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The Safety And Health Movement In Malaysia

Value and Embrace World OSH Day



International
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Organization



Mari Bertindak Bersama Untuk Membina Budaya Keselamatan Dan Kesihatan Yang Positif

Let's Act Together To Build A Positive Safety And Health Culture

Executive Director's Note

Assalamualaikum W. B. T.

Since the beginning of this year, several updates have been announced by the government including the transition phase of endemic of COVID-19, reduced SOPs, and followed by the reopening of international borders. Not to forget the excitement of the Hari Raya Aidilfitri celebration for the Muslims which is expected to be merrier this year due to the SOP relaxation. Moving along with the transition, NIOSH takes full commitment and action in supporting the mission and strategies of the government initiatives. For this edition, we are delighted to share the selection of OSH updates and programs. On the 1st of April, NIOSH launched The Employee Assistance Program (EAP), Zero Tolerance to Corruption logo (ZETOC) to strengthen an anti-corruption culture among employees. Following that, we had organized the Instructor Award Ceremony dedicated to our trainers as a way to recognize their contributions. This month, the institute also hosted the annual campaign "World OSH Day 2022" to promote the global prevention of occupational accidents and diseases. The institution has the honour to receive support from the Minister of Human Resources YB Datuk Seri Saravanan Murugan, with the important opening remarks of the ceremony themed "Let's act together to build a safety and health culture". World OSH Day 2022 event is held annually on 28 April and focuses on promoting social dialogue towards a culture of safety and health. It is also the International Day of Remembrance for Injured and Dead Workers, celebrated by trade unions worldwide since 1996 and a World Day initiated by the International Labour Organization (ILO) in 2003 to prevent occupational accidents and occupational diseases globally. Many countries around the world are actively participating in the campaign. NIOSH has also progressed expeditiously, focusing on the two aims to highlight the importance of raising awareness and ensuring that workers' rights are prioritized when it comes to Occupational Safety and Health.

In this edition, in line with the theme of World OSH Day 2022, I would like to address the success of East Asian countries, which outperformed Western regions in controlling the COVID-19 pandemic, concerning cultural and behavioural perspectives. Non-Pharmaceutical Interventions (NPIs) achievements in the Asia-Pacific region have demonstrated both government leadership and strong public support. The key factor in the Asia-Pacific's success has been the preparedness for emerging zoonotic diseases and the other elements seem both cultural and cognitive and this reflects a better readiness of the public to adopt pro-social health-seeking behaviour based on multi-cultural norms and a better scientific understanding of the pandemic.

On this coming Raya Holiday, may you all have a safe journey home & Selamat Hari Raya Aidilfitri, Maaf Zahir and Batin.



Haji Ayop Salleh
Executive Director
NIOSH

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Mari Bertindak Bersama Untuk Membina Budaya Keselamatan Dan Kesihatan Yang Positif

Disediakan oleh:
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Artikel ini merupakan intipati ucapan perasmian oleh YB Datuk Wilson Ugak Kumbong, Pengerusi NIOSH.

Hari Sedunia bagi Keselamatan dan Kesihatan di tempat kerja atau lebih sinonim dengan nama *World OSH Day*, disambut pada 28 April setiap tahun. Sambutan Hari Sedunia bagi Keselamatan dan Kesihatan di tempat kerja adalah bertujuan untuk mengenang kembali mangsa-mangsa yang terlibat dengan kemalangan dan penyakit pekerjaan di tempat kerja. Namun, sejajar dengan perubahan hala tuju dan objektif yang ingin dicapai dalam memastikan keselamatan dan kesihatan pekerja dapat ditingkatkan, 28 April juga disambut bagi tujuan mempromosikan budaya pencegahan kemalangan dan penyakit pekerjaan di tempat kerja.

Pada tahun ini, tema sambutan adalah **LET'S ACT TOGETHER TO BUILD A POSITIVE SAFETY AND HEALTH CULTURE** (MARI BERTINDAK BERSAMA UNTUK MEMBINA BUDAYA KESELAMATAN DAN KESIHATAN YANG POSITIF) sebagaimana yang telah ditetapkan oleh pihak Pertubuhan Buruh Antarabangsa atau ILO sebagai tema sambutan. Negara kita merupakan salah satu anggota di dalam Pertubuhan ini, tidak pernah melepaskan peluang untuk bersama - sama meraikan sambutan tersebut semenjak tahun 2006 lagi. Ini merupakan usaha berterusan dan komitmen Kerajaan sejajar dengan *Promotional Framework for Occupational Safety and Health Convention 2006 (No.187)* yang telah ditandatangani bagi memastikan pekerja-pekerja di negara ini dilindungi sebaiknya, sepanjang mereka menjalankan tugas seharian di tempat kerja.

Kita sedia maklum, bahawa negara berada dalam fasa peralihan ke endemik, kita semua (industri & masyarakat) perlu belajar untuk hidup bersama virus COVID-19 atau "**Living with COVID-19**" dalam keadaan yang paling kurang mengganggu kehidupan harian (di tempat kerja atau di rumah) dengan mengamalkan langkah-langkah keselamatan dan kesihatan bagi melindungi diri, keluarga, dan masyarakat. Pengurusan pandemik COVID-19 perlu beralih daripada kebergantungan kepada intervensi Kerajaan seperti SOP dan undang-undang kepada keperihatinan Kerajaan, tanggungjawab individu, tanggungjawab majikan dan solidariti komuniti. Kesemua saranan ini tidak akan berjaya jika kita tidak dapat membentuk dan membina budaya selamat dan sihat yang positif.

Di peringkat tempat kerja, budaya keselamatan dan kesihatan pekerjaan (KKP) yang kukuh ialah budaya di mana hak untuk mendapatkan persekitaran kerja yang selamat dan sihat dihargai dan digalakkan oleh pihak pengurusan dan pekerja. Budaya KKP yang positif dibina atas penyertaan dan penglibatan semua pihak dalam peningkatan berterusan untuk keselamatan dan kesihatan

di tempat kerja.

Di tempat kerja yang mempunyai budaya KKP yang baik, pekerja berasa selesa untuk mengemukakan permasalahan tentang kemungkinan risiko atau bahaya di tempat kerja dan pihak pengurusan pula proaktif dalam bekerjasama dengan pekerja untuk mencari penyelesaian yang sesuai, berkesan dan mampan.

