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JUN 2023

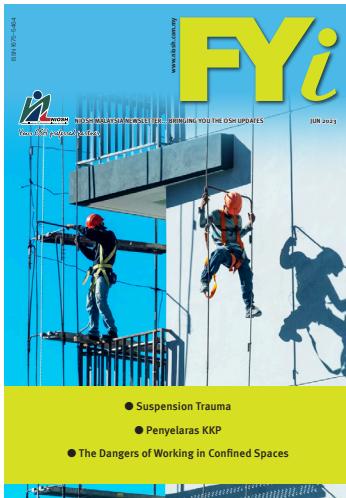
Your OSH preferred partner



● Suspension Trauma

● Penyelaras KKP

● The Dangers of Working in Confined Spaces



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## Sidang Redaksi

Diterbitkan oleh:  
Institut Keselamatan dan Kesihatan  
Pekerjaan Negara (NIOSH) Malaysia  
(243042-U).  
**Alamat :** Lot 1, Jalan 15/1, Section 15,  
43650 Bandar Baru Bangi, Selangor  
Darul Ehsan, Malaysia.  
**No. Tel :** 03-8769 2100  
**No. Fax :** 03-8926 2900  
**Emel :** general@niosh.com.my  
**Laman Web :** www.niosh.com.my

**Penasihat**  
Haji Ayop Salleh  
Mejar Haji Hanif bin Maidin (B)

**Sekretariat**  
Haji Khairunnizam Mustapa  
Noorliza Idawati Mat Nayan  
Mohd Hussin Abd Salam  
Siti Badariah Binti Abu Bakar

**Editor**  
Joy Khong Chooi Yee  
Muhamad Syarizat Azmi

**Pengiklanan dan Media**  
Mohd Hussin Abd Salam  
**Emel :** dl.bmd@niosh.com.my  
**No. Tel :** +6 0 16-559 7399



Sila imbas kod  
QR ini untuk  
memberi  
maklum balas  
pada NIOSH  
penerbitan

# Nota Pengarah Eksekutif

**Assalamualaikum W. B. T.**

**Bismillahirrahmanirrahim.**

'Suspension Trauma' atau disebut di dalam istilah perubatan sebagai *Orthostatic Incompetence* adalah salah satu jenis risiko kemalangan yang berlaku terutamanya kepada pekerja yang bekerja di tempat tinggi yang menggunakan peralatan perlindungan jatuh seperti abah-abah keselamatan. Kemalangan ini berpotensi mengakibatkan kematian kepada mangsa jika tidak ditangani dengan kaedah yang betul dan segera.

Keadaan ini berlaku apabila mangsa yang terjatuh dari tempat tinggi tergantung dalam keadaan statik pada abah-abah keselamatan untuk tempoh masa yang panjang. Mangsa akan mengalami simptom seperti pening kepala, sesak nafas, berpeluh, rasa kebas pada kaki dan pengsan. Dalam keadaan ini, pertolongan segera harus diberikan bagi mengelak kejadian yang tidak diingini berlaku.

Bagi melakukan aktiviti kerja yang berisiko tinggi, adalah penting bagi majikan untuk menyediakan garis panduan dan sistem kerja selamat. Pemeriksaan kesihatan dan pengisytiharaan kesihatan wajib dilakukan bagi memastikan setiap pekerja berada dalam keadaan sihat serta kompeten dalam melaksanakan tugas serta penyediaan peralatan perlindungan diri (PPE) yang bersesuaian dan selamat.

Adalah penting untuk memahami dan mengenalpasti risiko serta langkah-langkah kawalan yang perlu diambil dalam menangani situasi tersebut. Latihan, maklumat dan kemahiran menyelamat yang tepat diperlukan bagi membantu mangsa dan pasukan penyelamat juga perlu terdiri di kalangan orang yang kompeten.

NIOSH melalui Jabatan Pendidikan dan Latihan & Pejabat Wilayah menawarkan kursus *Working Safely at Height (WAH)* bagi melatih para pekerja khususnya yang terlibat di dalam aktiviti kerja di tempat tinggi. Melalui kursus ini, para peserta diajar tentang undang-undang, teknik memanjat, pemeriksaan peralatan serta prosedur menyelamat yang tepat.

Bagi isu bulan Jun 2023, NIOSH menyediakan artikel panduan dan maklumat yang komprehensif berkaitan 'suspension trauma'. Kami berharap melalui artikel ini, kesedaran dapat ditingkatkan dan pembaca memperolehi ilmu berkaitan langkah-langkah pencegahan yang perlu diambil dalam menangani situasi kecemasan. ■

**Haji Ayop Salleh**  
Pengarah Eksekutif  
NIOSH

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# Suspension Trauma

Education & Training Department and Regional Offices

## 1. What Is Suspension Trauma?

Suspension trauma is a medical effect that happens to a person due to immobilisation in a vertical position after a certain period of time. Suspension trauma, also known as Orthostatic Incompetence in medical terms, usually affects workers when they fall from a height and end up hanging still in a working, industrial, theatrical, or sport harness. This position could bring immediate, fatal effects if the recovery and rescue procedure is not commenced as soon as possible. Working at height employees must be trained to recognise, manage and take reasonable action to prevent suspension trauma from happening. Workers with safety harnesses are not permitted to work alone. A buddy should stand by on-site to offer help in case of an accident or difficulties that occur to the worker, thus preventing the worker from hanging for too long and causing suspension trauma. These guidelines are emphasised in the Health and Safety Executive's Work at Height Regulations 2005.

