

FYI



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Your OSH preferred partner

ISO 45001:2018 TRAINING AND COMPETENCIES



EXECUTIVE DIRECTOR'S *Notes*

Dear Associates

Let us all bid farewell to the tumultuous 2020 and welcome New Year 2021 with renewed determination, positive mind set and replenished vigour to recover the lost ground in the year 2020.

The Year 2020 has been a challenging one for all sectors of the economy, especially the services and the industrial sectors. These two sectors are the main determinants of economic growth. Many have encountered declining productivity and income which has resulted in an unprecedented retrenchment of its employees.

Such a scenario does not discount the fact that occupational safety and health at the workplace can take a back seat in determining our priorities. I believe that all of us will concur that employees of an establishment are assets that should be nurtured regularly through training and retraining in addition to instilling a mind set to learning new competencies as demanded by the ever changing production environment.

In this regard, I wish to emphasize that Occupational Safety and Health Management Systems (OSHMS) plays an important role in establishing OSH Policies and Objectives and successfully manage risks in the process of achieving and implementing them. It should be recognized that interrelated elements of OSHMS will certainly contribute positively towards enhancing workers' safety, health and welfare as a whole.

It is pertinent to point out at this juncture that ISO 45001, established in 2018 by the International Standards Committee based in Geneva, has a critical role by providing the OSH Guidelines along with relevant training and competencies for consideration of the employers.

ISO 45001 was introduced with the objective of standardizing OSH Policies and Regulations for a conducive workplace environment.

In this issue, it is a pleasure for me to bring to your attention the Training and Competency imperatives as required by the ISO 45001.

Thank You



Haji Ayop Salleh
Executive Director
NIOASH

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ISO 45001:2018 TRAINING AND COMPETENCIES

AHMAD AIZUDDIN AHMAD RIDZWAN
RESIDENT TRAINER, NIOSH

Many of us are wondering what is the type of training and competencies that should be fulfilled to subscribe to ISO 45001:2018. ISO 45001:2018 specifies requirements for an occupational health and safety (OSH) management system, and gives guidance for its use, to enable organizations to provide safe and healthy workplaces by preventing work-related injury and ill health, as well as by proactively improving its OSH performance.

ISO 45001:2018 applies to any organization that wishes to establish, implement and maintain an OSH management system to improve occupational health and safety, eliminate hazards and minimize OSH risks (including system deficiencies), take advantage of OSH opportunities, and address OSH management system nonconformities associated with its activities.

ISO 45001:2018 helps an organization to achieve the intended outcomes of its OSH management system. Consistent with the organization's OSH policy, the intended outcomes of an OSH management system include:

- a) continual improvement of OSH performance;
- b) fulfilment of legal requirements and other requirements; and
- c) achievement of OSH objectives.

ISO 45001:2018 applies to any organization, regardless of its size, type and activities. It applies to OSH risks under the organization's control, taking into account factors such as the context in which the organization operates and the needs and expectations of its workers and other interested parties.

ISO 45001:2018 does not state specific criteria for OSH performance, nor it is prescriptive about the design of an OSH management system. Thus, this article will elaborate training and competencies required for an organization to certify ISO 45001:2018 within the perspective of Malaysian OSH legislation.

ISO 45001:2018 comprises 7 main elements to be fulfilled before getting certified. Training and competencies required to address in below table are interpreted according to Seven (7) ISO 45001:2018 elements;

NO	ISO 45001:2018 ELEMENTS	TRAINING		COMPETENCIES	
		TITLE	TRAINING PROVIDER	TITLE	TRAINING PROVIDER
1	Context of Organization	Interpretation and Understanding of ISO 45001:2018	NIOSH Certification	NA	NA
2	Leadership and Worker Participation	Interpretation and Understanding of ISO 45001:2018	NIOSH Certification	NA	NA
		OSH and Environment Management	NIOSH (Awareness Training)	NA	NA
		Fundamental OSH for Supervisor	NIOSH (Awareness Training)	NA	NA
3	Planning	Understanding and Implementation of HIRARC	NIOSH (Awareness Training)	NA	NA
		Process Safety Management	NIOSH (Awareness Training)		
		Compliance to OSHA 1994	NIOSH (Awareness Training)	NA	NA
		Compliance to FMA 1967	NIOSH (Awareness Training)	NA	NA
		Effective Safety and Health Committee	NIOSH (Awareness Training)	NA	NA

