NIOSH Malaysia Newsletter... Bringing You The OSH Updates

FYi

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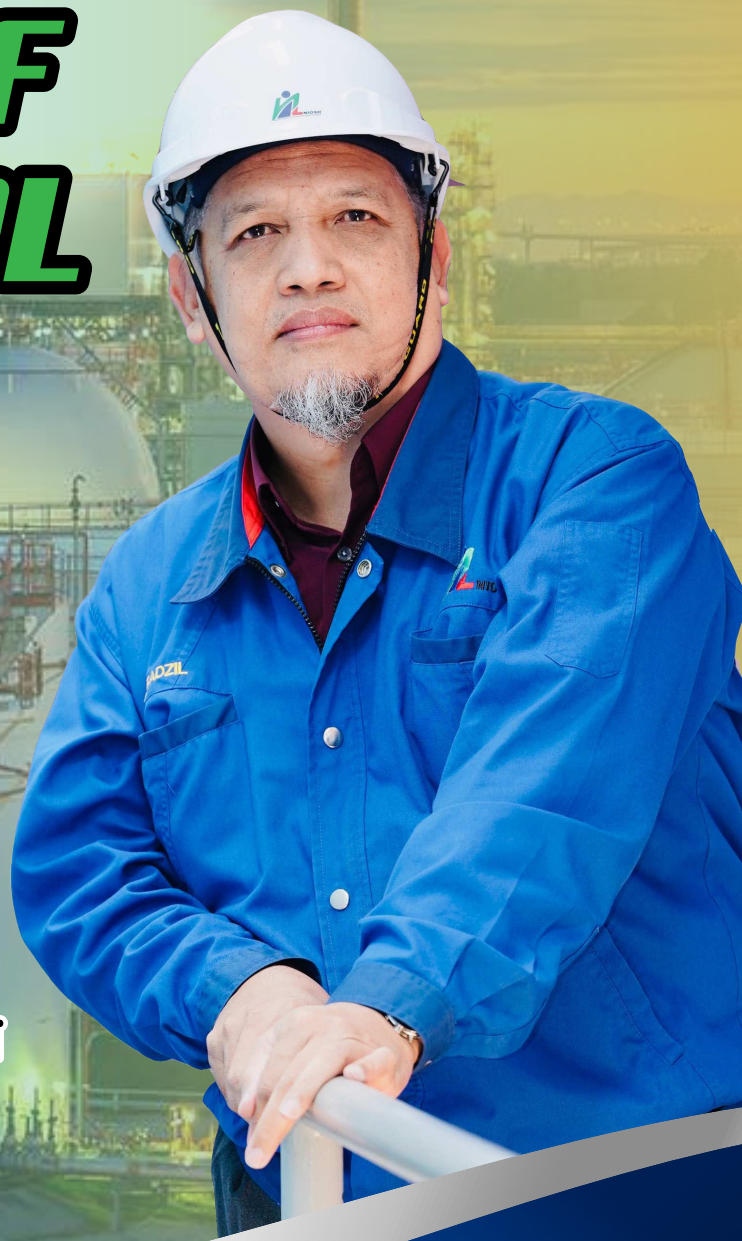
THE ART OF INDUSTRIAL HYGIENE



HAJI FADHIL BIN OSMAN
TECHNICAL SPECIALIST HYGIENIST,
CONSULTATION, RESEARCH AND
DEVELOPMENT DEPARTMENT

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EDITOR'S NOTE

The practice of industrial hygiene has grown significantly around of the world. The development of industrial hygiene competent person (hygienist) in Malaysia has also increasing from year to year. In reference to the Department of Occupational Safety and Health (DOSH), there are five types registered competent person of industrial hygiene. The competent persons are Hygiene Technician (local exhaust ventilation), Hygiene Technician (chemical monitoring), Authorised Gas Tester (AGT), Indoor Air Quality Assessor, Chemical Health Risk Assessor and Noise Competent Person.

In general Industrial Hygienist may be involved with the assessment and control of physical, chemical, biological or environmental hazards in the workplace or community that could cause injury or disease. It's a really big and important job. On a practical level, Industrial Hygienists must be able to identify and understand potential job hazards, regulations, manage sampling plans, similar exposure groups, equipment, and corrective actions to be effective in their critical mission. They also need a way to qualitatively assess workplace exposures to prioritise and allocate resources!

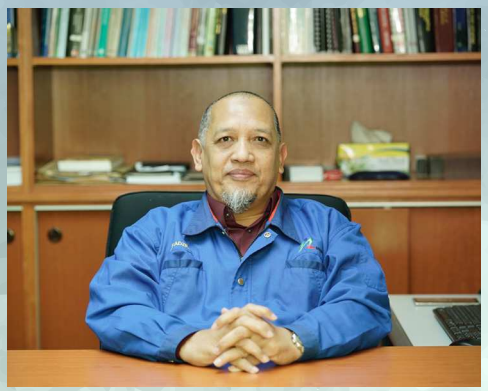
I hope your 'enjoy' reading this month's issue of FYi.

#Knowledge alone cannot modify your safety, if they fail to see a "cause and effect" in action!

Regards
Haji Shahronizam bin Noordin
Manager
Information Dissemination Division (IDD)
NIOSH

"The art of Industrial Hygiene also needs to change....."
– NIOSH Technical Specialist

Tinta Pakar



HAJI FADZIL BIN OSMAN

1. Tell us about Industrial Hygiene and what services it provides?

Industrial hygiene (IH) or sometimes called Occupational Hygiene is concerned with identifying, evaluating, and controlling potential workplace environmental hazards that can affect the wellbeing of workers and community members. IH is among the caring professions that uses science and art to solve problems and prevent disease and illness from occurring.

IH practitioner must develop scientific knowledge across many different areas such as mathematics, statistics, physics, chemistry, biology, anatomy and physiology. They must be able to apply scientific concepts from that knowledge. This includes being able to describe the physical properties and toxicological effects of substances, its motion through space and time, and concepts of energy and forces. Their work also involve calculations related to airborne concentrations, flow of fluids, units of measures and conversions including logarithmic scales, temperature and pressure adjustment, and engineering design.

