

# Build the Future



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# Guest Speaker shares wealth of knowledge



About 20 students in Refrigeration and Air Conditioning learnt about current industry traits and tricks from an industry expert during a guest lecture organised at the National Training and Productivity Centre (NTPC) Narere.

In April earlier this year, NTPC's Department of Automotive and Mechanical arranged a guest lecture by Oceania Gas Limited's Ritnesh Chetty. Mr Chetty is the National Refrigerant Manager for Fiji and Samoa with over 15 years of experience in the air-conditioning field. He imparted his knowledge and current regional practises to the students enrolled in the Refrigeration and Air Conditioning unit at NTPC.

Mr Chetty enlightened students that they need to adapt to changes taking place around the world.

"To think that five or so years back, we were condemning refrigerators because there was nothing we could do to rectify and repair small internal leaks. This new technology will enable the repairs to internal leaks in refrigerators or air conditioners which will also save money and time," Chetty said.

One of the highlights was introducing the new chemical in a syringe used on small or pinhole leaks up to 0.3 mm in refrigeration and air conditioning systems. Using the syringe, the chemical is pushed into the system and as it flows with the refrigerant in the system, it will get sealed if there is any leak.

"The future plan is to look at new technologies available in the world today, see what is in the market and how best we can use those equipment and technologies in our field of work and at the same time present to the students."

Training Officer Elia Raione said NTPC always ensured the students were given the best knowledge in their respective programs.

"NTPC is giving the best experience to the students, but when somebody from the industry comes in as guest speaker and shares his experience and knowledge and his journey throughout his career, it usually takes the students learning and interest to another dimension and improves their overall learning," he said.

Raione said the students need to meet and learn from industry experts, as such exposure helps them become better tradespeople and become an asset to the different companies they would be joining when they enter the industry.







## Apprenticeship Scheme eliminates trade-specific skills deficiencies

since we introduced the Apprentice Program with only four apprentices, they have adjusted to our work culture very well and continue to adapt a learning attitude. This is attributed through our company's robust induction program, internal awareness, training sessions on trade hazards, toolbox talks and learning on the tools, and coaching from their senior peers," she said.

"They (apprentices) install conventional and addressable fire alarm systems, security alarm systems under the supervision of a Senior Fire Systems Supervisor or Senior Technician. The work mainly involves fixed cabling and the installation of fire alarm devices at heights above 2.5 metres. They generally work off A-framed ladders and mobile scaffolding or Elevating work platforms (EWPs) for heights above 2.8 meters, often while operating hand tools or hand-operated power tools.

"The apprentices are exposed to the same risks or hazards as their fellow experienced Technicians. Therefore, they are issued the same complete set of Personal Protective Equipment (PPE) comprising safety shoes, hard hats, high-viz uniform, gloves, back-support belts, safety glasses, and of course, COVID-19 PPEs."

"Our apprentices are in the second year into the Apprentice Programme for our organisation, at present we are giving more than what it gets in return from this program. However, it is a worthwhile company investment in terms of capacity building for a more incredible skilled workforce and developing succession opportunities for our apprentices in the future of work," Chand said.

"We all are going through a tough situation, but we know that this pandemic is not here for a permanent stay. So let our medical professionals guide us through overcoming this pandemic, but they cannot do it without our support. So as ethical business operators and people of Fiji, let's unite and fight this virus."

Chand encouraged others saying clients, employees, and people of Fiji amidst the COVID-19 situation should keep a positive mindset, promote positivity in their circles and work together to find that balance between addressing people's basic needs and achieving business success.

**B**rain drain is a serious problem for Fiji as it loses skilled workers to the developed countries. This was the view shared by the Manager Human Resources and Corporate Services of Wormald Fire and Security Company, Pritika Chand.

Chand said the Apprenticeship agreement with her company and NTPC is an excellent initiative built to address trade-specific human resource deficiencies in the country.

"It is no doubt apprenticeship is a great initiative, and we are privileged through this engagement programs to actively fill up that deficiency and avail skilled labour in the country. However, brain drain is a contributing factor to the loss of skilled workers," she said.

"While the four to five year program is genuinely an excellent investment for the company and the country as a whole, retaining skilled workers and losing them to the overseas labour market is a greater challenge."

Wormald Fire and Security Company is part of the National Apprenticeship Scheme with NTPC's Department of Apprenticeship and TradeTest and employs four apprentices Samuel Chand, Samantha Farrell, Ioane Teisi, and Jone Tubuto.

Chand said her organisation had adapted COVID safe Protocols and specific operating procedures to operate safely, ensuring the safety of the staff, clients, and the wider community.

