL Chief Executive Officer, Brian Riches in welcoming the students said it was good to see that both male and female are participating in this program.

“The maritime industry has a legacy of male domination. We are now breaking that legacy to give everyone equal opportunity,” he said.

He said this initiative was taken up by the Company to ensure that

young people are better qualified with skills in the Maritime Industry.

“There is a lot to learn in the Maritime Industry, therefore, you all must take this program seriously for your benefit,” he said.

Mr Riches told the PNGPCL cadets that the Company is expecting the best results from them as they were the best to be selected to undergo this cadetship program.

He said it is anticipated as a result of this program, the Maritime Industry will have well-qualified pilots and captains.