Sometimes people would associate the word hygiene with cleanliness, but that is only a small part of what Industrial Hygiene do. Typical roles of the industrial hygienist or practitioner include:

- Identifying and evaluating the workplace for hazards and risks
- Recommending measures to improve the safety and health of workers and the publics.
- Conducting research to develop scientific data on possible harmful arise from workplace conditions.
- Developing tools and techniques to evaluate and control potentially hazardous conditions in the work place
- Educating and training of workers and publics about risks at the workplace
- Participating in the development of occupational safety and health regulations and guidelines

2. Tell us briefly about your career and how you came to join NIOSH?

I am a certified Professional Industrial Hygienist (CPIH). I earned an MSc in Occupational Hygiene from the University of Aberdeen, Scotland. i am currently serving as a Technical Specialist at NIOSH Malaysia. I served NIOSH in various capacities, as head of the construction safety unit, Industrial Hygienist, Manager of industrial hygiene division and General Manager of Consultation, Research and Development.

Prior to joining NIOSH, I was a lecturer in Mechanical Engineering Department at one of the government polytechnic for six years. What attracted me to join NIOSH Malaysia more than 20 years ago was due to some of subjects that I have taken during my undergraduate study in the United States of America exposed me to the role of NIOSH in the USA. I am confidence that NIOSH Malaysia also should play the same role as NIOSH in the USA and I want to be one of the team members to make it happen.

3. What are the current issues in Industrial Hygiene?

There are several regulations that relate to Industrial Hygiene in Malaysia such as Noise and Chemical uses at workplace. Yet, the cases on occupational diseases are still on the rise. For example in 2014, a total of 2648 cases of occupational disease and poisoning have been reported to the Department of Occupational Safety and Health Malaysia (DOSH) and rise to 5960 cases and 7820 cases reported in the year 2015 and 2016 respectively. Many of those occupational diseases can be prevented if the exposure to the harmful factors at work environment is reduced. This can be ensured through regular assessment and monitoring of the environmental factors so as to keep the risks under control and exposure within the permissible levels. The employer should be more concerned and take more proactive measures with the assistance from Industrial Hygienist or practitioners.

Currently in Malaysia, The approach taken by authority is to have different competencies to address different Industrial Hygiene issues rather than registering comprehensive Industrial Hygienist to perform the work. This approach is taken due to scarce number of Industrial Hygienist in the country. After successful completion of short courses plus minimum number of experience they can register with DOSH as competent person. However, there is still an evident of small number of competent person to cover a large number of workplaces in Malaysia. The number of IH related competent person registered with DOSH are depicted below:

Competent Persons	2012	2013	2014	2015	2016
Chemical Health Risk Assessor (CHRA)	274	288	310	371	398
Competent Person for Noise Monitoring	216	224	234	252	264
Hygiene Technician for Chemical Monitoring and Testing of Engineering Control Equipment	320	336	355	385	421
Indoor Air Quality Assessor	23	24	27	27	27
Confined Space Authorized Gas Tester	1180	1912	2488	3172	4012

Source: DOSH,2017

DOSH also has published an Occupational Safety and Health Master Plan 2020 (OSH-MP 2020) in which industrial hygiene is one of the pillars. We need to reinforce and redefine the approach to make the plan successful. One of the effective ways in delivering such quality services to support the plan is by developing a comprehensive Industrial Hygienist. National Institute of Occupational Safety and Health (NIOSH), Malaysian Industrial Hygiene Association (MIHA) and many other training providers have been conducting many specialized training courses, seminars, conferences, short talks and educational campaigns on IH but only few institutes offering comprehensive courses on IH at undergraduate or postgraduate level.

It is expected after successful completion of comprehensive courses, the trained Industrial Hygienist will be able to perform IH role more effectively by taking into considerations the health effects of the stressor and workplace exposure control. They will be able to present specific conclusions to authorities, recommending practicable and effective measures to improve work environment. A competent industrial hygienist can be further train as expert witness in the court of law, legally appointed into investigative teams and engage with workman's compensation body and regulatory agencies in improving and enforcing exposure limit values or standards as guidelines for preventing occupational illness and diseases. Besides that, they can also engage in conducting programs to educate workers and general public on prevention of occupational diseases and other IH related knowledge. As holder of postgraduate degree in the area of Industrial Hygiene, they should involve in conducting research for the advancement of knowledge on effects and control of health hazards.

4. What type of competent person for Industrial Hygiene?

The Department of Occupational Safety and Health (DOSH), Ministry of Human Resources has outlined a list of competent persons which include:

Chemical Health Risk Assessor (CHRA) perform assessment of the chemical hazards, assess of the exposure to those chemical to workers, characterizes the risks and determines what is acceptable and what is not acceptable. Once the hazards and exposures have been identified and assessed, the CHRA will recommend the needs for exposure monitoring, medical surveillance and other control strategies for unacceptable exposures. This may involve scheduling and performing periodic reassessments as necessary to fully characterize the exposure.

Hygiene Technician for Chemical Exposure Monitoring will conduct chemical exposure monitoring based on recommendation by CHRA or for determines the effective of control measures. They need to develop appropriate sampling strategies such as being able to select the most suitable equipment, instruments and collection media; determine the appropriate sampling time either full-shift, partial period, task-based, or grab samples and other strategies.

Hygiene Technician for Testing and Examination of Engineering Controls Equipment will perform the test to ensure the engineering control equipment functioning according to the design. Engineering Control Equipment may include local exhaust ventilation, dilution ventilation and water spray system. The competent people requires knowledge and understand the concept of fluid dynamics, ventilation design principles, indoor air circulation and recirculation, air cleaning technology, lower and upper explosion limits and related calculations.

Indoor Air Quality (IAQ) Assessor assesses the air quality inside non-industrial workplace that effect the occupants' health and comfort. The IAQ Assessor must be knowledgeable of the factors that affect indoor air quality such as poor ventilation, lack of fresh intake, problems in controlling temperature and humidity. The assessor also must be made aware of recent renovation in the workspaces and other activities in or near the building that may affect air flow and the quality of the air in the building. The IAQ Assessor should be familiar with common indoor pollutants, such as dust from construction or renovation, mold, cleaning supplies, pesticides or other airborne chemicals including small amounts of chemicals that may be released from building materials over time, and how to mitigate them **Noise Assessor** will assess the noise at workplace. Noise Assessor must be knowledgeable and being able to apply the principles of physics of noise and vibration and its effect to human hearing. The assessor will need to identify situations with the potential to cause noise-induced hearing loss at the workplace, and then conduct appropriate measurements to evaluate worker exposure. They are also expected to make recommendations on methods to eliminate or mitigate excessive noise exposure.