NO	ISO 45001:2018 ELEMENTS	TRAINING		COMPETENCIES	
		TITLE	TRAINING PROVIDER	TITLE	TRAINING PROVIDER
4	Support	Effective Communication in OSH	NIOSH (Awareness Training)	Safety and Health Officer	NIOSH (Competency Training)
		OSHA 1994	NIOSH (Awareness Training)	Site Safety Supervisor	NIOSH (Competency Training)
		OSH Awareness Programme	NIOSH (Promotion Programme)	OSH Coordinator	NIOSH (Competency Training)
		Safety Passport Programme	NIOSH (Passport Training)	Authorized Entrant and Standby Person	NIOSH (Competency Training)
		NA	NA	Authorized Gas Tester and Entry Supervisor	NIOSH (Competency Training)
		NA	NA	Occupational Health Nurse	NIOSH (Competency Training)
5	Operation	Emergency Preparedness and Response Plan	NIOSH (Awareness Training)	Basic Occupational First Aider	NIOSH (Skill Based Training)
		Safe in Use of Chemical	NIOSH (Awareness Training)	Safe Handling Forklift	NIOSH (Skill Based Training)
		OSH in Office	NIOSH (Awareness Training)	Working Safely at Height	NIOSH (Skill Based Training)
		Hearing Loss Prevention	NIOSH (Awareness Training)	Basic Rigging and Slings	NIOSH (Skill Based Training)
		Fire Watcher	NIOSH (Awareness Training)	Safe Operation of High Pressure Water Jet	NIOSH (Skill Based Training)
		Safe and Defensive Driving	NIOSH (Awareness Training)	NA	NA
		Ergonomic and Manual Handling at Workplace	NIOSH (Awareness Training)	NA	NA
		Tree Climbing Safety	NIOSH (Awareness Training)	NA	NA
6	Performance Evaluation	NA	NA	Consultancy Package (i.e. CHRA, CEM, LEV, IAQ, NRA)	NIOSH (CRD)
		NA	NA	Internal Auditor	NIOSH Certification
7	Improvement	Incident Reporting and Analysis Technique (IRAT)	NIOSH (Awareness Training)	NA	NA
		High Impact OSH Presentation Skill	NIOSH (Awareness Training)	NA	NA

NIOSH and NIOSH Certification are providing various training programmes to complement the implementation of ISO 45001:2018. Our Consultancy, Research and Development (CRD) Department also provides a consultancy package to assist an organization towards certification. Contact us for more information.

NIOSH	Contact Detail
(Regulatory) Competency Based Training (PIC: ERCD, ETD & RO)	Zulfadhli 012 617 3687
Skill Based Training (PIC: SASD, ETD & RO)	Mona 012 222 8330
Awareness Training & Trainers Programme (PIC: SASD, ETD & RO)	Faizilah 012 353 3187
Safety Passport Training (PIC: SASD, ETD & RO)	Maria 013 667 3551
OSH Promotion Programme (PIC: TSCD, ETD & RO)	Aliff 013 733 7323
Consultation, Research and Development (CRD) Department	www.wasap.my/60132228155

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www.wasap.my/60132224966
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- 2. Northern Regional Office (NRO):**
www.wasap.my/60134729806 (P. Pinang)
www.wasap.my/601127017168
(Manjung)
- 3. East Coast Regional Office (ECRO):**
www.wasap.my/60122724558
(Kertih)
www.wasap.my/60129288787
(Kuantan)
www.wasap.my/60129397309 (Kota Bharu)
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www.wasap.my/60126760774
(Senai)
www.wasap.my/60124949004
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www.wasap.my/60126609778
(Melaka)
- 5. Sarawak Regional Office (SWRO):**
www.wasap.my/60138060072
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(Bintulu)
www.wasap.my/60198441020 (Miri)
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Ionizing Radiation