"We have a very intact and well designated technical team who work into their groups based on their skill category, and

## Wormald Fire and Security Company's COVID-19 internal measures

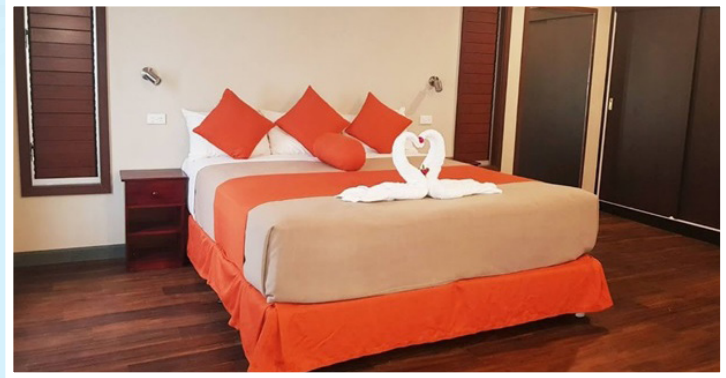
- PPE'S, Sanitisers, Disinfectants are provided and made available to all staff
- Transportation is provided to staff on a duty schedule
- Staff commit to ensuring Care Fiji App is downloaded and activated with Bluetooth switched on at all times during duty
- Work bubble group is created to see that staff work within their groups
- Work from home flexibility is available for positions that can work remotely, with devices, internet data provided.
- Daily contact is maintained with staff to check on their welfare
- Team under lockdown requiring essential food items have been supported
- The company maintains a COVID safety database to follow through cases where staff is requiring isolation by MHMS thorough contract tracing screening process. Safe return to work protocol is followed to allow staff to resume back to duties.
- Vaccination registration for staff is made available through admin offices.
- The company has a strict sanitizing and disinfecting procedure.
- Redeployment opportunities are available to staff locked in containment areas and continue employment. The current operation is strategies in containment area format and invests in the safety of its workers.

# Make Your Bed Like a Professional



By: Rohit Prasad

Who has not admired those perfect hotel bed-making or miss hotel bed setups for comfort? If you have a room of your own, a slight perfection will do with a sporting bed that looks straight out of a professional decorator's dream. Made neatly enough to win everyone's heart, topped with perfectly positioned shams and throw pillows, and finished with a contrasting throw blanket folded just so at the foot of the bed- these beds look too good to mess up when it's time to sleep.



While your bedroom might never grace the centerfold of a hotel room, there is no reason your bed cannot look just as good as the ones made in hotel rooms. Some sheets may take time to master the skills when practice each day, but each day brings you to perfection. Never fear; it doesn't take that much time to make your bed upright, however the enjoyment of entering a bedroom at the end of a long day to find a bed that indeed invites you to lie down and relax.

## Bed Linens

### Bed Skirt/Bed Base Cover

Not every bed needs a bed skirt, but if yours is a mattress atop a foundation with an exposed metal frame, skirt the bed to conceal the unattractive frame and casters. Plus, when you hide the area underneath your bed, it becomes a great place to store out-of-season clothing, sporting goods, or other bulky items.

### Mattress Pad

A mattress topper adds a layer of extra comfort to your bed. It might not show, but you'll feel the difference at night.

### Sheet

Smooth, comfortable sheets can make the difference between a good night's sleep and a night spent trying to get comfortable.

### Blankets/Duvet

Blankets or duvet, when used, give comfort and warmth when needed.

### Runners

A long piece of cloth that lay across the top of a bed for decoration purposes.

### Pillows

The most critical piece on the bed that gives comfort sleep.

## Bed Making Steps

- Cover the bed base with bed skirting if required.
- Cover the mattress pad with a mattress protector and fasten the eclectics in four corners.
- Place the top bed sheet right side up and drop enough on the head side to tuck. Then tuck the top and miter both top corners.
- Place your second sheet wrong side up just from the edge of the top mattress and make sure it's evenly distributed.

- Use the blanket or duvet and place a hand length distance (6 inches) from the edge of the top mattress.
- Fold the second sheet on top of the blanket/duvet, then 2nd fold with the blanket/duvet.
- Tuck both sides and miter the bottom, holding the blanket/duvet and both sheets.
- Place the runners across the bed at the bottom, leaving at least a hand length distance.
- Fill the pillowcase with pillows and fluff the pillows to fill in all corners.
- Place the pillows edge-wise with an opening facing each other.

Line the side drawers with equal distance on both sides and realign the bedside lights, if any.

## Step Back and Enjoy!

Your bed is perfectly made, it only should have taken 10- 15 minutes for beginners or 5- 7 minutes for someone in practice, and your whole bedroom looks great.

## Improve Mental and Physical Health by Clean House

Since the onset of the pandemic, families are spending extra time indoors, and either the dust bunnies are multiplying more quickly than before, or maybe we are just noticing them more.

Most households use to outsource cleaning services to housemaids, but is it safe and affordable now? Therefore, cleaning your own House becomes of high importance to every individual. Maintaining a Clean, Healthy Home is Good for You and the Prevention of the Virus.

Numerous studies have shown that keeping a clean, tidy house is suitable for your mental and physical health. However, a build-up of dust, grime, and germs can weaken your immune system, trigger allergies, asthma, and other respiratory problems, as well as affect the quality of your sleep.

The risks are even more significant for people with weakened immune systems. But these days, it's also essential to maintain a clean home to prevent the spread of the coronavirus.

**When your home is clean and tidy, you will also feel a sense of calm and harmony, knowing that everything is in order.**

The National Training and Productivity Centre's Build the Future is a monthly newsletter which aims to promote the Centre's activities to the wider community. This newsletter is produced by the Centres Customer Service, Research and Promotion team. For views or comments please email [pravin.narain@fnu.ac.fj](mailto:pravin.narain@fnu.ac.fj).

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