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International
Labour
Organization

WORKPLACE STRESS



A COLLECTIVE CHALLENGE

WORLD DAY FOR SAFETY AND HEALTH AT WORK

28 APRIL 2016

HISTORY OF 28 APRIL



The annual World Day for Safety and Health at Work on 28 April promotes the prevention of occupational accidents and diseases globally. It is an awareness-raising campaign intended to focus international attention on the magnitude of the problem and on how promoting and creating a safety and health culture can help reduce the number of work-related deaths and injuries.



The ILO celebrates the World Day for Safety and Health at Work on the 28 April to promote the prevention of occupational accidents and diseases globally. It is an awareness-raising campaign intended to focus international attention on emerging trends in the field of occupational safety and health and on the magnitude of work-related injuries, diseases and fatalities worldwide.

With the celebration of the World Day for Safety and Health at Work, the ILO promotes the creation of a global preventative safety and health culture involving ILO constituents and all key stakeholders in this field. In many parts of the world, national authorities, trade unions, employers' organizations and safety and health practitioners organize activities to celebrate this date. We

invite you to join us in celebrating this significant day and share with us the activities you organize.

The 28 April is also the International Commemoration Day for Dead and Injured Workers organized worldwide by the trade union movement since 1996. Its purpose is to honour the memory of victims of occupational accidents and diseases by organizing worldwide mobilizations and awareness campaigns on this date.

In 2003, the ILO became involved in the April 28 campaign upon request from the trade union movement. While we honour injured and fallen workers, we appreciate and celebrate that these injuries and fatalities can be prevented and reduced, recognizing it as both a

day for commemoration and celebration. Since 2003, the ILO observes the World Day on Safety and Health at Work on April 28 capitalizing on its traditional strengths of tripartism and social dialogue.

28 April is seen as a day to raise international awareness on occupational safety and health among trade unions, employers' organizations and government representatives alike. The ILO acknowledges the shared responsibility of key stakeholders and encourages them to promote a preventive safety and health culture to fulfill their obligations and responsibilities for preventing deaths, injuries and diseases in the workplace, allowing workers to return safely to their homes at the end of the working day.

WORLD DAY FOR SAFETY AND HEALTH AT WORK 2016

“Workplace Stress: a collective challenge”

Today, many workers are facing greater pressure to meet the demands of modern working life. Psychosocial risks such as increased competition, higher expectations on performance and longer working hours are contributing to the workplace becoming an ever more stressful environment. With the pace of work dictated by instant communications and high levels of global competition, the lines separating work from life are becoming more and more difficult to identify. In addition, due to the significant changes labour relations and the current economic recession, workers are experiencing organizational changes and restructuring, reduced work opportunities, increasing precarious

work, the fear of losing their jobs, massive layoffs and unemployment and decreased financial stability, with serious consequences to their mental health and well-being.

In recent years, there has been growing attention to the impact of psychosocial risks and work-related stress among researchers, practitioners and policymakers. Work-related stress is now generally acknowledged as global issue affecting all countries, all professions and all workers both in developed and developing countries. In this complex context, the workplace is at the same time an important source of psychosocial risks and the ideal venue to address them in order to protect the health and well-being of workers.

WORKPLACE STRESS





KEJOHANAN BOLING NIOSH 2016

Pada 2 April 2016, telah berlangsung acara NIOSH Bowling Championship 2016. Acara tahunan ini dianjurkan oleh Kelab Kebajikan dan Sukan Institut (KKSII) dan Puspanita NIOSH yang disertai oleh kakitangan NIOSH. Bertempat di Ampang Superbowl@ Bangi Gateway Bandar Baru Bangi, Selangor di mana 30 penyertaan dipertandingkan dengan tema 'Nothing But Strike!! Strike!!! Strike!!'. Piala pusingan turut dipertandingkan dan hadiah-hadiah turut menanti para pemenang.

Kategori yang dipertandingkan adalah Berkumpulan, Perseorangan dan Kumpulan Paling Ceria. Pendaftaran peserta bermula 9.30 pagi, sarapan pagi, doa dan ucapan daripada Presiden KKSII. Sebelum pertandingan bermula, para peserta diberi latihan senaman regangan bagi meningkatkan stamina para peserta. Tepat jam 10.40 pagi telah bermula acara yang ditunggu-tunggu. Pertandingan bermula dengan begitu meriah sekali. Turut memeriahkan acara pada pagi itu Tuan Pengarah NIOSH Tuan Haji Zahrim Osman. Semua pemain menunjukkan bakat masing-masing pada hari tersebut dan pemenang-pemenangnya adalah:

