

## Q2 NEWSLETTER 2025

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## World Day for Safety And Health At Work

The World Day for Safety and Health at Work is an international campaign held annually on 28th April to promote safe, healthy and sustainable workplaces for all. The focus of this year's campaign was "Revolutionizing Health and Safety: The role of AI and Digitalization at work".

Health and Safety in the workplace is LADOL's number-one priority, and World Day for Safety and Health at Work is always observed by the company. To mark this year's focus on how the increase of digitalization, robotics and automation is reshaping occupational safety and health in workplaces worldwide, LADOL's IT Manager, Mr



Abiodun Ogunyemi, and Health & Safety Manager, Mr Michael Onobiokor, gave a presentation on the benefits of technology in the workplace. LADOL MD, Dr Amy Jadesimi, also addressed the importance of technology and artificial intelligence (AI) in the future of the workplace, and also discussed the extent to which human performance can leverage this type of technology. >



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## World Day for Safety And Health At Work



Highlights from the event included analysis of how these emerging technologies are improving workers' health and wellbeing, while also underscoring the need for LADOL to be proactive in conducting sufficient risk assessments, and have the required policies to address new risks which might arise during operations as a result of modern technology.

The company also used the event to recognise safety achievements within the company, notably the work of LADOL's 10-strong volunteer fire team, led by Mr Joseph Yinusa. Awards were also given by the MD to employees who have participated in the company's hazard identification programme, which has greatly helped safety awareness within the company. The session also celebrated LADOL achieving four million hours without lost-time injuries. A significant milestone for the company. ■



## HEALTH &amp; SAFETY AWARENESS SPECIAL

# Malaria Ends With Us: Reinvest, Reimagine, Reignite



LADOL joined the international community on 25th April to participate in activities marking World Malaria Day 2025 under the theme “Malaria Ends with Us: Reinvest, Reimagine, Reignite”.

Sadly, Nigeria remains at the epicentre of the malaria crisis. Despite decades of global partnerships, programmes and pledges, malaria continues to devastate the country. Nigeria alone contributes to over 30% of global malaria deaths, with more than 100 million cases annually. For many Nigerians, especially children under five and pregnant women, malaria is not a disease of the past – it is a daily and deadly reality.

If we are to conquer malaria, there must be a greater awareness among the populace, increased domestic funding, community-level interventions and improved sanitation in our communities. With this in mind, LADOL marked World Malaria Day with a training session for all

its employees on the “A.B.C.D.” of Malaria. (awareness, bite prevention, use of chemoprophylaxis and early diagnosis).

In addition to the staff training session, some members of the LADOL team visited the neighbouring communities of Agala Village, Sabon-Koji, Bishop-Koji and Gbara-Koji villages to spread awareness on preventing the spread of malaria. The communities’ traditional rulers ensured the participation of pregnant women, breastfeeding mothers, the elderly and mothers with infants at home. All those who took part in the training sessions were given treated mosquito nets.

The LADOL team was led by the Mr Emeka Okwu (Free Zone Managing Director) and included Senior HR & Administration Manager, Ms Josephine Oviomaigho; Health, Safety & Environment Manager, Mr Michael Onobiokor; Compliance & IT Manager, Mr Abiodun Ogunyemi, and Security & Marine Manager, Mr Adewole Gege, who all helped in the distribution of the treated mosquito nets. The Bale of Agala community thanked LADOL on behalf of all the traditional rulers.

## Malaria Awareness

### Causes

The infection is caused by a parasite which is transmitted to humans via mosquito bites. It does not spread from person to person.

### Transmission cycle

- The uninfected mosquito becomes infected by feeding on a person who has malaria.
- If this mosquito bites you in the future, it can transmit malaria parasites to you.
- Once the parasites enter your body, they travel to your liver – where it can lie dormant for as long as a year.

- When the parasites mature, they leave the liver and infect your red blood cells. This is when people typically develop malaria symptoms.
- If an uninfected mosquito bites you at this point in the cycle, it will become infected with your malaria parasites and can spread them to other people it bites.