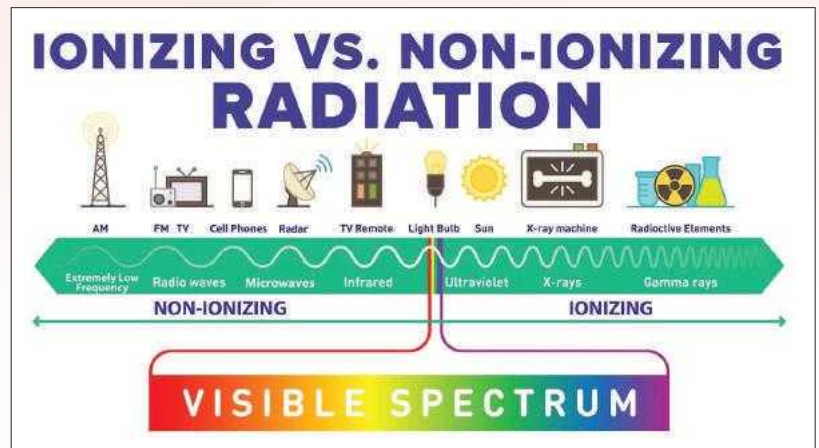
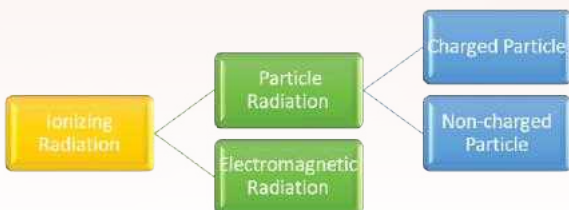
AHMAD AIZUDDIN AHMAD RIDZWAN
RESIDENT TRAINER, NIOSH



Ionizing radiation is known worldwide as harmful radiation to the human being. Several catastrophic incidents such as Chernobyl Nuclear Reactor explosion in 1986 and Fukushima Nuclear Reactor Disaster in 2011 became evident that ionizing radiation is very deadly. But in the modern era, we can't deny the importance of ionizing radiation in our daily life especially for power generation and medical diagnostic equipment. Hence, awareness and education on the importance of radiation protection are crucial to industries and those using radiation gauging in daily works.

Ionizing radiation can be divided into 2 types, namely electromagnetic radiations and particle radiation. Electromagnetic radiation has electric and magnetic effect as an example, X-ray, gamma-ray and Bremsstrahlung. Particle radiation can also be divided into 2 types, namely charged particle and non-charged particle. A charged particle is such as alpha ray, beta ray and an example of a non-charged particle is a neutron.

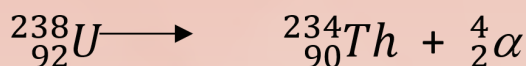
Ionizing radiation was proven to cause serious harm to human by many research and journal published. The ionizing radiation produced from two sources of radiation, namely, Naturally Occurring Radioactive Material (NORM) and Technologically Enhanced Naturally Occurring Radioactive Material (TENORM). Technically, ionizing radiation emitted from the radioactive decay activity from an unstable radionuclide or some called "isotopes" to stable isotopes. The decay proportion depends on the type of isotopes and normally it takes a very long interval to completely decay (half-life). During the decay process, the unstable isotopes will break to two other isotopes and produced neutron and energy. Thus, this energy is known as ionizing radiation.



