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**CAUSES OF
WRIST PAIN**

**WHEN
TO SEEK
TREATMENT**

**TIPS ON
CARING
FOR YOUR
WRIST**

A **PAIN**
in the **WRIST**

A PAIN IN THE WRIST

A PAIN in the WRIST



Wrist pain is extremely common and has many causes. Finding the cause of wrist pain begins with a detailed history, physical examination and use of diagnostic tests.

An x-ray of the wrist is usually the first test and will help determine if more tests are required. An ultrasound scan can be used to diagnose tendon tears around the wrist, while a magnetic resonance imaging (MRI) scan will show abnormal areas of soft tissue. Blood tests may be done to detect infection or arthritis.

Wrist pain can impair your daily activities and force you to completely avoid using your wrist. You may also need to use pain-relieving measures.

CAUSES OF WRIST PAIN

Tendonitis

Tendonitis can cause wrist pain and swelling, and is due to inflammation of the tendon sheath. Treatment of tendonitis-caused wrist pain does not usually require surgery.

Sprain

Sprains are common injuries to the ligaments around the wrist joint. A sprain can limit the use of the hand.

Carpal Tunnel Syndrome

This condition results from dysfunction of one of the nerves in the wrist. In carpal tunnel syndrome, the median nerve is compressed or pinched off as it passes through the wrist joint.

Ganglion Cyst

Ganglion cysts are swellings that usually occur over the back of the hand or wrist. These are benign, fluid-filled capsules. Although they can grow in size, they will not spread to other parts of the body.

Fractures

Patients who sustain a broken wrist may be treated in a cast or may need surgery.

Arthritis

Arthritis can cause wrist pain and difficulty performing normal activities. There are several causes of arthritis and fortunately, there are a number of treatments for it.

WHEN TO SEEK TREATMENT

- History of fall and injury
- Inability to carry objects or use the wrist
- Injury that causes deformity of the joint
- Wrist pain that occurs at night or while resting
- Wrist pain that persist beyond a few days
- Inability to straighten or flex the joint
- Swelling or significant bruising around the joint or forearm
- Signs of infection, including fever, redness and warmth

REELING IN THE PAIN

The treatment of wrist pain depends on the cause. Here are a few common treatments:

Rest and activity modification

The first treatment for many conditions that causes wrist pain is to rest the joint and allow the inflammation to subside. It is important to note that prolonged immobilisation can cause a stiff joint. Adjust your daily activities to avoid over-working your wrist.

Ice and Heat application

Ice packs and heat pads are among the most commonly used treatments for wrist pain.

Wrist Support

Support braces can help patients who have either had a recent wrist sprain or those who tend to injure their wrists easily. Braces act as a gentle support in wrist movement. They will not prevent severe injuries, but may help you perform simple activities while in rehabilitation.



Anti-inflammatory medication

Nonsteroidal anti-inflammatory pain medications (NSAIDs) are some of the most commonly prescribed medications, especially for patients with wrist pain caused by problems such as arthritis and tendonitis.

Cortisone injections

Cortisone is a powerful medication that targets inflammation.

Arthroscopic Wrist Surgery

Some wrist conditions require a surgical procedure for diagnosis or treatment. Arthroscopic surgery, involving a small camera, is a treatment option for some types of wrist pain.

TIPS ON CARING FOR YOUR WRIST



STAY STRONG

Keep your wrist, arm, hands and fingers strong. It is harder to over-use something if it is normally worked harder. Strengthen the muscles involved and increase flexibility through stretching.

USE YOUR MUSCLES

Control the movement of your hand and fingers through muscle use and not tendon/ligament use.

TAKE BREAKS

Take regular breaks to relieve stress. Take this opportunity to stretch and increase blood flow.

CHANGE POSITIONS

Change your position and posture regularly. Change of position will call in different muscles, kind of like a relief baseball pitcher, letting the first group rest.