## 2. How can it happen?

Suspension trauma commences when a worker falls and is held in a harness with their legs hanging. During this event, the arteries in front of the legs continuously pump blood to the lower limbs. Unfortunately, the veins at the back of the legs are choked by the harness straps, thus stopping the blood flow from returning the deoxygenated blood to the heart. The location of arteries and veins is shown in Figure 1. This condition could be dangerous because the average human adult only has approximately 5 litres of blood in their blood circulation system. (Sharma et al., 2022). Any flow disruption to this system will cause the heart rate to slow abruptly, reducing the brain's oxygen supply. As soon as the oxygen supply is cut off, brain cells might die within five minutes due to their extraordinary sensitivity to oxygen deprivation. Long-term hypoxia can result in comas, convulsions, and even brain death.

Due to its severity, suspension trauma must be handled as an emergency. Even if all the medical and rescue equipment and plans are ready, it can be fatal in less than 10 minutes without quick execution by the rescue team. Research done in 2007 on a group of healthy volunteers shows that the loss of consciousness happens between 7 – 30 minutes. Test subjects also experience other medical conditions, such as tachycardia and hypotension. Some even have been recorded to develop painful paraesthesia in the lower limbs. (Lee et al., 2007). The emergency response must be activated immediately to avoid serious injury or even fatality to the victim.

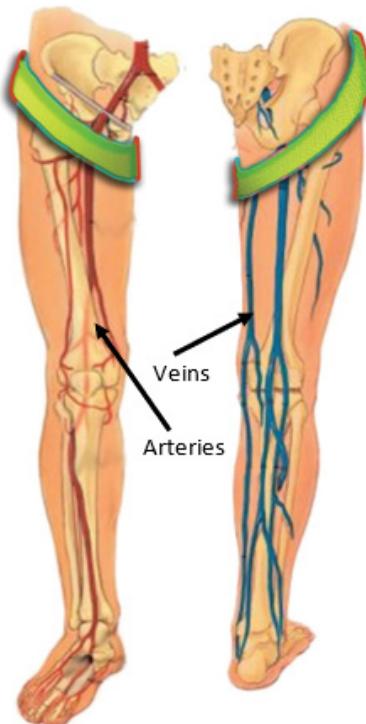


Figure 1: The Location of Arteries and Veins in the Legs

## 3. Suspension Trauma Symptoms and Risk Factors

To minimise the effects and commence recovery procedures, one must be able to identify what are the common symptoms of suspension trauma. Based on a report by Seddon in 2002, the signs and symptoms that may be observed in an individual who is approaching orthostatic incompetence could include:

- Feeling faint or light-headed
- Breathlessness
- Profuse sweating
- Paleness
- Hot flashes
- Nausea
- Hypotension
- Dizziness
- Grey out or loss of vision
- Numbness in legs
- Tachycardia or Bradycardia

The onset of the symptoms and progress is rapid and unpredictable, depending on the health of the victim. A person with an underlying health condition could experience much worse outcomes than a healthy one. A person with comorbidities could suffer severe physiological effects

that can lead to fatality and can ruin one's ability to recover. (Biles, 2016).

Workers should be able to adjust to demanding conditions, such as slippery conditions, sharp edges and high temperatures due to sun rays. That is why before a worker is allowed to work at height, they must sign a health declaration form to ensure they understand the risks and, at the same time, they should be healthy without any underlying medical conditions. The declaration should include any potentially life-threatening illnesses or conditions, such as:

- Heart disease/chest pain
- Severe hypertension
- Epilepsy
- Diabetic
- Vertigo
- Pregnancy (for ladies)

This health screening is essential to ensure that an employee is healthy before climbing and working at height. Indirectly, the process of risk control by elimination has been carried out by removing any unqualified personnel from entering hazardous working places. However, even with the health declaration, the degree of the suspension trauma risk can be influenced by a few factors, such as:

- The victim's ability to move their lower limbs
- Other injuries due to fall impacts, including bruises, fractured bones or neck, head concussion and bleeding.
- Exhaustion due to heavy work and high humidity
- Dehydration
- Cardiovascular or respiratory disease
- Obesity
- Smoking and drinking-prone workers could suffer to greater degrees
- Stress or panic increases the victim's pulse and respiration rates.

