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*Your OSH preferred partners*

## ACCEPTANCE OF NIOSH Malaysia AS THE FULL MEMBER OF ASIA-PACIFIC OCCUPATIONAL SAFETY AND HEALTH ORGANISATION (AOSHO)

NIOSH Malaysia is now a full member of the Asia-Pacific Occupational Safety and Health Organisation (AOSHO).

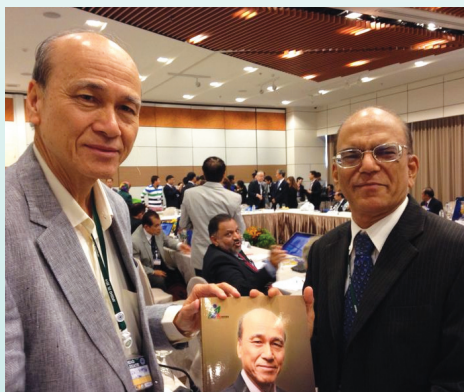
NIOSH application to be a full member of AOSHO was accepted at the Annual General Meeting of the 29<sup>th</sup> AOSHO held in Bangkok on the 5<sup>th</sup> of July 2014.

The 29<sup>th</sup> AOSHO Annual Conference was attended by NIOSH Chairman Tan Sri Lee Lam Thye, NIOSH Executive Secretary, Mr Ayop Salleh and Manager of NIOSH Sabah & Labuan

Regional Office, Mr Mohd Hussin Abd Salam.

In addition, NIOSH Malaysia was also accepted as a member of the OSH Training Committee as well as the OSH Management Systems and Membership Committee of AOSHO.

Tan Sri Lee Lam Thye stated that NIOSH would play its role as an AOSHO Member to promote Occupational Safety and Health in the Asia-Pacific region.



# FORKLIFT OPERATIONS

## INTRODUCTION

As a professional forklift operator, you make judgment calls all day - each of them geared to keeping your load and lift truck stable while you work safely and efficiently.

Each shift, after you inspect your forklift, you deal with operating conditions and special hazards. These vary with the work you are doing and can change many times each day.

Some of the issues you face include surface conditions, various loads and stability, proper load manipulation, stacking and unstacking, vehicle and pedestrian traffic and situations like narrow aisles or restricted access. Then there are the special hazards related to locations, activities or the environment, plus all the rules of operating safety. It's a big job.

This handbook explains how to handle some of the issues you face as a professional forklift operator. Coupled with your hands-on training, it will help you work safely and effectively in many different situations.



## LOAD STABILITY

Load size and weight affect truck stability. Never exceed your truck's rated load capacity. You will find it on the plate inside the truck. The operator's manual describes how load shape, size and carrying angle affect stability.



You can increase your stability by carrying a smaller load. You should reduce your load:

- If the load is tall, wide, oddly shaped or if you are using attachments.
- If a high lift is involved or if the route is rough;
- If the load cannot be centered on the pallet or carried close to your drive wheels;
- If you have to make tight turns or travel on a ramp or slope.

To keep the load itself stable, you should:

- Space your forks as far apart as possible;
- Make sure the load will not shift while travelling;
- Secure loose or slippery items;
- Transfer loads on broken pallets or containers to sound ones before picking them up.
- Wrap or strap loads made up of individual items.

## LIFTING A LOAD

To pick up a load:

- Square up on its center and approach it straight on.
- Stop with the tips of your forks about one foot from the load.
- Level the forks and slowly drive forward until the load rests against the mast.
- Lift the load high enough to clear whatever is under it and tilt the mast back slightly to a traveling position.
- Look over both shoulders to make sure it is safe to move in reverse. If it is clear, back out about a foot.



If there's another load in front of the one you are lifting, lift without tilting. Remember to lift only enough to clear the other load.

The traveling position is as close to the floor as possible, usually an inch or two at the heel of the forks and four to six inches at the tips, with the load resting against the mast. As you drive, stay within the floor markings and out of the pedestrian lanes.

## PUTTING DOWN A LOAD

To put down a load down:

- Square up and stop about a foot away.
- Drive forward until you are about half-way into the loading area.
- Stop.
- Level the forks and drive the rest of the way in.
- Lower the load.
- After the load is seated, lower the forks slightly to keep from hooking the load on pullout.
- Look over both shoulders and back out slowly.

