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National Institute Of Occupational Safety And Health
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Inisiatif Aspirasi Keluarga Malaysia: Pemantauan Asas Kualiti Udara Dalaman kepada Perusahaan Kecil dan Sederhana

Scaffolding Training Course at NIOSH, Bandar Baru Bangi

Fit Test Respirator Interview – Questions & Answers

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Executive Director's Note

Assalamualaikum W. B. T.

As for this May edition, I wish to highlight the initiatives of the Ministry of Human Resources towards upgrading the welfare of the workers as a whole. One such program is the Labour and Employment Guarantee Scheme which facilitates the recruitment of workers especially those who were laid-off during the COVID-19 Pandemic. Secondly, the introduction of the Social Security Program for the Self-Employed, launched by the Social Security Organisation (SOCSO). This Program, as its name implies, aims to cover a large section of the self-employed workforce in the country. This timely endeavour by the MOHR is aimed at providing a valuable 'insurance coverage' for this highly vulnerable group. Thirdly, the introduction of a new App called "Work for Workers", serves as a feedback mechanism translated into 14 languages which aims to invite feedback in the form of complaints and responses from the foreign workers in Malaysia and to resolve such complaints in accordance with the Provisions of the Employment Act 1955. There are several other such initiatives by the MOHR to ensure the workers' welfare in all sectors of the economy is safeguarded.

As far as activities in and around NIOSH is concerned, the Institute has signed a Memorandum of Understanding with MAHSA University striking a strategic alliance to be pursued in the future. Making available Safety and Health Courses for eligible students of the University, extending safety and health expertise in the form of consultation to the University, maximising the use of research and development facilities available at the Institute and many other such collaborative efforts.

I wish to urge our readers to take interest in "Pelancaran Ops Cegah" program organised by SOCSO co-sponsored by DOSH, NIOSH, MIROS and MEF. This Program is scheduled to be implemented by 31st May 2023 which will cover 1060 work premises covered by the 54 SOCSO Offices spread throughout the country.

Haji Ayop Salleh
Executive Director
NIOSH

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Inisiatif Aspirasi Keluarga Malaysia: Pemantauan Asas Kualiti Udara Dalaman kepada Perusahaan Kecil dan Sederhana

Disediakan oleh:
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Kualiti udara dalaman menerangkan bagaimana udara dalaman boleh memberi kesan kepada kesihatan, keselesaan dan kebolehan untuk bekerja. Antara aspek yang mempengaruhi kualiti udara dalaman adalah suhu, kelembapan relatif, kulat, bakteria, pengudaraan yang tidak baik, dan juga pendedahan kepada bahan kimia.

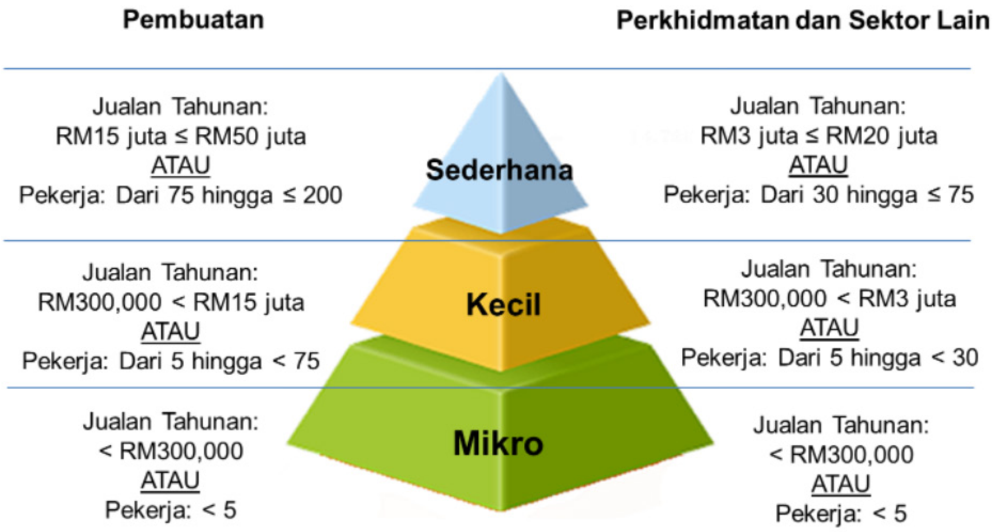
Kualiti udara dalaman yang tidak baik akan menyumbang kepada ketidakselesaan, kesan buruk kepada kesihatan, ketidakhadiran kerja dan produktiviti yang rendah. Kualiti udara dalaman yang baik akan memberikan kesan baik kepada kesihatan sekaligus menyumbang kepada keselesaan dan kesejahteraan.

NIOSH melalui Jabatan Perundingan, Penyelidikan dan Pembangunan berperanan menyediakan khidmat rundingan berkaitan keselamatan dan kesihatan pekerjaan bagi membantu industri dalam melaksanakan pematuhan Akta Keselamatan dan Kesihatan Pekerjaan (AKKP) 1994. Selain bagi tujuan pematuhan, khidmat nasihat dan penyelesaian KKP juga disediakan dalam membantu industri mewujudkan persekitaran kerja yang selamat dan sihat. Salah satu khidmat rundingan yang dijalankan ialah aktiviti pentaksiran kualiti udara dalaman. Dalam konteks tempat kerja, pentaksiran kualiti udara dalaman amat penting dengan memastikan hazard berkaitan udara dalaman dikenalpasti dan langkah kawalan yang sewajarnya dilaksanakan.

Memandangkan perusahaan Kecil dan Sederhana (PKS) merupakan 97% daripada jumlah keseluruhan pertubuhan perniagaan di Malaysia, maka PKS telah dipilih sebagai kumpulan sasaran yang akan menerima manfaat daripada program ini.

Umum mengetahui bahawa dua tahun kebelakangan ini wabak COVID-19 telah memberikan impak yang besar khususnya kepada kelangsungan operasi perniagaan akibat sekatan pergerakan. Pelbagai strategi dan usaha bagi mengawal penularan di tempat kerja bertujuan untuk menghidupkan semula aktiviti ekonomi negara. Selain daripada mewujudkan jadual penggiliran bekerja, antara langkah kawalan lain yang dipraktikkan adalah pematuhan SOP COVID-19 termasuklah pemakaian pelitup muka, ujian saringan, keperluan kuarantin dan kriteria vaksin dalam memastikan operasi optimum terutamanya kepada industri perkilangan.