## 4. Rescue Plan

The easiest way to relieve suspension trauma is to stand. The contracted muscle will push the blood through a series of valves along the veins and help the blood to return to the heart. This action will slow down the suspension trauma symptoms

and buy some time for help to arrive. Other alternatives that may be useful in this condition are:

- i. i. A suspension Relief Strap can be deployed to allow the fallen victim to climb onto the loop, thus releasing the pressure on the thigh due to the harness strap tourniquet. The relief strap usually comes in two pouches, one for each side, as shown in Figure 2.

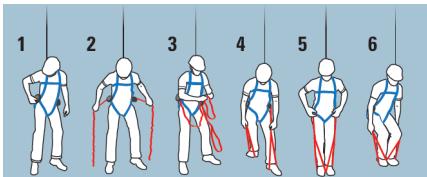


Figure 2: Relief Strap Deployment

- ii. ii. Any on-site equipment could be used to allow the fallen victim to stand, hence releasing the pressure on the lower limbs. The ERT team can attempt a rescue by bringing a rope, ladder, sky lift, gondola or lifting equipment for the victim to stand on, as shown in Figure 3.



Figure 3: Climbing the On-site Equipment to Release the Pressure

If any of these alternatives can't be used to accommodate early control measures to prevent suspension trauma, then the activation of the rescue team is mandatory to secure the victim. The rescue team could bring the victim to the nearest structural member or, if possible, lower the victim directly to the ground level for the recovery process to be executed, as shown in Figure 4.



Figure 4: Team Rescue Procedures

## 5. Victim Management

Based on the recommendation by the United States Occupational Safety and Health Administration, it is suggested that a few general standard operating procedures (SOP) and things should be considered when handling suspension trauma victims.

- The suspended victims must be rescued as soon as possible. Any additional minutes will increase the severity of the injury.

- The emergency response team (ERT) must remain vigilant as the suspended victims will begin to experience symptoms of suspension trauma that may result in worse injuries or even be fatal.
- The emergency response team must first assess the victims to identify the injury. Victims with a head injury, multiple wounds or who are unconscious must be given top priority to be rescued.
- The rescuer must be aware of aggravating factors that enhance the risk of suspension trauma, as mentioned in subtopic no 3.

The victim must be handled carefully by the rescue team. The victim should never be put in a horizontal position after being rescued. The release of hypoxic blood from lower limbs and flooding of the heart with CO<sub>2</sub>-saturated blood can induce ischemic heart failure, which could be fatal. It is the leading cause of post-rescue death of the victim. (Lee et al., 2007).

If the victim is conscious and did not suffer any other serious injuries, they must be put into the sitting position and knees close to the chest, also known as the W-Recovery Position, as shown in Figure 5, for at least 30 minutes to avoid hypoxic blood entering the heart and circulation system abruptly. They cannot lie flat on their back or stand straight immediately after they have been rescued. The rescuer must help to loosen up the victim's harness to promote normal blood circulation and slowly allow the body to dissipate the waste through proper biochemical processes. After the victim is stable, then only the victim can be transported to the medical facilities under supervision and advice from medical personnel.



Figure 5: W – Recovery Position

## 6. Prevention

As the saying goes, prevention is better than cure. Preventing suspension trauma

should begin at the earliest stage before the workers even climb the structure, ladder, scaffolding, rope, etc. The most crucial action that can be done to avoid being the victim of suspension trauma is:

- i. Educate yourself – Every worker should be trained and given adequate information regarding suspension trauma. Identifying the hazard, using suitable equipment and PPE, knowing the symptoms, recovery action and rescue procedures should become the top priorities for them to understand and execute in an emergency.
- ii. Hydrate yourself – The human body is comprised of 45 – 70% of water content, depending on gender, fitness level or hydration rate. Dehydration is the worst enemy of suspension trauma. It could escalate the condition if the victim is dehydrated and suspended in a harness. While climbing and working in challenging conditions, the workers will lose water which should be replenished continuously.
- iii. Self-evacuation – If a worker falls from height, they should strive to conduct self-evacuation as soon as possible if they are able to do so. The suspension trauma will affect the victims as early as 7 – 10 minutes. Timing is of the essence - the victims cannot afford to wait for the rescue team to arrive. By the time the ERT is on-site, the suspension trauma has already begun.
- iv. Shake it, move it – The suspended victim must try to move sideways or horizontally as much as possible. They must keep the muscle moving and active by pushing the legs onto a hard surface or structure available on site. Legs must be pumped repeatedly to maintain blood circulation and avert venous pooling in lower limbs.