A few points to remember when working with loads:

- Make sure the area is clear of people.
- Stop before raising or lowering forks.
- Look over both shoulders before you back up.
- Never travel or turn with the load elevated.
- Lift a load only high enough to clear obstacles and lower it as soon as possible.

## WORKING WITH STACK

When you work with high stacks, approach and travel are the same with one difference: the higher you go, the less stable your forklift and your load become.



To remove a load from a high stack:

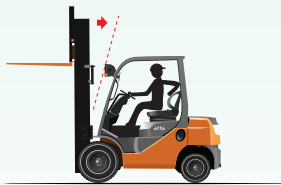
- Stop straight on and about a foot away from the stack at right.
- Raise the mast until the forks are at the right height. Move forward slowly until the load is flush with the back of the forks.
- Lift the load high enough to clear the item below.
- Look over both shoulders and back straight out to clear the edge of the stack.
- Stop and lower the load to the traveling position.
- Tilt the load back and move out slowly.





To place a load on a stack:

- Approach it slowly and squarely.
- Stop about foot away.
- Lift the mast high enough to clear the top of the stack.
- Inch forward until the load is square over the stack.
- Level the forks and lower the mast until the load is no longer supported by the forks.
- Keep forks level so you don't hook anything.
- Look over both shoulders and back straight out.



Remember these stacking rules:

- Set the top load squarely on the stock.
- Never raise or lower a load unless you are at a full stop.
- Never attempt to turn with your mast raised.
- Always approach the load straight on and remove it by backing straight back.
- Make sure you have enough overhead clearance.
- Watch for electrical lines, pipes, light fixtures and sprinkler heads.

## TRAVELING TIPS

Many accidents involving forklifts occur when traveling. When driving a forklift you should:

- Stay within the vehicle lanes.
- Tilt the load slightly back with forks low.
- Slow down and sound your horn at corners, intersections and places with limited view.
- Drive at a slow, steady pace.
- Observe speed limits.
- Slow way down for turns.
- Drive in reverse if your vision is obstructed.
- Yield to pedestrians - they always have the right of way, no matter where they are.
- Never drive up to anyone standing in front of a fixed object.
- Never allow anyone to stand on your forks or lift people without an approved platform.
- Never allow anyone to walk or stand under your forks, loaded or empty.



## SPECIAL HAZARDS

During your work with the forklift, you may encounter special hazards. These include hazardous locations, activities and environments.

## HAZARDOUS LOCATIONS

All forklift trucks are not created equal. This applies not only to load capacity and terrain, but also to the kinds of situations where a truck can operate.

Some trucks cannot be used near food products. Others cannot be used around chemical vapours, or grain, metal or fibre dust, which can explode. Only trucks with special non-sparking and low-heat safeguards can be used in such areas.

Your employer chooses the appropriate truck for your work areas. Your job is to understand any restrictions and never to operate where you could be exposed to hazardous chemicals, set off a fire or explosion or create some other problem.

## HAZARDOUS ACTIVITIES

Hazardous activities also pose special risks to forklift operators. Among these are operation on ramps or slopes and operation on docks.

When operating on ramps or slopes:

- Stay well back from the edge.
- Never turn around on the slope.
- Drive with your load on the uphill side. This means you drive up slopes with your load in front and drive down slopes in reverse unless you are loading a trailer. When forks are empty, back up a slope and drive down it forwards.



When working on docks:

- Make sure dockboards or bridgeplates are properly secured and strong enough to handle the combined weight of your lift and its load.
- Keep the bridge or dock plate as level as possible and free of oil, dirt, water, ice or snow.
- Make sure rail cars or trailers are secure so they won't roll forward when you drive on. Chock the wheels, set the brakes and use dock locks.
- Make sure the floor is strong enough and that you have enough overhead clearance.
- Check to see that the trailer or railcar is secured, and buckle your seatbelt before you enter.



