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How Well Do You Know Your Cooking Gas Cylinder? - Liquefied Petroleum Gas (LPG) Cylinder

Membina Generasi Sihat : Usaha Malaysia Menangani NCD



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

Nota Pengarah Eksekutif

Assalamualaikum W. B. T.

Bismillahirrahmanirrahim.

Dalam dunia moden yang bergantung kepada tenaga berasaskan gas dan bahan mudah terbakar, pengendalian peralatan bertekanan tinggi perlu diberi perhatian yang serius bagi mengelakkan kemalangan. Penggunaan gas dan bahan mudah terbakar pada masa ini amat meluas dalam sektor domestik, komersial dan industri, menjadikan aspek pengendaliannya amat penting dan perlu difahami agar mampu diurus dengan penuh tanggungjawab.

Insiden letupan dan kebakaran besar di Putra Heights, Subang Jaya, akibat kebocoran saluran paip gas pada 1 April 2025 menunjukkan kesan yang amat besar yang boleh tercetus akibat kebocoran bahan mudah terbakar ini. Kejadian yang berlaku pada hari kedua sambutan Aidilfitri itu telah menyebabkan lebih 100 orang cedera dan melibatkan pemindahan ratusan penduduk.

Kejadian ini menjadi peringatan penting bahawa kegagalan mematuhi piawaian keselamatan dalam pengurusan gas bertekanan tinggi boleh membawa kesan buruk bukan sahaja kepada pekerja, malah kepada masyarakat sekeliling. Namun, risiko yang sama juga boleh berlaku di rumah, premis perniagaan dan industri, di mana silinder gas petroleum cecair (*Liquefied Petroleum Gas* – LPG) banyak digunakan.

Walaupun penggunaannya telah menjadi kebiasaan dalam kehidupan seharian, risiko keselamatan berkaitan LPG masih tinggi sekiranya ia tidak dikendalikan dengan betul. Silinder LPG menyimpan gas dalam bentuk cecair di bawah tekanan tinggi dan berpotensi menyebabkan letupan atau kebakaran sekiranya berlaku kebocoran, kerosakan struktur atau terdapat penyalahgunaan silinder tersebut.

Malangnya, pengetahuan mengenai piawaian keselamatan serta kaedah penyimpanan dan penyelenggaraan silinder LPG masih rendah dalam kalangan pengguna umum dan sebahagian pengendali industri. Justeru, semua pihak perlu berganding bahu untuk membantu pihak industri dan orang awam memahami isu berkaitan keselamatan silinder LPG termasuk mematuhi perundangan berkaitan.

Sebagai institusi yang dipertanggungjawabkan untuk memperkasa keselamatan dan kesihatan pekerjaan di negara ini, Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH) komited dalam memainkan peranan proaktif bagi meningkatkan kesedaran terhadap keselamatan silinder LPG dan peralatan bertekanan lain.

Inisiatif ini dilaksanakan melalui penyediaan program latihan khusus, pembangunan modul keselamatan teknikal, kolaborasi bersama agensi penguat kuasa serta penyampaian maklumat secara berterusan kepada pihak industri dan orang awam.

Edisi FYI April 2025 turut menampilkan artikel bertajuk "*How Well Do You Know Your Cooking Gas Cylinder? – Liquefied Petroleum Gas (LPG) Cylinder*" yang mengetengahkan pelbagai isu teknikal dan perundangan berkaitan keselamatan silinder LPG. Artikel ini turut menghuraikan piawaian utama yang digunapakai dalam reka bentuk dan pengilangan silinder seperti DOT 4BA, DOT 4BW dan MS ISO 22991, serta perkembangan terkini berkaitan penggunaan silinder komposit yang lebih ringan dan tahan karat.

Diharapkan perkongsian ini dapat meningkatkan kesedaran dan pemahaman semua pihak berkepentingan terhadap aspek keselamatan penggunaan silinder LPG. Semoga ilmu yang dikongsi akan turut mendorong pematuhan kepada piawaian semasa demi mewujudkan persekitaran kerja dan kehidupan yang lebih selamat dan sihat. ▀

" Pekerja Kesuma Bangsa "

Sekian, terima kasih.

YBhg. Dato' Haji Ayop Salleh

Pengarah Eksekutif

Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH)

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How Well Do You Know Your Cooking Gas Cylinder? - Liquefied Petroleum Gas (LPG) Cylinder

► Ts. Shahnisanizam bin Yaacof
► Petroleum Safety Division
► Department of Occupational Safety and Health Malaysia

1.0 Introduction

In Malaysia, it is estimated that as of July 2024, there are approximately 32 million units of Liquefied Petroleum Gas (LPG) cylinders in use nationwide. The number of LPG cylinders is increasing at a rate of about 1 million units per year, while the disposal rate is estimated at only 1% of the total in circulation.

An LPG cylinder is a pressure vessel specifically designed to safely contain the gas in its liquid state under high pressure and must possess sufficient tensile and compressive strength to withstand the internal forces exerted during storage and use. There are several definitions and regulatory classifications related to LPG cylinders in Malaysia. Under the Occupational Safety and Health Act (OSHA) 1994, LPG cylinders are categorized as a plant. However, based on the Occupational Safety and Health (Plant Requiring Certificate of Fitness) Regulations 2024, a pressure vessel that is a gas cylinder used for the storage and transportation of compressed, dissolved,

or liquefied gases is exempted from requiring a Certificate of Fitness (CF). This exemption is further supported by Section 27D(1) of OSHA 1994.

Despite this exemption, every LPG cylinder must still possess a valid Cylinder Design Verification Certificate, which is required to be renewed every two years. The application for this certificate must be submitted by the LPG cylinder manufacturer via the MySKUD online platform.

The Design Verification, Certification & Recognition Section under the Petroleum Safety Division, Department of Occupational Safety and Health (DOSH) Putrajaya is the responsible authority for processing and approving these applications.

2.0 Design Standards

There are several design standards and codes used for the construction of LPG cylinders in Malaysia.

However, the standards currently adopted for cylinder design and fabrication are limited to a few specific codes. The DOT 4BA standard is used for 10 kg, 12 kg and 14 kg cylinders, while the DOT 4BW standard applies to 50 kg cylinders.

