

## PEMA competition on health, safety and fitness

LAHAD DATU: Seventy members of POIC Emergency Mutual Aid (PEMA) took part in a Fitness Day 3.0 here last weekend as part of the grouping's aim to promote fitness and fellowship.

The one-day event was officiated by the Tawau zone Fire and Rescue Chief Ismaidi Haji Ismail.

The event was coordinated by the Lahad Datu Fire and Rescue Station at the sports complex here.

PEMA was initiated by POIC Sabah Sdn Bhd, the developer of the palm oil industrial cluster here (POIC Lahad Datu) together with the fire and rescue authority as part of efforts to heighten awareness of workplace health and safety.

The day's activities included a competition amongst the PEMA companies in a fitness battle to complete the challenges in the fastest time.

EcoOils Sdn Bhd's team of nine PEMA members won the challenge trophy for the fastest time.



SAFETY FIRST ... participants of PEMA Fitness Day 3.0.