Characteristics of a particle radiation is as follows:

a) Alpha

Alpha rays basically have low penetration power. However, it has high ionizing energy and high linear energy transfer (LET). Thus, it is very harmful if the sources of radiation are swallowed and remain in the body. The alpha ray can cause somatic and in-utero effect depending on dosage exposed. It is less hazardous if exposed to the outer part of the body and the alpha ray can be blocked by using a piece of paper. Below is an example of an alpha ray emission:



b) Beta

Beta rays are produced from isobaric transition. Since Beta has smaller mass and charge value compared to Alpha, penetration distance is slightly higher and lower LET. Unlike monoenergetic Alpha, Beta shared with neutrino positron and antineutrino for negatron. These differences require different shielding to restraint Beta penetration. Normally, a piece of aluminum is sufficient to stop Beta penetration produced the radionuclide... However, for radionuclide which has a high mass value such as cannot be blocked by using high-density material (i.e. lead) due to reaction with Beta may produce Bremsstrahlung radiation which has extremely higher penetration power.

c) Neutron

Neutron is a non-charged particle; therefore, it is unstoppable. It will penetrate almost anything and cause unstable isotopes. Radioactive decay will be activated, and this process is known as transmutation.

Characteristics of electromagnetic radiation:

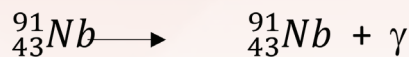
a) X-ray

X-ray is produced from photoelectric effect when removal of the electron by the photons, the atom is left with a vacant energy level. This vacant inner shell is not stable, and the electrons from the outer shell have to jump to fill the inner shell orbit. The energy of different shells in an atom is not the same. Outer shell electrons are in the higher energy state than an inner state electron in an atom. Hence, an outer shell electron has to release energy in order to occupy the inner shell. Energy equivalent to the difference of the outer shell and inner shell energy state is released and in the form of electromagnetic energy or photon also known as a characteristic x-ray. The energy equation for this electronic transition is photon energy released equal energy of an outer state or shell minus energy of inner shell or state.



b) Gamma Ray

Gamma-ray is produced from nuclear configuration reassemble. In other words, gamma-ray produced unstable radionuclide. Similar to x-ray, gamma-ray has no charge and mass. An example is as below:



Alpha vs Beta ionizing radiation

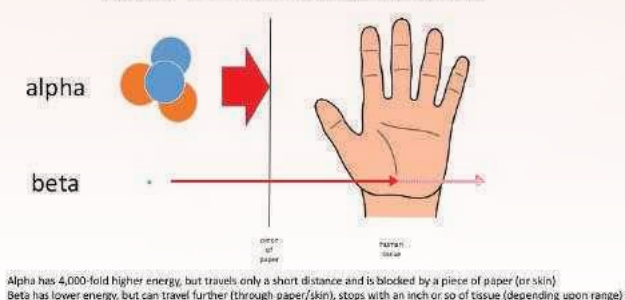


Image source: <https://weillcornellgucancer.org>



BENEFITS OF ONLINE TRAINING @ NIOSH



FLEXIBILITY 1

Attend a training session upon available dates from anywhere.

ACCESSIBILITY 2

Easy access via a reliable online platform with a computer and a stable internet connection

COST EFFECTIVE 3

No additional cost for transportation & accommodation

EFFECTIVE TRAINING METHOD 4

Lecture with high impact, interactive from qualified & recognized Trainer

5 SCHEDULED TRAINING

Early notification & guidance before the commencement of training

6 ONLINE ASSESSMENT

Simplified online Assessment for Competency Based Training

7 E-NOTES

All training materials and other relevant documents can be accessed online

8 E-CERTIFICATE

The certificate can be accessed and printed via the E-Certificate platform

ORANG YANG TERLATIH

VS

ORANG YANG KOMPETEN



OSH Coordinator

Seksyen 15(2)c, AKKP 1994: Majikan hendaklah mengadakan penyeliaan terhadap pekerja bagi memastikan keselamatan dan kesihatan di tempat kerja.

