



Coping with challenges of shift work



Azhar bin Aziz, Production Supervisor C, Area 3B

As the writer arrived at the operator shelter building (OBS) early in the morning, he was greeted with a warm smile by a gentleman in his 50s, donning the brown kopiah and the renowned yellow coverall with PRefChem logo.

I looked around and noticed there were framed certificates on the wall. Azhar Aziz, the production supervisor C for Area 3B, has been in the oil & gas industry for 27 years. His career achievements were clearly displayed on the office wall at Area 3B.

Asked about what he loves most in his current role, Azhar said "The management has been very supportive and understanding. For that, we are grateful to our management. Being physically exhausted is bearable but being mentally exhausted can kill you softly".

On the challenges he faced in the last 27 years, Azhar said while working in shifts may sound like a normal and mundane thing that everyone has to go through, it can be physically and mentally challenging.

"For those who do not know, working in shifts is what everyone has to go through working at the plant. Working in shifts sounds easy but it is mentally and physically challenging. It is hard to describe how tiring it is especially when we have to work in night shifts. We must have enough rest. Otherwise, we could not perform at work," said Azhar who has been with PRefChem since 2017 where his current role needs him to deal with various parties such as Pengerang Terminals (Two), planners and schedulers.

"People asked us why we don't reply to emails or messages on Teams. We do not purposely ignore them but people mistakenly think that our work is similar to those who work at office. Furthermore, we have to adjust our sleeping time based on our shift schedule.

"It was a huge challenge for me when I was in my 30s when my children were still small as I have to plan on when I can talk to them on the phone due to my abnormal working shift patterns. Now that my children have grown up, I have passed that stage. I am happy that they are doing well now but we do always keep in touch through video calls," said Azhar in recalling the challenges as a working in shifts.

"It's up to you to decide what you want. The salary that I get every month has been the motivation on why I stay so that I can comfortably provide for my family. It was hard but you must decide between being near to your family or having attractive salary to provide more than enough to the family. It's all to personal decision. For me personally, I am thankful for what the company has provided me and my family".

When asked about the plant start-up, Azhar said, "I am proud to be part of a team who is directly involved with the plant start-up. Even though it is tiring, I am grateful that I am surrounded by lovely colleagues. We are like family here. Having nice colleagues and management are the reason on why we managed to face our day-to-day challenges".

Thank you to everyone who has worked tirelessly to make the Start-up a reality, for making the milestone and keeping us safe.