Ini memerlukan komunikasi dan dialog terbuka yang dibina atas kepercayaan dan saling menghormati. Ketika kita terus mengharungi krisis kesihatan global COVID-19 dan menghadapi risiko yang berterusan dalam dunia pekerjaan, kita mesti terus bergerak ke arah membina budaya keselamatan dan kesihatan yang kukuh di semua peringkat.

Sehubungan dengan itu, selaras dengan tema World OSH Day 2022 Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH) melalui peranan yang dimainkan oleh Jabatan Latihan & Pendidikan serta Pejabat Wilayah (ETDRO) dan Jabatan Perundingan & Penyelidikan dan Pembangunan (CRD) telah menyusun pelbagai program kursus, perundingan dan penyelidikan bagi membantu industri di dalam membangun dan memperkemaskan **budaya selamat dan sihat di tempat kerja dengan konsep KKP untuk Keluarga Malaysia**. Supaya dengan ini ia dapat menyumbangkan kepada pengurangan kadar kemalangan dan penyakit pekerjaan di negara kita.

Amalan **budaya kerja selamat dan sihat di tempat kerja** perlu diterapkan dan diamalkan oleh semua pihak sama ada majikan mahupun pekerja bagi memastikan dan mencegah kemalangan dan penyakit pekerjaan dari berterusan berlaku di negara kita. Jadi di kesempatan ini saya ingin menyeru dan berharap agar majikan dan tuan/puan yang berada di sini ataupun yang menonton secara atas talian dapat mengadakan program-program berkaitan keselamatan dan kesihatan pekerjaan di tempat kerja masing-masing sebagai salah satu aktiviti tahunan organisasi agar semangat bekerja secara berpasukan dapat disemai serta dipupuk di kalangan pekerja dalam menjamin keselamatan dan kesihatan di tempat kerja. Ini seterusnya dapat mencapai sasaran pengurangan kadar kemalangan dan kadar kematian di tempat kerja.

Saya juga amat percaya dengan kombinasi di antara majikan yang prihatin, pekerja yang berkualiti dan produktif, **budaya selamat dan sihat** serta keadaan persekitaran kerja yang kondusif, maka pastinya produk dan perkhidmatan yang dihasilkan oleh sesebuah organisasi akan mencapai tahap dan standard yang dikehendaki.

The Safety And Health Movement In Malaysia

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THE SAFETY AND HEALTH MOVEMENT IN MALAYSIA

The safety movement in Malaysia has developed since the early 1800s and greater pressure for legislation to promote safety and health in the country since Occupational Safety and Health Act 1994 was approved by the Parliament in 1993 and gazetted in February 1994. Since then, tragedies in the safety and health workplace have accelerated the pace of the safety movement in the country. The most significant event in the history of the safety movement in the country was the explosion of the bright sparkler fireworks factory and the fatal tower crane tragedy that happened in the past that takes heed the people's attention. The recent increase in natural disasters and man-made events has drawn more public attention, especially the severe flooding in the capital involving many parts of the country, fire explosions in factories, haze and poor air quality, workplace negligence and most notable the recent pandemic that has infuriated the impatient that directly affects the normality of work operations. Malaysia was lacking the attachment to the importance of occupational safety and health until the most recent COVID-19 pandemic that has given rise to the importance of the "Safety and Health-First" culture within societies. Some Malaysian may have had the least experience dealing with major safety and health failures before the pandemic hits that led to economic and social paralysis but it is more important now because it is attributed to the lack of a robust occupational safety and health culture developed within the league.

CONUNDRUM AND CULTURAL BREAKTHROUGHS

There is a strong desire for us to initiate a lively discussion among employers, workers, safety and health practitioners, investors, researchers and academicians by asking about what needs to be done to promote a post-pandemic "Safety and Health First" culture. Reinforcing a "Safety and Health First" culture in a community or workforce will likely begin with educating and training the workforce. Before making the move, the concept must be understood, widely shared, and accepted by the public to support shared responsibility. A safety and health culture can be interpreted as a set of beliefs, values, attitudes, behaviors and expectations that must be encompassed, enveloped, nurtured and be passed along from one to another within the alliance and it plays a significant role in the conferral and perpetuation of preserving a solid safe and healthy societal culture.

In the past, some of us may have thought of cultural issues as barriers to national origin, geographic separation, ethnic diversity, social norms and beliefs, and even language, and some of them have remained. However, even people who speak the same languages and come from the same country can have cultural differences. Today, the global pandemic has broken the norm and led us to bridge the gap between success in controlling the pandemic and cultural

differences. This is no longer an acceptable reason, as we witness the power to unite global disease-fighting efforts. Malaysia far exceeded expectations as we spectate the Eastern region outperforming the Western region around the globe.

INFODEMIC VS. EFFECTIVE COMMUNICATION

We must always be reminded that new movements and learning take place from time to time. When moving forward, the experience of the past must never be forgotten. Taking the COVID-19 pandemic as a lesson learned, recalling and reflecting on the past since the Movement Control Order (MCO) began, communication and coordination within government and the public are perhaps the tools most important in the fight against COVID-19. The MCO obtains public conformity and highly depends on the behavior of its citizens to adopt the conformance. Control measures have shown the importance of safety and health practices and in shaping citizen behavior and discipline for better responses. For citizens to adhere to these standards, a clear understanding of their needs and regular communication from top management is imperative. The success or failure of the Movement Control Order (MCO) depends on society being empowered to play its part responsibly. As we have set out, nothing great comes easy, remember in the early days of MCO the public experienced some hiccups as misinformation and conflicting messages caused confusion and threaten the effectiveness of the MCO. Perhaps the most obvious example of misinformation is confusion over the terms and conditions that restrict social practices to rituals, ceremonies, mass gatherings, or even interstate travel returning home for the holidays seems difficult. In this case, announced conflicting messages once reflected scrutiny of cross-cultural sensitivities to social norms and practices, beliefs, customs and traditions that instigate sociopragmatic failure. Despite a false sense of cultural conflict from the outset, Malaysian authorities monitor the agitation and place particular emphasis on adapting measures for better reception. Malaysia with its strong national integration is built on one country, one nation has superseded the successes through «Keluarga Malaysia» in cultivating family spirit across multi-ethnic, multi-racial, multilingual and multi-religious, commented on the success in presiding over cultural acceptance and mutual respect among the people. Lore-wise, there is plenty of pragmatic information that multiracial nationals can learn and possess, the only shortcoming is that partially some still lack the "Known and Unknowns" on what is and is not appropriate in cross-cultural psychology when congruence mismatches social practices.