## 7. Conclusion

Prolonged suspension trauma could result in severe injuries or even death to the fallen worker if not prevented and appropriately managed. Workers should be exposed to the danger of suspension trauma and its effects. The dissemination of sufficient information regarding the symptoms, risk factors, rescue techniques and prevention methods can mean the difference between life and death. Lastly, a hazardous task such as working at height should be closely monitored by a buddy or standby person on site to reduce response time if a fall-related accident happens at the work site. ■

# Penyelaras KKP

Education & Training Department and Regional Offices



OSH Coordinator atau Penyelaras KKP adalah program baru yang diperkenalkan oleh DOSH sebagai Orang Terlatih/*Trained Person* dibawah peruntukan pindaan baru Akta Keselamatan dan Kesihatan Pekerjaan Pindaan 2022 Akta 1648. Di bawah peruntukan Seksyen 29A, majikan yang mengajikan lebih daripada 5 orang pekerja dan tidak memerlukan khidmat Pegawai Keselamatan dan Kesihatan (PKK), seperti mana peruntukan Perintah Pegawai Keselamatan dan Kesihatan



1997, hendaklah melantik salah seorang kakitangannya bertindak sebagai OSH Coordinator (OSHC).

Untuk menjadi OSHC seseorang itu yang dilantik oleh majikan, hendaklah menghadiri kursus OSHC anjuran penyedia latihan OSHC yang berdaftar dengan DOSH termasuk NIOSH. Kursus yang berlangsung selama 3 hari ini akan melayakkkan peserta untuk berdaftar dengan DOSH sebagai OSHC. Berbeza dengan program perundangan KKP yang lain, OSHC tiada tamat tempoh dan tiada keperluan pembaharuan pendaftaran dan latihan semula.

Tujuan OSHC diperkenalkan oleh DOSH adalah untuk memperkasakan KKP di semua tempat kerja termasuk yang berstatus IKS. Seperti semua sedia maklum, IKS adalah sektor yang banyak menyumbang kepada pertumbuhan ekonomi negara dan menawarkan peluang pekerjaan kepada belia dan graduan di seluruh

negara. Walaubagaimanapun, IKS juga menyumbang angka yang tinggi kepada jumlah kemalangan di tempat kerja dan pelanggaran perundangan KKP. Oleh yang demikian, OSHC diharapkan dapat membantu kerajaan menandatangani masalah ini, dengan menjadi penasihat kepada majikan berkaitan aspek KKP.

Selain itu, pekerja yang berdaftar sebagai OSHC juga memiliki kelebihan dalam pasaran pekerjaan dan mempunyai masa depan kerjaya yang lebih cerah. OSHC juga dapat mempertingkatkan tahap kompetensi kepada PKK selepas tiga (3) tahun berkhidmat dan seterusnya meneroka lebih banyak kemahiran dalam bidang KKP. Pewartaan peruntukan baharu berhubung OSHC ini diharapkan dapat memberi impak positif kepada landskap pekerjaan negara dalam usaha Malaysia menjadi negara maju dan berdaya saing setaraf dengan pemain industri utama dunia yang lain. ■



# The Dangers of Working in Confined Spaces

Education & Training Department and Regional Offices



**N**umerous workers are injured and killed every year while working in confined spaces. An estimated 60% of the fatalities occur among the would-be rescuers. A confined space can be more hazardous than regular workspaces for many reasons. According to the Department of Occupational Safety and Health (DOSH), investigations have discovered that most confined space accidents were due to the failure of the employer in forming and providing a safe work system for working in a confined space. Another factor is due to lack of coordination and control of activities when executing more than one task at the same time. For instance, working in a confined space can be hazardous when maintenance work on a piping system containing flammable substances connected to the confined space is done without proper coordination and control. DOSH also noticed that one of the main reasons for these accidents is the subcontracting of work to contractors that do not have the necessary information and experience to work in confined spaces (Refer to Figure 1). These contractors normally do not have the proper work procedures and equipment for working in a confined space. (Industry Code of Practice For Safe Working In A Confined Space ICOP 2010)

A confined space is defined as an area that has constrained or limited entry or exit. Even if the entry is only partially closed, a space is still considered confined if

the worker is frequently unable to enter or exit freely. Most confined spaces were not meant for human inhabitants but are temporarily occupied by workers as they complete employment duties. Due to its entry and exit restrictions, confined spaces pose a crowd of safety hazards. In essence, the space itself might be poorly constructed and prone to collapse. The area may contain poisonous substances that have built-up or collected over time, or the work required to be done in the space could be dangerous in the first place.

The following are some examples of confined spaces – (Refer to Image 1)

- a. storage tanks, tankers, boilers, silos and other tank-like compartments that usually have a manhole for entry;
- b. open-top spaces such as pits or degreasers;
- c. pipes, sewers, tunnels, shafts, ducts and similar structures; and
- d. any shipboard spaces entered through a small manhole, such as cargo tanks, cellular double-bottom tanks, duct keels, ballasts and oil tanks.