Malaysia has also developed its own national standard, known as MS ISO 22991, intended to provide a local framework for LPG cylinder manufacturing and compliance. It is therefore essential for all stakeholders—including manufacturers, suppliers, and regulators—to deepen their understanding of this issue to ensure that LPG cylinders manufactured and used in Malaysia eventually comply with MS ISO 22991.

In addition, a new type of composite LPG cylinder has recently been introduced into the Malaysian market. These cylinders are designed and manufactured based on ISO 11119-3 and BS EN 14427, offering benefits such as lighter weight and resistance to corrosion, while maintaining compliance with international safety benchmarks.

3.0 Cylinder Design & Construction

Steel LPG cylinders are typically manufactured from carbon steel conforming to JIS G 3116 SG255 or SG295 standards, using either two-piece or three-piece construction, as illustrated in Figure 4. The figure also details the main body components of the cylinder.

In two-piece construction, the cylinder is formed by welding together two domed ends. In contrast, a three-piece cylinder consists of a cylindrical body with two domed ends welded on either side. The domed ends may be shaped as torispherical, semi-ellipsoidal or hemispherical, as shown in Figure 5.

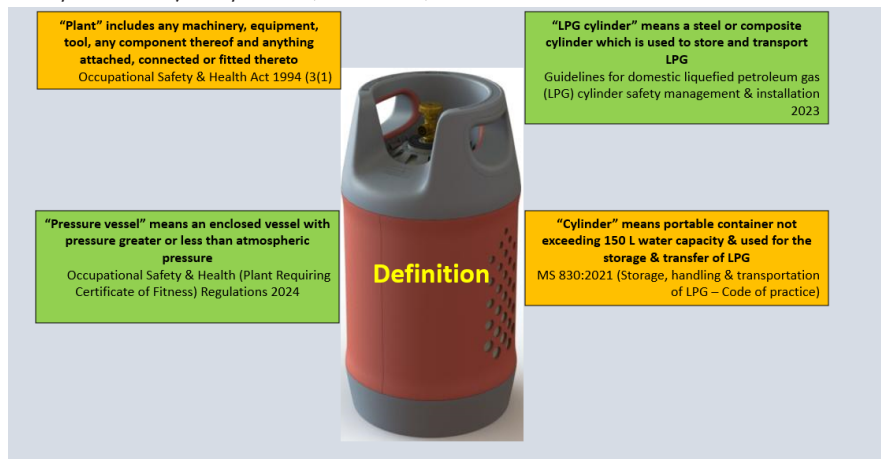


Figure 1: Definition of LPG Cylinders



Figure 2: LPG Steel Cylinders

LPG Steel Cylinder	
Reference	Name of Standard
MS ISO 22991	Gas cylinders — Transportable refillable welded steel cylinders for liquefied petroleum gas (LPG) — Design and construction (ISO 22991:2004, IDT)
DOT 4B	178.50 Specification 4B welded or brazed steel cylinders
DOT 4BA	178.51 Specification 4BA welded or brazed steel cylinders
DOT 4BW	178.61 Specification 4BW welded steel cylinders with electric-arc welded seam
EN 1442	LPG equipment and accessories — Transportable refillable welded steel cylinders for LPG — Design and construction



Figure 3: LPG Composite Cylinders

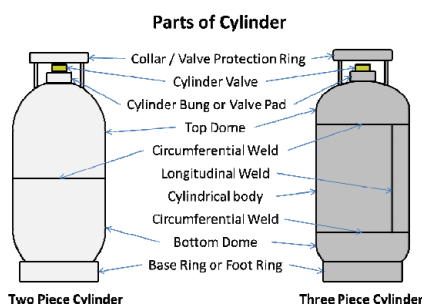


Figure 4: Parts of Cylinder

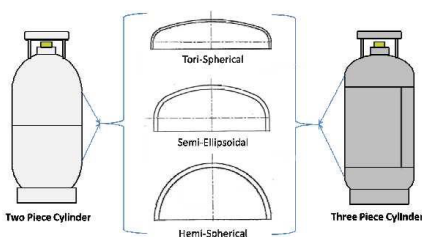


Figure 5: Types of Domes

Typically, the 2-piece construction is for C10 (10 kg cylinder), C12 (12 kg cylinder) and C14 (14 kg cylinder) while the 3-piece construction is used for C50 (50 kg cylinder).

In Malaysia, LPG cylinders are manufactured, reconditioned (RC), and requalified (RQ) by Competent Contractors registered with the DOSH. Reconditioning refers to the repair of cylinders, while requalification involves periodic inspection and maintenance to ensure continued safety and compliance.

As of August 2024, there are a total of 6 registered manufacturers, 11 RC contractors and 17 RQ contractors operating under DOSH's oversight.

Over the years, LPG cylinder is made of carbon steel but with the latest technological advancements, cylinder manufacturing using composite materials has been introduced in our country. There are definitely pros and cons (Table 1) between these two types of cylinders. Hence, it is up to the consumer to evaluate and make a choice. Commonly, composite cylinder consists of 3 layers namely liner (plastic), composite layer (fiber-carbon, aramid, glass & matrix) and outer casing (plastic) (Figure 6).

LPG Composite Cylinder	
Reference	Name of Standard
BS EN 14427	LPG equipment and accessories – Transportable refillable fully wrapped composite cylinders for LPG – Design and construction
ISO 11119-3	Gas cylinders of composite construction Specification and test methods Part 3: Fully wrapped fiber reinforced composite gas cylinders with non-load-sharing metallic or non-metallic liners
EN 12245	Transportable gas cylinders – Fully wrapped composite cylinders
EN 12257	Transportable gas cylinders – Seamless, hoop-wrapped composite cylinders

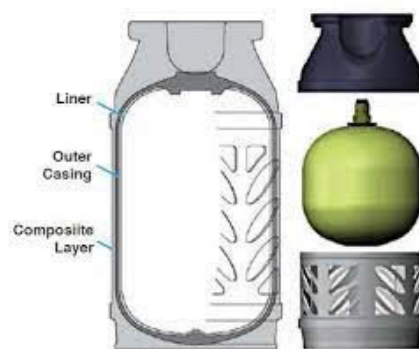


Figure 6: Typical Components of Composite Cylinder

Regarding cylinder weight, the tare weight of a 14 kg (C14) steel LPG cylinder typically ranges between 16 kg to 17 kg, resulting in a total weight of approximately 30 kg when fully filled. In comparison, an empty composite cylinder weighs only 6 kg to 7 kg, making it about 10 kg lighter than its steel counterpart.