Melalui inisiatif Aspirasi Keluarga Malaysia (AKM) yang dilaksanakan oleh Kementerian Sumber Manusia (KSM), program pemantauan asas kualiti udara dalaman ke atas syarikat bertaraf Perusahaan Kecil dan Sederhana (PKS) telah diperkenalkan. Pemantauan asas kualiti udara dalaman yang dilaksanakan berdasarkan Panduan Pengudaraan dan Kualiti Udara Dalaman bagi Tetapan Bukan Kediaman Semasa Pandemik COVID-19 oleh Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP) ini merupakan satu program yang dijalankan oleh NIOSH dalam usaha memberi kesedaran tentang kepentingan kualiti udara dalaman bagi mengekang penularan COVID-19 di tempat kerja. Sehubungan itu, Kerajaan Malaysia yang menitikberatkan elemen 'Keluarga Malaysia' prihatin dengan keadaan ini dan telah menyediakan Pakej Perkhidmatan KKP: Kawalan Risiko Jangkitan COVID-19 Pengudaraan bagi PKS.



Kategori perusahaan kecil dan sederhana mengikut definisi SME Corp

Sumber: Laman web JKKP https://www.dosh.gov.my
Laman web SMECorp https://www.smecorp.gov.my/

Panduan ini disediakan untuk memastikan pekerja dilindungi daripada kualiti udara dalaman yang kurang baik yang boleh menjejaskan kesihatan, kesejahteraan mereka dan seterusnya mengurangkan produktiviti pekerja. Mengikut Seksyen 15 dan Seksyen 17 Akta Keselamatan dan Kesihatan Pekerjaan 1994 (OSHA), AKKP adalah kewajipan am majikan terhadap pekerja mereka. Oleh itu, NIOSH memainkan peranan melaksanakan sebahagian daripada keperluan kualiti udara dalaman iaitu Pemeriksaan Semak Lalu *(Walkthrough Inspection (WI))*.

Pasukan penilai akan menyediakan rangka kerja penemuan kepada pihak pengurusan setelah menilai keadaan status kualiti udara dalaman sedia ada bangunan berkenaan. NIOSH menilai aktiviti kualiti udara semasa di kawasan terpilih berdasarkan amalan praktis terbaik, seperti yang ditakrifkan dalam Kod Amalan Industri Kualiti Udara Dalaman 2010 (ICOP IAQ 2010) untuk menentukan sama ada persekitaran dalaman semasa berada dalam keadaan yang memuaskan atau sebaliknya. Pemeriksaan lalulintas pada aktiviti kualiti udara dalaman ini terhad kepada tiga pemeriksaan iaitu:

i. Aduan penghuni bangunan

ii. Permonitoran bagi parameter terpilih

iii. Penggunaaan sistem pengudaraan

Program ini disasarkan kepada PKS yang terpilih. Sebanyak 100 PKS menerima manfaat daripada fasa pertama program ini yang sedang berlangsung sejak Mac dan dijangka akan berakhir pada Jun 2022.

Fasa seterusnya akan diteruskan dan promosi terbuka kepada PKS.

Segera daftar slot di :

http://forms.gle/nE3sARtP8bw1zRZo7

Untuk maklumat lanjut, emel ke cmc@niosh.com.my atau hubungi melalui aplikasi whatsapp di 013-2228155

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Analisa Keperluan Penambahbaikan Tempat Kerja (Workplace Improvement Need Analysis)

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Pemantauan asas kualiti udara dalaman (Panduan Pengudaraan dan Kualiti Udara Dalaman bagi Tetapan Bukan Kediaman Semasa Pandemik COVID-19

↓

Laporan penilaian kualiti udara dalaman dan cadangan penambahbaikan KKP tempat kerja

Proses pelaksanaan program pemantauan asas kualiti udara kualiti dalaman kepada perindustrian kecil dan serdahana.

For those who are interested in participating COSH, you may kindly register by scanning the QR Code above and register as participants, presenters or exhibitors.

Mungkin ramai tidak tahu, Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH) memiliki sebuah makmal yang tugas utamanya adalah melakukan ujian terhadap pelitup muka. #AWANInews

Dapatkan berita terkini menerusi link ini https://bit.ly/501Awani

Scaffolding Training Course at NIOSH, Bandar Baru Bangi

Article written by:
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Introduction

As a professional training institute in the field of occupational safety and health, NIOSH aspires to create a safe and healthy workplace environment through the implementation of the Total OSH Management System at every establishment in the country. The sole objective of this is to nurture a safe and healthy working culture for the present and future survival of the establishment concerned. Such a system is needed to ensure the companies' Business Plans, Goals and Business Targets are realized.

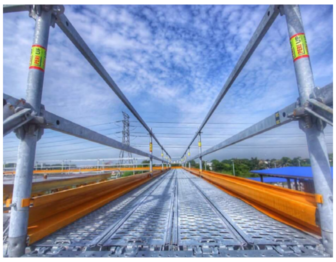
Scaffolding Training Course 2022 - NIOSH, Bandar Baru Bangi

NIOSH wishes to announce that a Basic Scaffolding Course (BSC) is in the pipeline which will be conducted by the end of the year 2022. This Course is recognised by the Department of Occupational Safety and Health (DOSH) and accepted by the industry.

Currently, this Course is only available at the Bandar Baru Bangi Centre and will be made available to the Regional Offices at a later stage.

Key Features

- Accredited Scaffolders are responsible to install, dismantle and maintain scaffolding.
- In Malaysia, Section 74(1) of the Regulations (Building Operations and Works of Engineering Construction) (Safety), Factory and Machinery Act 1986 stipulates that all the works of installing, dismantling and maintenance of the scaffolding shall be carried out under the supervision of the 'designated person'.
- Competent Person Scaffolder is any person who has passed the scaffolding course organized by a DOSH accredited training centre such as NIOSH.