The following are some examples of the activities in a confined space –

- a. cleaning of sludge and other waste materials;

- b. inspection of the physical integrity of process equipment;
- c. maintenance, including abrasive blasting and application of surface coatings;
- d. repair, including welding, modification and adjustments to the mechanical equipment;
- e. rescue of workers who are injured or overcome inside the confined space; and
- f. construction purposes;



Image : 1

According to ICOP 2010, fatalities, severe injuries or disease may occur as a result of the following –

- a. oxygen deficiency in a confined space which may be caused by –
  - i. slow oxidation reactions of either organic or inorganic substances;
  - ii. rapid oxidation (combustion);
  - iii. the dilution of air with an inert gas or asphyxiant gas;
  - iv. absorption by grains, chemicals or soil; or
  - v. physical activity;
- b. excessive oxygen in a confined space which may be caused by a leaking oxygen supply fitting, such as in gas cutting or heating equipment which can lead to fires or explosions;
- c. the presence of contaminants on surfaces or in the atmosphere. Contaminants may be in the form of solids, liquids, sludges, gases, vapours, fumes, or particulates. The sources of atmospheric

**Confine Space Fatality Accident**

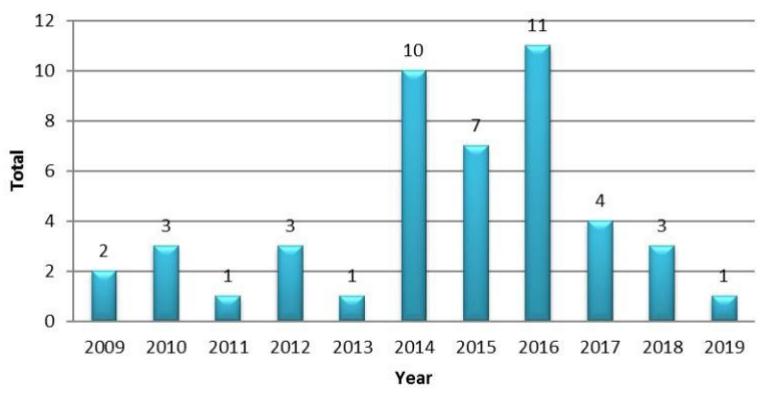


Fig. 1. Confined Space Accident Statistics

Figure 1 The Confined Space Accident Statistics in Malaysia from 2009 to 2019.

contaminants encountered may include –

- i. the manufacturing process;
  - ii. the substance stored or its by-products (for example, disturbing decomposed organic material in a tank can liberate toxic substances such as hydrogen sulphide, while biological hazards such as bacteria, viruses, or fungi may also be present); and
  - iii. the operations performed in the confined space (for example, painting with coating containing toxic or flammable substances, and welding or brazing with metal capable of producing toxic fumes);  
operation of moving equipment (for example, being trapped by augers, crushed by rotating or movement part such as conveyor belts);  
uncontrolled introduction of steam, water, or other gases or liquids;  
engulfment by solids (for example, grain, sand, flour, and fertiliser);  
electrocution; and  
explosions or fires

Furthermore, work in confined spaces may greatly increase the risk of injury from physical, chemical, biological, and psychological hazards, such as –

- a. noise, which may be caused by hammering or the use of equipment within the confined spaces;
  - b. temperature, either high or low, which can result from the work process or the weather conditions, or where appropriate ventilation or appropriate clothing is not supplied or worn;
  - c. radiation within confined spaces (for example, from X-rays, radiation gauges, isotopes, lasers and welding);
  - d. manual handling;
  - e. slips, trips and falls; and
  - f. claustrophobia.



**Maut terhidu gas beracun**



minyak di Kilometer 6 Lebuhraya Ipoh - Lumut, NSTP/Farah Suhaidah Othman.

IPOH: Seorang lelaki warga Bangladesh maut, manakala dua lagi termasuk lelaki tempatan tidak sedarkan diri dipercaya akibat gas beracun di stesen minyak di Kilometer 6 Jalan Ipoh - Lumut di sini hari ini.

Manosa yang identitiya belum dikenal pasti berusia 19 hingga 20 tahun. Ia ditemui tidak sedarkan diri

Ketua Balai Bomba dan Penyelamat Meru Raya, Sharudi Muhamad Hali, berkata pihaknya menerima panggilan dari orang swam pada jam 7.40 malam.

Ketanya, sebalik saja tiba di tempat kejadian, ketiga-tiga mangsa berada dalam keadaan tidak sedarkan diri



KUALA LUMPUR: Tiga pelajar remaja berjaya mencipta teknologi terselamat air batu bersih pas

## Conclusion

Dealing with the risks related to working in a confined space begins with a thorough hazard assessment for each confined space to make all workers aware of the risks at hand. Moreover, written and verbally communicated work procedures must be present. These procedures should identify entry and exit points, the ventilation systems in place, specific rescue procedures, Authorised Entrance, (AE) Standby Person (SP), Authorised Gas Tester (AGT), Entry Supervisor (ES), Permit Issuer (PI) and information regarding required PPE, such as harnesses, lifelines, or rescue equipment. ■



Mangsa Kesavan Matarasan, 30, dan Saliu Makkala, 40, bersama lama lagi rakan melakukan kerja di tempat tersebut sebelum

**CYBERJAYA:** Dua lelaki warga India maut dipercayai akibat terhadu gas beracun ketika melakukan kerja-kerja memasang kabel di dalam lubang lajuan air "manhole" di Persiaran SP3 di sini, hari ini.