## HAZARDOUS ENVIRONMENTS

During your certification training, you will learn about possible hazardous environments in your facility. Some common ones are chemical exposure, leaks and other emergencies, pits and edges. In some cases, you may need to wear special personal protective equipment (PPE), including hearing protection, eye or respiratory protection.

You also must be cautious about fumes and carbon monoxide that the forklift creates. When working indoor, make sure the ventilation system is working properly. Do not close doors or turn off ventilation fans because it is too cold inside or because it's too noisy.

Because carbon monoxide is odorless, you can be overcome without suspecting that anything is wrong. Symptoms include feeling weak, sleepy or dizzy, or getting a headache. If you develop symptoms of carbon monoxide poisoning, turn off your truck and get to fresh air immediately.

## OPERATING SAFETY

Being a top-flight forklift operator means you know and follow basic safety rules in every situation:

- Buckle your seat belt when you are in the truck.
- Never leave the truck until you lower the lifting mechanism, put controls in neutral and set the brakes. If you're 25 feet away or can't see the truck, turn the truck off.
- Never modify forks or attachments.
- Never give rides or let anyone stand on the forks.
- Keep your arms and hands in the truck.
- Keep the controls and your hands clean and dry.
- Never block doors or emergency equipment.
- Never push things with your forks.
- Don't raise, lower or tilt a load while moving.
- Never turn on a slope or ramp.

## SUMMARY

It takes a lot of work and dedication to be an accomplished forklift operator. The pros know that every truck, every situation and every load is different. Take all the training you can get. Watch how the experts do it, and practice the safe procedures you learn.



## NEWS HEADLINE

## SOCO PROGRAMME A GOOD EXAMPLE

**Publication:** New Straits Times  
**Date of Publication:** 04 July 2014  
**Page number:** 19

## RETURN TO WORK

## Socso programme a good example

**W**HAT can be more important and meaningful for an employee suffering from employment injury and invalidity than to be treated, rehabilitated, return to work, be economically empowered and re-integrate himself or herself in society?

What better social protection can one have other than access to jobs, decent and sustainable employment, and being able to contribute to the nation's productivity output?

With accidents occurring every day despite prevention efforts, many workers are lost prematurely at their most productive age.

For those who are severely injured and traumatised because of workplace accidents, it does not mean the end of the world for them. They can return to work and be reintegrated into society.

The Return To Work (RTW) programme provided by the Social

Security Organisation is a systematic disability case management programme in processing compensation, medical and vocational rehabilitation for an injured worker.

This is social security at its best. We do not need a social security system that only provides compensation but rather, one that will provide the opportunity for workers to be reintegrated back into the society and which will put back smiles on people's faces.

At a recent Regional Return To Work Conference organised by Socso, Human Resources Minister Datuk Seri Richard Riot shared a story of a RTW participant who was fell unconscious after being struck by a high-voltage cable while working in an oil palm estate.

He was sent to hospital. Both his hands and his left leg were amputated, and he was later referred

to Socso's RTW programme.

After going through rehabilitation and treatment, he was fitted with prosthesis and orthotic devices to enable him to function in his daily activities.

Two years later, with the help of Socso and a caring employer, he was able to work as a customer service officer.

The programme is a good example of what Socso does to provide a better outreach and social protection to all workers as well as put into practise the concept of disability management among employers.

Since its introduction in 2007 and till last month, the programme had so far enabled 8,615 persons with injuries or illnesses to go back to work.

**Tan Sri Lee Lam Thye**, chairman, National Institute of Occupational Safety and Health, Bandar Baru Bangi, Selangor

## ASPEK KESIHATAN, KESELAMATAN JADI PELABURAN

**Publication:** Berita Harian  
**Date of Publication:** 06 July 2014  
**Page number:** 16

## Aspek kesihatan, keselamatan jadi pelaburan

**Kuala Lumpur:** Aspek keselamatan dan kesihatan pekerjaan (OSH) perlu dilihat sebagai satu pelaburan, bukan menjadi kos seperti kebiasaan yang berlaku.

Pengerusi Institut Keselamatan dan Kesihatan Pekerjaan Kebangsaan (NIOSH), Tan Sri Lee Lam Thye, berkata perkara penting dalam mewujudkan OSH di tempat kerja adalah mengintegrasikan isu keselamatan ke dalam proses latihan keselamatan yang berterusan dan membangunkan sistem bagi mengenal pasti bahaya serta langkah kawalan.