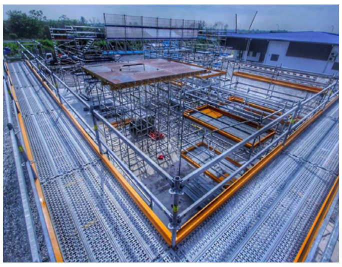


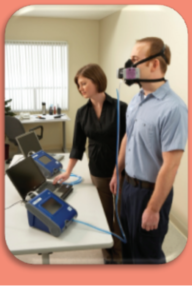
Course Outline

- Malaysia Legal Requirements
- International Best Practice
- International Performance Standards
- Introduction to Scaffolding
- Manual Handling (NASC SG6:15)
- Fall Prevention (NASC SG4:15)
- Foundations/Integrity and stability
- Access & Egress
- Erection and dismantling procedures
- Duties of competent scaffolder
- Design and calculation
- Ladders
- Edge protection
- Planks and working platform
- Ropes and knots
- Safety nets

Recognised by:

- Jabatan Pembangunan Kemahiran (JPK)
- Malaysia Board of Technologist
- Perbadanan Tabung Pembangunan Kemahiran (PTPK)
- Human Resources Development Corporation (HRD CORP)





Fit Test Respirator Interview – Questions & Answers

Disediakan oleh:
Baderin Osman
Technical Specialist III
Consultation, Research & Development Department (CRDD)
National Institute of Occupational Safety and Health (NIOSH)
Email : baderin@niosh.com.my

Question:

What is a respirator Fit Test and why is it so important?

Answer:

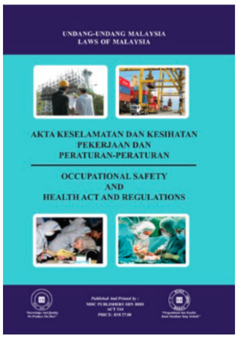
A respirator fit test is a method for checking that a tight fitting facepiece matches the person's facial features and seals adequately. It will also help to identify unsuitable facepieces which should not be used. We live and work in a diverse world and peoples' faces vary significantly in shape and size so it is unlikely that one particular type, or size of RPE facepiece, will fit everyone. With many different face shapes, many different mask types and sizes are required. The aim is to select a respirator fits the individual and their facial characteristics.

Question:

Are fit test required?

Answer:

Yes. The Occupational Safety and Health Act (OSHA 1994) under Use and Standards of Exposure of Chemicals Hazardous to Health (USECHH) Regulations 2000 and under Guidelines on the Use of Personal Protective Equipment (PPE) against Chemical Hazards requires respirator shall fit to the employees and Fit testing shall be conducted.



Question:

What types of respirators require fit testing?

Answer:

Tight-fitting respirators include filtering facepiece respirators, elastomeric half and full facepiece respirators, tight-fitting powered-air purifying respirators, self-contained breathing apparatus, etc..

Question:

What Respiratory Protective Equipment (RPE) DOES NOT require face fitting?

Answer:

Loose fitting RPE such as hoods, helmets, blouses and suits, available as powered respirators or suits

Question:

How often do I need to complete a fit test?

Answer:

You should be fit tested at least annually to ensure your respirator continues to fit you properly. Because each brand, model, and size of respirators will fit slightly different, you should be fit tested every time you wear a new model, manufacturer type/brand, or size. Also, if your weight changes or facial/dental alterations occur, a fit test should be done again to ensure your respirator remains effective.

Question:

What are the fit test methodologies?

Answer:

- Qualitative (QLFT) – Aerosol Taste Test (ATT)
- Quantitative (QNFT) – Ambient aerosol condensation nuclei-counting (CNC)
- Quantitative (QNFT) – Controlled Negative Pressure (CNP)

QUALITATIVE (QLFT) – AEROSOL TASTE TEST (ATT)

QUANTITATIVE (QNFT) – AMBIENT AEROSOL CONDENSATION NUCLEI-COUNTING (CNC)

QUANTITATIVE (QNFT) – CONTROLLED NEGATIVE PRESSURE (CNP)

Question:

What is the appropriate method that is suitable for different types of respirator styles?

Answer:

METHODOLOGY / STYLE	DISPOSABLE/FFP/N95	HALF FACE REUSABLE	FULL FACE REUSABLE	HALF/FULL FACE ON ANY PAPR*	HALF/FULL FACE ON ANY SUPPLIED AIR*
QLFT-ATT	✓	✓	✗	✗	✗
QNFT-CNC	✓	✓	✓	✓	✓
QNFT-CNP	✗	✓	✓	✓	✓

* FIT TESTED UNDER NEGATIVE PRESSURE PER ISO 16975-3

Question:

Do you have to be clean shaven when wearing Respiratory Protective Equipment (RPE)?

Answer:

Yes, any individual wearing tight fitting RPE must be clean shaven in the area of the seal and the face. Tight fitting means any RPE face piece / mask which relies on a seal being created between the wearer's skin and the mask itself

Question:

What happens if you wear tight fitting Respiratory Equipment and you are not clean shaven?

Answer:

If the wearer is not clean shaven the integrity of the seal is undermined and the wearer will not be protected from the hazard. It is essential that a wearer is clean shaven in the area of the seal of the face piece

Question:

If I change to using a different mask do I need another face fit test?

Answer:

Yes, a change in the Make, Model, or Size of mask other than that, that you were face fitted on will require another face fit test to ensure that the new mask fits and provides the required protection.

Question:

What is the difference between a fit test and a User seal check (fit check)?

Answer:

A fit test confirms a fit between a wearer and a particulate style, brand or size can be achieved. A user seal check (fit check) is performed each time the respirator is donned to confirm a fit in conjunction with the previously conducted fit test. A simple analogy is a fit test is like sizing up a shoe, however the shoe needs to be correctly laced up each time it is worn. Both are required to have confidence that a fit can be achieved and then in turn is being achieved on the job.

Makluman! Pejabat NIOSH Kota Kinabalu akan berpindah ke ITCC Shopping Mall, Penampang.