Each cylinder is equipped with a compact valve (Figure 7). It serves several important functions to ensure safe and efficient use of the gas. Here is a breakdown of its main functions:

1. Regulation of Gas Flow:

The valve controls the flow of LPG from the cylinder to the connected appliance. By adjusting the valve, users can control the rate at which gas is released, allowing for precise regulation of the flame or heat output.

2. Safety:

The valve is equipped with safety features such as a pressure

relief valve, which helps prevent overpressure situations within the cylinder. If the pressure inside the cylinder exceeds safe limits, the relief valve releases some gas to lower the pressure, thereby preventing potential explosions or leaks.

3. On/Off Control:

It allows users to turn the gas flow on or off. This is essential for controlling when the gas is being used and for safely shutting it off when the appliance is not in use.

4. Connection and Sealing:

The valve ensures a secure connection between the cylinder and the appliance. It includes a sealing mechanism to prevent leaks, which is crucial for both safety and efficiency.

5. Regulation of Pressure:

Some compact valves incorporate pressure regulators that help maintain a consistent output pressure regardless of the amount of gas left in the cylinder. This is important for the reliable operation of the connected appliance.

6. Safety Lock (Self Closing):

Many modern LPG cylinder valves come with safety locks or mechanisms that prevent accidental opening or tampering, adding an extra layer of security.

4.0 Design Pressure

The design pressure of an LPG cylinder is determined based on the vapour pressure of the gas it is intended to contain. The design pressure of an LPG cylinder

Steel Cylinder	Composite Cylinder
Explosion risk	Non-explosive
Unable to check level of LPG	Able to check level of LPG
Heavy in weight	Light in weight
Corrosive	Non-corrosive
Limited design (almost similar)	Modern design (elegant aesthetic)
Less expensive	More expensive
More durable	Less durable

Table 1: Comparison between steel & composite cylinder

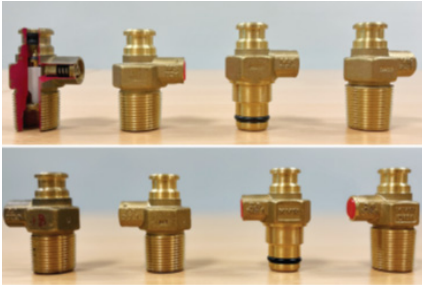


Figure 7: Types of compact valves fitted to LPG cylinders

is determined based on the vapour pressure of the gas it is intended to contain. The vapour pressure developed within an LPG cylinder depends on local climatic conditions; generally, the higher the ambient temperature, the higher the resulting vapour pressure.

In Malaysia, two design pressures are commonly used for LPG cylinders, which are 240 psi and 255 psi respectively, depending on the cylinder brand and specification. In accordance with the DOT 4BA standard, each cylinder must undergo hydrostatic testing during the manufacturing process at a minimum of two times the design pressure, that is, 480 psi or 510 psi. This test pressure must be maintained for at least 30 seconds to verify the structural integrity and safety of the cylinder.



Figure 8: Cylinder Hydrostatic Test Arrangement

5.0 Cylinder Wall Thickness & Diameter

The most important parameter in designing a cylinder is to obtain the minimum wall thickness of the cylinder that will contain the internal pressure and thus, ensuring the safety of the cylinder. The wall thickness of the cylinder is calculated using the formula prescribed by the standard used.

Besides the design pressure, the other factors affecting the minimum wall thickness include the yield strength of the material used and the intended diameter of the cylinder. Wall thickness decreases when higher yield strength materials are used, whereas it increases with larger cylinder diameters. Designing to minimize wall thickness offers the benefit of reducing the overall weight of the cylinders. However, this must be balanced against the higher cost of high-strength materials. Therefore, careful consideration of both material selection and cylinder diameter is essential to achieve an optimum cylinder design that meets safety, performance, and cost-efficiency requirements.

Some standards have specified an

absolute minimum wall thickness regardless of the design pressure. For example:

6.0 Safety Precautions

The minimum thickness limit for cylinders with a diameter greater than **150 mm** is **1.5mm**.

MS ISO 22991, Clause 6.5.1

For cylinders with outside diameters over **6 inches (152.4 mm)**, the minimum wall thickness must be **0.090 inch (2.29 mm)**.

DOT 4B 178.50 (f)(1)

For any cylinder with an outside diameter of greater than **6 inches (152.4 mm)**, the minimum wall thickness is **0.078 inch (1.98 mm)**.

DOT 4BA 178.51 (F)(1)

Using LPG cylinder safely is crucial to prevent accidents and ensure a secure environment. Here are some essential safety measures to follow:

Storage and Handling

1. Proper Storage Location:

- Store LPG cylinders in a well-ventilated area, away from direct sunlight and sources of heat.
- Keep them upright and secure to prevent tipping.
- Avoid storing cylinders indoors or in confined spaces.

2. Secure Placement:

- Ensure that the cylinder is placed on a stable surface to avoid falling or rolling.
- Use a cylinder stand if available to keep the cylinder in an upright position.

3. Ventilation:

- Ensure that the area where the cylinder is stored or used is well-ventilated to prevent the accumulation of gas in case of a leak.

Installation and Usage

1. Professional Installation:

- Ensure that the LPG cylinder, regulator, hose, clip and cooking appliance are installed by a competent person with the necessary skills, knowledge and experience.

- Use only approved regulators and hoses for your LPG system.

2. Check for Leaks:

- Regularly inspect the cylinder, regulator and connections for signs of leaks. The easiest method is by using soapy water to check for bubbles at connections.

3. Safe Lighting:

- Do not use matches or lighters to check for gas leaks.

4. Turn Off After Use:

- Always turn off the gas supply at the cylinder when it is not in use.

5. Handle with Care:

- Avoid dropping or knocking the cylinder.
- Do not use forceful or improper tools to connect or disconnect the regulator.

