

VOL. 55 · NOVEMBER 2024

CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta



Palang
Merah
Indonesia

PROVINSI
DKI JAKARTA

CAPITAL PLACE BLOOD DONATION DAY



Give blood saves life!

Thank you to all kind hearted people who
participated Blood Donation event in Capital Place
Jakarta on October 10th, 2024.



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CYCLE TO WORK WITH CAPITAL PLACE END OF TRIP



Supporting a healthy lifestyle, Capital Place provides Bicycle Parking Racks for employees who wish to ride their bicycle to work or exercise with their bicycle during the day. With a capacity for 100 bicycles, the racks are located on the Mezzanine Level. Adjacent to the bike racks is our End-of-Trip facilities that includes showers, lockers, free towel service, shampoo and soap.

Our End-of-Trip facilities can be accessed by simply registering your employee access card through Building Concierge Services.



Let us strive together to build a simpler, healthier, and happier work-life.

For further information, please reach our Concierge at the Lobby Reception Desk or contact through phone call at +6221 22778881 or email concierge@capitalplace.co.id



5 WAYS TO SAVE THE PLANET

1. EAT LESS MEAT, MORE PLANTS

It's no secret that industrial agriculture and factory farmed meat can be bad for the environment. Try adopting a more sustainable diet: incorporate more plant proteins into your meals, get as much of your food as you can from local farmers, and eat more whole grains, vegetables, fruits, and nuts to reduce your impact. This can help reduce your environmental footprint – and it's also good for your health!



2. BUY LESS STUFF

Our overconsumption of cheaply made, single-use goods is trashing the planet - literally. In 2018, the US EPA reported that the country produced 292.4 million tons of municipal solid waste – or, 4.9 pounds per person per day. Check out our zero-waste living guide, which is filled with suggestions like repairing what you have, purchasing long-lasting items, and thinking about the entire life cycle of each item you buy. After all, knowing that your plastic toothbrush will take around 500 years to break down should change your perspective. When you do need to make purchases, try to get the most eco-friendly version to reduce your impact.



3. REDUCE WATER WASTE

According to the US EPA, the average household's leaks can add up to nearly 10,000 gallons of water waste every year. If you aren't sure how to fix dripping faucets, leaky valves, etc., there are many resources online to guide you – and help you determine when to call a plumber. While we're on the subject, avoid buying bottled water. The micro plastics are bad for you – and around the world, people buy 1 million plastic drinking bottles every minute, which go right into our oceans to harm aquatic life. The best solution? Install a filter on your tap and invest in a great reusable water bottle.

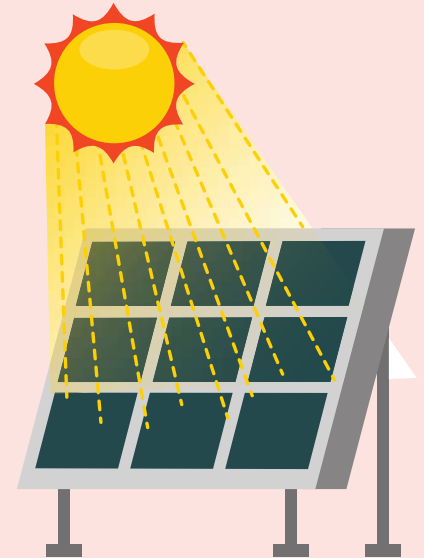




5 WAYS TO SAVE THE PLANET

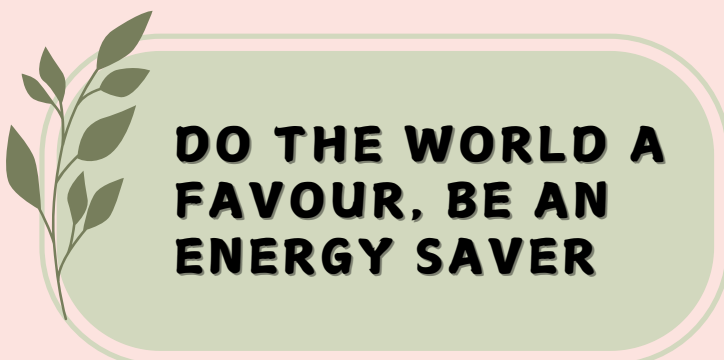
4. SUPPORT RENEWABLE ENERGY

The International Energy Agency (IEA) forecasts that global demand for electricity will increase at the fastest pace in years (a 4% increase in 2024). Representing one of the highest growth rates since 2007, this can be attributed to robust economic growth, intense heatwaves, and growing adoption of technologies that run on electricity. The hopeful news here is that renewable sources of electricity are also forecasted to expand in the next two years, providing 35% of the global electricity supply in 2025 (up from 30% in 2023). These trends underscore the need to encourage the adoption of renewable energy technologies so that we can power our lives with significantly less fossil fuels.



5. PLANT TREES!

Reforestation has consistently ranked as a top climate change solution, and not just because trees are capable of absorbing carbon from the atmosphere (around 22 pounds a year for a mature tree!). Healthy forests give wildlife a home, provide food and sustainable income for communities, support the water cycle, improve soil fertility and stability, clean the air, provide medicines, and so much more. So plant trees today – it's an awesome feeling!



Source : <https://onetreepanted.org/blogs/stories/5-ways-save-planet>

TIPS TO PREVENT SLIPS, TRIPS, AND FALLS

By Riska Oktaviana - Chief HSE

Slips, trips, and falls are among the most common causes of injuries in the workplace, but they are also some of the most preventable. By being mindful of your surroundings and taking simple precautions, you can help keep yourself and your colleagues safe.