Alamat pejabat adalah:

Pejabat Niosh Wilayah Sabah (Kota Kinabalu)
Lot 2-99A, Tingkat 2,ITCC Shopping Mall, Jalan Pintas Penampang, 89500 Penampang, Sabah

Sebarang pertanyaan boleh terus disalurkan melalui emel di sabah@niosh.com.my atau hubungi Pengurus NIOSH Wilayah Sabah dan WP Labuan, En. Wan Sarman Sakan di talian +60 19-851 4777.

01 MAY

Salam Syawal

Allahuakhbar! Allahuakhbar! Allahuakhbar!

Tangan dihulur maaf dipohon,
Tanda ikhlas mensuci diri,
Salah dan silap harap diampun,
Semoga berbahagia di Aidilfitri.

Selamat Hari Raya Aidilfitri, Maaf Zahir Batin kepada seluruh umat Islam yang menyambut Hari Lebaran.

Ikhlas daripada kami kakitangan NIOSH seluruh negara.

Salam Syawal.

11 MAY

Majlis menandatangani Memorandum Persefahaman di antara Universiti MAHSA dan NIOSH

11 Mei 2022, Jenjarom. Majlis menandatangani Memorandum Persefahaman di antara Universiti MAHSA dan NIOSH.

Universiti MAHSA diwakili oleh Prof Dato' Dr Ikram Shah bin Ismail, Naib Canselor Universiti MAHSA dan YBrs. Tn Hj Ayop bin Salleh mewakili NIOSH. Majlis tersebut disaksikan oleh YB Senator Datuk T. Mohan, Timbalan Pengerusi NIOSH dan Dato' Dr. Shahril bin Prof. Tan Sri Datuk Dr. Haji Mohamed Haniffa, selaku Pengarah Urusan Kumpulan, Universiti MAHSA.

Kerjasama strategik ini memberi manfaat kepada para pelajar dan alumni Universiti MAHSA khususnya dalam memberikan nilai tambah berkaitan keselamatan dan kesihatan pekerjaan. Kepakaran dan kelengkapan yang dimiliki oleh kedua-dua organisasi akan dapat dioptimumkan bagi menghasilkan pekerja masa depan negara yang lengkap.

17 MAY

Pelancaran OPS Cegah

17 Mei 2022, Pertubuhan Keselamatan Sosial (PERKESO) melancarkan Program Ops Cegah bagi meningkatkan kesedaran majikan dan pekerja untuk mengamalkan budaya pencegahan kemalangan pekerjaan.

Pelancaran Ops Cegah anjuran PERKESO ini dijayakan dengan kerjasama JKKP, NIOSH, PDRM, MIROS dan MEF.

19 MAY

Lawatan Universiti Tenaga Nasional (UNITEN) ke NIOSH

19 Mei 2022, Bandar Baru Bangi - Kunjungan hormat Ketua Pegawai Operasi Universiti Tenaga Nasional (UNITEN), Prof. Madya Ts. Dr. Mohd Ezanee Bin Rusli ke Pejabat Pengarah Eksekutif NIOSH, YBrs. Tuan Hj Ayop bin Salleh.

Lawatan rasmi ini bertujuan untuk bersuai dan kenal serta bertukar-tukar idea dan pandangan khususnya berkaitan pembangunan sumber manusia dan tenaga kerja negara. Pelbagai potensi kerjasama antara UNITEN dan NIOSH juga dibincangkan terutamanya di dalam menambah kualiti para graduan UNITEN di dalam memasuki alam pekerjaan.

24 MAY

NIOSH OSHTalk di Institut Latihan Keselamatan Perlindungan Malaysia (ILKEM)

NIOSH dijemput untuk mengadakan pameran dan taklimat untuk Keselamatan dan Kesihatan Pekerjaan di Institut Latihan Keselamatan Perlindungan Malaysia (ILKEM) pada 24 Mei 2022 di Negeri Sembilan.

25 MAY

Majlis Anugerah Khidmat Setia NIOSH 2021 & 2022

25 Mei 2022, Bandar Baru Bangi - Majlis Anugerah Khidmat Setia NIOSH 2021 & 2022 telah diadakan bagi menghargai warga kerja NIOSH yang telah lama berkhidmat menabur bakti bersama NIOSH.

Anugerah Khidmat Setia ini adalah penghargaan kepada kakitangan yang telah berkhidmat dengan NIOSH selama 10 tahun, 20 tahun dan hingga 25 tahun.

Majlis tersebut turut diserikan dengan kehadiran Pengerusi NIOSH, YB Datuk Wilson Ugak Anak Kumbong, Timbalan Pengerusi NIOSH, YB Senator Datuk T. Mohan, Pengarah Eksekutif NIOSH, YBrs. Tuan Haji Ayop Bin Salleh, Ahli Lembaga Pengarah dan kumpulan Pengarah serta kakitangan NIOSH.

Penghargaan ini turut melibatkan kakitangan dari semua Pejabat Wilayah NIOSH di seluruh negara.

28 MAY

Lawatan kerja NIOSH ke pusat industri Samalaju

28 Mei 2022, Bintulu - Lawatan kerja NIOSH ke pusat industri Samalaju di Press Metal Bintulu Sdn. Bhd.

Delegasi NIOSH diketuai oleh YB Datuk Wilson Ugak Anak Kumbong, Pengerusi NIOSH dan turut dihadiri oleh YB Senator Datuk T. Mohan, Timbalan Pengerusi NIOSH.

Lawatan kerja ini merupakan siri lawatan NIOSH ke Bintulu bertujuan untuk bersuaikenal dan merapatkan lagi hubungan NIOSH dengan pemain-pemain industri. NIOSH juga mempunyai pejabat operasinya di Bintulu yang menyokong keperluan Keselamatan dan Kesihatan Pekerjaan (KKP) di sektor minyak dan gas, perkilangan, pembinaan dan lain-lain lagi.

NIOSH komited untuk terus membantu dan menyokong operasi industri seperti Press Metal Bintulu Sdn Bhd di dalam memastikan tempat kerja selamat.

28 MAY

MOSHPA dan NIOSH menandatangani memorandum persefahaman (MOU)

28 Mei 2022, Bandar Baru Bangi - MOSHPA dan NIOSH menandatangani memorandum persefahaman (MOU) bagi kerjasama strategik di dalam program-program keselamatan dan kesihatan pekerjaan (KKP).