Kategori Berkumpulan dimenangi oleh Kumpulan Ultras Malaya
Jatuh pin : 1654

Ahli:

1. Musfaarfana Nasirun
2. Mohd Zaki Mohd Zain
3. Hairul Azam Makhzan
4. Noraini Suberi

Kategori Individu Lelaki dimenangi oleh En. Mohd Zam Azan Abdul Rahim (suami pn.Siti Nurani Hassan-Bahagian OHD)
Jatuh pin : 509

Kategori Individu Perempuan dimenangi oleh Pn. Yusliana Idris (Bahagian FNPD)
Jatuh pin : 445

Kategori Kumpulan Paling Ceria dimenangi oleh Kumpulan Kite-Kite Jer!
Jatuh pin : 1504

1. Ernie Sazlien Baharudin
2. Siti Saydatul Ema Painan
3. Amer Farieq
4. M Athzezul

Syabas diucapkan kepada pemenang-pemenang NIOSH Bowling Championship 2016.

Program Bual Bicara Sempena Sambutan World OSH Day 2016 di Saluran Traxx FM

NIOSH telah diberi peluang oleh Unit Komunikasi Korporat, Kementerian Sumber Manusia untuk mempromosikan Aktiviti dan Perkhidmatan NIOSH melalui Program Bual Bicara di Saluran Traxx FM bersempena dengan Sambutan Hari Pekerja 2016 pada jam 5.15 - 6.00 petang 27 April 2016.



Sambutan Hari Keselamatan dan Kesihatan Pekerjaan Sedunia atau lebih dikenali sebagai World OSH Day disambut pada tanggal 28 April setiap tahun. Tahun ini, tema World OSH Day adalah Workplace Stress : A collective challenge. Bagi menyambut World OSH Day pada tahun ini, NIOSH akan menganjurkan Seminar Kesedaran Umum bertajuk Workplace Stress : A Collective Challenge pada 17 Mei 2016 bertempat di Dewan Rafflesia, Menara NIOSH, Bandar Baru Bangi beserta aktiviti Pameran.

Dalam Program Bual Bicara di saluran Traxx FM di 100.1 MHz itu, NIOSH diwakili oleh En Fadzil Osman, Pengurus Besar, Jabatan Perundingan, Penyelidikan & Pembangunan NIOSH diiringi oleh En Khairunnizam Mustapa, Pengurus Kanan, Jabatan Pendidikan dan Latihan & Pejabat Wilayah NIOSH.

Sterno food safety checks

MEDIA reports on cases of food poisoning in the country, especially involving students, seem to be on the rise lately. The National Institute for Occupational Safety and Health (NIOSH) views the matter seriously and would like to urge everyone involved, including the relevant authorities, school administrators, owners of eateries, caterers, food handlers and parents to take appropriate steps to prevent food contamination from becoming a serious health threat.

We do not want to see a repeat of the recent food poisoning case in Batu Gajah, Perak which claimed one life and left several others needing hospital care.

Less than a month after the incident in Batu Gajah, where victims consumed pesticide-contaminated food bought at a stall there, another food poisoning episode took place at Sekolah Menengah Sains Tapah in Perak. In this incident, 43 students and a teacher fell sick after eating rot jolif with chicken curry at the hostel. It was later found that the chicken used in the curry was contaminated by salmonella bacteria.

It was the second case of food poisoning reported in the school in

the past three years. In October 2013, more than 270 students suffered food poisoning from a chicken dish served at the school's dining hall.

Close on the heels of the case at the boarding school came another in Sekolah Kebangsaan Tiong in Kota Bharu, Kelantan where 29 pupils suffered food poisoning after eating spicy chicken in the school canteen.

This canteen has been closed for two weeks to facilitate an investigation and the operator risks losing his contract if the Health Department's investigation finds him to be negligent.

Students must be protected from not only accidents and crime within the school compound but they should also have access to safe and hygienic food in the canteen or dining hall.

As for food outlets and restaurants, the owners must ensure that people whom they hire must be qualified and practise hygienic and safe food preparation and handling.

In the wake of the recent food poisoning incidents, there should be close monitoring on food preparation and handling as well

as frequent checks on eateries and school canteens throughout the country.

In Malaysia, roadside food stalls are mushrooming and frequented by the public who seem to be unsure whether these stall owners have certificates from the Health Ministry or permits from local authorities.

Furthermore, many restaurants, cafes and outlets at food courts today hire foreigners to cook and prepare food.

I believe that random checks and on-the-spot compound issued by the ministry and local authorities will help improve the cleanliness of the eateries and ensure safe and hygienic food preparation and handling.

The Health Ministry has to conduct more frequent inspections at all eateries as compared to the current practice of once a year, or when there are food poisoning cases or customer complaints.