Authorized Gas Tester (AGT) for Confined Space will carry out atmosphere test in the confined space before workers make an entry. In order to perform the job effectively, AGTs must be knowledgeable on the hazards that may exist in confined spaces including the signs, symptoms and consequences of exposure to the hazards. They need to identify all chemical hazards, test and interpret the reading level of gaseous in the confined space and recommends control measures to ensure safe entry. They have to be familiar with all confined space entry equipment used, for example emergency breathing apparatus,

5. How is Industrial Hygiene growth in Malaysian and your vision to embark the Industrial Hygiene?

Over the past twenty years, the Industrial Hygiene profession in Malaysia has significantly grown, and is expected to continue to grow as public knowledge and perception regarding the acceptance of the health risk from activities performed at work and home are shifting. Society has become more educated on the potential impacts on human health and the environment that hazardous materials, activities, and environments can pose. As such, there has been a noticeable decrease in the acceptance of risk by workers and the public. As time progresses, workplaces are being regulated to minimize the health impact to the workforce from exposure to hazardous materials and agents. The accepted standard of performance for Industrial Hygiene also has grown beyond compliance, but also focuses on voluntary improving existing processes and practices to create a workplace free from work related injury and illness.

Concerted efforts should be made so that IH program is accessible to a greater segment of the workforce especially those in the Small and Medium Enterprises (SMEs).

As we all know, SMEs in Malaysia are still having problems of controlling exposure to health hazards. In terms of personnel or experts, usually larger organisations have their own specialist such as an occupational hygienist, safety professional or engineers to assist in occupational health program. SMEs will find it difficult to train personnel in those specialist fields as it would involve a great deal of financial costs as well as being time consuming. The other option that they may have is to engage an independent consultant although this also involves some financial burden on them. Since they do not have occupational hygiene expertise or special equipment to monitor the adequacy of controls to comply with any regulations or standards, most of them may make decisions based on common sense or advice from their suppliers. The quality of the common sense judgements, of course cannot be assessed because it will differ from one person to another. What SMEs want is some strategy that is clear, good practice advice on appropriate control approaches and how to select the control measures. Thus, a less expensive, practical approach, using available information can help SMEs to comply with the legislation and indirectly improve the health of their employees. Research and development should be aggressively conducted to finds ways of improving the IH issues at the workplace at a lower cost that can afford by the SMEs.

What SMEs want is some strategy that is clear, good practice advice on appropriate control approaches and how to select the control measures. Thus, a less expensive, practical approach, using available information can help SMEs to comply with the legislation and indirectly improve the health of their employees. Research and development should be aggressively conducted to finds ways of improving the IH issues at the workplace at a lower cost that can afford by the SMEs.

As the technologies are changing, the world of work is also changing that means the health effects and risks are also changing. We have to make sure to keep up dating with the changing trends. This doesn't mean that traditional hazards can be ignored because they are still there. But, the way in which we encounter with those risks has to be different and the science and art of IH also needs to change with it. It is important that IH change with the times to meet all these challenges and have the skills to remain an important contributor to occupational safety and health. NIOSH Malaysia, as an organisation entrusted to be The Leading Centre of Excellence for Occupational Safety and Health in Malaysia should be playing bigger role through Research and Development in order to stay relevant.

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NIOSH RESPIRATORY PROTECTIVE EQUIPMENT (RPE) TESTING CENTRE

Respiratory protective equipment (RPE) is widely used to protect wearers against hazardous aerosols including particulates, gases, or vapours because it is perceived to provide effective and relatively inexpensive protection. Particularly RPE shall be designed and manufactured accordingly to available Malaysia Standard such as MS 2553:2014, MS 2323:2010 and MS 2554:2014 before distributed for Malaysian. Under Occupational Safety & Health Act (OSHA) 1994, its clearly stated only the approved of PPE shall be used for workers protection. Exisitingly, there are various types of RPE offered in Malaysia's market which are not being comprehensively controlled and monitored before hand to the wearers throung open market, employer and individually buy. This has led to various perceptions among the users, especially on the marking and certification, quality and safety & health features of the RPE offered by differe nt companies. This situation also makes it difficult for users to decide the appropriate RPE based on types, brands and standard compliance.

Under the Elevent Malaysia Plan (11th MP) , NIOSH Malaysia was given the responsibility to develop a testing laboratory on RPE specifically on filtering half masks to protect against particles. All the test accordance with relevant standards such Malaysia Standard (MS2323:2010) and proudly in line with other international standard such European Standard (EN149:2001). To serve the test for all types of particulate masks and filters in Malaysia, this laboratory set up suit the objective of;

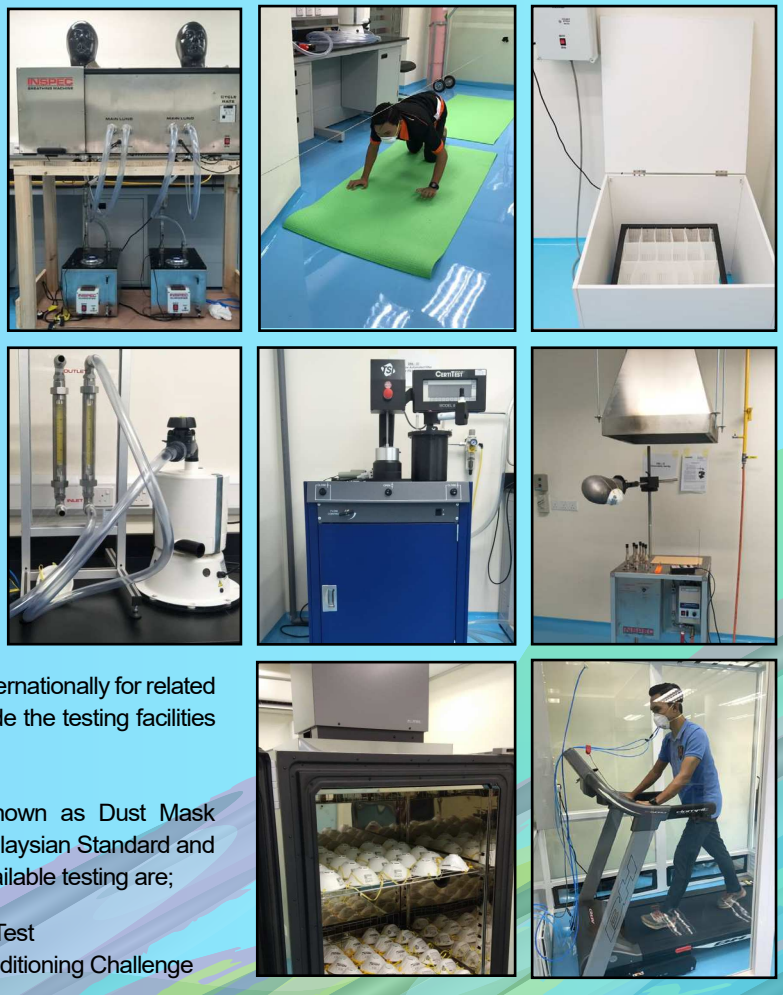
1) COMMERCIAL TEST

   Using more than 8 advance specific equipment such as NACL Flame Photometer Inward Leakage (IL), Filter Penetration Machine, Flammability Test Rig, Carbon Dioxide (CO_2) Breathing Machine, Dolomite Clogging Chamber, Breathing Resistance Equipment, Double Main Lung Machine and Filter Shaker.