MOSHPA diwakili oleh Dato Kanagaraja Raman, Presiden MOSHPA, manakala NIOSH diwakili oleh Tn Hj Mejar Hanif Maidin (B), Setiausaha Eksekutif NIOSH. Majlis tersebut diadakan bersempena dengan Mesyuarat Agung Tahunan MOSHPA yang diadakan di Dewan Teater, Bangunan Utama NIOSH. Ahli MOSHPA dan wakil pengurusan NIOSH juga turut hadir memeriahkan majlis tersebut.

Kedua-dua pihak akan bekerjasama dalam pelbagai aktiviti yang memberi manfaat kepada ahli-ahli MOSHPA dan juga kepada NIOSH di dalam usaha memperkasa KKP di kalangan pekerja.

MOSHPA dan NIOSH komited di dalam menyokong usaha kerajaan bagi memastikan tempat kerja selamat dan sihat.

29 MAY

Perayaan Ramai Biu'

29 Mei 2022, Bintulu - YB Datuk Wilson Ugak Anak Kumbong, Pengerusi NIOSH merasmikan perayaan Ramai Biu' Kebana iaitu sambutan pesta keramaian bagi Kaum Kenyah Badeng di Lepo' Badeng, Sg Koyan.

Merangkap Ahli Parlimen Hulu Rajang, Pengerusi NIOSH juga mengetuai delegasi NIOSH yang turut dihadiri oleh YB Senator Datuk T. Mohan, Timbalan Pengerusi NIOSH, YBrs. Tuan Haji Ayop bin Salleh, Pengarah Eksekutif NIOSH, En Thomas Balan Bang, Ahli Lembaga Pengarah NIOSH dan pegawai-pegawai NIOSH.

Sambutan dari pelbagai lapisan masyarakat dan pemimpin-pemimpin komuniti Sg Koyan mengeratkan lagi hubungan kekeluargaan besar Malaysia. Acara kebudayaan ini merapatkan hubungan masyarakat dengan pelbagai kaum serta keakraban NIOSH bersama komuniti di pedalaman.

Merakyatkan agensi dan jabatan kerajaan dengan rakyat dapat merealisasikan usaha mendekatkan keselamatan dan kesihatan.

30 MAY

Empangan Bakun di Bakun Hydroelectric Plant, Bakun

30 Mei 2022, Bintulu - Pengerusi NIOSH, YB Datuk Wilson Ugak Anak Kumbong mengetuai delegasi NIOSH ke Empangan Bakun di Bakun Hydroelectric Plant, Bakun.

Lawatan kerja ini adalah antara rangka lawatan kerja NIOSH ke beberapa pemain industri yang berada di Bahagian Bintulu, Sarawak.

Lawatan ke Bakun turut dihadiri oleh YB Senator Datuk T. Mohan, Timbalan Pengerusi NIOSH, YBrs. Tuan Haji Ayop bin Salleh, Pengarah Eksekutif NIOSH, pengurusan Bakun Hydroelectric Plant, Sarawak Energy Berhad (SEB), dan kakitangan NIOSH.

Lawatan NIOSH ini mengeratkan lagi hubungan kerjasama antara NIOSH dan Sarawak Energy Berhad di dalam usaha mempertingkatkan aspek keselamatan dan kesihatan pekerjaan di Bakun Hydroelectric Plant dan lain-lain.

30 MAY

Majlis Jamuan sambutan Hari Raya Aidilfitri NIOSH Wilayah Sarawak 2022

30 Mei 2022, Bintulu - NIOSH Pejabat Bintulu menganjurkan Majlis Jamuan sambutan Hari Raya Aidilfitri NIOSH Wilayah Sarawak 2022 bertempat di Magherita Plaza, Bintulu.

Majlis tersebut dihadiri oleh para jemputan dari pelbagai pemain industri, wakil majikan dan pekerja, pengamal keselamatan dan kesihatan pekerjaan, wakil-wakil jabatan dan agensi kerajaan persekutuan dan negeri.

Majlis juga turut diserikan lagi dengan kehadiran YB Datuk Wilson Ugak anak Kumbong, Pengerusi NIOSH, YB Senator Datuk T. Mohan, Timbalan Pengerusi NIOSH, Encik Thomas Balan Bang, Ahli Lembaga Pengarah NIOSH, dan kakitangan NIOSH Sarawak.

Majlis sederhana tapi meriah ini bertujuan untuk merapatkan lagi silaturahim antara NIOSH dan #KeluargaMalaysia di Bintulu yang menjadi rakan seperjuangan di dalam memperkasakan keselamatan dan kesihatan pekerjaan khasnya di Bahagian Bintulu.

25 MAY

Sambutan Hari Raya Aidilfitri Kementerian Sumber Manusia

31 Mei 2022, Kuala Lumpur - Buat julung-julung kalinya Majlis Sambutan Hari Raya Aidilfitri Kementerian Sumber Manusia menggabungkan kesemua jabatan, agensi dan bahagian di dalam satu majlis.

Kehadiran YAB Perdana Menteri Malaysia, Dato' Sri Ismail Sabri bin Yaakob memeriahkan lagi majlis yang bertempat di MITEC, Kuala Lumpur. Sebagai tuan rumah, YB Menteri Sumber Manusia Datuk Seri M. Saravanan menyambut kehadiran tetamu yang dihadiri oleh beberapa barisan menteri kabinet, pengurusan tertinggi, wakil kedutaan, pemimpin-pemimpin jabatan dan agensi pelbagai kementerian, wakil-wakil majikan dan wakil pekerja, pemain industri serta kakitangan jabatan dan agensi Kementerian Sumber Manusia.

Majlis ini bertujuan merapatkan hubungan antara kerajaan dan rakyat #KeluargaMalaysia yang bersatu padu dan hormat menghormati antara satu sama yang lain.

YB Senator Datuk T. Mohan, Timbalan Pengerusi NIOSH, YBrs. Tuan HaJi Ayop bin Salleh, Pengarah Eksekutif NIOSH, Ahli Lembaga Pengarah NIOSH, Pengurusan Tertinggi NIOSH, kakitangan dan rakan-rakan industri NIOSH juga turut hadir.