### Other modes of transmission

Because the parasites that cause malaria affect red blood cells, people can also contract malaria from exposure to infected blood through the following ways:

- From mother to unborn child
- Through blood transfusions
- By sharing needles used to inject drugs



## HEALTH &amp; SAFETY AWARENESS SPECIAL

## Malaria Ends With Us: Reinvest, Reimagine, Reignite

## Malaria Awareness

## Risk factors

The greatest risk factor for developing malaria is to live in or to visit areas where the disease is common. These include the tropical and subtropical regions of:

- Sub-Saharan Africa
- South and Southeast Asia
- Pacific Islands
- Central America and northern South America

The degree of risk depends on local malaria control, seasonal changes in malaria rates and the precautions you take to prevent mosquito bites.

## Risks of more-severe disease

People at increased risk of serious disease include:

- Young children and infants (under five years old)
- Older adults
- Travellers coming from areas with no malaria
- Pregnant women and their unborn children
- People with HIV or AIDS are at higher risk of severe infection.

In many countries with high malaria rates, the problem is worsened by lack of access to preventive measures, medical care, and information.

## Symptoms

Symptoms can be mild or life-threatening. They usually start within 10-15 days of getting bitten by an infected mosquito.

- |                                 |   |
|---------------------------------|---|
| • Fever                         | • Cough                                     |
| • Chills                        | • Extreme tiredness and fatigue             |
| • General feeling of discomfort | • Impaired consciousness                    |
| • Headache                      | • Multiple convulsions                      |
| • Nausea and vomiting           | • Difficulty breathing                      |
| • Diarrhoea                     | • Dark or bloody urine                      |
| • Abdominal pain                | • Jaundice (yellowing of the eyes and skin) |
| • Muscle or joint pain          | • Abnormal bleeding.                        |
| • Fatigue                       |   |
| • Rapid breathing               |   |
| • Rapid heart rate              |   |

## Treatment

Malaria is treated with prescription drugs to kill the parasite. The types of drugs and the length of treatment will vary, depending on:

- Which type of malaria parasite you have
- The severity of your symptoms
- Your age
- Whether you are pregnant

## Treatment, continued

Malaria can be fatal, particularly when caused by the plasmodium species common in Africa. The World Health Organization estimates that about 94% of all malaria deaths occur in Africa - most commonly in children under the age of five.

Malaria deaths are usually related to one or more serious complications, including:

- Cerebral malaria. If parasite-filled blood cells block small blood vessels to your brain (cerebral malaria), swelling of your brain or brain damage may occur. Cerebral malaria may cause seizures and coma.
- Breathing problems. Accumulated fluid in your lungs (pulmonary edema) can make it difficult to breathe.
- Organ failure. Malaria can damage the kidneys or liver or cause the spleen to rupture. Any of these conditions can be life-threatening.
- Anaemia. Malaria may result in not having enough red blood cells for an adequate supply of oxygen to your body's tissues (anaemia).
- Low blood sugar. Severe forms of malaria can cause low blood sugar (hypoglycemia), as can quinine - a common medication used to combat malaria. Very low blood sugar can result in coma or death.

## Prevention

If you live in or are travelling to an area where malaria is common, take steps to avoid mosquito bites. Mosquitoes are most active between dusk and dawn. To protect yourself from mosquito bites, you should:

- Cover your skin: Wear trousers and long-sleeved shirts. Tuck in your shirt, and tuck trouser legs into socks.
- Apply insect repellent to skin: Use an insect repellent registered with the Environmental Protection Agency on any exposed skin.
- Apply repellent to clothing: Sprays containing permethrin are safe to apply to clothing.
- Sleep under a net: Bed nets, particularly those treated with insecticides, such as permethrin, help prevent mosquito bites while you are sleeping.
- Ensure there is no stagnant water around: The female mosquitoes lay their eggs in stagnant water so getting rid of this eradicates their breeding ground.
- Chemoprophylaxis
- Vaccine: The World Health Organization has recommended a malaria vaccine for use in children who live in countries with high numbers of malaria cases. The RTS, S malaria vaccine is one of two safe and effective vaccines recommended by WHO to prevent malaria in children. If implemented widely, malaria vaccines could save tens of thousands of lives each year. ■

## HEALTH &amp; SAFETY AWARENESS SPECIAL

## Malaria Ends With Us: Reinvest, Reimagine, Reignite

The LADOL team visit local communities to raise awareness of malaria prevention and distribute treated mosquito nets.