2) RESEARCH & DEVELOPMENT (R&D)
   Provide facilities for R&D related to Respiratory Protective Devices. Enhance the Malaysian technology and innovation of RPE development through research institutes, manufacturers and government agencies.

3) STANDARD DEVELOPMENT (LOCAL & INTERNATIONAL)
   Support the development and reviewing of Malaysia Standard on Respiratory Protective Devices. Collaborate with the international testing providers as partners and transferring of technology and knowledge.

4) INDEPENDENT AND REFERENCE CENTRE
   Act as a third-party and independent body nationally and internationally for related issue on Respiratory Protective Devices. The centre provide the testing facilities and experts to serve the Malaysians.



The centre has developed first laboratory in this region known as Dust Mask Laboratory (DML) to Perform thirteen (13) tests and fulfil the Malaysian Standard and European Standard for Respiratory Protective Devices. The available testing are;

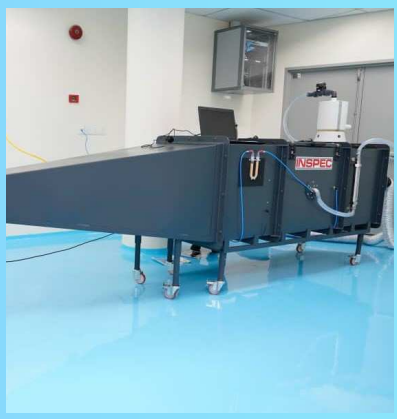
1) Filter Penetration Challenge
2) Leakage Test
3) Breathing Resistance test
4) Compatibility test
5) Flammability Test
6) Carbon Dioxide Content Test
7) Mechanical Strength Test
8) Exhalation Valve Test
9) Temperature Conditioning Challenge
10) Clogging Test
11) Field Of Vision Test
12) Head Harness Test
13) Work Simulation Test And Test Chamber

1) Filter penetration Challenge

This testing is used to analyse the level of penetration dust through the respirator. In this test, 12 samples will be use. 9 sample must run through the conditioning first which 3 simulated mechanical strength,3 simulated wearing treatment 3 temperature condition and the last 3 sample As received. Two test aerosols can used for this testing

a) Sodium Chloride
b) Paraffin Oil

The penetration result will find out either respirator comply with the standard or not. Below is the requirement for Malaysia standard (MS 2323:2010) and European Standard (EN149:2001.



Classification	Maximum initial penetration of test aerosols	
	Sodium chloride test 95 1/min % max.	Paraffin oil test 951/min % max.
FFP1	2	2
FFP2	6	6
FFP3	1	1

KEPENTINGAN DAN KEPERLUAN LATIHAN BAGI PENGUJI GAS BERTAULIAH DAN PENYELIA KEMASUKAN BAGI AKTIVITI RUANG TERKURUNG (AGTES) DI DALAM INDUSTRI DI MALAYSIA

Ruang terkurung bermaksud ruang tertutup atau separa tertutup pada tekanan atmosfera (tekanan udara biasa) semasa dihuni dan tidak disediakan atau direkabentuk sebagai tempat kerja biasa.

Bekerja di ruang terkurung dikategorikan sebagai aktiviti berisiko tinggi berdasarkan kepada risiko dan bahaya seperti **kekurangan oksigen** (<19.5%) sewaktu menjalankan aktviti di dalam ruang terkurung, **oksigen yang berlebihan** (>23.5%) yang mungkin disebabkan oleh kebocoran pemasangan bekalan oksigen serta kehadiran bahan cemar pada permukaan atau dalam atmosfera / ruang udara.

Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP) telah mengambil inisiatif dalam membangunkan Garis panduan Bekerja Selamat Di Dalam Ruang Terkurung sebagai panduan yang praktikal kepada majikan dan pekerja dan pada tahun 2001, Kod Amalan Bekerja Selamat Di Dalam Ruang Terkurung telah digazetkan. Pelbagai kajian terperinci telah dilakukan oleh pihak JKKP di dalam memastikan pelaksanaan dan pematuhan majikan, kes kecederaan/ kemalangan/kematian yang masih meningkat, perubahan dalam keperluan dan kehendak industri. Hasil daripada kajian tersebut, Tataamalan Industri Bekerja Selamat Di Dalam Ruang Terkurung telah dibangunkan dan digazetkan pada Tahun 2010.

Pihak majikan dan pekerja juga adalah faktor utama memastikan keselamatan dan kesihatan ketika melakukan aktiviti di ruang terkurung. Di antara inisiatif yang perlu diambil dan dilakukan oleh majikan adalah dengan menyediakan informasi dan latihan yang bersesuaian kepada para pekerja.

Sebagai sebuah Institusi latihan dalam bidang Keselamatan dan Kesihatan Pekerjaan, Institut Keselamatan dan Kesihatan Pekerjaan (NIOSH) memperkenalkan dan menjalankan latihan/kursus serta penilaian bagi aktiviti ruang terkurung. NIOSH berperanan dalam melatih pekerja untuk menjadi Orang Yang Kompeten (OYK) bagi aktiviti ruang terkurung.

OYK yang dilatih adalah Penguji Gas Bertauliah iaitu pekerja yang bertanggungjawab memastikan hazard/bahaya di dalam ruang terkurung telah dikawal sepenuhnya dan Penyelia Kemasukan iaitu pekerja yang bertanggungjawab memastikan semua aktiviti di dalam ruang terkurung selamat sebelum, semasa dan selepas kerja-kerja dijalankan.