10 MAY

1 BUAL BICARA

12 MAY

12 MAY

2 ONLINE SEMINAR

3 OSHTALK

18 MAY

28 MAY

30 MAY

Sinar - 26052022 - ms9

Pelajar cedera kena renjatan elektrik ketika banjir di Sekinchan

Lokasi mangsa terkena renjatan elektrik di Giat Mara Sekinchan dalam kejadian banjir kilat pada petang Rabu.

SEKINCHAN - Seorang pelajar lelaki cedera apabila terkena renjatan elektrik di Giat Mara Sekinchan di sini selepas institusi kemahiran itu dilanda banjir kilat pada petang Rabu.

Kejadian kira-kira jam 2 petang itu berlaku selepas mangsa berusia 19 tahun memegang sebuah corong peniup di kawasan berkenaan.

Pengarah Jabatan Bomba dan Penyelamat Malaysia (JBPM) Selangor, Norazam Khamis berkata, pihaknya menerima panggilan kecemasan daripada seorang guru pada jam 2.08 petang.

Norazam berkata, pemeriksaan mendapati pelajar berkenaan tidak sedarkan diri akibat terkena renjatan elektrik.

"Mangsa dihantar ke Hospital Tanjong Karang untuk menerima rawatan lanjut.

"Kami telah menjalankan pemeriksaan menyeluruh dan meminta pihak pengurusan premis menutup semua bekalan elektrik," katanya.

Bagaimanapun, katanya, tiada kemalangan jiwa lain dilaporkan dan keadaan kembali terkawal.

Hujan lebat lebih dua jam menyebabkan beberapa kawasan di Sekinchan dilanda banjir kilat pada Rabu.

Ahli Majlis Daerah Sabak Bernam, Noor Sulisiah Ampira Wani Miswan Alwi berkata, beberapa premis perniagaan di Pekan Sekinchan sudah digenangi air sejak jam 1 petang.

Selain itu menurutnya, beberapa rumah penduduk di sekitar Pekan Sekinchan turut dimasuki air.

"Hujan berterusan menyebabkan beberapa kawasan di Sekinchan mula dilimpahi air, bagaimanapun keadaan terkawal," katanya.

Mengulas lanjut, Noor Sulisiah berkata, kawasan perumahan yang turut terkesan dalam kejadian banjir kilat itu ialah di Taman Sekinchan Jaya dan Taman Indah.

"Air naik terlalu cepat dan sukar dijangka. Ini merupakan kejadian banjir kilat terburuk pernah dialami di sini," jelasnya.

Sementara itu, pemilik akaun Facebook turut memuat naik video dan situasi banjir yang melanda beberapa kawasan di Sekinchan.

Menerusi satu rakaman video memperlihatkan keadaan jalan di kawasan lampu isyarat Pekan Sekinchan yang menyebabkan beberapa kenderaan terpaksa meredah banjir kilat.

Malah, menerusi rakaman itu terdapat sampah turut dihanyutkan banjir.

TheStar - 09052022 - ms13

Views 13

Your opinion

EMAIL editor@thestar.com.my or MAIL The Editor, Menara Star, 15, Jalan 16/11, Section 16, 46350 Petaling Jaya. Letters must carry the sender's full name, address and telephone number. A pseudonym may be included.

Workplace safety and health

Photo: AFP

A GROUP of NGOs recently asked why company directors and office bearers are not charged when workers die or are permanently disabled as a result of their companies breaching the Occupational Safety and Health Act (Osha) 1994.

To answer this question, we have to look back to when Osha was enacted.

In the 1970s there were not many industries in Malaysia; what existed mainly comprised rubber processing factories, rubber plantations and tin mines.

Steam boilers were extensively used in tin mines and were regulated by the Selangor Boiler Enactment 1892 and similar enactments in other states. Gene-rally, safety and health were governed by the Factories and Machinery Act 1967.

The 1980s saw the mushrooming of many new industries; however, the Factories and Machinery Act only covered workers in the manufacturing, mining, quarrying and construction industries. Workers covered by the Act constituted only 24% of Malaysia's workforce. The rest of the workforce was not protected by any safety laws at all. So there was an increasingly urgent need for the government to introduce legislation to cover workers' safety and health in all workplaces.

Considering our colonial past, it was only natural for Malaysia to refer to Britain's Health and Safety at Work Act 1974. Based on that, Malaysia's own Osha was enacted in 1994.

Britain's Act allows for the prosecution of a company's directors or senior managers if the company breaches the law due to their consent or connivance or if the offence can be attributable to their neglect. A similar provision is spelled out in Malaysia's Act in Section 52(1). I do not know why in the past directors and office-bearers were not prosecuted under Osha 1994. I can only surmise that when the Act came into being, safety and health regulation in Malaysia was in its infancy and most industries did not have a system to manage it.

The Factories and Machinery Act 1967 was a prescriptive technical document providing little guidance in managing work safety and health. The purpose of Osha 1994 was to promote and encourage occupational safety and health awareness within industries. The National Institute of Occupational Safety and Health (Niosh) was established in 1992 as a government-backed company to provide safety training and carry out research and development in the area.

It was only after the introduction of many regulations under Osha 1994 – in particular the Safety and Health Officer regulations 1997 – and together with training provided by Niosh and NGOs that industries started to have a better grasp on managing safety and health.

With the recent enactment of the Osha Amendment 2022, small and medium enterprises that do not need to employ a Safety and Health Officer have to assign an employee as an Occupational Safety and Health Coordinator, OSH-C. Only enterprises employing fewer than five people are exempted from this requirement.

Previously, I think it would have appeared unfair and unreasonable to prosecute company directors and office-bearers for offences under Osha 1994 when they had no inkling about managing safety and health in their companies. However, after 28 years since Osha 1994 there are few excuses for industries not to effectively manage the safety and health of their workers, and senior company staff could be charged for breaches under the Osha Amendment 2022.

Therefore, from now on, there is a greater need for directors and specified office-bearers to play a proactive role in managing and monitoring safety and health performances in their company.