GET A GOOD GRIP

Used a proper sized grip for your hand

MAINTAIN YOUR DISTANCE

When working with your hands keep them in the middle ground, not too far, but not too close to your body. This allows muscles in your arms, shoulders and trunk to help share the load. It also keeps your joints in the middle of their range of motion, which increases blood flow and reduces the flex of tendons / ligaments / nerves over those leverage points at the joints.

NEWS HEADLINE

Perkukuh aspek keselamatan projek MRT

KESELAMATAN dan Kesihatan Pekerjaan (OSHP) atau keselamatan di tempat kerja adalah satu perkara yang tidak boleh dipandang ringan atau diambil mudah. Berkali-kali telah terbukti bahawa kegagalan untuk menepatkan dan melaksanakan peraturan dan prosedur keselamatan akan memudaratkan mereka yang berada di tempat kerja.

Kemalangan maut yang berlaku di tapak projek Transit Aliran Massa (MRT) di Kota Damansara, baru-baru ini yang mengorbankan tiga nyawa jelas menunjukkan kelalaian dalam pelaksanaan prosedur keselamatan di tempat kerja.

Malah, insiden terbaru di mana sebanyak 12 daripada 16 tetulang konkrit projek pembinaan MRT terjatuh dari sebuah treler di Jalan Cheras, Kuala Lumpur juga menyebabkan orang awam dalam ketakutan dan bimbang apabila terfikir akan keselamatan mereka semasa di jalan raya.

Orang awam menjadi semakin was-was serta risau setiap kali mereka melepasi tapak pembinaan MRT.

Maka, sudah tiba masanya bagi syarikat berkenaan menguji semula semua aspek keselamatan di tapak pembinaan dan melancarkan kempen besar-besaran untuk mengembalikan keyakinan orang awam terhadap keselamatan operasi dan aktiviti pembinaan.

Perkara ini bukan sahaja penting di tapak kerja MRT tetapi di semua tapak pembinaan awam yang lain di mana keselamatan perlu



Lee Lam Thyne menulis

Sebenarnya, isu keselamatan dan kesihatan pekerjaan adalah terlalu penting untuk diabaikan. Mengabaikannya bererti mengundang kemalangan. Pelaburan untuk keselamatan dan kesihatan di tempat kerja adalah pelaburan yang berbaloi dan penyebar maklumat OSH melalui media masa akan membantu meningkatkan kesedaran masyarakat terhadap keselamatan pekerjaan dan mengelak kemalangan di tempat kerja.

Pihak media massa boleh memainkan peranan yang penting di dalam meningkatkan kesedaran terhadap keselamatan dan kesihatan pekerjaan. Kesannya, boleh menyebarkan industri majikan dan pekerja menjadi lebih prihatin terhadap keselamatan dan kesihatan di tempat kerja. Ini akan mengurangkan berlakunya kemalangan dan kecederaan di tempat kerja.

Pihak majikan seharusnya melaksanakan sistem pengurusan keselamatan dan kesihatan pekerjaan bagi mengelakkan kejadian kemalangan atau penyakit pekerjaan dari berlaku di tempat kerja. Kejadian ke-

malangan mencerminkan ketidaksempurnaan pengurusan keselamatan dan kesihatan pekerjaan dan ia perlu diperbaiki.

Tanggungjawab OSH ini harus dipikul bersama oleh mereka yang mewujudkan sesuatu risiko (aitu majikan) dan juga mereka yang perlu bekerja dengan risiko tersebut (aitu pekerja).

Industri dan majikan harus menyedari tentang empat faktor utama dalam usaha untuk mengurangkan keselamatan dan kesihatan di tempat kerja iaitu tanggungjawab korporat; memenuhi kehendak sosial dan moral; prinsip dagangan yang baik dan keperluan perundangan.

Pengurusan OSH yang cekap bukan sahaja mengurangkan risiko kepada keselamatan dan kesihatan tetapi juga memastikan pulangan yang tinggi kepada syarikat dan meningkatkan produktiviti.