KELAYAKAN:

- Menghadiri kursus OSH-C
- Berdaftar dengan JKPP di MyKKP
- Dilantik oleh majikan



Site Safety Supervisor

Peraturan-Peraturan Kilang dan Jentera (Kendalian Bangunan & Kerja-Kerja Binaan Kejuruteraan) (Keselamatan) 1986 [BOWEC], Peraturan 25(1): Kontraktor utama hendaklah melantik SSS bagi menjalankan penyeliaan keselamatan ke atas aktiviti pembinaan yang dijalankan di tapak bina

KELAYAKAN:

- Menghadiri kursus SSS
- Lulus peperiksaan SSS (2 kertas)
- Mempunyai 2 tahun pengalaman sebagai penyelia tapak bina / formen tapak bina
- Berdaftar dengan JKPP di MyKKP
- Dilantik oleh majikan



Safety & Health Officer

Seksyen 29, AKKP 1994: Majikan yang ditetapkan hendaklah melantik SHO bagi menasihati dan membantu majikan untuk pematuhan perundangan keselamatan dan kesihatan pekerjaan (KKP).

KELAYAKAN:

- Menghadiri kursus SHO
- Lulus peperiksaan SHO (4 kertas)
- Mempunyai 3 tahun pengalaman dalam KKP
- Berdaftar dengan JKPP di MyKKP
- Dilantik oleh majikan (Notifikasi oleh majikan kepada JKPP)

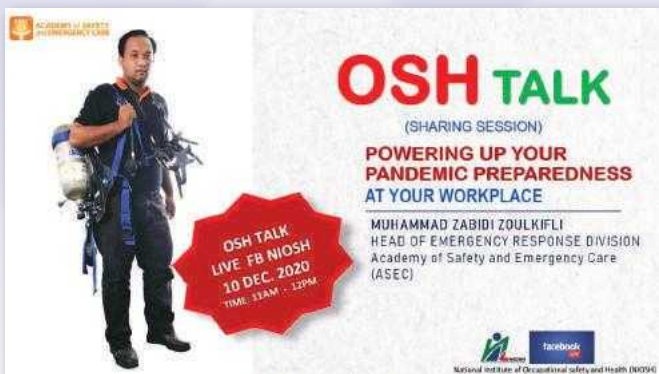
OSH TALK SECARA ATAS TALIAN SEPANJANG PERINTAH KAWALAN PERGERAKAN PEMULIHAN (PKPP) 2020



NIOSH telah membawa perkongsian secara atas talian OSH Talk di facebook NIOSH (FB Live). OSH Talk ini berlangsung pada **8 Disember 2020** (Selasa), jam 11.00 pagi hingga 12.00 tengah hari. OSH Talk tersebut disampaikan oleh Siti Nurani Hassan, *Technical Expert, Consultation, Research and Development Department (CRDD) NIOSH*. Topik yang dibicarakan pada pagi tersebut bertajuk “Tips: Sihat Cara Selamat”.



NIOSH telah membawa perkongsian secara atas talian OSH Talk di facebook NIOSH (FB Live). OSH Talk ini berlangsung pada **24 Disember 2020** (Khamis) jam 11.00 pagi hingga 12.00 tengah hari. OSH Talk tersebut disampaikan oleh Raemy Md Zein, *Technical Expert, Consultation, Research and Development Department (CRDD) NIOSH*. Topik yang dibicarakan pada pagi tersebut bertajuk All you want to know about managing ergonomics at workplace.



NIOSH telah membawa perkongsian secara atas talian OSH Talk di facebook NIOSH (FB Live). OSH Talk ini berlangsung pada **10 Disember 2020** (Khamis) jam 11.00 pagi hingga 12.00 tengah hari. OSH Talk tersebut disampaikan oleh Muhammad Zabidi Zoukifli, *Head of emergency of Response Division, Academy of Safety and Emergency Care (ASEC)*. Topik yang dibicarakan pada pagi tersebut bertajuk *Powering up your pandemic preparedness at your workplace*.



NIOSH telah membawa perkongsian secara atas talian OSH Talk di facebook NIOSH (FB Live). OSH Talk ini berlangsung pada **29 Disember 2020** (Selasa), jam 11.00 pagi hingga 12.00 tengah hari. OSH Talk tersebut disampaikan oleh Laila Che Long, Ketua Unit Peperiksaan dan Persijilan, Bahagian Keselamatan Industri dari Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP). Topik yang dibicarakan pada pagi tersebut ialah “Taklimat Garis Panduan: Sistem Mata Bagi Pendidikan Berterusan (CEP)”.