MALAYSIA SUCCESS STORY - A QUANTUM LEAP IN CULTURAL SHIFT

It was not always smooth sailing in the early days of the Movement Control Order (MCO) but there were too

many good and bad experiences that have unveiled lessons of worth. More noteworthy discoveries were directly related to occupational safety and health and the national strategy to combat COVID-19 in history. Three years back before the pandemic strike, most employers in the country, especially in the commercial sector, had limited involvement in occupational safety and health, with the exception of specific sectors which require compliance with practices of work. Occupational safety and health disciplines have traditionally only been discussed between safety and health experts, health and medical professionals, consultants, and a coterie of advisers, but the implementation of OSH largely depends on the size of the company and the type of industry which limits expansion. Over the following years, the self-regulatory model was then expanded to include a larger pool of engagements including the non-safety and health professionals navigating performances. In some countries, the adoption of self-regulation has once been challenged by industry sectors as the institutionalization of the concept of self-regulation varies from country to country. Industry occupational safety and health experts once questioned the twin principles of employee involvement involving the joint management's commitment to a self-regulatory model that could manifest in terms of coverage and functions. It was then justified that a model of legitimate occupational safety and health self-regulation was best achieved by empowering a blend of managers and workers to enforce standards. To some extent we need to understand that cultural perceptions vary in many industrialized countries, some saw the self-regulatory model as a cornerstone of safety and health policies, while some may not. And now, looking at the post-pandemic context, the concept has led us to see practices in a different light. The traditional trend has transformed, as the self-regulated model has heralded a shift in focus and the shared responsibility for

safety and health at work is now shared equally between all parties and even at the level of all individuals. A larger pool of people's involvement has been a driving force, especially for Malaysians to cope effectively and efficiently as safety and health have become apparent. The greater the outreach and opportunity offered, the more small and medium industries sustain over competitive advantage. The development of active participation in safety and health in all industries has proven to be a culmination of positive safety and health culture, a spirit of inclusion that engages all parties in continuous improvement and excel in the discipline.

It should be reminded that acknowledging cultural diversity not only gives us a deeper understanding of potential creativity and the exchange of ideas that work best for all but also opens up a wider chapter for people of different nationalities, ethnicities, professionalisms, experiences, multi-cultural to work together as one. Malaysia's country leaders have successfully maintained two notable successes during the pandemic by adding a "Safety and Health First" culture in ensuring the public adheres to standard operating procedures (SOPs) to reduce COVID-19 transmission. Second, SOPs were well communicated across races, ages, and religions, and even reached the illiterate and the disabled at a level above cultural diversity. Importantly, cultural differences are no longer a stumbling block to our progress in working towards the same mission and with the same goal especially expediting national and international cross-cultural coalition. I wish everyone to continue to maintain a strong will for cultural acceptance and to act together and succeed in all endeavours.

Happy World OSH Day ! Let's act together to build a safe and healthy culture



For those who are interested in joining COSH, you may kindly register through the below QR Code as participants, presenters or exhibitors.

Value and Embrace World OSH Day

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Malaysia has always valued togetherness. It has been a way of life for all of us regardless of race or religion. This very spirit of unity has taken us through thick and thin and has been the very notion of nation building and progress. We are all working towards a common objective of peace, prosperity and harmony.

The Malaysian Family or Keluarga Malaysia concept is nothing new to us. We have always valued unity in everyday life and it needs to be extended to the workplace as well. The workplace is our second home and with it comes our second family so to speak. We see our colleagues for most of the working week.

Hence, occupational safety and health (OSH) needs to be upheld by all and in the true spirit of Keluarga Malaysia this means management and employees from top down and bottom up. No one should be left behind or conveniently forgotten in the pursuit of a safe and healthy workplace. It is the right of everyone to have access to a safe and healthy workplace. Do not think of workplace incidents and accidents as something that happens to the other person. It would be foolish to have such a mindset. Like a family institution, each of us have a responsibility to look out and protect each other at the workplace.

Which leads in to this year's World Occupational Safety and Health theme of Act Together To Build A Positive Safety And Health Culture. The theme resonates greatly with the Malaysian spirit of unity. It takes a collective effort from all parties to be committed to safety and health at the workplace. Let it not be a matter of lip service or just a movement to satisfy and comply with government regulations.

It must be practised by all in an organisation. Do not be mistaken it is not the state of the art machineries or the latest computer software that is the measure of success. It goes by many names such as human capital or talent management. However, individuals like you and I form the backbone of any successful organization. Employees make up the core of any organizations. They are the strongest and most meaningful assets to an organization or company.

The International Labour Organization World OSH Day promotes the prevention of occupational accidents and diseases globally which ultimately drives at protecting workers with the focus on enhancing social dialogue towards a culture of safety and health. So let us all truly embrace this focus.

It will be a folly to say that bureaucracy does not exist in an organization simply because it does. Its ugliness permeates through floors, departments and even cross organizations. We need to break free from the shackles. The honorable Minister of Human Resources, Malaysia, Datuk Seri M.Saravanan has already issued a clarion call in his World OSH Day 2022 statement by saying that there

must be a reminder to employers and employees of their respective responsibilities in adopting and implementing good OSH practices.

Let this serve as a guiding message for all industries to step up the game. Let OSH be part of organizational goals. It must be remembered that good OSH practices must be valued on par with economic ambitions. We do not need near misses or accidents before addressing OSH needs. Its practice and implementation needless to mention has to be executed from the get go.

Malaysia has always been championing OSH. Her commitment to Occupational Safety and Health is clearly reflected via the enactment of the Occupational Safety and Health Act (OSHA 1994), the setting up of the Department of Occupational Safety and Health (DOSH) and the establishment of the National Institute of Occupational Safety and Health (NIOSH). However, the responsibility to uphold OSH must not fall solely on the shoulders of the government or policy makers. Like our commitment to unity and togetherness it must be shouldered by all in line with the Keluarga Malaysia values.

Undoubtedly, the COVID-19 pandemic took its toll on many businesses. However, it is no excuse to place OSH on the backburner. The ILO has propagated via this year's theme the enhancement of social dialogue in the field of OSH. This among others involves a culture change to achieve a positive OSH culture. So that being said, Kudos, to those who have always valued OSH while it is not too late for those who have fallen behind. OSH must be seen as a core enterprise value of the enterprise, etched into every angle of any organizations dealings.