Latihan dan pendidikan juga adalah elemen utama dalam pengurusan keselamatan dan kesihatan di tempat kerja kerana ia boleh menyumbang kepada peningkatan keselamatan dan kesihatan di tempat kerja.

Pihak majikan harus bersedia untuk melabur di dalam keselamatan pekerjaan manakala pekerja harus bersedia untuk mengamalkannya. Syarikat perlu menyediakan bajet tahunan untuk latihan keselamatan bagi membendung kemalangan di tempat kerja.

Jelas bahawa aset yang paling berharga dalam sebuah organisasi adalah mereka

yang bekerja di dalamnya dan mereka yang menjajaknya.

Aspek keselamatan dan kebajikan dalam tenaga sumber manusia ini harus diberikan perhatian utama oleh majikan dan ia adalah keperluan asas dalam membentuk dan memastikan kompetensi dan tenaga kerja yang berkemahiran tinggi.

Di Malaysia, tahap kesedaran mengenai OSH telah meningkat dari setahun ke setahun. Majikan dan pekerja harus mengetahui peranan dan tanggungjawab masing-masing dalam memastikan hazard di tempat kerja dapat dikenalpasti, ditaksir dan dikawal.

Walaupun terdapat peningkatan kesedaran mengenai keperluan untuk meningkatkan tahap keselamatan di persekitaran tempat kerja, namun hanya komitmen yang berterusan di dalam sistem pengurusan keselamatan dan kesihatan pekerjaan sahaja yang dapat membantu membentuk budaya keselamatan dan kesihatan dalam sebuah organisasi.

Negara kita telah memperkenalkan pelbagai akta dan peraturan berkaitan OSH dalam melindungi kebajikan tenaga kerja kita. Akta Keselamatan dan Kesihatan Pekerjaan (AKKP) diperkenalkan pada 1994 dan tertakluk kepada falsafah peraturan kendiri. Ini meletakkan tanggungjawab dalam memastikan keselamatan dan kesihatan pekerja oleh majikan mereka.

TAN SRI LEE LAM THYNE ialah Pengerusi Institut Keselamatan dan Kesihatan Pekerjaan (NIOSH)

PERKUKUH ASPEK KESELAMATAN PROJEK MRT
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PITAM HIDU CECAIR KIMIA BOCOR
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Pitam hidu cecair kimia bocor

Kuala Lumpur: Beberapa pekerja kilang di Taman Industri Puchong di sini, hampir pitam susulan kejadian kebocoran tong cecair kimia di kawasan itu petang semalam.

Dalam kejadian jam 4.30 petang itu, kebocoran tong cecair kimia di dalam sebuah kontena di stor penyimpanan barang menyebabkan asap tebal dan bau busuk merebak ke sekitar kawasan itu.

Kebocoran salah satu dari 27 tong cecair kimia itu menyebabkan kebanyakan pekerja stor itu mengalami mual dan pening.

Difahamkan bahan kimia itu digunakan untuk proses pembuatan beberapa barangan kilang sebelum ditinggalkan di stor berkecuali sejak beberapa bulan lalu.

Salah seorang pekerja yang hanya mahu dikenali sebagai Haikal, 32, berkata, dia dan rakan-rakannya terhidu bau busuk sebelum melihat kepulan asap keluar dari kontena itu.

"Bau itu sangat memualkan. Kami kemudian segera melaporkan kejadian itu kepada pihak bomba berikutnya bimbang ia akan menyebabkan keracunan," katanya.

Sementara itu, Ketua Operasi Bomba Bukit Puchong Mohamad Saïm Tamaga berkata, seramai lima anggota dikerahkan ke lokasi kejadian bersama pasukan Unit Bahan Berbahaya (HAZMAT) Shah Alam.

"Anggota bomba berjaya mengalihkan semua tong itu. Bomba turut menyembur air ke arah kontena itu bagi mengurangkan haba panas yang boleh menyebabkan rupan seterusnya kebakaran," katanya.