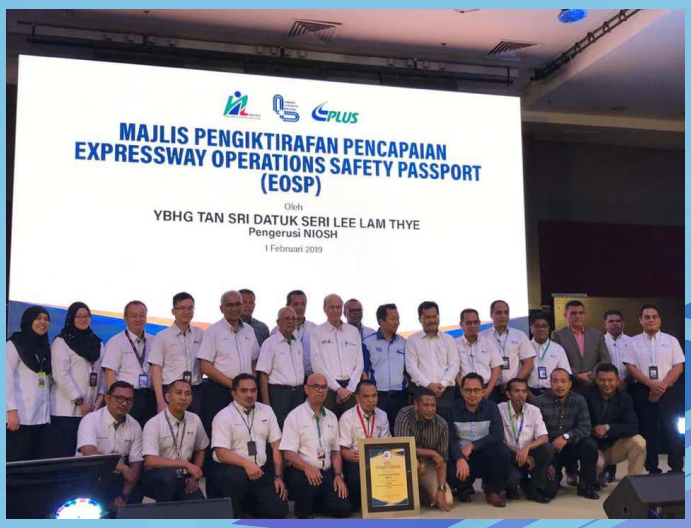
Adalah menjadi keperluan utama kepada pihak majikan untuk memastikan setiap pekerjanya yang terlibat di dalam operasi ruang terkurung telah menjalani latihan kursus keselamatan ruang terkurung bagi menerapkan budaya amalan kerja sihat dan selamat diterapkan. Bagi para majikan dan pekerja yang ingin dan berminat untuk mengikuti kursus ini, boleh melayari laman sesawang di www.niosh.com.my untuk mendapatkan maklumat / butiran dengan lebih lanjut.

Seminar Accident Reporting and Investigation Procedure

Pada 28 Februari 2019, NIOSH telah mengadakan seminar bertajuk Accident Reporting And Investigation Procedure yang diadakan di Dewan Rafflesia, NIOSH Bandar Baru Bangi. Seminar yang dianjurkan ini memberi pendedahan kepada peserta berkaitan kemalangan yang boleh berlakuang melibatkan pekerja di tempat kerja. Kemalangan merupakan kejadian yang tidak dirancang yang boleh menyebabkan kecederaan kepada pekerja ataupun kerosakan kepada harta benda. Kemalangan boleh dielakkan sekiranya mengamalkan prosedur kerja yang selamat.

Oleh itu adalah penting sekiranya berlaku kemalangan yang melibatkan kecederaan, walaupun kecil, perlu dilaporkan kepada Pihak Berwajib bagi mengelakkan kemalangan yang sama daripada berulang. Untuk menjadikan budaya Keselamatan dan Kesihatan Pekerjaan (KKP) yang baik satu amalan, pihak majikan juga perlu melaksanakan sistem KKP yang berkesan bagi mengelak kemalangan atau penyakit pekerjaan dari berlaku di tempat kerja. Seramai 154 peserta yang hadir seminar tersebut yang terdiri dari kalangan pekerja.

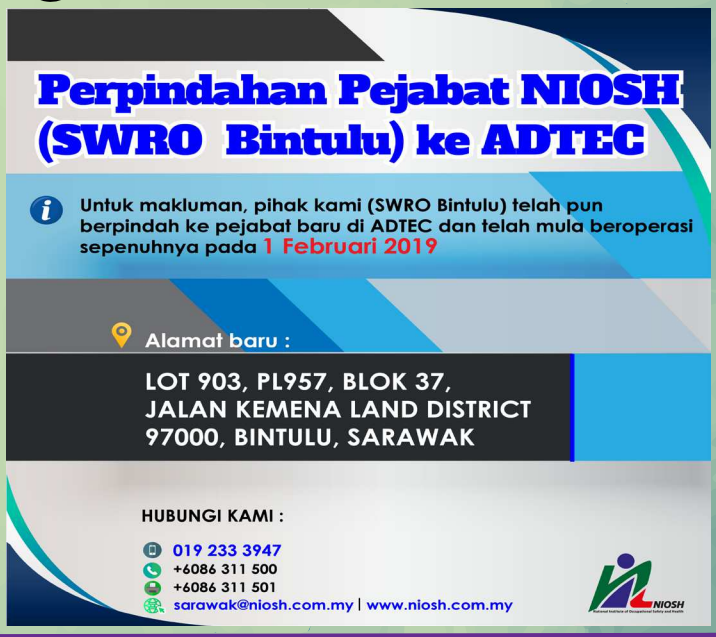
Majlis Pengiktirafan Pencapaian Expressway Operations Safety Passport (EOSP)



1 Februari 2019 di Majlis Pengiktirafan Pencapaian Expressway Operations Safety Passport (EOSP). Tahniah diucapkan kepada PLUS dan para kontraktor di atas komitmen dan tanggungjawab di dalam menjaga keselamatan dan kesihatan warga pekerja.

Tahniah juga kepada para pembangun modul dan trainer yang bertungkus lumus menjayakan EOSP, moga terus memberi manfaat kepada semua.
Terima kasih dari kami warga NIOSH kepada seluruh keluarga PLUS dan tidak lupa kepada sokongan berterusan pihak Lembaga Lebuhraya Malaysia.

Perpindahan Pejabat NIOSH (SWRO) ke ADTEC



Mahfuz bersama penerima pada Majlis Penyerahan Geran Bantuan Kewangan PERKESO 2019 di Kuala Lumpur, semalam.

Dua kematian setiap hari babit pekerja

Kajian PERKESO, UiTM dapati kemalangan kerap berlaku 5km dari tempat kerja

Oleh Nor Afzan Mohamad Yusof
afzan@bh.com.my

Kuala Lumpur

Dua kematian setiap hari dalam kalangan pekerja sewaktu perjalanan pergi dan pulang ke tempat kerja.

Timbalan Menteri Sumber Manusia, Datuk Mahfuz Omar, berkata daripada 35,195 kes kemalangan tahun lalu, sebanyak 888 kematian dilaporkan, manakala pada 2017, sebanyak 924 kematian daripada 33,319 kes kemalangan.

Beliau berkata, walaupun kes kematian mencatatkan penurunan tetapi kes kemalangan meningkat.

"Kajian dilakukan bersama Pertubuhan Keselamatan Sosial (PERKESO) dan Universiti Teknologi MARA (UiTM) beberapa tahun lalu turut mendapati kemalangan kerap berlaku dalam jarak lima kilometer (km) dari tempat kerja," katanya.

73 peratus nahas babit penunggang motosikal

Beliau berkata demikian pada sidang media Majlis Penyerahan Geran Bantuan Kewangan (PERKESO) 2019 berjumlah RM4.6 juta kepada 33 institusi dan badan bukan kerajaan (NGO) berkaitan keselamatan dan kesihatan pekerjaan, di sini semalam.

Yang turut hadir, Ketua Pegawai Eksekutif PERKESO, Datuk Seri Dr Mohammed Azman Datuk Aziz Mohamad.

Mahfuz berkata, daripada statistik kemalangan, dianggarkan 73 peratus kemalangan tahun lalu membabitkan penunggang motosikal.