The key perhaps to the success of OSH is open communication and dialogue built on trust and mutual respect as the ILO rightfully puts it. Hence, organizations which comprises management to executive to support staff need to embrace this and create a safe space for exchange of ideas and words to contribute to a safer and healthier workplace.

The corporate world today values Sustainable Development Goals (SDGs), Environmental, Social and Corporate Governance (ESGs) and even Diversity and Inclusiveness. These are all positive attributes for the generation of today and also the leaders of tomorrow. It promises a better landscape, but it will be even more promising when OSH is valued wholeheartedly.

OSH cannot be conveniently swept under the carpet. It must be at the forefront, the top of the mind of any organization or company not just on World OSH Day but everyday to ensure a better and safe present and future for not only Malaysians but for the global citizen.

Happy World OSH Day !

Ramadan Kareem
1443H

-Selamat Menyunaikan Ibadah Puasa di Bulan Ramadan-

Daripada seluruh warga kerja
National Institute of Occupational Safety and Health (NIOSH)
Institut Keselamatan dan Kesihatan Pekerjaan Negara

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AVAILABLE DATE :
06/4/2022
10/4/2022
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17/4/2022
20/4/2022
27/4/2022

ENTRY REQUIREMENT :
NONE (ADVANTAGES IF THE PARTICIPANT IS ABLE TO UNDERSTAND BAHASA MELAYU / ENGLISH)

COURSE FEE :
RM 265/PERSON WITH INSURANCE COVERAGE

SCAN FOR REGISTRATION

NIOSH WILAYAH SELATAN (PENERANG)
LOT 73 & 75, JALAN KEMPAS 1, DESARU UTAMA, 81930, BANDAR PENAWAR, KOTA TINGGI, JOHOR
TEL NO : 07-886 1197/1139
WHATSAPP : 019-229 9143

Salam Nuzul Al-Quran
17 Ramadan 1443H

"Bacalah Al-Quran, kerana ia akan datang memberi syafa'at kepada para pembacaanya pada hari kiamat nanti."
(Riwayat Muslim)

Daripada seluruh warga kerja
National Institute of Occupational Safety and Health (NIOSH)
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11/4/2022
24/4/2022

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COURSE FEE :
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TEL NO : 07-886 1197/1139
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Wabak Covid-19 telah memberikan impak yang besar khususnya kepada kelangsungan operasi perniagaan akibat sekatan pergerakan. Pelbagai strategi kawalan penularan di tempat kerja dijalankan sebagai usaha menghidupkan semula aktiviti ekonomi Negara.

Selain daripada mewujudkan jadual penggiliran bekerja, antara langkah kawalan lain yang dipraktikkan adalah mematuhan SOP Covid-19 termasuklah pemakaian pelitup muka, ujian saringan, keperluan kuarantin dan kriteria vaksin dalam memastikan operasi optimum terutamanya kepada industri perkilangan.

Terkini, WHO telah mengesahkan varian Omicron yang boleh tersebar melalui udara (airborne) dengan kadar jangkitan yang tinggi dan seterusnya membantutkan rancangan peralihan ke fasa endemik.

Pakej Perkhidmatan Keselamatan dan Kesihatan Pekerjaan (KKP): Kawalan Risiko Jangkitan Covid-19 (pengudaraan) bagi SME.

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AUTHORISED ENTRANT AND STANBY PERSON FOR CONFINED SPACE REFRESHER (AESP-R)

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AVAILABLE DATE:
05/04/2022
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17/04/2022
24/04/2022

ENTRY REQUIREMENT:
-ABLE TO READ, WRITE AND COMMUNICATE VERBALLY IN MALAY OR ENGLISH

COURSE FEE :
RM 516.20

SCAN FOR REGISTRATION



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WHATSAPP : 019-229 9143





AUTHORISED GAS TESTER AND ENTRY SUPERVISOR FOR CONFINED SPACE (REFRESHER)

AGTES COURSE IS VALID FOR WORKERS WHO ARE INVOLVED IN CONFINED SPACE WORKS

AVAILABLE DATE:
24 - 25 /04/2022

ENTRY REQUIREMENTS :
i) Attended and passed AGTES course
ii) Registered as OYK AGTES with DOSH
iii) Physically and mentally fit to enter the confined space

COURSE FEE :
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SCAN FOR REGISTRATION



NIOSH WILAYAH SELATAN (PENGERANG)
LOT 73 & 75, JALAN KEMPAS 1, DESARU UTAMA, 81930, BANDAR PENAWAR, KOTA TINGGI, JOHOR
TEL NO : 07-886 1197/1139
WHATSAPP : 019-229 9143





AUTHORISED GAS TESTER AND ENTRY SUPERVISOR FOR CONFINED SPACE (REFRESHER)

AGTES COURSE IS VALID FOR WORKERS WHO ARE INVOLVED IN CONFINED SPACE WORKS

AVAILABLE DATE:
24 - 25 /04/2022


ENTRY REQUIREMENTS :
i) Attended and passed AGTES course
ii) Registered as OYK AGTES with DOSH
iii) Physically and mentally fit to enter the confined space

COURSE FEE :
RM 668.00

SCAN FOR REGISTRATION



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 **FIT TEST VS SEAL CHECK**
KNOW THE DIFFERENCES

FIT TEST

Responsibility of the employer

REQUIRED in all industries where tight-fitting facepieces are used as a control measure

FACIAL FEATURES can vary in shapes, sizes & proportion. Hence, selection for its correct model is vital for safe fit

Protection relies on achieving a **GOOD SEAL** between the facepiece and the wearer's face

TIGHT-FITTING respirators should be tested; disposable respirators, reusable half masks & reusable full face masks

FIT-TESTING should happen during the initial selection of Respirator Protective Equipment (RPE), BEFORE being worn in hazardous environment

The most common **FIT TEST METHODS** are the Qualitative Taste Test & Quantitative Particle Counting Device

SEAL CHECK

Responsibility of the wearer

The practice of the wearer **CHECKING** their respirator for fit every time it is used


Work-related respiratory disease may be reduced when workers **UNDERSTAND** how to check their device is positioned correctly


SEAL CHECK is not a regulatory requirement but should be regarded as good practice by the wearer

It is important for users to be **TRAINED** in the technique required for their model of respirator


Following a successful fit test, the wearer is responsible to do seal check **EVERY TIME** before putting on the respirator

Seal check can be done through positive & negative **PRESSURE** techniques to judge the quality of it







