

# FYI



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NIOOSH MALAYSIA NEWSLETTER... BRINGING YOU THE OSH UPDATES

**JANUARY 2024**



» **Sustainability Matters: Health and Safety**

» **Introduction to CBRNE Threats Related to Occupational Safety and Health (OSH) For Emergency Responders and Services**

# Nota Pengarah Eksekutif

Assalamualaikum WBT

Bismillahirrahmanirrahim.

Kelestarian sesebuah perniagaan merujuk kepada penggunaan amalan yang mengambil kira isu alam sekitar, sosial dan tadbir urus untuk memastikan kelangsungan hidup jangka panjang dan kemakmuran syarikat.

ESG merupakan satu 'buzzword' yang popular di media massa dan media sosial di seluruh dunia dan Malaysia. Secara amnya, ESG adalah singkatan kepada *Environmental, Social & Governance* (ESG) yang merangkumi amalan organisasi mengenai kelestarian alam sekitar, perkara berkaitan pekerja, pembekal, pengguna dan komuniti setempat serta perkara seperti kepimpinan, pengurusan syarikat, audit, kawalan dalaman dan hak pemegang taruh.

Kesihatan dan Keselamatan Pekerjaan (KKP) telah disenaraikan di bawah topik 'sosial' ESG dan diterbitkan dalam Panduan Pelaporan Kelestarian (Edisi Ke-3) oleh Bursa Malaysia. Pelaporan insiden oleh sesebuah syarikat adalah amat penting dan wajar dilaksanakan berpandukan prosedur yang ditetapkan oleh sesebuah syarikat dan mestilah mematuhi Peraturan-Peraturan Keselamatan dan Kesihatan Pekerjaan (Pemberitahuan Kemalangan, Kejadian Berbahaya, Keracunan Pekerjaan dan Penyakit Pekerjaan) 2004 [NADOPOD].

Kementerian Sumber Manusia (KSM) giat bekerjasama dengan pemain industri untuk menggalakkan kelestarian sesebuah syarikat di samping memastikan jabatan dan agensi di bawahnya berada pada landasan yang betul untuk mencapai sasaran dengan melaksanakan fungsi mereka termasuk memberikan latihan yang sewajarnya.

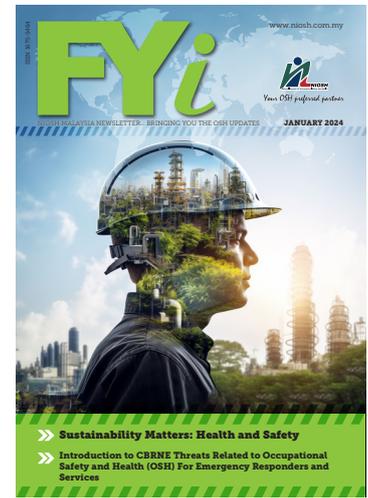
NIOSH memainkan peranan dalam menyokong matlamat ESG melalui pelaksanaan aktiviti seperti Program Tanggungjawab Sosial Korporat (CSR) Alam Sekitar, Sosial dan Tadbir Urus, latihan dan peperiksaan, perkhidmatan rundingan, inisiatif penyelidikan dan pembangunan, penyebaran maklumat dan sistem pengurusan pensijilan yang berkaitan dengan KKP. NIOSHCert juga turut memperkenalkan kursus kepada majikan demi membantu dalam pelaksanaan ESG.