## Q3 HMO: Drug and Alcohol Abuse



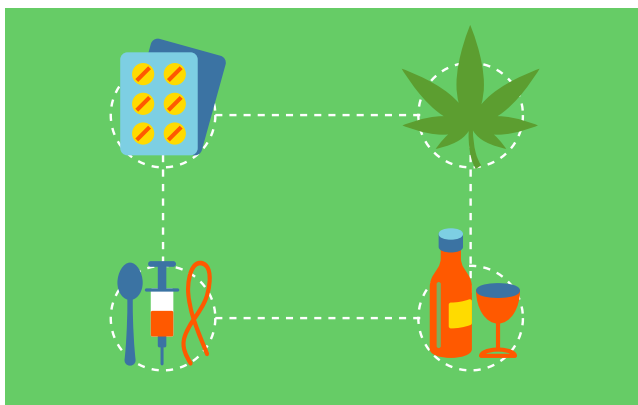
Q2's health forum focused on the issues of drug and alcohol abuse and examined the potential effects of both on our general wellbeing. The forum took place on 28th May as part of LADOL's monthly HSE Meeting. The presentation was given by Jemy Owah from Avon HMO. A total of 166 LADOL staff and 10 clients attended the session in person or virtually.

### Drug & Alcohol Abuse

- There is a high prevalence among youths
- Cannabis is the most abused drug
- Prescription drug misuse is growing
- Increased use of alcohol, especially among students
- Limited access to treatment and rehabilitation.

### Stages of Drug Addiction

1. Initiation
2. Experimental use
3. Regular use
4. Abuse
5. Addiction/dependency. These stages progress due to increased tolerance, habituation, dopamine and reward systems, withdrawal symptoms and addiction.



Drug/alcohol addiction is a chronic, relapsing brain disorder characterised by compulsive and continued consumption despite the potential harmful consequences to the individual:

- Biological effects – damage to brain, liver, heart, lung and kidney functions.
- Psychological effects – depression, anxiety, delusions, hallucinations, low self-esteem, poor judgement, memory loss,
- Socioeconomic effects – crime, financial loss, violence, breakdown of relationships, risky sexual behaviour, unemployment, homelessness, prostitution.

We can reduce the likelihood of drug and alcohol abuse through:

- Advocacy
- Control of supply and demand
- The support of family, schools and communities
- Strengthening the law
- Accessibility of professional help. ■



## Deep Offshore Logistics & Vessel Repairs Streamlined Operations





## FBY Team-Building Trip

The ability to work well as part of team is crucial to the success of any department, which is why LADOL ensures that each one has the opportunity to spend team-building days outside the workplace in order to have the chance to bond over fun activities.

On Saturday 31st May, LADOL's FBY team spent the day at Federal Civil Service Club in Ikoyi, where they had refreshments and enjoyed a range of activities, including a group dance competition, comedy, speeches and an awards ceremony. The outing was a great success and was enjoyed by all the team. ■





## Quayside Activities

LADOL's quayside was as busy as ever during Q2. Activities included simultaneous cargo operations on SNEPCo A100 and Esso A60. Deliveries for LADOL clients included FPSO (Floating Production Storage and Offloading unit) spares and consumables. There was also a contingency crew change for Esso Erha FPSO workers, with a total of 66 taking part. ■







## THE WORLD'S FIRST SUSTAINABLE INDUSTRIAL SPECIAL ECONOMIC ZONE

**LADOL is building the world's first Sustainable Industrial Special Economic Zone (SSEZ) in Apapa Port, Lagos, Nigeria.**

A unique circular ecosystem is being developed at the site to service a range of industries using the UN's Sustainable Development Goals (SDGs).

LADOL is becoming the blueprint for the Sustainable Industrialisation of Africa, turning Africa's demographic dividend into a global driver of peace and prosperity.

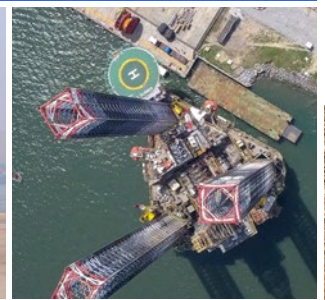
Find out more at [www.ladol.com](http://www.ladol.com)

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