PROTECTION
from airborne contaminants




Fit is - **CRITICAL**
one size does NOT fit all



RESPONSIBILITY
is shared by employer and wearer



These are as **SERIOUS**
as physical hazards

 **Please scan the QR code for more info!**

For any enquiries, please contact:
Dust Mask Laboratory (DML)
National Institute of Occupational Safety & Health (NIOSH), Bangi
03 - 8769 2100 (ext. 2255)

Our Services


ERGONOMICS EXCELLENCE CENTRE

@Ergonomics-Excellence-Centre-NIOSH

Occupational Safety and Health

Consultation Services

- Ergonomics Risk Assessment (ERA)
- Noise Risk Assessment (NRA)
- Chemical Health Risk Assessment (CHRA)
- Chemical Exposure Monitoring (CEM)

- Indoor Air Quality (IAQ)
- Audiometric Testing and Analysis (ATA)
- Confined Space Risk Assessment (CSRA)
- Medical Surveillance (MS)

Laboratory Technical Services

Human Ergonomics Assessment Laboratory

- Ergonomics Product / Design Verification
 - Lumbar Spine Motion Monitoring
 - Anthropometric Analysis
 - Spiroergometric Test
 - Brain Activity Monitor
 - Human Movement Analysis
 - Body Pressure Distribution Test
 - Applied Kinesiology Test

- Functional Capacity Evaluation
 - Pain Evaluation
 - Hand Strength Test
 - Range of Motion Test
 - Extremity Strength Test

Laboratory Technical Services

Environmental Ergonomics Laboratory

- Heat Stress & Strain Test and Assessment
- Workplace Lighting Evaluation
- Human Performance Testing Under Extreme Working/Temperature Condition
- Sweat Index Test

- Occupational Vibration Evaluation
 - Industrial Vehicles Vibration
 - Hand Arm Machinery

Ergonomics

Research and Development



Contact Us
014-514 6407 | 012-981 4301 | 013-737 6911
Email: eec@niosh.com.my
Ergonomics Excellence Centre

Ergonomics Excellence Centre,
NIOSH Southern Regional Office (Johor Bahru)
No 10, Jalan Persiaran Teknologi, Taman Teknologi
Johor, 81400 Senai, Johor Darul Takzim.
Tel: 07-599 1200 | Fax: 07-598 0746
Email: eec@niosh.com.my | eec.niosh@gmail.com



SITE SAFETY SUPERVISOR

NIOSH Sarawak Regional Office
Kapit

ENTRY REQUIREMENT

- i. Malaysian citizen; AND
- ii. Minimum LCE/ SRP/ PMR/ PT3 or equivalent.

18 - 27 MAY 2022

Scan For Registration (Competency)

VENUE:
CIBD Sibul, Sarawak

arawak@niosh.com.my
Uzziel - 0148975417
Edi - 01125026609



KURSUS KOMPETENSI, KESEDARAN & JURULATIH BULAN APRIL 2022

NIOSH PEJABAT WILAYAH SELATAN (JOHOR BAHRU)

KURSUS	HARGA	TARIKH
Construction Work Permit For Receiving Authorized Authority (Remote Learning)	RM 636	11-12
Hearing Loss Prevention and Audiometric Testing	RM 848	11-12
Incident Reporting and Analysis Technique	RM 1272	11-13
Emergency Preparedness And Response Plan	RM 848	12-13
Effective Safety and Health Committee (Remote Learning)	RM 424	18-19
Occupational Health Doctor Examination Workshop (Remote Learning)	RM 212	23-24
Back Protection Management (Remote Learning)	RM 424	25-26
Working Safely at Height	RM 839	26-27

Hubungi pegawai Latihan
En Daffe 016 - 703 5775
En Azlan 017 - 933 8963
Pn Nooreliza 017 - 710 1280 / 019 - 229 9528

<https://edafar.niosh.net.my/>
SCAN ME

Link Course Content:
<http://www.niosh.com.my/course-programmes>

HRDCorp Claimable SBL-Khas

www.niosh.com.my



KURSUS KOMPETENSI, KESEDARAN & JURULATIH BULAN MEI 2022

NIOSH PEJABAT WILAYAH SELATAN (JOHOR BAHRU)

KURSUS	HARGA	TARIKH
OSH Train The Trainer Competency Based Programme	RM 1578	15-19
Working Safely at Height	RM 839	16-17 & 28-29
Working Safely at Height - Refresher	RM 689	18
Basic Occupational First Aid	RM 892	18-19
Fire Watcher Safety	RM 424	23
Construction Work Permit For Receiving Authorized Authority	RM 848	23-24
Safe Handling of Forklift Truck	RM 1310	23-25
Effective Safety and Health Committee (Remote Learning)	RM 848	24-25
Basic Rigging and Slingsing	RM 733	25-26
Ergonomics And Manual Handling In The Workplace	RM 848	25-26
SHO Examination Workshop	RM 106	28
Behaviour Based Safety for Observer (Remote Learning)	RM 424	30-31

Hubungi pegawai Latihan
En Daffe 016 - 703 5775
En Azlan 017 - 933 8963
Pn Nooreliza 017 - 710 1280 / 019 - 229 9528

<https://edafar.niosh.net.my/>
SCAN ME

Link Course Content:
<http://www.niosh.com.my/course-programmes>

HRDCorp Claimable SBL-Khas

www.niosh.com.my



SITE SAFETY SUPERVISOR (SSS)

Penang Part Time : 28 May - 26 June 2022

Full Time : 13 - 24 June 2022

COURSE TITLE : Site Safety Supervisor
COURSE DURATION : 10-day(s) / 80.00-hour(s)
COURSE CATEGORY : Competency
HRD CORP-SCHEME : Claimable (1000182363)
COURSE FEE : RM 1,431.00 (inclusive of 6% SST)
EXAMINATION FEE : RM 350.00
TOTAL FEE : RM 1,781.00 (inclusive of 6% SST)

COURSE CODE : SSS
COURSE LEVEL : Basic

OBJECTIVE(S):

- >> Describe the OSH legislative requirements pertaining to construction site.
- >> Conduct the risk management at the workplace.
- >> Elaborate OSH requirements for site management.
- >> Be a competent Site Safety Supervisor (SSS).

TARGET GROUP(S):

- Site Safety Supervisor.
- Site Foreman / Supervisor.
- Any interested parties.