Dalam kejadian 1 tengah hari itu, mangsa Kesavan Matarasan, 30, dan Sailu Makkala, 40, bersama lima lagi rakam melukukan kerja di tempat tersebut sebelum mereka dilaporkan sesak nafas dan tidak sedarkan diri.



## 01 Jun 2023 | Program 'GNT OSHE Month' Telekom Malaysia

01 Jun 2023, Cyberjaya - NIOSH telah dijemput untuk mengadakan pameran di program Sambutan 'GNT OSHE Month' anjuran Telekom Malaysia di TM Innovation Centre, Cyberjaya. Seramai 300 peserta telah mengambil bahagian dalam program ini termasuk warga Telekom serta kontraktor yang dijemput untuk menghadiri majlis berkenaan. Program tersebut dirasmikan oleh YBrs. En Mohd Mohd Anuar Bin Embi, Pengarah Jabatan Keselamatan dan Kesihatan Pekerjaan, Selangor. Selain daripada Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), turut dijemput mengambil bahagian dalam pameran termasuk Pertubuhan Keselamatan Sosial (PERKESO), Columbia Hospital dan PMCare Sdn Bhd. Wakil NIOSH juga mengambil kesempatan untuk memperkenalkan OSH Klinik dan menawarkan 'IN-BODY & Fitness Test' kepada semua peserta yang hadir. ■



## 02 Jun 2023 | Seminar TVET Pemangkin Pembentukan Malaysia Madani Sempena "Hari TVET Negara 2023"

02 Jun 2023, Shah Alam - Ketua Setiausaha Kementerian Sumber Manusia, YBhg Dato' Seri Ir. Dr. Zaini Ujang telah menghadiri sekaligus merasmikan Program Seminar: TVET Pemangkin Pembentukan Malaysia MADANI Sempena Hari TVET Negara Tahun 2023 di Pusat Latihan Pengajar dan Kemahiran Lanjut (CIAST), Shah Alam.

Sejak tahun 2022, tarikh 12 Jun telah diumumkan oleh kerajaan sebagai Hari TVET Negara yang bertujuan untuk meningkatkan kesedaran tentang kepentingan TVET kepada masyarakat.

Seminar tersebut menampilkan panel dari pengamal industri, badan profesional, badan kawal selia TVET, dan ikon TVET yang membincangkan pelbagai topik berkaitan pelaksanaan program TVET di Malaysia.

Isu-isu seperti profesionalisme graduan, fleksibiliti program, laluan kerjaya, dan keusahawanan berasaskan TVET turut dibincangkan bagi memberi inspirasi kepada para peserta dalam melihat potensi TVET secara menyeluruh.

Turut hadir dalam majlis tersebut ialah Timbalan Ketua Setiausaha (Operasi) Kementerian Sumber Manusia, Ketua Eksekutif TalentCorp Malaysia, Pengarah Eksekutif Institut Keselamatan & Kesihatan Pekerjaan Negara (NIOSH), pegawai-pegawai kanan serta wakil-wakil kementerian. ■



## 03 Jun 2023 | Program Outreach TVET Orang Asli Di Kg. Bawong, Perak

03 Jun 2023, Ipoh - Menteri Sumber Manusia, YB Tuan V. Sivakumar telah menghadiri sekaligus merasmikan Program Outreach TVET Orang Asli Tahun 2023 di Orang Asli "One Stop Centre", Kg. Bawong.

Program Outreach dan pameran ini diadakan bertujuan untuk meningkatkan kesedaran tentang kepentingan TVET dan mempromosikan program-program TVET di bawah Kementerian Sumber Manusia (KSM) kepada masyarakat Orang Asli.

Program ini dilaksanakan dengan kerjasama semua jabatan dan agensi di bawah KSM, JAKOA serta pengamal industri yang terlibat dengan penyediaan latihan TVET.

NIOSH turut berkongsi pengetahuan dalam mengurangkan potensi risiko di dalam bidang kerja berkaitan TVET seperti bekerja di tempat tinggi dan di dalam ruang terkurung. ■



## 11 Jun 2023 | Program Jom Kudah (kutip sampah sambil riadah) di Tasik Cempaka

11 Jun 2023, Bandar Baru Bangi - Persatuan Sahabat Sungai Malaysia (PSSM) dengan kerjasama Surau As-Sidiq dan Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH) menganjurkan program Jom Kudah (kutip sampah sambil riadah) bertempat di Tasik Cempaka, Bandar Baru Bangi, Selangor.

Seramai hampir 150 orang menyertai program santai kali ini melibatkan ahli-ahli Sahabat Sungai Malaysia, ahli kariah Masjid As-Sidiq, kakitangan NIOSH, warga dan pengunjung Tasik Cempaka. Jom Kudah yang dianjurkan setiap hari Sabtu dan Ahad pada setiap minggu ini bertujuan memupuk kesedaran masyarakat dalam memelihara kebersihan air khususnya tasik dan sungai. Program ini juga dapat merapatkan hubungan silaturrahim dalam bersama-sama memelihara alam sekitar.