Emergency Preparedness

1. Know the Emergency Procedures:

- Familiarize yourself with the steps to take in case of a gas leak or fire.
- Keep emergency contact numbers readily available.

2. Install Gas Detectors:

- Consider installing LPG gas detectors in areas where cylinders are used to provide early warning of leaks.

3. Keep Fire Extinguishers:

- Have a fire extinguisher suitable for flammable gases accessible and ensure that it is regularly maintained.

General Safety Practices

1. Avoid Unauthorized Modifications:

- Do not attempt to repair or modify the cylinder, regulator or gas system by yourself.

2. Educate Household Members:

- Ensure that all household members are aware of the safety procedures and know how to handle the cylinder in case of an emergency.

3. Regular Maintenance:

- Schedule regular inspections and maintenance of the gas system by professionals to ensure its safe operation.

By adhering to these safety measures, you can significantly reduce the risk of accidents and ensure the safe use of LPG cylinders especially in your home. ▀

Membina Generasi Sihat : Usaha Malaysia Menangani NCD



- Prof. Madya Dr Haliza Abdul Rahman
- Ketua Laboratori Belia Dalam Kepimpinan, Politik dan Kewarganegaraan
- Institut Pengajian Sains Sosial
- Fakulti Perubatan dan Sains Kesihatan
- Universiti Putra Malaysia

Malaysia dianggap berada dalam krisis penyakit tidak berjangkit (*Non-Communicable Disease* - NCD) susulan penemuan membimbangkan. Pertubuhan Kesihatan Sedunia (WHO) menjangkakan menjelang tahun depan, jika tiada langkah berkesan diambil, tujuh juta penduduk dewasa Malaysia yang berumur 18 tahun ke atas akan mengalami pradiabetes atau menghidap diabetes. Hal ini kerana, negara mempunyai kadar diabetes tertinggi di rantau Pasifik Barat dan antara tertinggi di dunia yang memerlukan kos perubatan keseluruhan sekitar RM 3.1 bilion setiap tahun.

Laporan Tinjauan Kebangsaan Kesihatan dan Morbiditi (NHMS) 2023 mendapati, 7.5 juta atau 33.3 peratus rakyat Malaysia menghidap kolesterol tinggi diikuti 6.7 juta (29.2 peratus) penghidap tekanan darah tinggi dan 3.6 juta (15.6 peratus) mempunyai penyakit kencing manis. Kencing manis, tekanan darah tinggi, kolestrol tinggi dan obesiti berisiko tinggi menyebabkan penyakit jantung dan strok. Perkara ini memerlukan perhatian serius dan tindakan bagi mengatasi serta mencegah komplikasi kesihatan yang berkaitan kerana sebahagian besar penghidap penyakit berkenaan yang tidak didiagnosis tergolong dalam kelompok mereka yang berumur lebih muda.

Berdasarkan dapatan NHMS tersebut, trend berat badan berlebihan dan obesiti dalam kalangan dewasa menunjukkan peningkatan yang berterusan, iaitu melonjak hampir 10 peratus dalam tempoh satu dekad — daripada 44.5 peratus pada tahun 2011 kepada 54.4 peratus pada tahun 2023. Peningkatan yang hampir sama turut direkodkan bagi kes obesiti abdomen. Lebih membimbangkan, kadar peningkatan obesiti paling cepat kini dilihat dalam kalangan kanak-kanak dan remaja.

Tambahan pula, dianggarkan seramai 2.3 juta orang dewasa di negara ini menghidap tiga jenis NCD secara serentak. Antara kombinasi penyakit yang paling kerap dilaporkan termasuk:

- 5.1 peratus menghidap diabetes, hipertensi dan kolesterol tinggi
- 1.2 peratus menghidap diabetes, hipertensi dan obesiti
- 0.4 peratus menghidap diabetes, kolesterol tinggi dan obesiti

- 2.9 peratus menghidap hipertensi, kolesterol tinggi dan obesiti,

Masalah kolestrol tinggi boleh menyerang sesiapa sahaja yang tidak menjaga pemakanan dan kesihatan. Ia tidak semestinya dihadapi hanya oleh orang yang berpenyakit dan berbadan besar. Amalan pemakanan yang tidak sihat dan kurang aktiviti fizikal merupakan komponen utama yang menyumbang kepada masalah obesiti. Penduduk Putrajaya menunjukkan trend yang melebihi kadar populasi nasional dari segi kadar obesiti, kurang melakukan aktiviti fizikal dan paras kolesterol tinggi dalam darah.

KEKANG NCD

WHO melaporkan 68 peratus penyebab kematian di seluruh dunia adalah akibat NCD iaitu diabetes, hipertensi dan kolesterol tinggi. Malaysia tidak terlepas daripada ancaman serangan NCD. Salah satu faktor yang menyumbang kepada peningkatan prevalens itu adalah pengambilan gula secara berlebihan. Hakikatnya, Malaysia yang bukan negara pengeluar gula menjadi antara negara menjual bahan itu pada harga paling murah sehingga mendorong pengambilan lebih tinggi.

Menurut Firma penyelidikan kesihatan dan dasar awam, *The Galen Centre for Health and Social Policy* (Galen Centre), subsidi disalurkan kerajaan dianggarkan antara RM500 hingga RM600 juta setiap tahun untuk industri gula. Ia bertentangan dengan usaha untuk menangani pengambilan berlebihan bahan itu. Dalam usaha membendung masalah ini, kerajaan melaksanakan pendekatan fiskal iaitu pengenaan cukai eksais kepada minuman bergula dan minuman pra-campuran melalui inisiatif yang diterajui oleh Kementerian Kewangan dan Jabatan Kastam Diraja Malaysia.

Hakikatnya, NCD mempengaruhi kos penjagaan kesihatan kerana ia memerlukan kos tinggi untuk rawatan jangka panjang, ubat-ubatan dan penjagaan hospital, selain memberikan tekanan kepada sistem kesihatan awam dan perbelanjaan individu. Paling dibimbangi ialah NCD akan mempengaruhi belanjawan negara kerana kerajaan akan terpaksa menumpukan dana negara kepada perbelanjaan kesihatan berikutan lebih ramai rakyat menghidap penyakit dan

perlu dibantu untuk mendapat rawatan serta pemerolehan ubat-ubatan.

