



11<sup>th</sup> March 2013

To whom it may concern

We have used Paul Frost Media on a number of occasions to develop site induction and training DVDs for our site in Essex. On each occasion Paul has conducted his business in a professional manner, familiarising himself with our requirements and site health, safety and environmental rules in a short space of time which lead to the delivery of a very detailed, easy to follow script prior to commencement of production.

Paul takes the lead during filming and made the most of his time on site despite unfavourable weather and operational conditions. We found that his extensive experience in the media helped him put people at ease to produce natural and engaging shots. He also provided a quick and easy turnaround between filming and production of the videos to fit in with our tight time constraints.

Feedback on Paul's videos has been very positive and has helped engage a wide audience in various training and induction sessions and post production support has been excellent with update requests being accommodated quickly.

Please feel free to contact me should you have any queries.

Regards

David McCulloch

SHEQ Manager  
Thames Oil Port  
The Manorway  
Stanford le Hope  
Essex  
SS17 9LL