10 TIPS TO PREVENT SLIPS, TRIPS, AND FALLS:

1. KEEP WALKWAYS CLEAR

Ensure that aisles and pathways are free from obstructions such as cables, boxes, or bags that could cause someone to trip.

2. CLEAN UP SPILLS IMMEDIATELY

If you see a spill on the floor, clean it up or report it right away to avoid slip hazards.

3. USE PROPER SIGNAGE FOR WET FLOORS

Always use clear signage to warn others of wet or recently cleaned floors.

4. ENSURE ADEQUATE LIGHTING

Make sure hallways, staircases, and work areas are well-lit, and replace any broken bulbs promptly to avoid visibility issues.

5. WEAR APPROPRIATE FOOTWEAR

Wearing shoes with good traction helps prevent slips, especially on smooth or wet surfaces.

6. ORGANIZE YOUR WORKSPACE

Keep cords, cables, and office items out of foot traffic areas to reduce the risk of tripping.

7. USE HANDRAILS ON STAIRS

Always hold onto handrails when using stairs to prevent falls, especially when your hands are full.

8. KEEP DRAWERS AND CABINETS CLOSED

Always close drawers and cabinet doors when not in use to avoid people tripping over them.

9. WATCH FOR UNEVEN FLOORING

Be cautious of uneven flooring, loose tiles, or damaged carpets. Report these hazards so they can be fixed immediately.

10. GOOD HOUSEKEEPING PRACTICES

Regularly tidy up the workspace, especially shared areas like hallways and meeting rooms, to minimize potential hazards.



STAY SAFE AND ALERT!

By following these 10 simple tips, you can reduce the risk of accidents and create a safer working environment for everyone.



WHAT'S IN THE MOVIE?

NOVEMBER 2024

NOW SHOWING



GLADIATOR II



Gladiator II is an upcoming epic historical action film directed and co-produced by Ridley Scott. Serving as a sequel to Gladiator (2000),

Nielsen and Derek Jacobi reprise their roles from the first film. The story follows Lucius, the former heir to the Roman Empire and son of Maximus and Lucilla, who becomes a gladiator after his home is invaded by the Roman army led by Marcus Acacius.

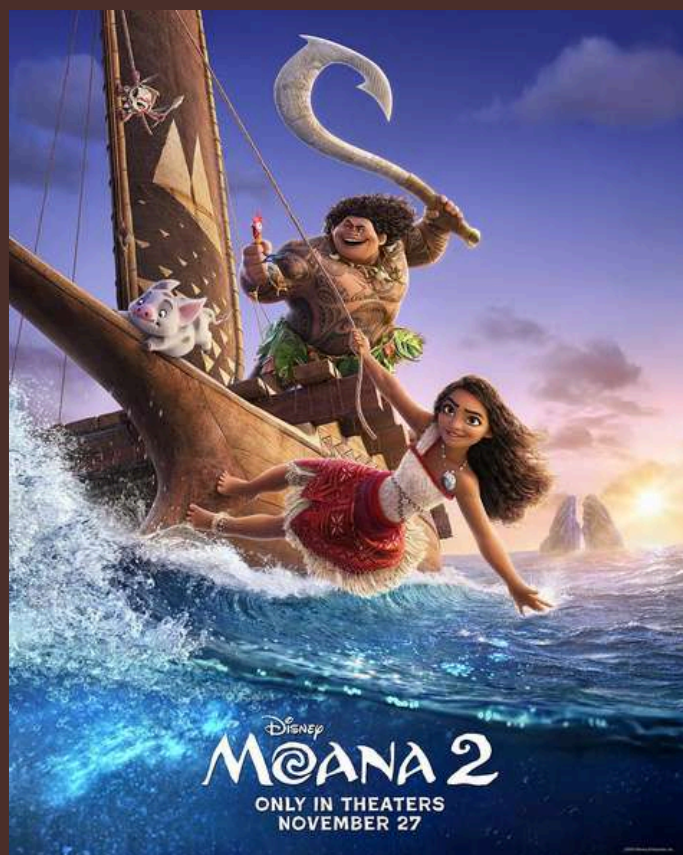
Lucius seeks revenge against Acacius and fights as a gladiator for Macrinus, a former slave who plots to overthrow the emperors Caracalla and Geta.

MOANA 2



Moana 2 is an upcoming American animated musical adventure film produced by Walt Disney Animation Studios for Walt Disney Pictures.

After receiving an unexpected call from her wayfinding ancestors, Moana journeys to the far seas of Oceania and into dangerous, long-lost waters for an adventure unlike anything she has ever faced.





**MARCO
VIOLANO**

Executive Chef
Four Seasons Hotel Jakarta



**FELIX LO
BASSO**

Michelin-starred, Owner-Chef
Felix Lo Basso Restaurant



**DOMENICO
GIOVE**

Michelin-starred, Executive Pastry Chef
La Patisserie Giove

ITALIAN AFFAIR

Alto proudly presents A Michelin-starred experience for three days in a row, showcasing culinary masterpieces complemented by exclusive wine from Fontanafredda Barolo.

SIX-HANDS DINNER · IDR 2,088,000++/PERSON

NOVEMBER 8 & 9, 2024 | 6 PM ONWARDS

SIX-HANDS SUNDAY BRUNCH IDR 1,088,000,++/PERSON

NOVEMBER 10, 2024 | 12 NOON - 3 PM

Further information and reservations:

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