Menyedari kepentingan KKP dalam sesebuah organisasi, FYI edisi Januari 2024 membawakan maklumat mengenai kelestarian dalam aspek kesihatan dan keselamatan pekerjaan. Semoga perkongsian kali ini dapat memberi manfaat kepada para pembaca dan meningkatkan usaha untuk mengekalkan kelestarian sesebuah syarikat dari segi peningkatan pengurusan risiko dan pengurangan kejadian insiden yang tidak diingini. ♦

Haji Ayop Salleh  
Pengarah Eksekutif  
NIOSH

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

# Sustainability Matters : Health and Safety

Consultation, Research & Development Department, NIOSH

In business, responsible investment strategies have since evolved and developed into a more dynamic toolset, often referred to as sustainable investing. The widely cited word 'Sustainability' is defined as *"the development that meets the needs of the present without compromising the ability of future generations to meet their own needs."* (Brundtland Report of the World Commission on Environment and Development, 1987). Sustainability covers environmental, social, and governance (ESG) topics that play a fundamental role in risk mitigation and value creation. ESG has risen to become a top corporate agenda in recent years with investors and other key stakeholders placing increasing emphasis on environmental and social risks and opportunities. The term ESG is also used extensively, particularly by the investment community, and describes the environmental, social, and governance matters that investors are considering in the context of corporate behaviour.

The ESG philosophy was based on taking a long-term perspective through consideration of ESG factors and a heightened awareness of societal impact. ESG is characterised by a more proactive approach that enables investors to combine societal impact with financial returns and still maintain the benefits of portfolio diversity. This can be used by the mainstream investment community as a measure of a company's value, alongside a fundamental analysis of the company's finances.

In 2006, Bursa Malaysia introduced

a requirement for Main Market and ACE Market-listed issuers to disclose their corporate social responsibility (CSR) activities or practices in annual reports. Bursa Malaysia is the frontline regulator of the Malaysian capital market and is responsible for maintaining a fair and orderly market in the securities and derivatives that are traded through its facilities. The said requirement was perceived to focus more on the social aspects of the business – its people and the community – and had limited impact on value creation. Organisations tended to focus on philanthropic activities, and not necessarily address sustainability-related concerns connected to their business operations.

Bursa Malaysia's overriding objectives, in addition to discharging its statutory duties, are investor protection, transparency, high standards of conduct and governance, market integrity, and that all relevant persons can participate in the market with confidence. The increasing investor focus also led to the Financial Times Stock Exchange (FTSE, currently known as FTSE Russell Group) and Bursa Malaysia to introduce an ESG Index for the Malaysian market in 2014 called the FTSE4Good Bursa Malaysia Index which is part of the global benchmarked FTSE4Good Index Series. The main objectives of the FTSE4Good Bursa Malaysia Index are to provide support to investors in making ESG investments in listed issuers; increase the profile and exposure for organisations with leading ESG practices; encourage best practice disclosures, and draw capital

allocation and investment interest for those investors focused on ESG risks.

This article describes Occupational Safety and Health (OSH) requirements as guidance for practitioners and parties involved in compiling information for sustainable reporting of common ESG indicators. References to legal documents, national agenda, and international standards were made to validate and further justify the importance of sustainable practices in managing OSH risks. The need for consistent reporting has risen among OSH Practitioners (Safety and Health Managers, Safety and Health Officers, OSH Auditors, Industrial Hygienists, Ergonomists, Site Safety Supervisors, etc.) employed by public listed companies and government-linked organisations. Sustainable reporting in OSH has also emphasised the relevancy of the achievement of performance indicators and it has linked up to the overall performance of the organisation in the business community. In a simplified explanation, public companies are now obligated to publicise compliance with ESG matters, and OSH Practitioners are demanded to assist in sustainable reporting efforts for the organisation.

## Occupational Safety and Health (OSH)

OSH is defined by the International Labour Organisation (ILO) as the science of the anticipation, recognition, evaluation, and control of hazards arising in or from the workplace that could impair the health and well-being of workers, taking into account the possible impact on the surrounding communities and the general environment.

In Malaysia, the Occupational Safety and Health Act 1994 (OSHA 1994) or Act 514 was enacted with the objectives of securing the safety, health, and welfare of persons at work, protecting others against risks to safety or health in connection with the activities of persons at work and to promote an occupational environment for persons at work which is adapted to

Environmental	Social	Governance
Biodiversity	Labor Standards	Anti-Corruption
Climate Change	Human Rights & Community	Corporate Governance
Pollution & Resources	Health & Safety	Risk Management
Water Use	Customer Responsibility	Tax Transparency
Supply Chain: Environmental	Supply Chain: Social	

Table 1: Elements of ESG

their physiological and psychological needs. Workplaces or termed as 'place of work' in OSHA 1994 described as premises where persons work or premises used for storage of plant or substance. There are also provisions on general duties and responsibilities of ensuring health and safety by the employers and self-employed persons; occupiers of a place of work; designers, manufacturers, and suppliers of any plant and substances for use of work and employees.