Terdahulu dalam ucapannya, Mahfuz menyarankan institusi dan NGO tidak menyediakan program 'syok sendiri', sebaliknya memberikan pendekatan terkini sesuai perubahan zaman supaya dapat memanfaatkan kumpulan sasar.

Katanya, usaha menangani penting kerana ia membabitkan kos kepada negara dan masyarakat, sama ada dalam bentuk kehilangan nyawa, hilang upaya atau produktiviti.

"Semua pihak berkaitan perlu menjalankan peranan dalam program pencegahan kemalangan berdasarkan bidang kuasa dan kepakaran masing-masing," katanya.

DUA KEMATIAN SETIAP HARI BABIT PEKERJA
Publication: Berita Harian
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Page Number: 8

Pekerja maut badan tersepit mesin

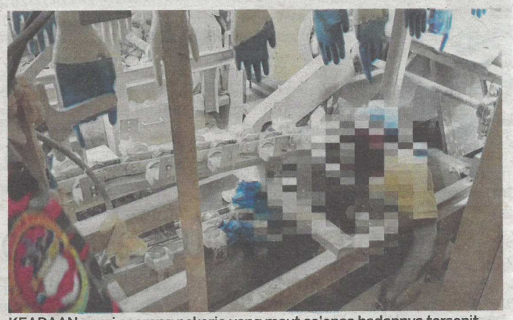
ALOR GAJAH – Seorang pekerja lelaki warga Bangladesh maut selepas badannya tersepit di mesin memproses di sebuah kilang pembuatan sarung tangan di Kawasan Perindustrian Kelemak di sini semalam.

Dalam kejadian kira-kira pukul 6.45 pagi itu, mangsa Md. Al Mamun, 31, meninggal dunia di tempat kejadian akibat kecederaan parah pada anggota badan.

Timbalan Pengarah Jabatan Bomba dan Penyelamat negeri, Penguasa Kanan Bomba I Ahmad Zaidi Safuan berkata, sebaik tiba di tempat kejadian, pasukan bomba mendapati terdapat seorang lelaki warga Bangladesh tersepit pada sebuah mesin memproses.

"Pihak kami menerima panggilan kecemasan pada pukul 6.51 pagi dan sebuah jentera bersama sembilan anggota dari Balai Bomba dan Penyelamat (BBP) Alor Gajah dikejarkan ke lokasi kejadian.

"Pasukan penyelamat mengambil masa kira-kira dua jam untuk membuka mesin berkenaan bagi mengeluarkan mangsa," katanya ketika dihubungi di sini semalam.



KEADAAN ngeri seorang pekerja yang maut selepas badannya tersepit di mesin memproses di sebuah kilang pembuatan sarung tangan di Kawasan Perindustrian Kelemak, Alor Gajah semalam.

Katanya, mangsa bagaimanapun disahkan meninggal dunia oleh pasukan perubatan.

Sementara itu, Ketua Polis Daerah Alor Gajah, Superintendan A. Asmadi Abdul Aziz ketika dihubungi mengesahkan kejadian dan pihaknya masih menyiasat punca sebenar kejadian.

"Maklumat awal daripada majikan, ketika kejadian mangsa bekerja sendirian di bahagian itu pada syif malam.

"Bagaimanapun polis tidak menolak kemungkinan insiden itu berlaku selepas baju dipakai mangsa tersangkut pada mesin berkenaan menyebabkannya tersepit," katanya.

PEKERJA MAUT BADAN TERSEPIT MESIN
Publication: Kosmo
Date of Publication: 21 February 2019
Page Number: 13

AKTA KESELAMATAN DAN KESIHATAN PEKERJAAN (OSHA) 1994

Syor sentuh isu kesihatan mental

Kuala Lumpur: Kerajaan disaran meminda Akta Keselamatan dan Kesihatan Pekerjaan (OSHA) 1994 dengan mengambil kira persekitaran kerja yang boleh memupuk kesejahteraan mental.

Penaung Persatuan Psikiatri Malaysia (MPA), Tan Sri Lee Lam Thye, berkata pengabaian kesihatan mental dan psikososial di tempat kerja bukan sahaja merugikan pekerja, malah akan mempengaruhi produktiviti, kecekapan dan hasil pengeluaran organisasi.

Pada masa sama, katanya, masalah kesihatan mental turut menyumbang kepada insiden kemalangan di tempat kerja.

"OSHA 1994 lebih fokus kepada keselamatan dan kesihatan fizikal walaupun Seksyen 4 (c) akta itu bertujuan mempromosi persekitaran kerja yang memenuhi keperluan fisiologi dan psikologi pekerja.

Sokongan kepada pekerja

"Peruntukan khas mesti dimasukkan dalam pindaan OSHA 1994 untuk menangani masalah kesihatan mental, termasuk menyediakan sokongan kepada pekerja berdepan isu kesihatan mental," katanya menerusi kenyataan, semalam.

Mengulas lanjut, Lam Thye mencadangkan supaya Jawatankuasa Keselamatan dan Kesihatan di bawah OSHA memainkan peranan secara menyeluruh dengan mengadakan aktiviti berkaitan kesihatan mental.

Ketika ini, katanya, fungsi jawatankuasa itu tiada kaitan dengan kesihatan itu.

"Isu berbangkit di tempat kerja disebabkan gabungan pelbagai faktor seperti tugas yang dilakukan, persekitaran kerja dan faktor berpunca daripada organisasi itu sendiri," katanya.

SYOR SENTUH ISU KESIHATAN MENTAL
Publication: Harian Metro
Date of Publication: 20 February 2019
Page Number: 17

Pekerja kontrak perlu carum PERKESO

Kangar: Majikan di negara ini perlu mendaftar dan mencarum pekerja kontrak atau sambilan dengan Pertubuhan Keselamatan Sosial (PERKESO).

Timbalan Menteri Sumber Manusia, Datuk Mahfuz Omar, berkata pihaknya sejak tahun lalu, sudah meminta pekerja berstatus kontrak atau sambilan diwajibkan mencarum dengan PERKESO agar kehidupan mereka lebih terjamin.

"Kita sudah lama tegaskan bahawa mereka (pekerja sambilan) ini perlu dicarumkan demi masa hadapan dan keselamatan pekerja seandainya berlaku perkara yang tidak diingini.

Lapor jika majikan tak carum

"Jadi kita minta agar pekerja yang masih belum dicarum oleh majikan tampil membuat laporan agar kerajaan boleh mengingatkan majikan untuk berbuat demikian (mencarum)," katanya.

Mengulas lanjut, Mahfuz berkata, pihaknya berharap majikan mengambil berat isu itu bagi memastikan keselamatan pekerja terjamin.