I expect the Department of Occupational Safety And Health will not be as lenient as before. Ample time and opportunities have been given to industries to institute proper management of safety and health.

WONG SOO KAN
Petaling Jaya

Hm - 21052022 - ms16

Tiga pekerja melecur kotak suis terbakar

Hm 21/5/22 ms - 16

Kuala Lumpur: Tiga pekerja melecur di badan selepas kotak suis di tapak pembinaan di Jalan Damanlela, Bukit Damansara di sini, terbakar, semalam.

Pusat Gerakan Operasi Jabatan Bomba dan Penyelamat Malaysia (JBPM) Kuala Lumpur menerima panggilan kecemasan melalui sistem MERS999 pada jam 11.26 pagi sebelum menghantar jentera ke lokasi kejadian.

Komander Operasi, S Thirugaiyah berkata, 11 anggota bersama dua jentera Fire Rescue Tender (FRT) dan sebuah Unit Bantuan Perkhidmatan Kecemasan (EMRS) dari Balai Bomba dan Penyelamat (BBP) Sentul dan BBP Sri Hartamas.

Menurutnya, setibanya pasukan bomba di lokasi kejadian mengikut laporan dari pemanggil kebakaran membabitkan sebuah kotak suis yang berada di kawasan tapak pembinaan.

"Komander operasi melaporkan kebakaran membabitkan tiga mangsa lelaki dewasa dengan mengalami 80 peratus, 30 peratus dan sembilan peratus tahap kemelecuran di bahagian badan.

"Api padam setibanya pasukan bomba di lokasi kejadian," katanya dalam satu kenyataan.

Thirugaiyah berkata, mangsa diserahkan kepada pihak Kementerian Kesihatan Malaysia (KKM) untuk mendapatkan rawatan lanjut.

"Punca kebakaran masih dalam siasatan pihak kami," katanya.

Bh - 17052022 - ms11

Tekanan kerja berlebihan jejas organisasi

Bh 17/5/22 ms - 11

Dekan UKM-Graduate School of Business (UKM-GSB), Universiti Kebangsaan Malaysia (UKM)

Oleh Prof Dr Zafir Khan Mohamed Makhbul
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Mendepani fasa endemik COVID-19 ketika dunia mengalami konsep Industri 4.0 dan Masyarakat 5.0 pastinya mencetuskan pelbagai fenomena baharu kepada setiap individu, organisasi serta negara termasuk kebimbangan dan ketakutan menghadapi perubahan.

Justeru, pengurusan aset terpenting organisasi yakni sumber manusia perlu diberi perhatian utama termasuk latihan dan pembangunan, pengurusan pampasan, penilaian prestasi, pengurusan kerjaya serta keselamatan dan kesihatan pekerjaan.

Isu kesihatan pekerjaan tidak boleh diabaikan setiap organisasi kerana ia boleh menjejaskan daya saing sumber manusia.

Masalah kesihatan berterusan boleh mengganggu produktiviti pekerja dan menggugat operasi organisasi, akhirnya menjejaskan produktiviti negara.

Antara cara penyelesaian perlu diberikan keutamaan ialah pengawalan isu stres pekerjaan. Agenda meminimumkan stres perlu diberi perhatian kerana ia mampu mengurangkan masalah pusing ganti pekerja, moral dan ketidakpuasan kerja.

Stres pekerjaan berlebihan boleh meninggalkan kesan mendalam ke atas fisiologi, psikologi dan kelakuan kerana gangguan berterusan boleh membawa kepada kemurungan. Jika terus berulang dan tidak segera ditangani, ia boleh meninggalkan kesan langsung kepada kesihatan individu.

Ini membawa kepada gangguan psikologi hingga penghidapnya akan gagal membuat pertimbangan dan keputusan dengan baik, manakala sekiranya berlaku secara berpanjangan, ia memberi kesan ke atas fisiologi yang membawa masalah berkaitan jantung, tekanan darah tinggi dan kelesuan.

Kajian juga menunjukkan stres pekerjaan berlebihan boleh menyebabkan kegagalan sistem mental dan fizikal individu memberi impak kepada prestasi dan kesihatan.

Stres sebenarnya bukan penyebab kepada penyakit, tetapi ia boleh melemahkan sistem imunisasi dan mengganggu keupayaan badan mengatasi jangkitan dan penyakit.

Realitinya, stres bukanlah fenomena baharu dalam dunia pekerjaan, malah boleh berlaku tanpa mengambil kira jenis pekerjaan dan organisasi.

Bagaimanapun, apakah ini bermakna stres tidak diperlukan langsung dalam organisasi? Walaupun kajian menunjukkan stres pekerjaan memberikan kesan negatif, tidak dinafikan ia juga boleh memberikan impak positif (eustress) kepada pekerjaan.

Ini kerana terdapat individu mengalami perkembangan dan peningkatan kerjaya apabila wujudnya stres. Ia menjadi suatu unsur motivasi dalaman menggerakkan mereka untuk berusaha.

Pekerja dalam organisasi mempunyai tahap tekanan tinggi pula, tidak semestinya berhadapan masalah stres kerana strategi daya tindaknya mungkin berkesan dalam menangani stres. Namun harus diingat, situasi ini hanya dihadapi segelintir individu.

Umumnya, sesiapa juga akan memberikan reaksi negatif (distress) apabila stres dialami berlebihan dan gagal dikawal.

Stres pekerjaan tidak terkawal dan berlebihan meninggalkan impak negatif kepada pekerja, keluarga dan organisasi keseluruhannya.

Paling dibimbangi, peringkat kehabisan tenaga (burnout) boleh terjadi jika tekanan berterusan dan individu tidak mempunyai daya pertahanan kuat.

Kehabisan tenaga adalah kesan jangka panjang daripada stres kronik. Apabila seseorang melalui fasa ini, dia berasa keletihan dari segi fizikal dan emosi hingga sukar menguruskan tanggungjawab peribadi dan pekerjaan secara positif.

Malah, impak stres itu menjadi kebimbangan ketika negara mendepani fasa endemik, Industri 4.0 dan Masyarakat 5.0. Keterbatasan kemahiran, isu kelangsungan pekerjaan dan kehidupan, kos sara hidup serta limpahan teknologi automasi bakal menjadikan isu itu semakin sinonim.