Lantaran itu *Galen Centre* mengesyorkan tiga langkah segera diambil kerajaan bagi menangani isu berkaitan iaitu menyekat pengambilan gula berlebihan, premis makanan beroperasi 24 jam dan tabiat merokok. Kerajaan disaran melarang premis makanan beroperasi 24 jam walaupun cadangan itu ditentang hebat sebelum ini. Semua pihak harus menerima hakikat budaya pengambilan makanan di negara ini sebenarnya memudaratkan, terutama membabitkan pengambilan makanan berkalori tinggi pada waktu malam seperti nasi kandar dan mi goreng. Kajian menunjukkan pengambilan burger pada waktu malam membawa kepada peningkatan berat badan dua kali ganda atau lebih 500 kalori setiap hari bagi mereka yang mengehendkan pengambilan makanan pada waktu siang. Digabung dengan gaya hidup tidak aktif, tidak begitu mengejutkan apabila sekurang-kurangnya separuh daripada rakyat mengalami obesiti atau bakal obesiti.

Natijahnya, pencegahan dan pengesanan awal perlu terus menjadi strategi yang baik dan berkesan. Maka, pemerkasaan diri dan literasi kesihatan melalui saringan kesihatan secara berkala yang merangkumi tekanan darah, tahap glukosa dan kolesterol dalam darah, indeks jisim badan (BMI), dan saringan kesihatan mental juga sangat perlu diberi penekanan. Satu dasar kesihatan awam lebih ampuh dalam mengurangkan risiko penyakit NCD perlu digubal dan dilaksanakan bagi menyokong program pencegahan dan pengurusan penyakit berkenaan. Kerjasama antara agensi kerajaan, swasta, pertubuhan bukan kerajaan dan komuniti untuk menangani NCD secara holistik juga perlu dipertingkatkan.

Mengamalkan gaya hidup sihat seperti bersenam dan diet seimbang boleh mengurangkan risiko mendapat NCD. Bersenam sekurang-kurangnya 150 minit seminggu dan pengurangan berat badan sekecil lima peratus daripada berat asal mampu mengurangkan risiko mendapat penyakit NCD. Maka, program pendidikan kesihatan di sekolah, tempat kerja dan komuniti perlu diperhebatkan untuk mendidik masyarakat mengamalkan gaya hidup sihat. ▀

Sesi *Ergonomic Risk Assessment* (ERA) di EPSON Precision Sdn. Bhd.

07 April 2025

07 April 2025, Johor Bahru - Sesi *Ergonomic Risk Assessment* (ERA) telah dijalankan oleh Jabatan Perundingan, Penyelidikan dan Pembangunan (CRDD) NIOSH bertempat di EPSON Precision Sdn. Bhd. Sesi ini bertujuan untuk mengenal pasti, menilai dan mengurangkan risiko ergonomik di tempat kerja bagi memastikan kesejahteraan dan kesihatan pekerja terjamin serta produktiviti kerja dapat ditingkatkan. Antara pegawai NIOSH yang terlibat ialah Dr. Hj. Muhammad Ariff Muhammad Noordin, En. Mohd Nur Ikhwan Shafiee, En. Mohd Arif Afzan Mohd Zain dan En. Noorul Azreen Azis. ▀



Kunjungan Hormat NCOSH ke NIOSH

07 April 2025



07 April 2025, Bandar Baru Bangi – NIOSH telah menerima kunjungan hormat daripada *National Council for Occupational Safety and Health* (NCOSH) Arab Saudi yang diketuai oleh *Secretary General* Eng. Majed AlFuwaiz.

Pihak NCOSH Arab Saudi dan NIOSH telah bertukar pandangan dalam pelbagai perkara termasuk potensi kerjasama dalam aspek penyelidikan, latihan dan kepakaran teknikal. Delegasi NCOSH Arab Saudi juga telah dibawa melawat ke makmal kalibrasi, klinik kesihatan pekerjaan dan menyaksikan demonstrasi ujian peralatan pelindung diri serta simulator latihan. Kedua-dua pihak juga bersetuju untuk meneroka potensi kolaborasi dalam pelbagai program dan aktiviti bagi manfaat kedua-dua organisasi. ▀



Majlis Menandatangani MoU antara NIOSH Dan Prestariang O&G Sdn. Bhd.

15 April 2025

15 April 2025, Bandar Baru Bangi - NIOSH telah menjalinkan kerjasama dengan Prestariang O&G Sdn. Bhd. yang dimeterai melalui Memorandum Perjanjian (MoU). Satu Majlis Menandatangani MoU antara NIOSH dan Prestariang O&G Sdn. Bhd. telah diadakan bertempat di NIOSH Bangi dan telah ditandatangani oleh Prestariang O&G Sdn. Bhd. yang diwakili oleh Dato' Khairuddin bin Othman, ketua Pegawai Eksekutif kumpulan dan En Muhammad Zaaim bin Abdul Rashid, Pengurus PSTI Accredited Centre. NIOSH pula diwakili oleh Dato' Haji Ayop bin Salleh, Pengarah Eksekutif dan Mejar Haji Hanif bin Maidin (B), Setiausaha Eksekutif. ▀



Majlis Sambutan Hari Raya Aidilfitri NIOSH

18 April 2025



18 April 2025, Bandar Baru Bangi – Jamuan Hari Raya Aidilfitri NIOSH telah diadakan bertempat di Dewan Seri Kesuma, Aras 2, Menara NIOSH, Bandar Baru Bangi. Majlis ini bertujuan untuk merayakan bulan Syawal dan mengeratkan hubungan silaturahim antara kakitangan NIOSH. Acara bermula sekitar 9 pagi hingga 1 tengah hari dengan kehadiran YBhg. Dato' Haji Ayop Salleh, Pengarah Eksekutif NIOSH dan YBhg. Datin Hajjah Jamilah Haji Katis, Pengerusi PUSPANITA NIOSH.