ENTRY REQUIREMENT(S):

- i. Malaysian citizen, AND
- ii. Minimum LCE/SRP/PMR/PT3 or equivalent

ONLINE REGISTRATION
<http://edafar.niosh.net.my>

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 2300

01 APRIL

Employee Assistance Programme (EAP)



1 April 2022, Bandar Baru Bangi: Majlis Pelancaran *Employee Assistance Programme (EAP)* yang disempurnakan oleh YB Datuk Wilson Ugak Anak Kumbong, Pengerusi NIOSH.

EAP adalah program yang dibangunkan khas bagi membantu majikan dalam mengendalikan isu kesihatan mental dikalangan pekerja. Ini adalah bertujuan :

1. Konsultasi atas talian **IREMYA (www.iremya.com)**: Penilaian dan Khidmat nasihat secara atas talian yang membolehkan pekerja, majikan dan orang awam mendapat panduan dan bimbingan di dalam menguruskan isu kesihatan mental.
2. **Psychological First Aider**: Kursus kompetensi yang memberikan latihan kepada peserta bagi memberikan kemahiran di dalam memberi tindakan awal dalam mengendalikan individu yang mengalami potensi kekusaran mental.
3. **Mental Health Awareness**: Kursus kesedaran umum yang memberi pendedahan dan pengetahuan am berkaitan kesihatan mental.

Di dalam majlis pelancaran EAP ini juga, majlis pertukaran dokumen memorandum persefahaman antara NIOSH dan Emerging Journey Asia (EJA) sebagai rakan strategik di dalam program-program berkaitan kesihatan mental.

Turut hadir dalam majlis tersebut adalah YB Senator Datuk T. Mohan, Naib Pengerusi NIOSH, YBhg Dato' Mirnawan Nawawi, Pengarah Eksekutif EJA, YBrs. Tuan Haji Ayop Bin Salleh, Pengarah Eksekutif NIOSH, Ahli Lembaga Pengarah NIOSH dan Pegawai-Pegawai Kanan dari NIOSH dan EJA.

Wakil dari JKKP, HRD Corp, rakan strategik NIOSH seperti Tenaga Nasional Berhad, badan-badan bukan kerajaan dan persatuan profesional seperti SME Association dan MOSHPA turut hadir.

01 APRIL

Majlis Pelancaran Logo



1 April 2022, Bandar Baru Bangi: YB Wilson Ugak Anak Kumbong melancarkan logo *Zero Tolerance to Corruption (ZETOC)* sebagai antara usaha menerapkan budaya membenci rasuah di kalangan warga kerja NIOSH.

Dengan tema Toleransi Sifar Rasuah, jati diri dan integriti kakitangan dapat mengelakkan pemberian atau penerimaan sebarang bentuk rasuah di semua aktiviti harian NIOSH.

Logo ZETOC juga akan dijadikan sebahagian jenama NIOSH bagi meningkatkan keyakinan rakan strategik, industri dan orang awam termasuk vendor dan pembekal NIOSH.

Usaha ini adalah sebagai sebahagian daripada pengisian menuju persijilan Sistem Pengurusan Anti Rasuah (ABMS) ISO 37001 oleh NIOSH.

02 APRIL

Majlis Penghargaan Tenaga Pengajar NIOSH



2 April 2022, Bandar Baru Bangi: Lebih 100 orang Tenaga Pengajar diraikan di Majlis Penghargaan Tenaga Pengajar NIOSH bagi wilayah tengah. Program ini dianjurkan bagi menghargai sumbangan tenaga pengajar di dalam aktiviti latihan anjuran NIOSH.

YB Datuk Wilson Ugak Anak Kumbong, Pengerusi NIOSH dalam ucapannya mengucapkan terima kasih kepada semua tenaga pengajar dalam dan luar yang telah menyumbang khidmat bakti menyokong usaha NIOSH di dalam menyampaikan ilmu pengetahuan keselamatan dan kesihatan pekerjaan.

Majlis ini turut dihadiri oleh YBrs. Tuan Haji Ayob Bin Salleh, Pengarah Eksekutif NIOSH, Ahli Lembaga Pengarah NIOSH dan Pegawai-Pegawai Kanan NIOSH. Majlis Penghargaan Tenaga Pengajar bagi wilayah-wilayah lain juga akan diadakan sepanjang tahun ini.

Majlis ini juga bertujuan untuk merapatkan lagi hubungan antara NIOSH dan tenaga pengajar termasuk menjadi platform untuk menyalurkan maklumat-maklumat terkini berkaitan pengajaran dan pembelajaran di NIOSH.

05 APRIL

Promosi NIOSH Perkhidmatan Penaksiran Asas Kualiti Udara Dalam (KUD)

Wabak Covid-19 telah memberikan impak yang besar khususnya kepada kelangsungan operasi perniagaan akibat sekatan pergerakan. Pelbagai strategi kawalan penularan di tempat kerja dijalankan sebagai usaha menghidupkan semula aktiviti ekonomi Negara.

Selain daripada mewujudkan jadual pengaliran 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.

Terkini, WHO telah mengesahkan varian Omicron yang boleh tersebar melalui udara (*airborne*) dengan kadar jangkitan yang tinggi dan seterusnya membantutkan rancangan peralihan ke fasa endemik.

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 SME.

Pakej Perkhidmatan Keselamatan dan Kesihatan Pekerjaan (KKP): Kawalan Risiko Jangkitan Covid-19 (pengudaraan) bagi SME.

Tawaran Percuma
Istimewa untuk industri kecil dan sederhana (IKS) bagi 300 syarikat pertama

Laporan Pemantauan IAQ asas dan cadangan penambahbaikan KKP di tempat kerja disediakan!

Promosi terbuka kepada SME. 300 slot diberikan secara **PERCUMA !!!**

Untuk maklumat lanjut, emel ke cmc@niosh.com.my

Daftar slot di:

Proses Program Kawalan Risiko Jangkitan Covid-19 Pengudaraan bagi SME

↓

 ↓

 ↓

[nioshmalaysia](#)
[@NioshMalaysia](#)
www.niosh.com.my

Kementerian Sumber Manusia melalui NIOSH mengambil inisiatif di bawah program Aspirasi Keluarga Malaysia (AKM) menawarkan perkhidmatan Penaksiran Asas Kualiti Udara Dalam (KUD) secara **PERCUMA** kepada syarikat-syarikat di dalam kategori mikro dan kecil.