Local authorities also have to step up their inspection at eateries in their jurisdiction and focus on the roadside stalls to weed out the unlicensed ones.

At the same time, the authorities should recall unsafe or contaminated

food in the wet markets, mini markets, supermarkets or hypermarkets and impose severe punishment on wrongdoers.

Under the law, owners or operators of eateries are not supposed to employ food handlers to work at their premises unless these people have undergone training and have been medically examined and vaccinated by registered medical practitioners. Failing to do so, the eatery owners or operators are liable to a maximum fine of RM10,000 and a jail sentence not exceeding two years.

A similar penalty awaits any food handler in any eatery who fails to undergo training or obtain a Food Handler Training certificate.

The Food Act 1983 is a very comprehensive law providing protection to the public against health hazards and addressing wrongdoings in the preparation and sale of food. The Food Hygiene Regulations 2009 of the Act covers registration of food premises; conduct and maintenance of food premises; food handling; special requirements in handling, preparing, packing, serving, storing and selling of specific food (meat, fish,

ice cream and frozen confection, milk, ice and vending machine); and carriage of food.

Our humid weather promotes the breeding of harmful pests such as cockroaches, rats and flies that can contaminate the food. This is another aspect that should not be ignored, besides cleanliness of tables and utensils, toilets and food storage facilities.

As for primary school pupils, teachers and parents have to teach them food safety and how to spot spoiled food by using senses like sight, smell and taste.

School administrators or parent-teacher associations have to ensure that sinks in school canteens are properly maintained and soap is provided for the students to clean their hands before and after meals.

For safe food to reach end users, the relevant authorities have to ensure that food producers and handlers comply with safe and hygienic practices throughout the supply chain. Consumers have to be conscious of food safety and avoid dirty eateries.

TAN SRI LEE LAM THYE
Chairman, NIOSH

Syor garis panduan jaga kesihatan mental

Kuala Lumpur: Pengerusi Institut Keselamatan dan Kesihatan (NIOSH), Tan Sri Lee Lam Thye (**gambar**) mengesahkan kerajaan mempertimbangkan semula memperkenalkan garis panduan dalam promosi penjagaan kesihatan mental supaya dapat digunakan oleh majikan di tempat kerja.

Beliau berkata, walaupun banyak faktor memberi kesan kepada kesihatan dan kesejahteraan terapan, terdapat bukti menunjukkan persekitaran tempat kerja boleh menyumbang kepada peningkatan ini.

Katanya, garis panduan itu penting membolehkan pelaksanaan langkah asas yang perlu diterima pakai dan dilaksanakan majikan di tempat kerja yang sesuai dengan keadaan praktikal di setiap tempat kerja.

"Tidak ada tempat kerja yang terkecuali daripada gangguan mental dan memberi kesan tinggi dari segi psikologi, sosial serta ekonomi."

"Jadi, kesihatan mental perlu

diberi perhatian secukupnya di semua organisasi. Tempat kerja secara langsung mempengaruhi fizikal, mental, ekonomi dan kesejahteraan sosial pekerja, selain kesan kepada keluarga, komuniti dan masyarakat," katanya pada Persidangan Kesihatan Penuaan Malaysia Ke-8, di sini, semalam.

Konsep promosi kesihatan di tempat kerja (WHP) menjadi semakin relevan di organisasi swasta dan awam yang menyedari bahawa kejayaan masa depan dalam pasaran globalisasi hanya dicapai dengan tenaga kerja yang sihat, berkecekapan dan bermotivasi.

Semua organisasi perlu mengambil kira tekanan berkaitan kerja dan risiko psikososial sebagai sebahagian daripada strategi keselamatan serta kesihatan mereka.

Lam Thye berkata, kesihatan mental bukan saja mengenai penyakit mental, tetapi ia satu perasaan kesejahteraan dan keupayaan mengekalkan hubungan harmoni.



BH 28 APRIL 2016 © KHAMIS

Gaya hidup sihat bantu pekerja kurang tekanan

Majikan perlu laksana pendekatan pengurusan risiko kawal stres

Hari ini adalah Hari Keselamatan dan Kesihatan Pekerjaan (OSH) Sedunia. Hari OSH disambut pada 28 April setiap tahun untuk mengiktirafkan peranan keselamatan dan kesihatan berbanding pencapaian di tempat kerja.

Tema Hari OSH Sedunia tahun ini ialah "Tekanan Kerja: Satu Cabaran Kolektif". Tekanan kerja atau stres merupakan di tempat kerja disebabkan tuntutan pekerjaan kerja kontempori. Bagaimanapun, stres berlebihan dan tidak terurus boleh beri kesan buruk terhadap kesihatan pekerja kerana boleh menjajakkan kesejahteraan mental dan fizikal individu.