"Saya sudah fokus kepada pekerja yang tidak bermajikan atau bekerja sendiri dan selepas ini saya mahu fokus kepada pekerja bermajikan berstatus sambilan atau kontrak," katanya.

PEKERJA KONTRAK PERLU CARUM PERKESO
Publication: Berita Harian
Date of Publication: 13 February 2019
Page Number: 8

Tiga maut kena hempap tiang

3 lagi parah kerangka bumbung di tapak pembinaan runtuh

Oleh Nur Izzati Mohamad
bhnews@bh.com.my

Bukit Mertajam

Tiga pekerja maut, manakala tiga lagi dilaporkan parah selepas dihempap tiang dan kerangka bumbung dalam kejadian runtuhan di tapak pembinaan di Lorong Perusahaan Maju 8 dekat Perai, di sini, petang semalam.

Dalam kejadian jam 4.20 petang itu, enam pekerja dilaporkan terperangkap ketika melakukan kerja membina semula bangunan kilang yang terbakar apabila kerangka bumbung tiba-tiba runtuh.

Siasatan awal polis mendapati, pemandu kren dikatakan terlanggar struktur tiang dan menyebabkan kerangka bumbung yang masih dalam pembinaan runtuh.

Pengarah Jabatan Bomba dan Penyelamat Malaysia (JBPM) Pulau Pinang, Saadon Mokhtar, berkata pihaknya menerima panggilan kecemasan pada jam 4.42 petang.

6 mangsa terperangkap

Katanya, enam mangsa dikesan terperangkap dalam runtuhan berkenaan.

"Empat mangsa sudah dikeluarkan yang mana dua daripadanya disahkan meninggal dunia," katanya di sini, semalam.

[FOTO SHAHNAZ FAZLIE SHAHRIZA/BH]

Tiang dan kerangka bumbung runtuh di sebuah tapak pembinaan *di Lorong Perusahaan Maju 8, Bukit Mertajam, yang merugut tiga nyawa, semalam*

Mayat mangsa dibawa ke Hospital Seberang Jaya (HSJ) untuk bedah siasat manakala mangsa yang cedera turut dihantar ke hospital sama bagi rawatan lanjut.

Sementara itu, Ketua Polis Daerah Seberang Perai Tengah, Asisten Komisioner Nik Ros Azhan Nik Ab Hamid, berkata mangsa ketiga yang juga warga Myanmar meninggal dunia ketika dirawat.

"Polis menerima laporan mangsa meninggal dunia ketika mendapatkan rawatan di hospital.

"Tiga pekerja yang meninggal dunia membabitkan warga tempatan, Myanmar dan Indonesia," katanya di sini, semalam.

Katanya, tiga lagi yang cedera parah dilaporkan kritikal akibat kecederaan di kepala.

TIGA MAUT KENA HEMPAP TIANG
Publication: Berita Harian
Date of Publication: 16 February 2019
Page Number: 61

Pekerja maut 'ditelan' mesin

Warga Bangladesh tersepit selepas baju tersangkut jentera

Nur Saliawati Salberi
nursaliawati@nstp.com.my

Alor Gajah

Seorang pekerja kilang warga Bangladesh maut tersepit di mesin membuat sarung tangan di sebuah kilang di kawasan Perindustrian Kelemak di sini, semalam.

Kejadian kira-kira jam 6.45 pagi itu menimpa Md Al Mamun, 31, apabila baju dipakainya tersangkut pada mesin berkenaan.

Ketua Polis Daerah Alor Gajah Superintendan A Asmadi Abd Aziz berkata, mangsa bekerja syif malam dan bersendirian di mesin terbabit.

"Siasatan juga mendapati tiada unsur jenayah atau khianat terhadap mangsa," katanya mayat dihantar ke Jabatan Forensik Hospital Alor Gajah untuk bedah siasat.

Beliau berkata, pihaknya menunggu laporan bedah siasat bagi mengenal pasti punca kejadian dan kes disiasat sebagai mati mengejut (SDR).

Sementara itu, Timbalan Pengarah Jabatan Bomba dan Penyelamat negeri, Ahmad Zaidi Safuan berkata, pihaknya menerima panggilan kecemasan pada jam 6.51 pagi sebelum sebuah jentera bersama sembilan anggota dari Balai Bomba dan Penyelamat (BBP) Alor Gajah, bergegas ke lokasi kejadian.

Beliau berkata, sejurus tiba terdapat seorang lelaki tersepit pada mesin.

"Bagi mengeluarkan mangsa, bomba terpaksa membuka komponen mesin berkenaan dan dia sudah tidak sedarkan diri.

"Kerja menyelamat mengambil masa kira-kira dua jam," katanya ketika dihubungi.

Beliau berkata, mangsa kemudian disahkan sudah meninggal oleh pasukan perubatan yang tiba di lokasi.

PEKERJA MAUT 'DITELAN' MESIN
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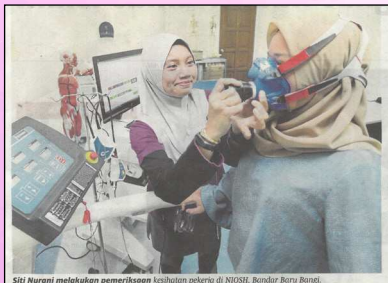

Siti Nurani melakukan pemeriksaan kesihatan pekerja di NIOSH, Bandar Baru Bangi.

Usah abai aktiviti kecergasan

Pekerja perlu bimbingan profesional pastikan sentiasa sihat, berdaya saing

Oleh Mahani Ishak
mahani@bh.com.my

Bangi

Bidang kecergasan sinonim dengan lelaki, namun sejak kebelakangan ini kecenderungan itu semakin menyerlah dalam kelompok wanita termasuk mampu berdaya saing sebagai jurulatih arena berkenaan.

Pakar Teknikal Bahagian Kesihatan Pekerjaan, Jabatan Perundingan, Penyelidikan dan Pembangunan Institut Kesihatan dan Keselamatan Pekerjaan Negara (NIOSH), Siti Nurani Hassan, umpamanya adalah satu-satunya wanita dalam kelompok 12 pakar teknikal bidang kecergasan di institut terbabit.

Peranan beliau di NIOSH sebagai jurulatih kecergasan, tenaga pengajar, membuat penyelidikan dan memberi khidmat nasihat bagi menggerakkan masyarakat ke arah gaya hidup sihat.

Katanya, pekerja di negara ini memerlukan bimbingan profesional supaya lebih sihat dan berdaya saing dalam dunia pekerjaan dengan melakukan senaman dan aktiviti kecergasan.

