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Press Release

20th October 2009

ABX Express Imparts 5S Knowledge & Experience to Kiulu Student Hostel

KIULU (Tuaran) – Malaysia’s fastest growing and award winning courier company, ABX Express (M) Sdn Bhd, has taken a step forward by sharing knowledge and experience rather than just giving financial and material goods in its Corporate Social Responsibility (CSR) programmes.

A team of officials led by Mr. Tan Chong Yian, its chief executive officer, conducted a workshop at the San Damiano Hostel at Kiulu in the Tuaran district last Saturday (Oct. 17) to familiarize the teachers and students there on the 5S system of management.

Assisting Tan in conducting the workshop was Ms. Francesca Chang, the Kota Kinabalu Branch Manager of the company.

Two of the nuns from the Franciscan Sisters of the Immaculate Conception (FSIC) who are in charge of the hostel, Sister Frances William and Sister Noemi Mejia, and 132 students attended the workshop.

Tan, in his opening address, assured the participants that when the 5S system is put in practice, there would be positive results and they would find that the hostel would be clean, organized and safer.

“Furthermore, everyone here shall be more disciplined, and more good ideas will emerge,” he assured them, provided that everyone participated and took the training seriously.

The 5S stands for five Japanese words, all starting with the letter ‘S’. The first word is Seiri means organisation.

The second word is Seiton (neat and tidy), the 3rd word Seiso (cleaning), the 4th word Seiketsu (standardizing), and the fifth word Shitsuke means discipline or in Bahasa Malaysia, sentiasa amal.



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The Sabah and Sarawak branches of ABX Express have received 5S certification issued by the National Productivity Corporation (NPC) for many years now and this system has contributed towards the company's improvement in operations, productivity and efficiency in management.

Tan said the 5S has also increased the training effectiveness of the company, a reduction in accidents and downtime, improvement in safety and presenting a more efficient looking facility all round.

He said that starting from this year ABX Express has undertaken the task of sharing its knowledge on and valuable experience with this management system with other bodies, free of charge.

"The NPC has trained us and we have now become trainers for others without imposing a fee. We do not worry whether these organizations that we share our knowledge and experience with would eventually do even better than us," he added.

The 5S Certification by NPC is aimed at encouraging private and public organizations in the country to adopt and implement practices in a systematic approach.

The company has already conducted this form of training for the Montfort Youth Training Centre (MYTC) at Donggongon, and is making arrangements to conduct this training programme to other organizations.

"This is a continuous action," Tan said.

In the last two years, the company had, under its CSR programme, visited and offered financial and material assistance to hostels for rural students and other homes in Sabah.

In recent months, it moved to other aspects of charity action, like organizing blood donation drives. Now, it has undertaken the innovative approach in CSR by sharing of knowledge and experience.

The students at the hostel are from remote villages in the district. They are given shelter there in order to avoid having to travel long distances to schools each day.

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Photo captions:

1. Tan (centre) presenting a cheque for RM1,000 and some essential items including rice, on behalf of ABX Express, to Sister Frances William (left) before the workshop on 5S. On Tan's left is Francesca Chang, the Kota Kinabalu branch manager of the company who assisted Tan in conducting the training programme at San Damiano Student Hostel, Kiulu, last Saturday (Oct. 17).

2. Tan (centre) and Francesca Chang with participants of the workshop on 5S management system at the San Damiano Student Hostel, Kiulu, last Saturday (Oct. 17).