Ministry of Human Resources Malaysia through appointed public officers in the Department of Occupational Safety and Health (DOSH) is responsible for administration and enforcement of legislation while the National Institute of Occupational Safety and Health (NIOSH) complements the effort of compliance through training activities, consultation services, research & development initiatives, information dissemination and certifications related to OSH in the country. The other related agency under the same ministry is the Social Security Organisation (SOCSO) which protects an employee against accidents or an occupational disease arising out of and in the course of his employment. The protection under this scheme covers work accidents, commuting accidents, emergency accidents, and occupational diseases. SOCSO keeps extensive records and analyses on workplace incidences. Prevention of accident programmes is commonly organised by this organisation in collaboration with government agencies, trade unions, non-governmental organisations (NGOs), and other interested parties.

OSH, specifically named 'Health and Safety' has been listed under the 'Social' topics of ESG and published in the Sustainability Reporting Guide (3rd Edition) by Bursa Malaysia.

As written in Bursa Malaysia's Sustainability Reporting Guide (2015), indicators should be identified for each material sustainability matter and disclosed accordingly. Indicators should also be normalised and if possible, disclosed against a baseline so that stakeholders can assess performance. As for public listed companies, sustainability matters are commonly reported in their annual report as part and parcel of the organisation's overall performance. The requirement adds the value of sustainability to the stability of profitable companies.

CHAPTER 1 2 3 4 5 6 7 8 9 10 11

Summary of Common (C) Indicators<sup>28,29</sup> (cont'd):

Common Sustainability Matters	Common Indicators
3. Diversity	C3 (a) Percentage of employees by gender and age group, for each employee category
	C3 (b) Percentage of directors by gender and age group
4. Energy management	C4 (a) Total energy consumption
5. Health and safety	C5 (a) Number of work-related fatalities
	C5 (b) Lost time incident rate
	C5 (c) Number of employees trained on health and safety standards
6. Labour	C6 (a) Total hours of training by employee category

Image 1: Bursa Malaysia - Sustainability Reporting Guide (3rd Edition), Page 73

In this article, the number of work-related fatalities and lost time incident rate as listed in the Sustainability Reporting Guide can be discussed collectively as these two indicators are interconnected. An established and documented internal organisation procedures of incident reporting and annual evaluation of OSH performance measurements are essential to conclude figures for annual reporting purposes. Investigation of accidents and revision of risk assessment documents is crucial to prevent recurrence. Lessons learned from accidents should be communicated internally to increase alertness among workers who work with high-risk activities.

**C5 (a) Number of work-related fatalities & C5 (b) Lost time incident rate**

Section 32 of OSHA 1994 requires an employer to notify the nearest Department of Occupational Safety and Health (DOSH) office of any accident, dangerous occurrence, occupational poisoning, or occupational disease that has occurred in the place of work.

Occupational Safety and Health (Notification of Accident, Dangerous Occurrence, Occupational Poisoning, and Occupational Disease) Regulations 2004 [NADOPOD] provides further requirements and information on the notification method, procedure and process to be followed by the employer and the medical practitioners.

The main purpose of reporting the incidences stated under section 32 of OSHA 1994 is for the authority (DOSH) to determine the underlying causes of the incidences for remedial

actions to be taken to prevent similar occurrences in the future. At the same time, the data gathered would form an important database for DOSH to carry out analysis and to come out with its strategic plan to administer and enforce the law. For this purpose, data recorded by the employers must be uniform to facilitate analysis and to assure the validity of the statistical results through supplementary instructions for reporting and recordkeeping duties of employers stipulated under NADOPOD using the approved forms (JKKP 6, JKKP 7, and JKKP 8).