Majlis turut diserikan dengan pelbagai aktiviti menarik seperti persembahan lagu raya oleh kaki-

tangan NIOSH serta pelbagai juadah raya seperti lemang, rendang, sate, nasi impit, kuih-muih dan pelbagai jenis minuman. Suasana meriah jelas terpancar melalui kemesraan dan silaturahim yang terjalin sepanjang majlis berlangsung.

Secara keseluruhannya, jamuan ini berjaya mencapai objektifnya untuk memperkukuhkan hubungan antara kakitangan NIOSH dalam suasana yang santai dan penuh keceriaan. Diharapkan program seumpama ini dapat diteruskan pada masa akan datang sebagai wadah membina semangat kebersamaan dalam organisasi. ▀

Sesi WINA di Aident Corporation Sdn. Bhd.

24 April 2025

24 April 2025, Pulau Pinang – Satu sesi *Workplace Improvement Need Analysis* (WINA) telah dijalankan oleh Jabatan Perundingan, Penyelidikan dan Pembangunan (CRDD) NIOSH bertempat di Pendinginan Megajana Sdn. Bhd. Objektif utama sesi ini dijalankan adalah untuk mengenal pasti keperluan penambahbaikan tempat kerja dari aspek keselamatan dan kesihatan pekerjaan (KKP). Analisis ini turut dijalankan sebagai pendekatan awal ke arah pembentukan pelan intervensi yang lebih menyeluruh dan berimpak tinggi. Antara pegawai NIOSH yang terlibat ialah Pn. Rosliza Osman dan Pn. Noorhashimah Awang. ▀



Karnival Hari Pekerja 2025

28 April 2025 –
1 Mei 2025



28 April 2025 – 1 Mei 2025, Kuala Lumpur - Sempena sambutan Hari Pekerja 2025, satu karnival besar-besaran telah diadakan bertempat di Axiata Arena, Bukit Jalil, Kuala Lumpur. Karnival ini dianjurkan oleh Kementerian Sumber Manusia dengan penyertaan pelbagai agensi kerajaan, syarikat swasta dan institusi latihan kemahiran. NIOSH telah memainkan peranan penting sebagai salah satu pempamer dan turut dilantik sebagai sebahagian daripada Jawatankuasa Keselamatan sepanjang acara berlangsung.

Di reruai pameran NIOSH, terdapat pameran bahan pendidikan keselamatan dan khidmat nasihat berkaitan keselamatan dan kesihatan pekerjaan (KKP). Pengunjung juga diberi penerangan tentang program latihan dan pensijilan yang ditawarkan oleh NIOSH. Sambutan yang diterima amat menggalakkan, terutamanya dalam kalangan pekerja industri, pelajar institusi latihan dan majikan.

Sebagai AJK Keselamatan, NIOSH telah bekerjasama rapat dengan pihak

penganjur, pasukan keselamatan dan agensi berkaitan bagi memastikan karnival berjalan lancar dan selamat. Rondaan keselamatan dan pemantauan pematuhan SOP telah dilaksanakan secara berkala sepanjang program. Secara keseluruhannya, penglibatan NIOSH dalam Karnival Hari Pekerja 2025 bukan sahaja meningkatkan kesedaran awam tentang kepentingan KKP, malah mengukuhkan lagi imej NIOSH sebagai peneraju dalam pembangunan budaya kerja selamat di Malaysia. ▀

Program *Medical Surveillance* di UniKL MESTECH

29 April 2025

29 April 2025, Selangor – Program *Medical Surveillance* telah dijalankan oleh Jabatan Perundingan, Penyelidikan dan Pembangunan (CRDD) NIOSH bertempat di UniKL MESTECH. Ia dilaksanakan bagi menilai tahap kesihatan pekerja yang mungkin terdedah kepada faktor risiko pekerjaan. Antara objektif program adalah untuk mengesan sebarang tanda-tanda awal kesan kesihatan akibat pendedahan pekerjaan seperti kimia berbahaya, bunyi bising, habuk industri, dan lain-lain. Pada masa yang sama, ia juga dapat memastikan pekerja terabait sesuai dari segi kesihatan untuk menjalankan tugas yang berisiko. Antara pegawai NIOSH yang terlibat ialah Dr. Hj. Muhamad Ariff Muhamad Noordin, En. Amroun Mustafa, En. Mohd Nur Ikhwani Shafiee dan Pn. Nurul Husna Ahmad. ▀



Seminar Kesihatan Mental di Tempat Kerja

29 April 2025

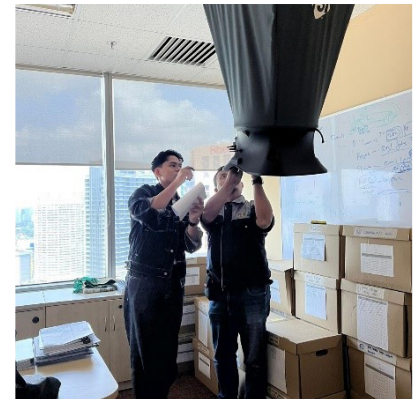


29 April 2025, Bandar Baru Bangi - Seminar Kesihatan Mental di Tempat Kerja telah dianjurkan oleh Bahagian Penyebaran Maklumat (IDD), NIOSH bertempat di Perpustakaan NIOSH, aras 1, Menara NIOSH. Seminar ini bertujuan untuk meningkatkan kesedaran dalam kalangan warga kerja terhadap kepentingan penjagaan kesihatan mental. Seminar telah disampaikan oleh dua orang penceramah jemputan iaitu En. Mustaqim Asmuji dan En. Mohd Tarmizi Marzuki daripada PERKESO. ▀

Program Indoor Air Quality (IAQ)

30 April 2025

30 April 2025, Kuala Lumpur – Program Indoor Air Quality (IAQ) telah dijalankan oleh Jabatan Perundingan, Penyelidikan dan Pembangunan (CRDD) NIOSH bertempat di Universiti Kuala Lumpur (UniKL). Program ini bertujuan untuk memastikan persekitaran udara dalaman mematuhi piawaian yang ditetapkan oleh Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP) melalui *Industry Code of Practice on Indoor Air Quality* (ICOP IAQ). Inisiatif ini mampu mengesan kehadiran bahan pencemar udara yang berpotensi memberi kesan kepada kesihatan pekerja serta meningkatkan kesedaran warga kerja mengenai kepentingan persekitaran kerja yang bersih dan selamat dari segi kualiti udara. Antara pegawai NIOSH yang terlibat ialah En. Mohd Norhafsam Maghpor, En. Azrul Azswan Abd Haddi, Pn. Haalah Mahmud dan Pn. Nor Shahirah Md Izuddin. ▀