Semoga program yang dijalankan ini dapat memberi manfaat berguna kepada masyarakat disamping dapat mengetahui lebih mendalam dalam bidang Keselamatan dan Kesihatan Pekerjaan (KKP) melalui sesi perkongsian ilmu pengetahuan oleh tenaga pengajar yang berpengalaman sepanjang tempoh Perintah Kawalan Pergerakan Pemulihan (PKPP).

SEMINAR NIOSH SECARA ATAS TALIAN SEPANJANG PERINTAH KAWALAN PERGERAKAN PEMULIHAN (PKPP) 2020



NIOSH telah membawa perkongsian Seminar atas talian (Online Seminar) di facebook NIOSH (FB Live). Seminar ini telah berlangsung pada **2 Disember 2020** (Khamis), 10.00 pagi hingga 12.30 tengah hari. Seminar bertajuk *Introduction to Hazard Communication: Safety Data Sheets (SDS)* disampaikan oleh Md. Alfie Syahreem Haris, Executive for Training Programme, NIOSH Kerteh.

NIOSH telah membawa perkongsian Seminar atas talian (Online Seminar) di facebook NIOSH (FB Live). Seminar ini telah berlangsung pada **23 Disember 2020** (Rabu), 10.00 pagi hingga 12.30 tengah hari. Seminar bertajuk *OSH Technical Laboratory Services @ Southern Regional Offices (Melaka, Johor, Negeri Sembilan)* disampaikan oleh Mohd Kashfullah Razali, Eksekutif NIOSH, Pejabat Wilayah Selatan (Melaka)



NIOSH telah membawa perkongsian Seminar atas talian (Online Seminar) yang berlangsung pada 19 Disember 2020 (Sabtu), 10.00 pagi hingga 12.30 tengah hari. Seminar bertajuk *Managing Risks Of Hazardous Chemicals In S.M.E. Workplace* disampaikan oleh Shahrulnizam Jamen, NIOSH Technical Expert Industrial Hygiene Consultant.

NIOSH telah membawa perkongsian Seminar atas talian (Online Seminar) yang berlangsung pada **5 Disember 2020** (Khamis), 10.00 pagi hingga 12.30 tengah hari. Seminar bertajuk Seminar on *How to Improve Your Work From Home Posture* disampaikan oleh M.Nur Ikhwan Shafiee, Project Leader (NIOSH), *Development of Anthropometric Database for Working–Age Population Research*.



SEMINAR NIOSH SECARA ATAS TALIAN SEPANJANG PERINTAH KAWALAN PERGERAKAN PEMULIHAN (PKPP) 2020



NIOSH telah membawa perkongsian Seminar atas talian (Online Seminar) di facebook NIOSH (FB Live). Seminar ini telah berlangsung pada **15 Disember 2020** (Selasa), 11.00 pagi hingga 12.00 tengah hari. Seminar bertajuk *OSH Consultation and OSH Technical Laboratory Services @ Southern Regional Offices* disampaikan oleh Nurzuhairah Jamil, Eksekutif, NIOSH Pejabat Wilayah Selatan (Johor Bahru).

NIOSH telah membawa perkongsian Seminar dan Dialog atas talian (Webinar). Seminar ini telah berlangsung pada **16 Disember 2020**, 09.00 pagi hingga 12.00 tengah hari. Program ini adalah kerjasama NIOSH dengan Jabatan Pendidikan Negeri (JPN) - (SMK Putrajaya, Presint 14(1)).

Seminar dan Dialog Pengurusan Keselamatan dan Kesihatan Pekerja di Sekolah 2020 ini disampaikan oleh Ts. Haji Shahronizam Noordin, Pengurus di Bahagian Penyebaran Maklumat (IDD), NIOSH. Topik yang dibincangkan berkaitan “Keperluan perundangan dan penghapusan risiko kemalangan di sekolah – sekolah selamat”.