ANGGOTA bomba mengalihkan tong cecair yang bocor.

FAKTA
 Satu dari 27 tong cecair kimia dipercayai bocor

Give top priority to site safety

ANOTHER serious workplace accident has occurred at an MRT construction site. This time, three construction workers lost their lives after a 300-tonne span of segmented box girders dislodged from its piers and collapsed at the MRT project site near Kota Damansara.

I hope the Department of Occupational Safety and Health (DOSH) will carry out a thorough investigation to determine the actual cause of the accident.

What would have happened if the 300-tonne span of box girders had fallen on a busy road with heavy traffic.

We can well imagine the very tragic outcome if this had occurred.

Very rightly the MRT chief executive officer, who visited the site, took full responsibility for the incident and would have to

be answerable.

Interestingly, in early July, the CEO concerned had written to the media on the subject of promoting a safety culture at all MRT worksites and pledged his full commitment to occupational safety and health (OSH).

I compliment the CEO for his full commitment to OSH but he needs to ensure that his commitment is translated into concrete action on the ground by his contractors, his construction safety professionals and employees.

The number of accidents that have occurred at MRT construction sites so far has caused considerable public concern with many expressing fear for their safety each time they drive past or get stuck in a traffic jam on the roads adjacent to the MRT worksites.

The time has come for MRT Corporation to re-examine all safety aspects of their construction sites and mount a major public exercise to restore public confidence in the safety of its operations and construction activities.

It is necessary for the company to beef up its internal safety auditing process of all aspects of the construction works. Monitoring and supervision by safety professionals must be intensified at all MRT construction sites.

What is even more important is that not only the CEO but every individual involved in this massive project take full ownership of safety issues and see this as his or her responsibility.

TAN SRI LEE LAM THYE
 Kuala Lumpur

GIVE TOP PRIORITY TO SITE SAFETY
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PENGHORMATAN TERTINGGI KEPADA MANGSA TINDAKAN WAJAR
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Penghormatan tertinggi kepada mangsa tindakan wajar

Isa sangat menyentuh perasaan apabila Perdana Menteri Datuk Seri Najib Razak mengumumkan bahawa negara akan beribadat sebagai tanda penghormatan bagi mengenang mangsa tragedi pembunuhan Malaysia MH17 apabila semua urusan membawa pulang jenazah atau mayat mangsa selesai.

Upacara bagi mengingati dan memberi penghormatan yang tinggi pada masa yang sesuai adalah sangat bertepatan. Seperti mana kerajaan Belanda menunjukkan kepada dunia erti sebenar penghormatan dan maruah untuk nyawa mereka yang diambil secara kejam dan tidak berperikemanusiaan, maka tiada sebab mengapa kita tidak boleh berbuat perkara yang sama.



Bersatu menuntut keadilan

dituntut untuk mangsa melalui satu penyiasatan antarabangsa yang bebas, telus dan tidak dipihak.

Malah Ahli Parlimen daripada fahaman politik juga menunjukkan ketetapan yang sama dalam menuntut penyiasatan yang adil dan telus.

MH17

MH17 aktiviti ketenteranan di kawasan bencana

Walau pun badan penyiasat antarabangsa telah berjaya memasuki kawasan tragedi untuk menjalankan penyiasatan, keselamatan mereka masih belum mendapat kepastian dalam kawasan konflik yang membabitkan tentera Ukraine dan puak pemberontak yang disokong Russia.

Ia menjadi sangat penting bagi kedua-dua pihak iaitu Kerajaan Ukraine dan puak pemberontak yang disokong Russia untuk memberikan jaminan keselamatan kepada pihak penyiasat dan pakar antarabangsa supaya membenarkan laluan tanpa gangguan ke lokasi kejadian nahas MH17.

Sepatutnya semua aktiviti ketenteranan perlu diberhentikan segera di persekitaran kawasan bencana untuk memastikan pasukan antarabangsa menjalankan tugas amat berat ini dengan selamat.