Katanya, budaya keselamatan di tempat kerja berkait rapat dengan sikap, tingkah laku, kepercayaan dan nilai yang dimiliki majikan serta pekerja di tempat kerja.

"Budaya keselamatan dan kesihatan di tempat kerja yang berkesan perlu bermula dengan pandangan positif daripada Ketua Pegawai Eksekutif hingga ke pekerja bawah atau yang baru diambil bekerja.

"Setiap matlamat yang bermakna boleh diukur melalui langkah pencegahan kemalangan yang akhirnya menjurus ke arah kemandirian sifar," katanya ketika berucap pada Persidangan Tahunan Perubuhan Keselamatan dan Kesihatan Pekerjaan Asia Pasifik (APOSHO) Ke-29 di Bangkok, semalam.

Di Malaysia, majoriti majikan sudah mewajibkan latihan OSH kepada pekerja, terutama yang berisiko, selain majoriti pekerja di sesebuah organisasi mempunyai pengetahuan asas aspek keselamatan serta langkah yang perlu diambil.

## SAFETY PASSPORTS SOON FOR SITE WORKERS

**Publication:** The Star  
**Date of Publication:** 09 July 2014  
**Page number:** 12N

## Safety passports soon for site workers

**KUALA LUMPUR:** A new kind of passport will be in use here, but it has nothing to do with travel.

Enter the "safety passport", which is to be issued soon to all Syarikat Prasarana Negara Bhd's contractors and workers.

The passport, said Prasarana, is meant to prevent accidents at its construction sites.

According to Prasarana's infrastructure development group director Amiruddin Maris, all its contractors and their workers must have the passport before they are allowed into project sites, with the move expected to make the workers well-versed with safety-related practices at the workplace.

"Workers are required to attend a safety briefing as well as pass a test at the end of the session before they are eligible to receive this safety passport," he said after attending a memorandum signing ceremony between Prasarana and the National Institute of Occupational Safety and Health (Niosh) here yesterday that was also attended by Niosh chairman Tan Sri Lee Lam Thye.

The module for obtaining the passport was jointly crafted by Prasarana and Niosh, with the latter being the passport "issuer".

Several accidents have occurred at LRT-related construction sites since last year, all of which are under Prasarana's jurisdiction.

The latest was on June 26, when a steel beam that was being

lifted at a site along Jalan Lapangan Terbang Subang fell onto a passing car, injuring the driver and passenger.

When contacted, Lee said Niosh would organise a one-day safety induction programme in September for the 40,000-odd workers at Prasarana's sites.

"The programme will help workers understand the Occupational Safety and Health Act, and enable them to have proper knowledge when at work, including understanding basic safety rules.

"Workers must show the passport to the supervisor in charge at the work site before they are allowed entry," he said, adding that the passports should enhance safety at construction sites given that such sites would already have a qualified site safety supervisor present.

"The programme will help increase awareness and compliance. Some foreign workers have no idea about our regulations, and are not aware that they are supposed to put on protective equipment," he added.

When contacted, Prasarana's senior vice-president for communications Azhar Ghazali said the safety programme would cover all projects, including the Bus Rapid Transit Project, parking bays and buses.

"Safety has always been our priority and we will continue to enhance aspects related to safety."

## DOSH kenal pasti punca kes tertusuk kayu di dahli

SEREMBAN 8 Julai - Jabatan Keselamatan dan Kesihatan Pekerjaan (DOSH) negeri telah mengenal pasti punca sebenar kejadian yang mengakibatkan seorang pekerja warga Nepal cedera selepas kepalanya ditembusi serpihan kayu di sebuah kilang papan di Gemas, dekat sini semalam.

Pengarahnya, Ahmad Kahar Abu Bakar berkata, siasatan awal mendapati mesin yang digunakan tidak mempunyai aspek penampakan (pagar) mencukupi sehingga membolehkan sisa kayu daripada mesin berkenaan terpelanting mengenai mangsa.