Objektif seminar ini diadakan adalah untuk memberi kefahaman dan kesedaran dalam bidang KKP seperti perundangan, sistem pengurusan KKP, Jawatankuasa KKP, polisi KKP dan perkara berkaitan KKP kepada guru, para pentadbir serta kakitangan sekolah. Semoga program seminar yang dijalankan ini dapat memberi manfaat berguna kepada masyarakat terutamanya yang terlibat secara langsung dengan pihak sekolah.

MAHA	TOPIK
08:30 - 09:00	DOSSAN PENYERBUK (PENGUKUR BUKAN NIOSH)
09:00 - 11:00	Persekitaran dan Keselamatan Kerja (PJK) yang selamat dan berkesan, (SUKSES) - (SUKSES) II
11:00 - 11:30	Jabatan Keselamatan dan Kesihatan Pekerjaan (JKK)
11:30 - 11:45	Isi
11:45 - 1:00	Keperluan Perundangan dan Penghapusan Risiko Kemalangan (PJK) - (PJK) II
1:00 - 1:15	Peraturan Keselamatan Kerja (PKS)
1:15 - 1:30	Isi
1:30 - 1:45	Persekitaran dan Keselamatan Kerja (PJK) - (PJK) II
1:45 - 2:00	Persekitaran dan Keselamatan Kerja (PJK) - (PJK) II
2:00 - 2:15	Persekitaran dan Keselamatan Kerja (PJK) - (PJK) II
2:15 - 2:30	Persekitaran dan Keselamatan Kerja (PJK) - (PJK) II
2:30 - 2:45	Persekitaran dan Keselamatan Kerja (PJK) - (PJK) II
2:45 - 3:00	Persekitaran dan Keselamatan Kerja (PJK) - (PJK) II

NIOSH telah membawa perkongsian Seminar atas talian (Webinar) yang berlangsung pada **30 Disember 2020** (Rabu), 8.30 pagi hingga 5.00 petang. Seminar bertajuk *Webinar: Empowering Occupational Safety and Health (OSH) In Industry*.



PENGAGIHAN PELITUP MUKA DI BANGUNAN PARLIMEN MALAYSIA

Pada 22 Disember 2020 telah berlangsung sesi pengagihan pelitup muka di Bangunan Parlimen kepada beberapa YB Menteri dan YB Timbalan Menteri, ahli-ahli Dewan Rakyat dan ahli-ahli Dewan Negara, pegawai-pegawai kanan pelbagai Kementerian dan petugas-petugas Parlimen.

NIOSH melalui peralatan pengujian pelitup muka makmal Dust Mask Laboratory (DML), NIOSH telah bekerjasama dengan syarikat pengeluar pelitup muka tempatan untuk menghasilkan model pelitup muka melalui beberapa ujian seperti Penetration Test, Flammability Test, Carbon Dioxide Content Test dan Breathing Resistance Test. Peralatan pengujian DML ini juga turut digunakan untuk membantu pihak Kementerian, pengilang, pengimport, pengedar dan pihak majikan bagi menguji pelitup muka pelbagai jenama dan model.



Parlimen Malaysia: 1 Disember 2020 – YB Senator Datuk T. Mohan, Naib Pengerusi NIOSH mengangkat sumpah sebagai Ahli Dewan Negara bagi penggal kedua di Dewan Negara.

Tahniah dari Pihak Pengurusan dan kakitangan warga kerja NIOSH.

RALAT

Reference FYI August 2020

WHICH WAY ROUND SHOULD A SURGICAL FACE MASK GO?