Program Jom Kudah dibuat sepenuhnya secara santai dan sukarela di mana semua warga penduduk Bandar Baru Bangi dan sekitar boleh menyertainya tanpa perlu menjadi ahli atau mendaftar.

Jamuan ringan juga disediakan secara "potluck" di mana juadah yang dibawa peserta dikongsi bersama.

Jom Kudah kali ini turut melibatkan kakitangan Lembaga Urus Air Selangor dan Universiti Tenaga Nasional - UNITEN. Turut hadir Presiden PSSM, YBhg Datuk Seri Ir Dr. Zaini Ujang yang juga Ketua Setiausaha Kementerian Sumber Manusia. ■



15 Jun 2023

## Hari Keselamatan Dan Kesihatan Pekerjaan Majlis Bandaraya Petaling Jaya (MBPJ)

15 Jun 2023, Petaling Jaya - NIOSH telah dijemput mengadakan pameran di program Sambutan Hari Keselamatan Dan Kesihatan Pekerjaan peringkat Majlis Bandaraya Petaling Jaya (MBPJ) yang bertemakan "Persekutaran Kerja Yang Selamat Dan Sihat Merupakan Hak Asasi". ■



15 Jun 2023

## Kempen Keselamatan, Kesihatan dan Alam Sekitar “*Setia World OSH Day 2023*” di Setia Ecohill

15 Jun 2023, Semenyih - NIOSH dijemput untuk mengadakan pameran sempena Majlis Pembukaan Kempen Keselamatan, Kesihatan dan Alam Sekitar “Setia World OSH Day 2023” bertempat di Setia Ecohill, Semenyih. Seramai 200 pekerja dan kontraktor terlibat dalam menjayakan program ini. Agensi yang turut terlibat adalah JPAM, KKM, MKRS, Cert Academy dan Safepro. ■



**17 Jun 2023**

## Sambutan Hari Keselamatan Anjuran Hektar Property Services Sdn Bhd Di Subang Parade

17 Jun 2023, Subang Jaya - Hektar Property Services Sdn. Bhd., iaitu syarikat pengurusan pusat beli belah Subang Parade, dengan kerjasama NIOSH telah menganjurkan sambutan Hari Keselamatan. Pelbagai aktiviti telah dijalankan seperti sesi perkongsian maklumat oleh Klinik Kesihatan Pekerjaan NIOSH (Occupational Health Clinic) dan Jabatan BOMBA dan penyelamat, pemeriksaan dan khidmat nasihat kesihatan secara percuma serta demonstrasi bantuan asas kecemasan kepada pengunjung pusat beli belah tersebut. Program separuh hari tersebut mendapat sambutan yang amat menggalakkan dan program yang sama akan turut dijalankan di beberapa lagi pusat beli belah yang diuruskan oleh Hektar Property Services Sdn. Bhd. Semoga perkongsian ilmu yang telah dilaksanakan dapat memberikan manfaat kepada semua. ■

**20 Jun 2023**

## Ceramah Kesedaran Umum KKP (OSH Talk) di Pos Aviation Sdn Bhd



20 Jun 2023, Sepang - Ceramah Kesedaran Umum KKP (OSH Talk) di Pos Aviation Sdn Bhd sempena sambutan 'OSH Month' dan telah dihadiri seramai 30 orang kakitangan dari pelbagai bahagian. ■

## 20 Jun 2023 | Perasmian Persidangan dan Pameran Keselamatan & Kesihatan Pekerjaan Borneo Ke-8 (BOSH 2023)

20 Jun 2023, Kota Kinabalu - YB Ts. Mustapha Sakmud, Timbalan Menteri Sumber Manusia merasmikan Persidangan dan Pameran Keselamatan dan Kesihatan Pekerjaan Borneo ke-8 atau BOSH 2023 yang berlangsung bermula pada hari ini.

BOSH 2023 dianjurkan oleh Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), sebuah agensi di bawah Kementerian Sumber Manusia. BOSH 2023 adalah edisi ke 8 penganjurannya yang diadakan setiap tahun secara bergilir-gilir antara negeri Sabah dan Sarawak.

Bertemakan "Transformasi Borneo untuk Masa Depan Lebih Berdaya Tahan", BOSH 2023 memberi penekanan kepada holistik bagi memastikan pembangunan pesat di Kepulauan turut mengambil kira aspek keselamatan dan kesihatan pekerjaan (KKP).

Persediaan rapi perlu dibuat bagi menghadapi transformasi rantau Borneo yang berkongsi adat resam, budaya, social dan ekonomi. Pada masa yang sama, pembangunan pesat dalam pelbagai bidang serta pemindahan ke Kalimantan akan turut memberi impak kepada keperluan tenaga kerja berkemahiran dan berpengetahuan.

