

# Build the Future



## ISLAND LAD LIVES HIS DREAM IN AUTOMOTIVE INDUSTRY

**Mani:**  
Never let failure  
ever be an option

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## Teacher invests in trade skills for retirement



**W**aisea Nacou Cikaitoga has started executing his retirement plan now by investing in learning new trade skills while keeping a permanent day job.

The 30-year-old has been in the teaching profession for the past 10 years and has excelled in his role. Yet, the thought of earning after retirement has motivated him to join National University's (FNU) National Training and Productivity (NTPC) Cabinet Making and Joinery program this year.

Cikaitoga, who is originally from Viria Village in the province of Naitasiri, said he wants to learn tradeskills which will help him in the future. He says white-collar jobs would end at a certain age, but trade skills would serve them for the rest of their lives.

"I have been teaching English and Vosa Vakaviti (Vernacular), and I feel proud of my job, which requires me to educate our younger generation. However, I chose to learn Cabinet

Making and Joinery skills because I want to attain a certificate through this trade and learn multiple skills for future survival," Cikaitoga said.

"I believe that white-collar jobs will end at the age of 55, but if I gain knowledge of trade jobs, it will help me survive until the very end," he said.

After completing this program, I will be able to repair my own house and I can earn a living after retirement from teaching. It will also help me attain relevant skills to help my relatives back in the village.

During his leisure time and school holidays, he enjoys doing minor carpentry work such as building shelves, shoes and television racks. This has, of course, given him motivation and inspiration to get a highly recognized certificate from FNU.

"The short course skills trainings provided by NTPC are of high quality in terms of service delivery. Students take advantage of the services offered by this school because they are both informative and helpful. Guidance and assistance from lecturers and tutors also helps knowledge to be effectively imparted to students. Equipment and materials at the workshop provide a wide range of knowledge and clear confusion about how the theory will be used in practical classes."

Cikaitoga encouraged others especially the young to take up trades as one day they could become entrepreneurs and have people working for them.

## Mani turns passion into a profession

**G**rowing up in Rotuma, Jeremiah Jone Thomas Mani developed an affection for automobiles, particularly trucks as there were only a few around on the island and were being used to cart supplies and other essentials to villages.

The desire to learn more about automobiles, drove Mani to pursue a career as a trade mechanic after leaving school.

Mani joined Fiji National University's (FNU) National Training and Productivity Centre (NTPC), to undertake the Heavy Commercial Vehicle Mechanic course in 2013.

After completing the program, he joined Carpenters Shipping as an Assistant Mechanic.

"I chose to take up this field because, firstly, I have always had a passion for trucks. We did not know how to fix trucks growing up on the island, so I found a way and became a little helper to a cousin who would carry out minor repairs on our district trucks," Mani shared.

"In continuing to do all that, I decided that being a mechanic for trucks was what I wanted to study after high school," he said.

Mani, who hails from the beautiful village of Noa'tau in Rotuma, said that he was swayed away by city life after the rural-to-urban migration, which forced him to go off track. Finally, however, he realized the importance of coming to Suva and setting his goals to be successful.

"After my high school education, I joined FNU to study Heavy Mechanical Engineering, but the bright lights greatly affected me, and I failed to complete the course. However, I had a family to support, so I decided to continue my studies. In



doing so, I enrolled into the short courses offered at NTPC and completed my Heavy Commercial Vehicle Mechanic course," he said.

"I was fortunate enough to get a job at Carpenters Shipping straight out of NTPC. I worked as an assistant mechanic for three years before joining the Tong Zing company, where I gained three years of experience. From there, I joined Searoad Logistics, a sister company to Patterson Brothers.

"My experience with NTPC was one of the best. The lecturers and tutors were tremendously helpful. I would highly recommend them if you wish to take up this field because I would not be who I am today if it were not for their shared knowledge."

His advice to young people is to "never let failure ever be an option in whatever you do. The sky is always the limit, and you only get better when you try."

Currently, Mani works for Goodman Fielder International (Fiji) Pte Ltd as a Fleet Technician.





## Qalilawa helps raise funds through an online competition

**T**aniela Qalilawa, a staff of Fiji National University's (FNU) National Training and Productivity Centre (NTPC) helped raise more than \$7000 through an online charity gaming competition with all proceeds going towards assisting Fijian affected by the COVID-19 pandemic.

Qalilawa organised the event in collaboration with his Fijian gaming colleague, Jotame Tavo from Australia, last month. The funds were donated to Operation Grace, a Suva based group that assists needy families with food packs and essential items.

The competition involved the popular mobile online game, PUBG, where 80 people participated and donated to the noble cause through Facebook Stars, Tip Page, MPaisa, My Cash, bank transactions, and WorldRemit.