Stres berkaitan kerja adalah antara isu paling mencabar dalam OSH hari ini kerana ia beri kesan besar ke atas kesihatan pekerja, produktiviti organisasi dan ekonomi negara. Stres, jika tidak diurus dengan baik, boleh merugikan pekerja dan organisasi. Ia boleh dilatih daripada tidak hadirnya pekerja atau pekerja bertugas walaupun sakit.

Kadar kemalangan meningkat

Ia juga boleh membawa kepada peningkatan kadar kemalangan dan kecederaan di tempat kerja serta menyebabkan masalah mental seperti keresahan dan kemurugan pekerja. Stres berpanjangan pula boleh jejakkan fizikal seperti penyakit kardiovaskular dan gangguan muskuloskeletal. Kajian Morbiditi dan Kesihatan Kebangsaan (NMDS) oleh Kementerian Kesihatan 2015 mendapati masalah kesihatan mental lebih tinggi dalam kalangan orang muda. Mereka dalam kumpulan umur 16-19 tahun menyumbang 34.7 peratus kepada masalah mental sementara kumpulan umur 20-24 menyumbang 32.1 peratus.

Rajian mendapati peratus masalah mental kumpulan umur 16 tahun ke atas ialah 29.2 peratus. Ini peningkatan ketara berbanding kajian sama pada 2006 iaitu 11.2 peratus. Ia juga mendedahkan masalah mental orang dewasa banyak dialami mereka daripada isi rumah berpendapatan rendah. Masalah mental paling rendah ialah dalam kalangan kakitangan keretanan dan separa keretanan.

Sihat mental dititikberatkan Pertubuhan Kesihatan Sedunia (WHO) sebagai sebahagian sebarang individu boleh capai potensi diri, mampu belajar teladan biasa setiap hari bekerja secara produktif dan menyumbangkan kepada masyarakat. Pekerja harus berada dalam keadaan mental baik untuk membolehkan mereka berfungsi lebih baik.

Perubahan struktur kerja juga memunculkan risiko psikososial di tempat kerja di mana pekerja mengahamir peranan lebih besar untuk memenuhkan permintaan tugas



LEE LAM THYE
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STEP UP FOOD SAFETY CHECKS

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SYOR GARIS PANDUAN JAGA KESIHATAN MENTAL

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Date of Publication: 3 April 2016
Page number: 24

Syarikat wajib sedia polisi KKP

KUALA LUMPUR 23 April – Pihak pengurusan syarikat diwajibkan untuk menyediakan Polisi Keselamatan dan Kesihatan Pekerjaan (KKP) sebagai langkah pencegahan kemalangan di tempat kerja.

Pengerusi Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), Tan Sri Lee Lam Thye berkata, aspek berkenaan perlu diutamakan sebagai satu bentuk pelaburan dan bukannya dianggap bebanan kepada syarikat kerana ia menentukan daya maju sesebuah syarikat permiajan.

Jelas beliau, pada masa sama, tuntutan tersebut adalah selari dengan peruntukan di bawah Akta Keselamatan dan Kesihatan Pekerjaan 1994 yang mewajibkan mana-mana syarikat menetapkan polisi KKP bersama visi dan misi

organisasi.

"Ramai orang mengabaikan kepentingan keselamatan dan kesihatan pekerjaan sehingga kemalangan, kecederaan atau maut berlaku dan ada se-setengah industri yang tidak mahu melabur dalam aspek itu kerana faktor kos.

"Mereka seolah-olah tidak sedar bahawa jika kemalangan atau kematian berlaku akibat sikap mengabaikan KKP, kos yang perlu ditanggung akan menjadi lebih besar sedangkan aspek tersebut boleh memberi manfaat kepada permiajan mereka jika ia

diutamakan," katanya dalam satu kenyataan di sini hari ini.

Dalam pada itu, Lam Thye berkata, pihak industri terutama perusahaan kecil dan sederhana (PKS) perlu memberi komitmen tinggi untuk mengamalkan budaya kerja selamat dan melakukan lebih banyak usaha bagi mengurangkan kemalangan industri melalui amalan KKP yang baik.

Menurut beliau, dalam ekonomi global, isu-isu keselamatan dan kesihatan pekerjaan adalah antara penentu utama kepada daya saing syarikat



LEE LAM THYE

dalam meningkatkan produktiviti dan kecekapan.

GAYA HIDUP SIHAT BANTU PEKERJA KURANG TEKANAN

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SYARIKAT WAJIB SEDIA POLISI KKP

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