BOSH 2023 bertujuan untuk menjadi platform kepada pemegang taruh seperti pihak kerajaan, pemain industri, pengamal KKP, majikan dan pekerja berkongsi pengetahuan dan bertukar-tukar pengalaman serta pandangan dalam usaha mengurangkan kadar kemalangan di tempat kerja. Pencegahan kemalangan dan mengawal risiko bukan hanya untuk kepentingan dan hak asasi pekerja tetapi ia turut menyumbang kepada peningkatan produktiviti yang memberi manfaat kepada pendapatan negara.

Turut hadir pada majlis perasmian BOSH 2023 ialah YBhg Tuan A. Maniam, Timbalan Ketua Setiausaha (Dasar dan

Antarabangsa), Kementerian Sumber Manusia merangkap Pengurus NIOSH; YBrs Tuan Hj Ayop Salleh, Pengarah Eksekutif NIOSH; ketua dan wakil jabatan dan agensi Kementerian Sumber Manusia, ahli Lembaga Pengarah NIOSH dan NIOSH Certification Sdn Bhd. ■



# 22 Jun 2023 | Ceramah Kesedaran Umum KKP (OSH Talk) di TNB Bangsar, Bangsar

22 Jun 2023, Kuala Lumpur - Ceramah Kesedaran Umum KKP (OSH Talk) telah diadakan di TNB Bangsar sempena Safety Program (Logistics & Freight Management), Procurement & Supply Chain Division dan telah dihadiri seramai 90 orang peserta. ■



## 1 SEMINAR



**Online Seminar**

**USECHH REGULATIONS 2000**  
CONTROLLING THE EXPOSURE OF  
CHEMICAL HAZARDOUS  
TO HEALTH  
AT WORKPLACE

**YURAN :**  
**RM53**  
(Termasuk 6% SST)

\* Seminar ini TIDAK MENYEDIAKAN mata kredit CEP

- Seminar online di Aplikasi Zoom Meeting
- Terbuka hanya kepada PESERTA yang telah membuat bayaran sahaja
- SIJIL PENYERTAAN disediakan

Untuk mendaftar :  
<https://edaftarc.niosh.net.my>

Untuk maklumat lanjut, sila hubungi : WhatsApp : 019-2224966 (Sekretariat)  
Email : dl.tscd@niosh.com.my

Chm. MOHD NORHAFSAM MAGHPOR  
- NIOSH TECHNICAL EXPERT -  
(CERTIFIED CHRA & IH1 TRAINER)

17 Jun

## 2 WEBINAR



**WEBINAR**  
**INDOOR AIR POLLUTION**  
**AIR QUALITY AND CONTROL**

PN. SITI HAMIMAH BINTI ISMAIL  
(Industrial Hygiene (IH) Manager/  
Certified IAQ Prog. Trainer)

Ir. NIMI BINTI AHMAD  
(OSH Consultant/  
Certified IAQ Prog. Trainer)

CERTIFICATE OF ATTENDANCE      FIVE (5) CEP (JKKP/2023/14/00121)

27 JUNE 2023      FROM 08.30 AM TO 05.30 PM  
zoom

**FEE : RM110**  
(Include 6% SST)

013 - 222 4966 (Secretariat)  
dl.tscd@niosh.com.my

For Registration :  
<https://edaftarc.niosh.net.my>

www.niosh.com.my

27 Jun



NIOSH menjemput pengamal-pengamal Keselamatan dan Kesihatan Pekerjaan untuk menyertai Conference and Exhibition on Occupational Safety and Health yang ke-24 sebagai peserta atau pempamer agar dapat bersama kongsikan kepakaran, pengetahuan, teknologi perkhidmatan dan produk-produk terkini berkaitan keselamatan dan kesihatan pekerjaan.

Imbas QR Code di poster dan layari laman rasmi kami di <http://cosh.niosh.com.my>. untuk dapatkan maklumat lanjut berkaitan program tahunan NIOSH ini.

Pengamal OSH, majikan, pekerja, penjawat awam, pekerja swasta, syarikat penyedia perkhidmatan dan pembekal OSH dan orang awam turut dijemput hadir untuk melawat booth pameran yang tersedia dan serta pelbagai aktiviti menarik yang dijalankan oleh pempamer COSH-24 yang disertai oleh pelbagai syarikat dan agensi berkaitan keselamatan dan kesihatan pekerjaan.

Kepada yang berminat untuk menyertai program berkenaan sebagai pempamer, boleh nyatakan hasrat anda dengan berhubung terus dengan pegawai NIOSH atau email terus kepada alamat berikut :

Bahagian Penyebaran Maklumat (IDD)

Muhamad Syarizat Bin Azmi – ext 3890

Puan Khairunniza Zainal Abidin – ext 3889

Email : [DL.IDD@niosh.com.my](mailto:DL.IDD@niosh.com.my) / [cosh@niosh.com.my](mailto:cosh@niosh.com.my)