"Aktiviti ini untuk memastikan pekerja lebih sihat dan cergas. Ramai pekerja mempunyai penyakit mengakibatkan mereka tidak dapat melaksanakan tugas dengan sempurna disebabkan mengabaikan amalan gaya hidup sihat.

Siti Nurani berkata, laporan Pertubuhan Keselamatan Sosial (PERKESO) membuktikan setiap pekerja memerlukan perjagaan kesihatan berterusan bagi mengurangkan risiko NCD.

Menyedari trend penyakit itu, NIOSH memperkenalkan program Promosi Kesihatan dan Kesejahteraan Menyeluruh (TWHP) yang menyasarkan sektor pekerjaan negara ini.

NCD pembunuh senyap

"Justeru, sebilangan mereka mudah menghidap penyakit tidak berjangkit (NCD) yang dianggap sebagai pembunuh senyap. Antaranya ialah masalah kardiovaskular, berat badan berlebihan, ketegangan dan kemurungan," katanya ditemui *BH*, baru-baru ini.

"Sebenarnya inisiatif dimulakan pada 2002 itu bertujuan menggalakkan gaya hidup sihat, mengurangkan NCD iaitu kanser, masalah jantung, diabetes, hipertensi dan darah tinggi, terutama kumpulan mereka berusia umur 30 tahun ke atas.

"Modul ini menekankan saringan pemeriksaan kesihatan dan aktiviti kecergasan supaya pekerja fokus pada pekerjaan dan kekal aktif menjalani kehidupan lebih sihat," katanya.

Inisiatif itu sebagai langkah pencegahan bagi mengelak majikan melabur terlalu tinggi dalam pembiayaan perubatan hingga mengakibatkan pekerja kerap mengambil cuti sakit.

Faktor ini menyumbang kepada kos tersembunyi kepada majikan berikutan ramai pekerja terbabit menghidap penyakit kronik dan meninggal pada usia muda.

Wakil NIOSH ikuti latihan di Jerman

Justeru, peranan ibu kepada empat cahaya mata ini, amat besar di institut berkenaan juga pernah ke Jepun, pada 2014 sebagai ketua projek penyelidikan NIOSH bagi memperkenalkan kajian mengenai ukur tubuh pekerja tempatan.

Beliau mewakili institut itu untuk mengikuti latihan khas ke Munich, Jerman, pada 2017 dalam bidang kesihatan pekerjaan.

Katanya, penekanan penjagaan kesihatan penting untuk kehidupan berkualiti agar pekerja sihat dan cergas menerusi aktiviti fizikal.

"Modul ini sebagai sokongan Kementerian Sumber Manusia bagi menangani NCD membabitkan pekerja berusia 25 tahun dikesan mempunyai darah tinggi, diabetes dan obesiti. Kedaan itu semakin membimbangkan," katanya.

Beliau berkata, pekerja menghidap penyakit terbabit boleh dibantu dengan mengamalkan senaman bersesuaian dan pelan pemakanan supaya kembali pulih serta melahirkan pekerja produktif.

"Kita akan menganalisis kandungan lemak, kolesterol, darah dan air kencing untuk memberikan panduan senaman bersesuaian supaya mereka tidak salah melakukan senaman.

"Ini sebahagian usaha pencegahan dan pendedahan asas berkaitan pengjagaan tulang belakang, diet seimbang dan mengelakkan berat badan ideal sekali gus dapat meningkatkan produktiviti," katanya.

Beliau berkata, persekitaran hidup dan suasana tempat kerja menyokong perubahan sikap dengan mengamalkan gaya hidup sihat dan cergas.

Sebilangan mereka mudah menghidap penyakit tidak berjangkit (NCD) yang dianggap sebagai pembunuh senyap. Antaranya ialah masalah kardiovaskular, berat badan berlebihan, ketegangan dan kemurungan"

Siti Nurani Hassan, *Pakar Teknikal Bahagian Kesihatan Pekerjaan, Jabatan Perundingan, Penyelidikan dan Pembangunan NIOSH*

USAH ABAI AKTIVITI KECERGASAN
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Page Number: 75

CRANE DRIVER KNOCKS INTO PILLAR

3 STRUCK BY ROOF FRAME KILLED

Three others injured in incident at building under construction in Prai Industrial Area

AUDREY DERMAWAN
AND NUR IZZATI MOHAMAD
JURU
cnews@nstp.com.my

THREE workers died while three others were seriously injured when the roof frame of a building under construction in the Prai Industrial Area here collapsed yesterday.

Crane driver P. Kumar, 46, from Simpang Ampat, and Rofi Khan, 32, a Myanmar contract worker died at the scene.

Another Myanmar contract worker, Amir Udin Abol Kasim, 20, died at 6.20pm while being treated at Seberang Jaya Hospital.

The three seriously injured, all in their 30s, included one Indonesian and two Myanmar nationals.

Seberang Prai Tengah district police chief Assistant Commissioner Nik Ros Azhan Nik Ab Hamid said the bodies were sent to Seberang Jaya Hospital for post-mortem.

He said the three seriously injured sustained head injuries.

"We have yet to get their identify details and are investigating if they have valid working papers.

"The deaths have been classified as sudden death. The investigation is ongoing."

He said police would ask the Department of Occupational Safety and Health to conduct checks at the scene to determine if the contractor had abided by rules and regulations.

State Fire and Rescue Department director Saadon Mokhtar said firemen found two bodies under the rubble upon arriving at the scene at 4.40pm.

He said the three injured were sent to hospital.

"Initial investigations revealed that the incident happened when the crane driver knocked into one of the pillars, triggering a domino effect that resulted in the collapse of the roof frame.

"There were 30 workers in the area at the time of the incident. They were waiting to return home after completing their shift."

A security guard said he was shocked when he saw the roof frame falling from a height of 100m.

The man, who only wanted to be known as Sambath, 60, said he ran to the scene to find out what happened.

"It happened at 4.20pm. I heard a group of workers shouting before the roof frame come tumbling down.

"I wanted to get closer, but was stopped by others. It was then the firefighters arrived at the scene."

Fire and Rescue Department personnel inspecting the scene of the accident in Juru yesterday. PIC COURTESY OF FIRE AND RESCUE DEPARTMENT

3 STRUCK BY ROOF FRAME KILLED
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INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA
KEMENTERIAN SUMBER MANUSIA
NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH (NIOSH)
Lot 1, Jalan 15/1, Section 15, 43650 Bandar Baru Bangi, Selangor Darul Ehsan
Tel: 03-8769 2100 Fax: 03-8926 5655