Rakyat Malaysia juga perlu memanjatkan doa kepada pasukan antarabangsa serta kepada semua mereka yang menjalankan pelbagai tugas yang amat rumit dan memohon semoga berjaya di dalam misi yang sangat berbahaya dan mencabar ini.

Tan Sri Lee Lam Thyne
 Kuala Lumpur

NEWS HEADLINE

Offer employers tax rebate for PPE

THE National Institute of Occupational Safety and Health (NIOSH) wishes to propose to the Finance Ministry to seriously consider proposals for helping industries and employers to promote occupational safety and health at the workplace in order to further reduce accidents at workplaces.

This could be done through granting a tax rebate for imported Personal Protective Equipment (PPE) for Budget 2015 to make them more affordable to employers and made available for use by their employees.

Presently imported PPE like full body harness, earmuff, earplug, N95 face mask and eye wear are subjected to 5% to 20% import duty besides the 10% sales tax.

Any tax rebate for good quality PPE which are not available locally will be an incentive which the Government can provide to encourage the greater use of PPE to promote safety and

health at the workplace.

PPE are designed to protect workers from workplace injuries or illnesses resulting from contact with chemical, radiological, physical, electrical, mechanical, or other workplace hazards.

PPE include a variety of devices and garments such as goggles, overalls, gloves, vests, earplugs, respirators and safety shoes.

Using PPE is often essential and is generally the last line of defence after engineering and administrative controls have failed to reduce exposures of the employees.

The Occupational Safety and Health Act 1994 requires the use of PPE to reduce employees' exposure to hazards at the workplace.

However, employers are complaining of the high price of imported PPE which are unaffordable to the users. Hence, many resort to other alternatives such as buying cheaper products

with lower quality which are not advisable for use as they can expose employees to occupational injuries and diseases.

There are certain criteria and standards that PPE manufacturers or suppliers have to adhere to before marketing their products to the consumers.

They have to follow the guidelines from Department of Occupational Safety and Health or at least meet the Sirim requirement to ensure the quality of such products.

It is also important to train the employees on the proper use of PPE.

The Government should also provide incentives to local manufacturers to produce good quality PPE.

TAN SRI LEE LAM THYE
Chairman
National Institute of Occupational Safety and Health

OFFER EMPLOYERS TAX REBATE FOR PPE

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KONTRAKTOR BAKAL DISENARAI HITAM

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Jika gagal patuhi SOP dalam kejadian konkrit landasan projek MRT runtuh

Kontraktor bakal disenarai hitam

Oleh MOHD. SHARIZA ABDULLAH
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KUALA LUMPUR 26 Ogos - Kontraktor projek pembinaan landasan Transit Aliran Massa (MRT) di Kota Damansara di sini berdepan tindakan disenaraihitam atau dibatalkan pendaftaran jika dapati gagal mematuhi prosedur operasi standard (SOP) ditetapkan Jabatan Keselamatan dan Kesihatan Pekerjaan (DOSH) dalam kejadian runtuh konkrit yang mengorbankan nyawa tiga pekerja pada 18 Ogos lalu.

Menteri Kerja Raya, Datuk Fadillah Yusof berkata, DOSH bertanggungjawab menjalankan siasatan terperinci dalam kejadian berkenaan termasuk melibatkan aspek pematuhan sistem kerja-kerja selamat, teknik dan kejuruteraan sebelum menentukan tindakan lanjut seperti membawa kes ke mahkamah atau mengeluarkan kompaun terhadap pihak yang didapati bersalah.

"Jika mereka didapati bersalah di bawah akta DOSH, maka Lembaga Pembangunan Industri Pembinaan (CIDB) boleh menyenaraihitam atau membatalkan pendaftaran kontraktor terlibat.