"Berdasarkan laporan, semasa kejadian mangsa dikatakan sedang memasukkan kayu sepanjang 3.6 meter ke dalam mesin jenis 'ripsaw' yang bertujuan melicinkan permukaan kayu.

"Namun ketika memasukkan kayu berkenaan, sisa kayu yang terdapat di dalam mesin berkenaan tiba-tiba terpelanting dan tertusuk di bahagian kanan dahli mangsa," katanya ketika dihubungi di sini hari ini.

Jelasnya, sekiranya aspek penampakan pada mesin berkenaan mencukupi, insiden sedemikian mungkin tidak akan menimpa mangsa.

"Buat masa ini, kita telah mengarahkan



KERATAN Utusan Malaysia semalam.

pihak kilang menghentikan operasi mesin berkenaan buat sementara waktu bagi membolehkan siasatan terperinci dijalankan," katanya.

Ditanya sama ada kilang berkenaan

bakal berhadapan sebarang tindakan, Ahmad Kahar memberitahu, sekiranya bukti mencukupi, mereka boleh didakwa di bawah Akta Kilang dan Jentera 1967.

"Pemilik kilang ini boleh dikenakan denda sehingga RM50,000 atau satu tahun penjara jika disabit kesalahan," ujarnya.

Utusan Malaysia hari ini melaporkan seorang lelaki warga Nepal terpaksa menanggung kesakitan lebih sejam selepas dahinya tertusuk serpihan kayu di sebuah kilang papan dekat Gemas.

Dalam kejadian kira-kira pukul 8.25 pagi itu, mangsa, Vasantha Limbu, 30, sedang memotong kayu menggunakan mesin sebelum serpihan kayu berukuran kira-kira satu meter terpelanting dan tertusuk sehingga menembusi dahli kanannya.

Mangsa kemudiannya dikejarkan ke Klinik Kesihatan Gemas untuk menerima rawatan awal sebelum dihantar ke Hospital Segamat.

## DOSH KENAL PASTI PUNCA KES TERTUSUK KAYU DI DAHLI

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**Page number:** 7



# NEWS HEADLINE

## RTW PROVIDES A NEW LEASE OF LIFE

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### RTW provides a new lease of life

NOTHING is more important and meaningful for an injured employee suffering from employment injury and invalidity than to be treated, rehabilitated and returned to work, economically empowered and be able to reintegrate with society.

What better social protection can one have other than having access to employment opportunities, decent and sustainable employment and being able to contribute to the nation's productivity output.

One thinks about disability resulting from an injury or accident at work, it is indeed a very scary thought.

With mishaps and accidents occurring every day despite preventive efforts, many of our workers are lost prematurely at their most productive age.

For those who are severely injured and traumatised due to workplace accidents, it does not mean the end of the world for them and they can return to work and be reintegrated into society.

The Return to Work programme (RTW) provided by Social Security Organisation (Socso), is a systematic disability case management programme which implements a coordinated approach in managing compensation, medical and vocational rehabilitation for returning an

injured worker to gainful employment.

This is truly social security at its best, as it does not need a social security system which only provides compensation, but one which will also provides the opportunity to be reintegrated back to the society and put back smiles on peoples' faces.

At a recent RTW conference organised by Socso under the theme "Economic Empowerment and Societal Reintegration", Human Resources Minister Datuk Seri Richard Riot shared a true story of a RTW program participant who was thrown unconscious after having been accidentally struck by a high voltage cable while working in an oil palm estate.

He was sent to hospital and both his hands and left leg had to be amputated and was later referred to Socso's RTW programme. After going through a rigorous process of rehabilitation and treatment he was fitted with proper prosthesis and orthotic devices to enable him to function in his daily activities.

Two years after his injury, with the help of Socso and a caring employer he was able to secure a job as a customer service officer.

The RTW programme is a truly noble one and stands out as a good

example of what Socso can do to provide a better outreach and social protection to all workers as well as to put into practice the concept of disability management to all employers.

Since its introduction in 2007 and till June this year, the RTW programme has so far restored 8,615 persons with injuries or illnesses back to work with 958 workers returning to employment in the first half of this year.