Inisiatif percuma ini akan melibatkan lebih 300 syarikat mikro dan kecil dimana pemeriksaan awal di tempat kerja akan dijalankan oleh Pakar Teknikal NIOSH. Laporan pemeriksaan awal di tempat kerja dan pemantauan asas KUD akan disediakan dengan cadangan penambahbaikan KUD serta aspek keselamatan dan kesihatan pekerjaan (KKP) di tempat kerja.

Pihak IKS digesa untuk menghubungi pihak NIOSH untuk mendapatkan perkhidmatan penaksiran asas KUD. Sebarang pertanyaan boleh ditujukan kepada NIOSH melalui e-mail rasmi cmc@niosh.com.my.

11 APRIL

Majlis Iftar Kakitangan Bersama Pengerusi NIOSH



22 APRIL

Ceramah Perdana Nuzul Quran



Ceramah Perdana Nuzul Quran Bersempena Ihya' Ramadan NIOSH 1443H/2022 - "Kisah Al-Quran, Panduan Integriti Terbaik" disampaikan oleh YB Senator Datuk Dr. Zulkifli bin Mohamad Al-Bakri di Dewan Rafflesia, Menara NIOSH, Bandar Baru Bangi.

29 APRIL

NIOSH Menyumbang Pelitup Muka



Sumbangan pelitup muka bagi menyokong Kempen Keselamatan Jalan Raya Proton 2022 anjuran Jabatan Keselamatan, Kesihatan dan Persekitaran PROTON.

Semoga pada musim perayaan ini kita dapat memastikan keselamatan dan kesihatan diutamakan walau di mana juga kita berada.

NIOSH menyokong usaha yang dilaksanakan oleh pihak PROTON ini dan berharap agar lebih ramai lagi pihak korporat turut sama menganjurkan program tanggungjawab korporat yang boleh mengurangkan kadar kemalangan jalan raya.



28 April 2022, Bandar Baru Bangi: Sambutan Hari Sedunia bagi Keselamatan dan Kesihatan di tempat kerja.

Sambutan tahunan ini lebih sinonim dengan nama *World OSH Day* dan disambut pada 28 April setiap tahun. Tahun ini *World OSH Day* disambut dengan tema "*Let's Act Together To Build A Positive Safety And Health Culture*"

Hari sedunia ini disambut untuk mengenang kembali mangsa-mangsa yang terlibat dengan kemalangan dan penyakit serta mempromosikan budaya pencegahan kemalangan dan penyakit pekerjaan di tempat kerja.

YB. Datuk Wilson Ugak Anak Kumbong, Pengerusi NIOSH memohon semua warga kerja dan majikan untuk membentuk dan membina budaya selamat dan sihat yang positif bagi meminimum kemalangan dan masalah kesihatan di tempat kerja.

Turut hadir YB Senator Datuk T. Mohan, Naib Pengerusi NIOSH, YBrs. Tuan Haji Ayob Bin Salleh, Pengarah Eksekutif NIOSH, Ahli Lembaga Pengarah NIOSH, wakil-wakil Jabatan dan Agensi Kerajaan dan agensi kerajaan seperti JKPP, PERKESO, Bomba, Jabatan Alam Sekitar; rakan-rakan pempamer dari Kualiti Alam, Dräger, 3M, Emerging Journey Asia dan lain-lain.

Sambutan Hari Sedunia Bagi Keselamatan dan Kesihatan Pekerjaan

Mari bertindak bersama untuk membina budaya keselamatan dan kesihatan yang positif.

Di peringkat tempat kerja, budaya keselamatan dan kesihatan pekerjaan (KKP) yang kukuh ialah budaya di mana hak untuk mendapatkan persekitaran kerja yang selamat dan sihat dihargai dan digalakkan oleh pihak pengurusan dan pekerja. Budaya KKP yang positif dibina atas penyertaan, melalui penglibatan bermakna semua pihak dalam meningkatkan tahap keselamatan dan kesihatan di tempat kerja yang berterusan.

Di tempat kerja yang mempunyai budaya KKP yang kukuh, pekerja berasa selesa untuk mengemukakan kebimbangan tentang kemungkinan risiko atau bahaya di tempat kerja dan pihak pengurusan proaktif dalam bekerjasama dengan pekerja untuk mencari penyelesaian yang sesuai, berkesan dan mampan.

Ini memerlukan komunikasi dan dialog terbuka yang dibina atas kepercayaan dan saling menghormati. Ketika kita terus mengharungi krisis kesihatan global dan menghadapi risiko yang berterusan dalam dunia pekerjaan, kita mesti terus bergerak ke arah membina budaya keselamatan dan kesihatan yang kukuh di semua peringkat.

Oleh itu sempena Sambutan Hari Sedunia Bagi Keselamatan dan Kesihatan Pekerjaan, NIOSH akan menganjurkan :

- a. Majlis sambutan
- b. Bual Bicara KKP
- b. Seminar
- c. Pertandingan video pendek KKP

"Let's act together to build a positive safety and health culture"

#staysafe

#stayhealthy



Bual Bicara
SAMBUTAN HARI SEDUNIA BAGI KESELAMATAN DAN KESIHATAN PEKERJAAN
 Topik : Mari Bertindak Bersama Untuk membina Budaya Keselamatan dan Kesihatan Yang Positif

Moderator
Mohd Razman Ismail
 Resident Trainer
 Jabatan Pendidikan dan Latihan & Penilaian Wilayah (LTD & RO), NIOSH

Prof. Madya Dr. Mohd Rafee Baharudin
 Pengarah
 Keselamatan dan Kesihatan Pekerjaan, Universiti Putra Malaysia (UPM)

Y.Bhg. Datuk Hj Shamsuddin Bardan
 Pengarah Eksekutif,
 Persekutuan Kaupada-Majlis Malaysia (MKEF)

Mohammad Hamdan Bin H Dorhallim
 Presiden,
 Keahlian Pekerja Pekerja Perusahaan Listrik (EIPU)

28 April 2022 (Khamis) | 09.00am - 10.15am

LIVE nioshmalaysia

RUANG BICARA
FASA PERALIHAN KE ENDEMIK: MEMBINA KESELAMATAN DAN KESIHATAN PEKERJAAN

KHAIRUNNIZAM MUSTAPA
 Pengurus Besar
 Institut Keselamatan dan Kesihatan Pekerjaan Negara

HOS SHERKAWI JIRIM

SIARAN LANGSUNG
 Facebook & YouTube Bernama TV
 Astro 502 | unifi TV 651 | myfreeview 121