- 1) World Health Organization. Advice on the use of masks in the context of COVID-19: Interim Guidance. June 5, 2020.
- 2) [https://www.who.int/images/default-source/health-topics/coronavirus/masks-infographic-final-\(web-rgb\).png?sfvrsn=c67232f0_15](https://www.who.int/images/default-source/health-topics/coronavirus/masks-infographic-final-(web-rgb).png?sfvrsn=c67232f0_15)
- 3) https://www.chp.gov.hk/files/pdf/use_mask_properly.pdf
- 4) <https://wistech.com.sg/blogs/maskforeveryone/which-way-round-should-a-surgical-face-mask-go>
- 5) <https://smairfilters.com/en/blog/which-way-round-should-i-wear-my-surgical-face-mask>
- 6) <https://www.gov.sg/article/what-can-you-do-to-protect-yourself-from-covid-19>
- 7) http://covid-19.moh.gov.my/garis-panduan/garis-panduan-kkm/Annex_25_COVID_guide_for_workplaces_22032020.pdf
- 8) <https://www.moh.gov.sg/docs/librariesprovider5/default-document-library/advisory-on-masks-infographic-final-250120-eng.pdf>

Tanggungjawab sosial korporat NIOSH

Pada 27 December 2020 (Jumaat), menjalankan Amanah Pihak Pengurusan Tertinggi NIOSH untuk menyampaikan sumbangan kepada 'frontliners' Negeri Sabah melalui Jawatankuasa Pengurusan COVID-19 Negeri Sabah. Majlis disempurnakan di Pejabat Datuk Timbalan Setiausaha Kerajaan Negeri (Pentadbiran), Jabatan Ketua Menteri, Tingkat 25, Pusat Pentadbiran Negeri Sabah.

Penyerahan Sumbangan kepada 'Frontliners' Negeri Sabah melalui Jawatankuasa Pengurusan Bencana COVID-19 Negeri Sabah yang disampaikan oleh Pengurus Wilayah NIOSH Sabah & WP Labuan, Wan Sarman Sakan kepada Timbalan Setiausaha Kerajaan Negeri Sabah (Pentadbiran), Datuk Hajah Mariam Omar Matusin bertempat di Tingkat 25, Pusat Pentadbiran Negeri Sabah




23-24 December 2020
3 Pegawai NIOSH Kertih telah menjalankan Bengkel Bimbingan Asas Pengurusan KKP (Perodua Servis) untuk Semantan Otomobil di Jerantut, Pahang.



NIOSH EARTH HOUR 2020

ONE HOUR, NO POWER

Switch off electricity to power up our planet.



NOVEMBER 27, 2020
8.00PM-9.00PM



‘NIOSH Earth Hour’ 2020

‘NIOSH Earth Hour’ merupakan kempen memadamkan lampu dan mematikan elektrik selama sejam sebagai usaha mengurangi penggunaan karbon yang menyumbang kepada pemanasan global selain untuk menjimatkan penggunaan tenaga elektrik. Justeru itu, bangunan di ibu pejabat NIOSH Bandar Baru Bangi, Selangor bergelap selama satu jam iaitu pada 27 December 2020 jam 8.00 malam - 9.00 malam.



STEPS TO WEAR YOUR FULL BODY HARNESS

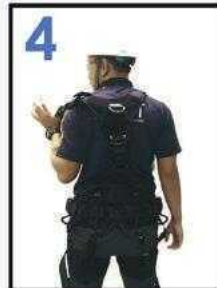
MAKE SURE IT IS SAFE & CLEAN TO USE.

HOLD
Grab the harness by the back D-ring and shake to untangle the straps.



INSPECT
Make sure the harness is in good condition. Look for any cuts, torn marks or loose buckle springs.

UNBUCKLE
Before putting it on, open all buckles (chest, leg, waist straps).



WEAR
Slip straps over shoulder so D-ring is located in middle of back between shoulder blades. Pull leg strap between leg and connect to opposite end. Repeat with second leg strap. For belted harness, connect waist strap after leg strap.

ADJUST
Connect chest strap and position in mid-chest area. Tighten to keep shoulder straps taut.



CHECK
After all straps have been buckled, tighten all buckles so that harness fits snug but allow full range of movement.

TUCK
Make sure all loose ends are strap through loop keepers.



References:
• BS EN 361:2002 : Personal protective equipment against falls from a height— Full Body Harness.
• BS EN 364:1993 : Personal protective equipment against falls from a height— Test Methods.

YES!!! NIOSH can help you.
FPETL is capable to conduct the required test for fall protection equipment conformance to local and international standards.
enquiries@niosh.com.my

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