Socso and the ministry should be complimented for the RTW programme and how it has given injured employees with disabilities a new lease of life through economic empowerment and societal reintegration.

Restoring persons with injuries or illnesses back to employment requires a lot of patience, commitment, hardwork and passion by the drivers of the programme.

All those who made it possible; the affected patients, Socso and the employers deserve to be congratulated and should be given all the encouragement to do more in the days ahead.

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

## 'INSTIL WORKPLACE SAFETY CULTURE'

**Publication:** New Straits Times  
**Date of Publication:** 06 July 2014  
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### 'Instil workplace safety culture'

**CRUCIAL:** Need for employers to embrace safety as an investment and not a cost

**THARANYA ARUMUGAM**  
KUALA LUMPUR  
tharanya@nst.com.my

ORGANISATIONS and employers should create a safe and healthy workplace to prevent accidents, said the National Institute for Occupational Safety and Health.

Its chairman, Tan Sri Lee Lam Thye, said for a workplace safety culture to be developed, there must be a "buy-in" by organisations to embrace safety and for employers to accept occupational safety and health (OSH) as an investment and not a cost.

Lee said the integration of safety and developing a system for hazard identification and control were important elements of a safety culture.

He said workplace safety cul-

ture was very much related to attitudes, behaviour, beliefs and values of employers and employees.

"A strong safety and healthy culture is the result of positive workplace attitudes from the chief executive officer to the newest hire and the lowest ranking employee, coupled with meaningful and measurable safety and health improvement goals directed towards accident prevention or zero-accident."

"The basic elements of an OSH culture are that all employees within an organisation have the fundamental right to a safe and healthy workplace, accept full responsibility for ensuring his or her own safety and health, and have a duty to protect the safety and health of others."

Lee said the ability to communic-

ate effectively in an organisation among employees and between employees and employers was important in creating a safety culture.

Trusting employees and encouraging them to solve problems would increase their sense of responsibility and enhance their motivation to take ownership of OSH issues at the workplace, he said.

"For OSH to create an impact on the individual, which is most essential for a safety culture, we need to empower each individual to make the right decisions in the face of safety threats based on his or her knowledge of OSH," he said, while speaking at the 29th annual Conference of Asia Pacific Occupational Safety and Health Organisation (APOSFO) in Bangkok yesterday.

He added that leadership in an organisation was the single most critical factor in determining an OSH culture where employers gave emphasis to employee well-being and productivity.

## Tingkat aspek keselamatan tempat kerja

**Kuala Lumpur:** Pembangunan budaya keselamatan di tempat kerja perlu diterima di semua peringkat dalam sebuah organisasi malah majikan juga perlu menerima keselamatan dan kesihatan pekerjaan (OSH) sebagai pelaburan dan bukannya kos.

Pengerusi Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSSH) Tan Sri Lee Lam Thye berkata, budaya keselamatan di tempat kerja boleh diwujudkan melalui pengintegrasian aspek keselamatan ke dalam proses penambahbaikan

yang berterusan, latihan keselamatan dan pendidikan serta membina sistem untuk mengenal pasti bahaya serta kaedah pengawalan.

"Budaya keselamatan di tempat kerja berkait rapat dengan sikap, tingkah laku, kepercayaan dan nilai dimiliki oleh majikan serta pekerja."

"Ia juga terhasil melalui sikap positif di tempat kerja membolehkan pengurusan hinggalah kakitangan bawahah. Ia juga diwujudkan melalui sasaran pencegahan kemalangan atau kemalangan sifar," katanya.

Beliau berkata demikian pada Persidangan Tahunan Pertubuhan

Keselamatan dan Kesihatan Pekerjaan Asia Pasifik (APOSFO) ke-29 di Bangkok, Thailand, semalam.

Menurut beliau, perkara asasi bagi budaya OSH di tempat kerja ialah setiap pekerja berhak untuk bekerja di tempat kerja yang selamat dan sihat.

Selain itu, melalui budaya asas OSH ini juga, pekerja turut perlu menerima tanggungjawab sepenuhnya untuk memastikan keselamatan dan kesihatan diri mereka serta melaksanakan tanggungjawab

untuk melindungi keselamatan selain kesihatan dan kesihatan pekerja lain.