Oleh itu, keseimbangan emosi dan tuntutan pekerjaan perlu diberi penekanan dalam setiap strategi organisasi untuk memastikan matlamat tercapai. Tumpuan terhadap pelaburan dalam teknologi pengkomputeran dan automasi tidak akan bermakna sekiranya kesejahteraan sumber manusia dan kebolehan mereka menjayakannya dipinggirkan.

Sinar - 11052022 - ms24

Pelajar meninggal ketika latihan merentas desa

MARANG - Seorang pelajar Tingkatan Empat di Sekolah Menengah Kebangsaan (SMK) Pengkalan Berangan meninggal dunia ketika menjalani latihan merentas desa di persimpangan Kampung Asing, di sini pada Selasa.

Mangsa, Aman Basri Muhd Rohaizi, 16, disahkan meninggal dunia oleh doktor bertugas selepas dibawa ke Klinik Pengkalan Berangan.

Ketua Polis Daerah Marang, Deputi Superintendan Mohd Zain Mat Dris berkata, sebelum kejadian, mangsa menjalani latihan penyesuaian trek merentas desa pada jam 8.34 pagi sebelum disedari pengsan oleh guru bertugas.

"Guru tersebut bersama rakan setugas telah membawa pelajar itu ke Klinik Pengkalan Berangan untuk menerima rawatan.

MOHD ZAIN

"Bagaimanapun doktor bertugas mengesahkan mangsa telah meninggal dunia pada jam 9.05 pagi," katanya kepada pemberita di sini pada Selasa.

Beliau berkata, hasil siasatan mendapati pelajar itu dikatakan tersadung kaki secara tiba-tiba ketika latihan menyebabkan mangsa terjatuh.

"Beberapa individu di lokasi kejadian cuba membantu mangsa dengan mengangkat dan memberikan bantuan pernafasan kecemasan (CPR).

"Selepas beberapa minit, mangsa mampu bernafas secara perlahan sebelum dikejarkan ke klinik berdekatan," ujarnya.

Beliau berkata, bapa mangsa telah membuat laporan polis berhubung kejadian.

"Bapa mangsa juga menyatakan tidak akan mengambil sebarang tindakan sekiranya terjadi perkara berbangkit di kemudian hari," jelasnya.

Menurut Mohd Zain, pemeriksaan fizikal mendapati terdapat luka pada bahagian atas kening sebelah kanan, calar di bawah dagu sebelah kiri dan calar di belakang tangan sebelah kiri dipercayai berlaku semasa mangsa terjatuh.

"Hasil pemeriksaan mendapati tiada unsur jenayah dan kes berkenaan diklasifikasikan sebagai mati mengejut," katanya.

Lokasi latihan merentas desa dekat Kampung Pengkalan Berangan di Marang yang dilalui mangsa sebelum pengsan dan meninggal dunia.

Sinar 11/5/2022

NST - 17052022 - ms14

OSHA AMENDMENT 2022

17/5/2022 NST ms - 14

After 28 years, there are no more excuses for companies to ignore safety, health matters

IT was reported in an online news portal on May 3 that a group of non-governmental organisations had asked why directors and office-bearers were not charged when their companies breached the Occupational Safety and Health (OSHA) Act 1994, which resulted in deaths or permanent disabilities of workers.

However, they would be charged under the OSHA Amendment 2022 instead. To shed light on this, we have to go back to when OSHA 1994 was enacted.

As Malaysia was under British rule for more than a century, it was natural to have a safety and health legislation that mirrored the United Kingdom's (UK) Health and Safety at Work Act 1974 (HSWA).

Hence, the OSHA Act 1994 (Act 514) was enacted in 1994.

Under Section 37 of the UK HSWA, if a company commits a safety and health offence, its directors or senior managers can be prosecuted for breaching the act if the offence is due to their consent or connivance or attributable to their neglect.

This provision was spelled out in OSHA 1994 Section 52(1) on "Offences committed by body corporate" as below:

"Where a body corporate contravenes any provision of this act or any regulation made thereunder, every person who at the time of the commission of the offence is a director, manager, secretary or other like officer of the body corporate shall be deemed to have contravened the provision and may be charged jointly in the same proceedings with the body corporate or severally, and every such director, manager, secretary or other like officer of the body corporate shall be deemed to be guilty of the offence."

We do not know why in the past directors and office-bearers were not prosecuted under OSHA 1994.

We can only surmise that when the OSHA Act 1994 was enacted, safety and health awareness in Malaysia was at their infancy.

At that time, most industries did not have a system to manage safety and health at work.

The purpose of OSHA 1994 is to promote and encourage occupational safety and health awareness in companies and to set up an organisation and arrangements to handle safety and health.

The Factories and Machinery Act 1967 was a prescriptive technical document providing little guidance to manage safety and health.

The National Institute of Occupational Safety and Health (NIOSH), established in 1992, is a government-backed company that provides safety training and carries out research and development in occupational safety and health.

It was only after the enactments of many regulations made under OSHA 1994, in particular the Safety and Health Officer regulations 1997, and together with the training provided by NIOSH and NGOs that industries started to have a better grasp of managing safety and health.

With the enactment of the OSHA Amendment 2022, small- and medium-scale enterprises that do not need to employ a safety and health officer have to assign an employee as an occupational safety and health coordinator.

Only enterprises employing fewer than five employees are exempted from this requirement.

Prior to the OSHA Amendment 2022, it would appear unfair and unreasonable to prosecute company directors and office-bearers for offences under the OSHA Act 1994 when they had no inkling of the management of safety and health for their companies.

However, after more than 20 years of the OSHA Act 1994, there are few excuses for industries not to manage the safety and health matters in their companies.

Therefore, from now, there is a greater need for the directors and specified office-bearers to play a role in managing and monitoring the safety and and health performances in their companies.

We expect the Department of Occupational Safety and Health would not be as lenient as before.

Ample time and opportunities were given to industries to manage their safety and health.

WONG SOO KAN
Petaling Jaya, Selangor

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