"CIDB akan bertindak selepas DOSH menyelesaikan tindakan. Pihak berkuasa tempatan juga mempunyai kuasa untuk mengambil tindakan dalam kejadian itu," katanya kepada pemberita selepas



FADILLAH Yusof (tengah) ketika membuat lawatan ke tapak projek seliaan Jabatan Kerja Raya bagi menakar taraf Hospital Kuala Lumpur di Jalan Pahang, Kuala Lumpur, semalam. -BERNAMA

mengadakan lawatan ke tapak projek menakar taraf Hospital Kuala Lumpur di bawah seliaan Jabatan Kerja Raya (JKR) di sini hari ini.

Dalam kejadian kira-kira pukul 8:30 malam pada 18 Ogos lalu, tiga pekerja binaan warga Bangladesh maut dihempas landasan konkrit seberat 650 tan di tapak projek MRT berhampiran Institut Penyelidikan Getah Malaysia di Kota Damansara.

Sementara itu, Fadillah berkata, CIDB mengeluarkan sejumlah 2,272 notis kepada kontraktor di seluruh

negara yang melakukan pelbagai kesalahan seperti melaksanakan projek di luar bidang dan grad serta mengupah pekerja tidak mempunyai Kad Hijau sepanjang tujuh bulan pertama tahun ini.

Menerusi operasi pemeriksaan ke atas 2,000 tapak pembinaan, kata beliau, lembaga itu turut mengeluarkan 21 notis arahan pembenihan kerja kepada kontraktor tidak berdaftar selain mengenakan tindakan tatarotif ke atas beberapa kontraktor yang melanggar Peraturan-

Peraturan Pendaftaran Kontraktor (Industri Pembinaan) 1995.

"Sejak Januari lalu, sebanyak 98 kontraktor dibawa ke prosiding tatarotif dan 19 daripadanya digantung pendaftaran, tiga ditarik balik pendaftaran dan selebihnya diberikan amaran," ujar beliau.

Mengenai operasi pemeriksaan pencegahan nyamuk aedes di tapak pembinaan, beliau memberitahu, daripada 304 tapak di seluruh negara yang diperiksa dari Mac hingga 22 Ogos lalu, sebanyak 236 atau 77.63

peratus dikesan bermasalah atau berisiko menjadi sarang pembiakan jentik-jentik atau telah menjadi tempat pembiakan.

Katanya, sejumlah 70 kompaun dikeluarkan dengan 77 premis ditutup dan 86 tapak pembinaan diarah melakukan pembersihan oleh DOSH manakala bagi pemeriksaan 213 tapak pembinaan di kawasan panas denggi dalam tempoh sama, sejumlah 165 buah dikesan mempunyai masalah berkaitan pembiakan nyamuk aedes.

"Daripada 213 tapak pembinaan yang diperiksa itu pula, 172 terletak di Selangor dan 41 di Wilayah Persekutuan. Kami memandang serius isu ini berdasarkan kepada penemuan-penemuan berkenaan," katanya.

Dalam pada itu, Fadillah memberitahu, sejumlah 70 kemalangan di tapak pembinaan disiasat sepanjang enam bulan pertama tahun ini melibatkan 25 kes kemalangan maut, satu hilang keupayaan kekal manakala 44 kes lagi merupakan kecederaan tanpa hilang upaya kekal.

Berhubung lawatannya ke tapak projek cadangan menakar taraf Hospital Kuala Lumpur itu, beliau berkata, Jabatan Kesihatan telah mengeluarkan nasihat kepada kontraktor supaya melakukan pembersihan di tempat-tempat berisiko membiak jentik-jentik dalam tempoh tujuh hari mulai hari ini.

Socso pension, payout for kin of crew

KUALA LUMPUR: The next of kin of 15 crew members of Malaysia Airlines flight MH17 will receive monthly pensions under the Social Security Organisation's (Socso) employment injury scheme.

The pensions will be based on the last drawn salaries of the crew, said Human Resources Minister Datuk Seri Richard Riot.