"Kemampuan untuk berkomunikasi dengan berkesan di kalangan pekerja di dalam sebuah organisasi selain di antara pekerja dengan majikan adalah penentu penting bagi mewujudkan budaya keselamatan."

"Majikan juga perlu menaruh kepercayaan serta menggalakkan pekerja untuk menyelesaikan masalah, ia mampu meningkatkan rasa tanggungjawab dan meningkatkan motivasi pekerja bagi menanganai pelbagai isu keselamatan serta kesihatan di tempat kerja," katanya.



BH 5 JULAI 2014 @ SABTU

PROGRAM RTW

## Perlindungan sosial tingkat produktiviti

Tada yang lebih penting dan bermakna bagi seorang pekerja yang mengalami kecederaan pekerjaan atau penyakit kerja daripada diberi bantuan untuk mendapatkan rawatan, pemulihan, kembali bekerja semula dan menjana pendapatan serta dapat diintegrasikan semula dalam masyarakat.

Perlindungan sosial yang lebih sempurna mampu membantu pekerja yang cedera dalam alam pekerjaan.

Program keselamatan Program sumpama ini adalah satu program keselamatan sosial yang terbaik. Kita memerlukan satu sistem keselamatan sosial yang bukan hanya memberi pampasan, tetapi juga memberi peluang untuk menempatkan diri semula dalam masyarakat serta mengembalikan keyakinan mereka.

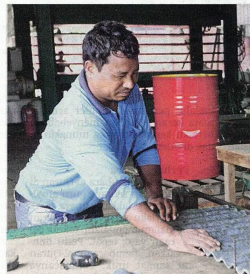
Pada Persidangan Serantau Program Return To Work yang dianjurkan oleh PERKESO baru-baru ini yang bertemakan 'Memperkasakan Ekonomi dan Integrasikan Masyarakat', Menteri Sumber Manusia, Datuk Seri Richard Riot berkongsi kisah benar seorang peserta Program RTW yang tidak sedarkan diri selepas terkena rejatan elektrik daripada kabel berkuasa tinggi ketika bekerja di dalam sebuah ladang kelapa sawit.

Beliau dihantar ke hospital dan kedua-dua tangan dan kaki kiri beliau terpaksa dipotong akibat daripada kemalangan itu. Kes beliau kemudian dirujuk ke Jemaah Doktor PERKESO dan dicadangkan untuk mengikuti Program Return To Work, selepas melalui proses pemulihan dan mendapatkan rawatan, kaki kiri beliau dipasangkan dengan protesis peranti optik dan membolehkan beliau berfungsi menjalankan aktiviti harianya.

Setelah dua tahun, dengan bantuan PERKESO dan majikan yang prihatin, beliau berpeluang mendapatkan pekerjaannya semula dan ditempatkan sebagai pegawai perkhidmatan pelanggan.

Program Return To Work adalah program yang sangat mulia dan perlu dijadikan contoh yang terbaik yang dilakukan oleh pihak PERKESO dengan menyediakan peluang yang lebih baik dan perlindungan sosial kepada semua pekerja yang layak dan perlu disartikan di dalam amalan konsep pengurusan hilang upaya kepada semua majikan.

Sejak diperkenalkan pada tahun 2007 dan sehingga Jun tahun ini, Program RTW berjaya memulihkan 8615 orang yang mengalami kecederaan akibat kemalangan di dalam masyarakat.



Perlindungan sosial yang lebih sempurna membantu mewujudkan peluang pekerjaan yang baik.

NASIONAL 35

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langan di tempat kerja atau penyakit kembali bekerja dengan 958 pekerja kembali ke alam pekerjaan dalam separuh pertama tahun ini sahaja.

**Peluang kedua**

PERKESO dan pihak Kementerian perlu diberi pujian bagi pelaksanaan Program RTW dan kejayaannya di dalam memberi peluang kepada pekerja kurang upaya untuk menjangka pendapatan dan program penempatan semula di dalam masyarakat.

Dalam proses menempatkan semula golongan pekerja yang mengalami kecederaan atau penyakit kembali ke alam pekerjaan memerlukan banyak kesabaran, komitmen, kerja keras, dan semangat terutama oleh pengurusan program.