Work-related fatalities or occupational fatalities are defined as immediate death or death within one year of the accident, injury, or illness. The report signifies the number of workers deceased (in headcounts) as an undesirable consequence of workplace incidences. A recent statistic shows that a total of 317 such cases were recorded in 2022, a year-on-year increase of 16. This, the Department of Statistics Malaysia (DOSM) stated, has led to a higher rate of fatal occupational injuries per 100,000 workers, recording 2.06 (2021: 2.00). Falling from heights, accidents while working with heavy machinery, electrocution, explosion of hazardous materials, incidental release of hazardous substances has been recorded as common causes of work-related fatalities in the country.

On the other hand, the accident rate is a measure of the number of accidents that have occurred in a workplace over a given period relative to the size of its workforce. It is one indicator of organisational safety performance and can be used to measure how well workers in that organization are protected from work-related hazards.

**PART VIII - NOTIFICATION OF ACCIDENTS, DANGEROUS OCCURRENCE, OCCUPATIONAL POISONING, AND OCCUPATIONAL DISEASES, AND INQUIRY**

**32. Notification of accidents, dangerous occurrences occupational poisoning and occupational diseases, and inquiry.**

(1) An employer shall notify the nearest occupational safety and health office of any accident, dangerous occurrence, occupational poisoning, or occupational disease that has occurred or is likely to occur at the place of work.

(2) Every registered medical practitioner or medical officer attending to, or called in to visit, a patient whom he believes to be suffering from any of the diseases listed in the Third Schedule of the Factories and Machinery Act 1967 [Act 139.], or any disease named in any regulation or order made by the Minister under this Act, or occupational poisoning shall report the matter.

Image 2: Section 32, OSHA 1994

An accident rate can be calculated as follows:

Accident rate data is used by governmental bodies and corporate stakeholders to formulate policies and programmes aimed at preventing occupational injuries, illness, and fatalities. It can be used to monitor the level of compliance and safety programme implementation in

$$\frac{\text{No. of Occupational Accidents}}{\text{Annual Average Employment}} \times 1,000$$

a particular industry, across an occupation, or in a defined location. OSH Performance of an organisation may be further evaluated with a comparison to the national indicators of Occupational Accident & Fatality Rate.

**National Agenda - OSH Master Plan 2021-2025 (OSHMP25)**

DOSH as a department under the Ministry of Human Resources Malaysia has published the Occupational Safety and Health Master Plan 2021-2025 (OSHMP25).

National Occupational Accident & Fatality Rate										
Year	2014	2015	2016	2017	2018	2019	2020	2021	2022	
Rate of Occupational Injuries	3.10	2.81	2.88	2.93	2.40	2.71	2.18	1.43	2.22	
Rate of Fatal Occupational Injuries	4.21	4.84	4.84	4.90	4.14	3.83	2.09	2.00	2.06	

Notes:  
 Rate of Occupational Injuries per 1,000 workers  
 Rate of Fatal Occupational Injuries per 100,000 workers

Image 3: National Occupational Accident and Fatality Rate (Source: DOSH Website)

OSHMP 25 is a documented strategy and programme formulated to propel the nation's occupational safety and health (OSH) to a more excellent level aiming to protect human resources,

which is an important asset to bring success to the nation's development programme.

Excellence in OSH performance will increase quality, productivity, life capacity, and occupation, which subsequently creates a safe, healthy, and conducive working environment. This will directly contribute to the increase in the Working Environment Component Index under the Malaysian Well-being Index. Safe and Healthy Work Culture is the pillar of making the workplace in Malaysia safe and healthy through comprehensive occupational disease and accident prevention strategic programme.

From a business perspective, a safer and healthier workplace also means a more productive workplace. A good workplace environment can prevent losses in manufacturing, including employees' tardiness and absence issues that are caused by injury and unsatisfactory occupational health complications. In a conducive working environment, employees become more confident in producing the best level of work, in fact, beyond the expectations of the employers.