"It is a proud moment for us gamers when we are able to help our fellow Fijians who are affected by the second wave of COVID-19 in the country," he said.

"We are also grateful to the players and people who donated wholeheartedly to help the less fortunate. We know people are severely affected by job losses, isolation, and being quarantined. We hope that this little gesture will surely bring smiles to the faces of those affected. We could not pass up an opportunity, especially since my Facebook Gaming Page has over 75 thousand followers. Among my followers are Fijians who live overseas and hundreds of Pacific Islanders who have become friends over the games we play."

Qalilawa, is a Quality Service Officer at the Department of Quality Awards and a keen gamer. He started live-streaming

games on Facebook during the first lockdown last year.

"I love to play games in my spare time, and when I started, I did not know that one day I would be able to contribute funds raised through my gaming page for a charity course. The funds raised have been given to the charity organisation Operation Grace, and with the funds, they will be able to assist people on the ground with food packs worth \$54.00 each," Qalilawa shared.

"After the tournament, we were also interviewed by four researchers from Massey University led by Professor Regina Scheyvens and Dr Apisalome Movono on how we use digital platforms in Fiji to our advantage, especially when we are under strict health restrictions."

"We hold tournaments with cash prizes practically every week. This benefits Fiji in two ways. It keeps individuals at home, preventing the spread of the virus and saving lives, and the prize money is returned to Fiji to assist players who are suffering from day-to-day expenses."

NTPC Director Dr Isimeli Tagicakiverata praised Qalilawa efforts in raising funds to assist fellow Fijians.

"I congratulate him for organising such a tournament where people contribute towards charity," he said.

"This is the power of technology today, and we are proud to bring this kind of innovation in Information Technology closer to people so that they can learn and make use of their skills and knowledge and of course make money.

# Why is electrical safety so important?



By Setoki Buka

Electrical safety is very important for every individual while operating machines and any home appliances using electricity. At workplaces, it has become employers' legal obligation to protect workers who may be exposed to electrical hazards, but there are other factors that require employers to establish a thorough electrical safety program. A well-designed Electrical Safety Program at work protects workers and employers against:

- Injury from burns or falls
- Safety regulation breach penalties
- Workers' insurance, lawsuits and compensation costs
- Damage to equipment and tools
- Unplanned equipment repair or replacement costs

On the home front, the importance of electrical safety is clear and simple – it saves lives and property. An understanding of basic electrical systems and recognizing that there are safety measures involved when using domestic appliances and associated equipment is crucial in avoiding electrical accidents at home.



## What Should I Do If Someone Gets an Electric Shock?

### Step 1

1. If the victim is still in contact with the circuit;
1. Switch off the electrical current at the nearest isolating point.

1. If the isolating switch is too far, remove the victim from contact with a non-conducting material such as dry wood or dry cloth. Do not touch the victim directly as you could get an electric shock too.
1. Call out to anyone for medical help.
1. If the contact is lying on the floor;
  - Commence with first aid on the victim.
  - Call out to anyone for medical help.

## Where do you switch off the power supply?

- This is a critical part of the shock rescue procedure. At work, it is vital for electricians and trade assistants to be aware of the location of isolating switches for circuits or equipment they work on at any time. This ensures swift isolation of power in the event of an electrical accident.
- At home, the isolating points would be the power-points for appliances and light switches for lighting. The other option would be to shut down power by switching off the main switch or circuit breaker at the sub-board or the main distribution board.

### Step 2

1. Lay the victim down and determine the state of consciousness.
  - If the victim is conscious, assure them and check for signs of injuries.
  - Perform first aid if required.
1. Await or refer the victim to medical care.

### Step 3

1. If the victim is unconscious, check for signs of breathing.
  - If the victim is not breathing but has a pulse, perform Expired Artificial Resuscitation (EAR)
  - If the victim is unconscious, ie. not breathing and has no pulse, perform Cardiopulmonary Resuscitation (CPR).
  - EAR & CPR must be performed swiftly and by a trained individual.
2. Await or refer the victim to medical care.

NTPC has been conducting Electrical Safety courses for industry participants for decades. In the same period, NTPC has also conducted customized in-house training for prominent industries in Fiji as well as the popular two- day workshops for staff and housewives as part of our social responsibility. The department offers a fully customized Electrical Safety course that can be conducted over 2-3 days on topics such as the Nature of Electricity, Working Safely with Electricity, Appliance and Tool Inspection & Testing, Injuries and Emergency Procedures, and Isolating & Testing Circuits. The Electrical Safety course is not restricted only to electrical workers, but anyone who is interested in learning more about the hazards posed by electricity and how to stay protected while using it.

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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