Semua pihak terutama PERKESO dan majikan, perlu diberi pengiktirafan dan bakti mendapat penghargaan di atas usaha murni membantu golongan pekerja yang malang ini dengan memberikan bantuan, harapan dan memberi sinar baharu kepada mereka di dalam meneruskan kehidupan di dunia yang membara ini. Adalah diharapkan agar usaha murni ini dapat berterusan pada masa hadapan.

Tan Sri Lee Lam Thye, Pengerusi NIOSSH

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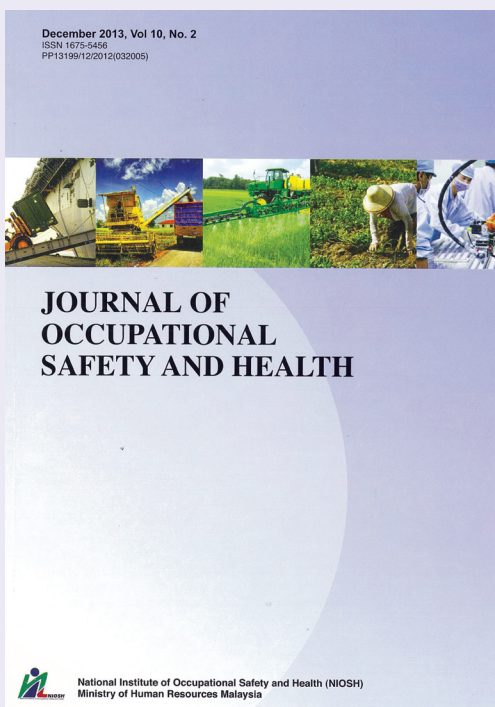
## PREVALENCE OF WORK RELATED MUSCULOSKELETAL DISORDER AMONG PORT WORKERS: QUANTITATIVE ANALYSIS AT THE PHYSIOTHERAPY CENTRE OF MALAYSIAN SHIPPING INDUSTRY, SELANGOR

Izham Zain<sup>1</sup>, Azrul Anuar<sup>1</sup>, Asrina Asri<sup>1</sup>, Shamsul Azhar<sup>2</sup>

<sup>1</sup>KPJ Healthcare University College

<sup>2</sup>Physiotherapy Department, Malaysia Shipping Industry, Selangor

Corresponding author: zainizham@yahoo.com.my



### Abstract

The objective of this study is to identify the type of occupational related musculoskeletal disorder among Malaysian Shipping Industry workers and to determine the relationship between workers socio demographic factors with occupational related musculoskeletal disorder and injuries. This is a cross sectional, retrospective study using secondary data that is available at the physiotherapy centre of Malaysia Shipping in Selangor. The study population is the shipping port workers received physiotherapy treatment from 2011 and 2012. A total of 90 samples comprise of 85 male workers and the remaining is female. The mean age is 34.1 ( $\pm 7.36$ ). Crane operator is the largest number of workers seeks for physiotherapy treatment (68), office (15) and 7 from maintenance. The mean of employment duration is 8.02 ( $\pm 4.47$ ) years with the maintenance group of workers have longest working duration of 9 years. Muscle and ligament sprain strain known to be the commonest condition (80%) refer for physiotherapy rehabilitation, tendinitis (14%) and fracture (6%). Young age group of workers were significantly 9 times higher (95% CI 1.83 — 40.35) of getting back injuries. The prevalence of musculoskeletal disorder based on work categories vary with office type workers has 4.5 times higher (95% CI 1.06 — 19.7) on hand injuries. This study has revealed that workers age, different type of work categories, working experience, and body mass composition were associates with the occupational related injuries. The training programme emphasise on preventive measures should be tailored to empower the employee on safety measures at work.

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**INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA  
KEMENTERIAN SUMBER MANUSIA  
NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH MALAYSIA (NIOSH)**

Lot 1, Jalan 15/1, Section 15, 43650 Bandar Baru Bangi, Selangor Darul Ehsan

Tel: 03-8769 2100 Fax: 03-8926 5655

[www.niosh.com.my](http://www.niosh.com.my)