OSHTALK

1





#NIOSHtalk

Tips on Selecting the Right SCBA Apparatus

ENCIK ADAM ABDULLAH
Safetyware Group

17 April 2025 (Thursday)
9.30 am to 11.00 am

Dewan Teater,
Bangunan Utama



ASEAN SAFETY AND HEALTH WORKERS SUMMIT 2025
11-13 APRIL 2025 TRULIA KUALA LUMPUR CONVENTION CENTRE, KUALA LUMPUR

Secara Langsung



LIVE

nioshmalaysia



The poster features a dark blue background with a subtle circuit pattern. At the top left are the Malaysian flag and the ASEAN logo. At the top right are the Malaysian coat of arms and the NIOSH logo. The central graphic is a large, stylized swirl in red, white, and blue, with the ASEAN logo in the center. Below this, the text 'ASEAN SAFETY AND HEALTH WORKERS SUMMIT 2025' is written in large, bold, white capital letters. Underneath is the tagline 'EMPOWERING INCLUSIVITY AND SUSTAINABILITY FOR A RESILIENT WORKFORCE' in smaller white capital letters. The dates '4TH - 5TH AUGUST 2025' and the location 'KUALA LUMPUR CONVENTION CENTRE, KUALA LUMPUR' are listed in white capital letters. A QR code is positioned in the lower center. Below the QR code is the website URL 'https://aseanoshsummit.com.my/'. At the bottom left is the 'VISION ZERO' logo with the tagline 'Safety. Health. Wellbeing.' and a stylized city skyline at the bottom.



**ASEAN SAFETY AND HEALTH
WORKERS SUMMIT 2025**

"EMPOWERING INCLUSIVITY AND SUSTAINABILITY FOR A RESILIENT WORKFORCE"

4TH - 5TH AUGUST 2025
KUALA LUMPUR CONVENTION CENTRE, KUALA LUMPUR



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إِنَّا لِلّٰهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ
SALAM TAKZIAH
 KEPADA SELURUH KELUARGA
TUN ABDULLAH AHMAD BADAWI
 BEKAS PERDANA MENTERI KE 5

Ikhlas daripada:
 Ahli Lembaga Pengarah
 Pengurusan dan warga kerja NIOSH

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 Kementerian Sumber Manusia (KESUMA)

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Room

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 MS. NURUL 'AIN : +6013 948 4013
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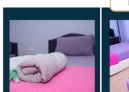



HALL/ CALL RENTAL	CATEGORY	WEEKDAYS	WEEKEND	MONTHLY RENTAL (15 DAYS)
RAFFLESIA HALL (Capacity: 250 - 270 pax)	GOV	RM43,000.00	RM43,500.00	RM1000.00
	NON GOV	RM43,500.00	RM44,000.00	RM1000.00
TAN SRI LEE LAM THYE HALL (Capacity: 300 pax (both table & no table) 400 pax (without table))	GOV	RM43,000.00	RM43,500.00	RM1000.00
	NON GOV	RM43,500.00	RM44,000.00	RM1000.00
THEATER HALL (Capacity: 50 pax)	GOV	RM42,000.00	RM42,500.00	RM1000.00
	NON GOV	RM42,500.00	RM43,000.00	RM1000.00
SRI PELANGI HALL (Capacity: 50 pax)	GOV	RM4600.00	RM4600.00	RM1000.00
	NON GOV	RM4600.00	RM4700.00	RM1000.00
SRI ANGGERIK HALL (Capacity: 150 pax)	GOV	RM5000.00	RM5000.00	RM1000.00
	NON GOV	RM4600.00	RM4700.00	RM1000.00
AMAN MEETING ROOM (Capacity: 10 pax)	GOV	RM3000.00	RM4000.00	RM1000.00
	NON GOV	RM4000.00	RM5000.00	RM1000.00
VIP HOLDING ROOM (Capacity: 10 pax)	GOV	RM500.00	RM2000.00	RM500.00
	NON GOV	RM200.00	RM250.00	RM500.00
TRAINING ROOM (Capacity: 10-15 pax)	GOV	RM500.00	RM600.00	RM1000.00
	NON GOV	RM600.00	RM700.00	RM1000.00





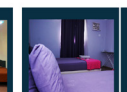

PACKAGE



SINGLE ROOM
RM 135.00/PAX
(with breakfast)



TWIN SHARING ROOM
RM100.00/PAX
(with breakfast)



SUITE ROOM
RM160.00/PAX
(with breakfast)

INDIVIDUAL



SINGLE ROOM
RM 90.00/PAX
(with breakfast)



TWIN SHARING ROOM
RM90.00/PAX
(with breakfast)



SUITE ROOM
RM160.00/PAX
(with breakfast)

FOOD AND BEVERAGE SERVICE (PACKAGE)

- 5x meal RM155.00
- 6x meal RM165.00
- 7x meal RM175.00
- 8x meal RM185.00
- 9x meal RM195.00
- 10x meal RM205.00
- 11x meal RM215.00
- 12x meal RM225.00
- 13x meal RM235.00
- 14x meal RM245.00
- 15x meal RM255.00
- 16x meal RM265.00
- 17x meal RM275.00
- 18x meal RM285.00
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- 86x meal RM965.00
- 87x meal RM975.00
- 88x meal RM985.00
- 89x meal RM995.00
- 90x meal RM1005.00
- 91x meal RM1015.00
- 92x meal RM1025.00
- 93x meal RM1035.00
- 94x meal RM1045.00
- 95x meal RM1055.00
- 96x meal RM1065.00
- 97x meal RM1075.00
- 98x meal RM1085.00
- 99x meal RM1095.00
- 100x meal RM1105.00