27 APR

28 APR

1 BUAL BICARA

02 APR

PERANAN NIOSH DALAM KESELAMATAN & KESIHATAN PEKERJAAN

BERSAMA

DATUK WILSON UGAK ANAK KUMBONG
 PENERUSI
 INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN (NIOH)
 MERANGKAP AHLI PARLIMEN ULU REJANG

KHAIRUNNIZAM MUSTAPA
 PENGURUS BESAR
 INSTITUT KESELAMTAN DAN KESIHATAN PEKERJAAN NEGARA (NIOH)

SABTU, 2 APRIL 2022
 08:15 PAGI

tv1 | BERITA | Freeview | rfm

LIVE selamatpagimalaysia #nadiseripagi #rtmmobile

28 APR

KESIHATAN PEKERJAAN : PENGIMBASAN PADA HARI KESELAMATAN DAN KESIHATAN PEKERJAAN SEDUNIA 2022

BERSAMA

DR MUHAMMAD ARIFF MUHAMAD NOORDIN
 DOKTOR KESIHATAN PEKERJAAN
 NIOH

KHAMIS, 28 APRIL 2022
 10.05 PAGI

Kesejahteraan kesehatan mental teras kehidupan berkualiti

Masihla...
Yusoff...
M. Kamper...
Alor Gajah

Kesejahteraan mental sering kali dianggap...
Malah, sejak pandemik COVID-19 melanda...
Permasalahan berikut semestinya berpanca...

ri pada masyarakat sekeliling diperlukan bermula...
Sebaliknya, kepentingan menjaga kesehatan...
Jika terdapat rakan sekeliling atau keluarga...

Malah ia juga dapat dibina berdasarkan statistik...
Namun, setiap mana masyarakat tahu meng...

ri pada masyarakat sekeliling diperlukan bermula...
Sebaliknya, kepentingan menjaga kesehatan...
Jika terdapat rakan sekeliling atau keluarga...

Malah ia juga dapat dibina berdasarkan statistik...
Namun, setiap mana masyarakat tahu meng...

Malah ia juga dapat dibina berdasarkan statistik...
Namun, setiap mana masyarakat tahu meng...

Malah ia juga dapat dibina berdasarkan statistik...
Namun, setiap mana masyarakat tahu meng...

Malah ia juga dapat dibina berdasarkan statistik...
Namun, setiap mana masyarakat tahu meng...

Sinar - 13042022 - ms8



SIRIM QAS International meluluskan pengujian dan pensijilan ke atas pelitup muka bukaan...
SIRIM QAS International sedia bantu pengilang, pengimport pelitup muka dapatkan pensijilan

SIRAH ALAM - SIRIM QAS International bersedia membantu pengilang dan pengimport pelitup muka bukaan untuk mematuhi per...
Ketua Pegawai Eksekutif SIRIM QAS International, Nur Fadillah Muhammad berkata, pihaknya berhas...

tersebut melindungi pemakai daripada...
Pertanyaan mengenai isu tersebut...
Pengguna boleh untuk tahu bahawa...

TheStar 09042022 - ms2

Finding the WFH-WFO balance

Bosses consider strategies as workers quit rather than return to office

PETALING JAYA Workers are putting their...
The boss is in a dilemma of retaining talents...

Employees may still be able to...
Employees may still be able to...
Employees may still be able to...

Employees may still be able to...
Employees may still be able to...
Employees may still be able to...

Employees may still be able to...
Employees may still be able to...
Employees may still be able to...

Employees may still be able to...
Employees may still be able to...
Employees may still be able to...

Employees may still be able to...
Employees may still be able to...
Employees may still be able to...

Bh - 18042022 - ms19

Prihatin keselamatan murid, guru hadiahkan topi keledar

Lokasi sekolah di pedalaman, ibu bapa cenderung kurang tekankan isu keselamatan

Secolahku

Secolahku

Lokasi sekolah di pedalaman, ibu bapa cenderung kurang tekankan isu keselamatan

Secolahku

Secolahku

Secolahku

Secolahku

Secolahku

Secolahku

Secolahku

Secolahku

Secolahku

Secolahku

Secolahku

Sinar - 07042022 - ms29

Pekerja kilang trauma putus separuh tangan

GURIN - Seorang pekerja kilang konpen plastik dan logam trauma selepas separuh tangan kancaman kepunyaan akibat terkena mesin di tempat kerja dalam kejadian pada 21 Februari lalu.

Menurut Faizal, dia juga terpaksa ber...
"Selang sehari anak saya kena caci laka, kemudian ada rawatan fisioterapi dan rawatan sukan di Hospital Sultan Abdul Halim, Sungai Petani."

Menurut Faizal, dia juga terpaksa ber...
"Selang sehari anak saya kena caci laka, kemudian ada rawatan fisioterapi dan rawatan sukan di Hospital Sultan Abdul Halim, Sungai Petani."

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Safety and health for hospitality industry

WITH the reopening of international borders, tourism players are expecting to welcome foreign tourists back to Malaysia as part of our efforts towards economic recovery.

that holiday and recreational outings are accident-free.

accidents resulting in injuries and fatalities.

Hotellers and providers of tourism services and services can expect a gradual increase in the number of travellers and patrons in the coming months, and eventually to levels before the pandemic.

I would urge those who are participating in activities such as mountain climbing, hiking, scuba diving, water rafting, snorkelling, water scooting, wall climbing and bungee jumping to obey all the associated safety and health rules.

Similarly, heavy physical workloads or ergonomically poor working conditions, such as sitting in vehicles for many hours, can lead to muscular fatigue and attention deficiency.

For sure, these sectors will have to observe the new norms and strictly enforce the respective standard operating procedures to prevent a resurgence of Covid-19 cases, as the virus is still within our midst.

There are risks attendant upon every indoor and outdoor activity, as evidenced by the many reports in newspapers and other media of

Enforcing a comprehensive safety first rule is therefore of utmost importance.

Besides keeping SOP in mind, it is also essential for all in the tourism and hospitality industry to pay special attention to matters relating to safety and health, and ensure

Committing to OSH in addition to complying with all SOPs for Covid-19 prevention will be good for tour operators and others in the hospitality industry.

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Explosives are very sensitive materials. Heat or friction from handling could ignite them. The safe option for disposal is to immerse them in water and ensure that they are thoroughly soaked.

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Sila imbas kod QR untuk muat turun FYI NIOSH