He said the families would receive an average of RM2,750 a month, adding that Socso had also agreed to release RM1,500 as funeral management payouts to each of the crew

members' families.

The funeral management payout, he said, would also be given to relatives of two passengers, as they had made claims to Socso.

"We had contacted MAS after the incident to identify the next of kin. Now is the appropriate time to release the compensation.

"All 15 crew members' next of kin will receive the RM1,500 funeral management payout and an average of RM2,750 for the monthly pensions based on their last drawn salary.

"The family members of the two passengers will also receive RM1,500 and the monthly pensions under Socso survival benefits, based on their contribution to the organisation," he said after opening the three-day 17th Conference and Exhibition on Occupational Safety and Health 2014 here yesterday.

Riot said the ministry was concerned about occupational safety and health, with the Department of Occupational Safety and Health (DOSH) having conducted 43 inspections between January and

June on the MRT and LRT projects.

"A total of 31 notices of prohibition and 20 notices of improvement were issued for various non-compliance with the Occupational Safety and Health Act 1994. Among them is failure to supervise during hoisting and scaffolding.

"To ensure occupational safety and health standards are being followed and issues kept in check, DOSH, MRT Corp and Prasarana Malaysia Bhd meet on a monthly basis via a high-level committee, with DOSH as its secretariat."

SOCISO PENSION, PAYOUT FOR KIN OF CREW

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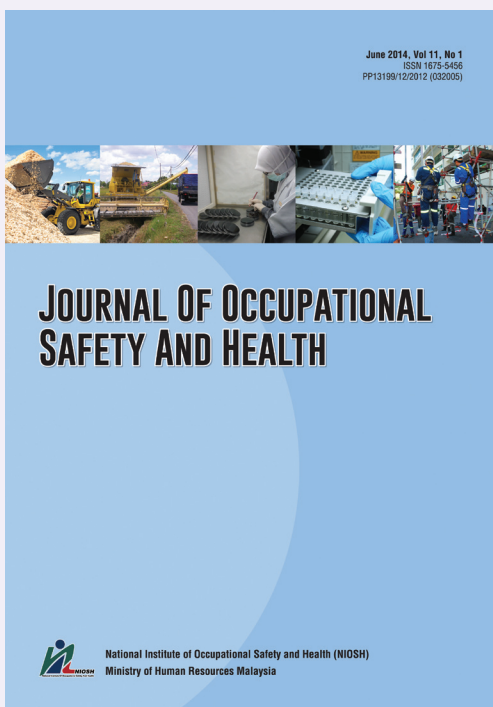
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REASSESSING MEDICAL EMERGENCY PREPAREDNESS IN AN OFFICE-BASF HONG KONG'S EXPERIENCE IN 2012

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Abstract

Medical Emergency Preparedness is important to ensure timely and correct response during medical incidents. It is also important that medical drills are evaluated and effective action plans are developed. In 2011, we conducted our first medical drill in large office with 650 employees in Hong Kong. Based on the gaps identified we developed a remedial action plan and implemented it. In 2012, we conducted a follow up medical drill. This paper shares our experience in conducting this drill and also compares it with the medical emergency response in 2011. Seventy eight percent of the certified first aiders were at their desk on the day of drill. Seventy two percent of appointed first aiders had received their certification training. The response time was between 1 to 6 minutes. Most of the certified First aiders were able to recall the important first aid action. Twenty one percent had to be reminded to ask for an Automated External Defibrillator (AED), 14% to check responsiveness, 14% to get help from other first aiders, 14% to give two rescue breaths, 7 % did not bring their first aid pouch and 7% were unsure about number of rescue breaths even after reminder. Compared to the medical drill in 2011 there was an overall improved medical response. Aspects which improved significantly were arriving with First Aid Pouch (20%), getting help from other first aiders (22%), and remembering that CPR involved thirty chest compressions (45%) and two rescue breaths (61%). Conducting medical drills, evaluating it, developing effective remedial action plans and implementing it improves medical emergency preparedness and response.

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