EXTRA CHARGES

NO.	ITEM	PRICE/ UNIT/ DAY
1.	LAPTOP	RM200.00
2.	LCD	RM100.00
3.	WHITE SCREEN	RM50.00
4.	PORTABLE WHITE SCREEN	RM200.00
5.	PORTABLE WHITE BOARD	RM100.00
6.	STAND MIC	RM10.00
7.	MICROPHONE	RM100.00
8.	SET KARAOKE	RM800.00
9.	FLIP CHART	RM50.00
10.	EXTRA WIFI (AP) 50Mbps-100Mbps	RM1,000.00
11.	TILAM TAMBAHAN	RM30.00
12.	PENCETAK	RM100.00



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MyNIOSSH merupakan aplikasi mudah alih paparan berpusat bagi pelbagai perkhidmatan NIOSH

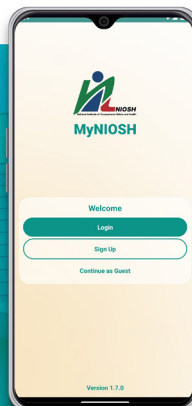
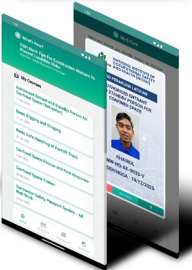
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- Akses kepada E-Card (Kad Perakuan Latihan & Kad Pasport)
- Maklumat dan Promosi terkini
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- Maklumbalas




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NIOSSH, Bandar Baru Bangi, Selangor

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SYARAT PENYERTAAN:

- Warganegara Malaysia
- Berumur 25 - 50 tahun
- Mempunyai sekurang-kurangnya 1 tahun pengalaman bekerja
- Terbuka kepada individu yang:
 - Tidak bekerja / bekerja sendiri
 - Sihat fizikal dan mental
 - Bekerja dengan majikan yang tidak mencarum HRD Corp
 - Bekerja di syarikat kategori Mikro & Kecil




APA ITU OSH-C?

Latihan ini melengkapkan peserta dengan kemahiran penting sebagai Penyelaras Keselamatan & Kesihatan Pekerjaan di tempat kerja. Selaras dengan Akta Keselamatan & Kesihatan Pekerjaan (Pindaan) 2022, majikan kini diwajibkan untuk melantik Penyelaras KKP di tempat kerja tertentu.

DEFINISI SYARIKAT MIKRO & KECIL:

- Mikro: Pendapatan tahunan < RM300,000 & pekerja < 5 orang
- Kecil: Pendapatan RM300,000 - RM15 juta & pekerja < 75 orang

CARTA ALIR PERMOHONAN

```

    graph LR
      A[Pemohon mengisi borang permohonan secara online] --> B[Pihak NIOSH akan membuat saringan mengikut syarat dan terma (7 hari bekerja)]
      B --> C[Pemohon yang diluluskan akan menerima notifikasi melalui email / whatsapp@email@anggitian]
      C --> D[Pemohon memilih lokasi dan tarikh kursus yang bertepatan]
    
```

IMBAS KOD QR UNTUK PENDAFTARAN



Untuk sebarang pertanyaan lanjut mengenai program OSHC Madani, sila hubungi kami melalui e-mel di oshcadani@niosh.com.my.

TEMPAT ADALAH TERHAD! REBUT PELUANG INI SEKARANG.





OCCUPATIONAL SAFETY AND HEALTH COORDINATOR (OSH-C)

GERAN PERKESO 2025

LOKASI:
NIOSH HQ, BANDAR BARU BANGI, SELANGOR

MAKLUMAT PENTING

- Penyertaan hanya dibenarkan bagi peserta yang layak sahaja (pencarum PERKESO / majikan berdaftar dengan PERKESO)
- Peserta adalah TERHAD kepada 18-20 PAX sahaja bagi satu sesi / kelas (tiada paparan dalam sistem jika penuh)
- Pendaftaran dalam talian di e-DAFTAR laman web NIOSH [<https://daftar.niosh.net.my/>] > Kompetensi > OSHC (Socso Grant)



TEMPAT TERHAD DAFTAR SEKARANG



PENYERTAAN ADALAH PERCUMA

SYARAT PENYERTAAN PESERTA

- PROGRAM UNTUK MAJIKAN YANG MENCARUM KEPADA PERKESO SAHAJA
- SETIAP PESERTA MEMPUNYAI MAJIKAN YANG BERDAFTAR DENGAN PERKESO SAHAJA




SCAFFOLD ERECTOR

FOR INTERMEDIATE LEVEL (SCF2)



ATTENDEES

- DELEGATES HAVE A VALID SCAFFOLD ERECTOR BASIC LEVEL AND HELD THE CERTIFICATE FOR AT LEAST ONE YEAR AND IF EXPIRED, IT SHOULD NOT EXCEED ONE YEAR FROM THE EXPIRATION DATE.

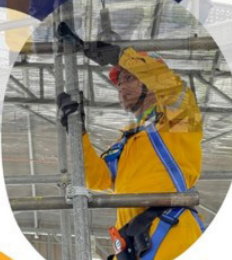
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COURSE CATEGORY : COMPETENCY
COURSE LEVEL : INTERMEDIATE



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UPCOMING AWARENESS PROGRAMME COURSE

APRIL - JUNE 2025

NIOSH BANDAR BARU BANGI

COURSE	DATE
Classification, Labelling and Safety Data Sheet of Hazardous Chemicals for Classifier (CLASS2)	14-17/04
Incident Reporting and Analysis Technique (IRAT)	21-23/04
Lung Function Testing and Analysis (LFTA)	24/04
Process Safety Management (PSM)	28-30/04
Basic Principle of Industrial Hygiene (BPIH)	05-08/05
Ergonomics and Manual Handling in the Workplace (EMHW)	14-16/05
Kiken Yuchi Training (KYT)	19-20/05
Safety in the Use of Chemicals (STUC)	21-22/05
Occupational Safety and Health Act 1994 (OSHA)	26/05
Occupational Safety and Health for Construction Personnel (OCP)	27-29/05
Behaviour Based Safety for Observer (BBSO)	03-04/06
Emergency Preparedness and Response Plan (EPRP)	11-13/06
Interactive Training Series - Working Safety at Height (ITSWAH)	18/06
Effective Safety and Health Committee (ESHC)	18-19/06
Occupational Safety, Health and Environment Management (OSHE)	24-26/06

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