Based on the confidence that a safe and healthy work culture can further increase the well-being of employers, employees, and the country, therefore the OSHMP25 five-year plan focuses efforts **to reduce accident and death rates to 2.13 accidents for every 1,000 employees and 2.93 deaths for every 100,000 employees by 2025**. This OSH master plan will also continue its target of increasing occupational diseases and poisoning reporting by as much as 30% by 2025.

**International Standard – ISO 45001:2018**

International Organisation for Standardisation (ISO) is an independent, non-governmental international organisation that brings global experts together to agree on the best ways of doing things, from making products to managing processes.

It has published ISO 45001:2018, the international standard that specifies requirements for occupational safety and health management systems. The standard provides a framework for organisations to manage risks and improve OSH performance. It establishes criteria for OSH policy, objectives, planning, implementation, operation, auditing, and review. Key elements include leadership commitment, worker participation, hazard identification, and risk assessment, legal and regulatory compliance, emergency planning, incident investigation, and continual improvement.

The benefits of compliance have recorded an abundance of positive outcomes such as reduced workplace incidents and injuries by systematically managing OSH risks, demonstrated commitment to occupational safety and health, ensured compliance with OSH regulations through audits, increased organisational resilience, and continual improvement opportunities of OSH performance. All three indicators stated in Bursa Malaysia's Sustainability Reporting Guide (2015) namely the *Number of work-related fatalities; Lost time incident rate and Number of employees trained on health and safety standards* can easily be monitored and reported in the annual Management Review Meeting as required by ISO 45001 standards.

**C5 (c) Number of employees trained on health and safety standards**

In general, training refers to instruction and practice for acquiring skills and knowledge of rules, concepts, or attitudes necessary to function effectively in specified tasks and work situations. Training can also be described as a systematic process of acquisition of knowledge, skills, and attitudes required to perform more effectively in one's current job. Effective training must address the personal needs of employees, helping them to learn, to grow, and to cope with the issues that are important to them. Meanwhile, effective training strategies and practices are those that meet the needs of the organisation while simultaneously responding to

**PART IV - GENERAL DUTIES OF EMPLOYERS AND SELF-EMPLOYED PERSONS**

Section 15(2)(c) General duties of employer and self-employed persons to provide training for employees

15. General duties of employers and self-employed persons to their employees.

(1) It shall be the duty of every employer and every self-employed person to ensure, so far as is practicable, the safety, health, and welfare at work of all his employees.

(2) Without prejudice to the generality of subsection (1), the matters to which the duty extends include in particular-

c) the provision of such information, instruction, training, and supervision as is necessary to ensure, so far as is practicable, the safety and health at work of his employees;

Image 4: Section 15, OSHA 1994

the needs of individual employees.

With regards to OSH, training consists of instruction in hazard identification, risk assessment, and risk control measures, learning safe work practices including proper use of personal protective equipment, and acquiring knowledge of emergency procedures and preventive actions. Training provides workers with ways to obtain added information about potential hazards and appropriate risk control. They could gain skills to assume a more active role in implementing hazard control programmes or to effect organisational changes that would enhance worksite protection.

In many cases, the completion of training on health and safety standards helps to prevent, reduce, and further minimised the number of incidents at the place of work. As for employers, providing training to employees and other persons at work is one of the mandatory requirements stated in OSHA 1994.

Currently, the organisation that operates their business in high-risk industries seems aware of regulatory competency requirements as is also stated in the respective industry-specific legal documents. Manufacturing, mining, quarrying, construction, utilities (electricity, gas, water, sanitary services), and the telecommunication industry have to comply with other government agencies that govern their technical and business operations. In this regard, OSHA 1994 stipulates the protection of workers and other persons at work. It should be complied with throughout the course of work through training as it can enhance knowledge, skills, and attitude and equip workers with necessary information about risk and control of their activities.

Other than training for specific employees working with high-risk activities, awareness of health and safety standards can be extended to other workers in the organisation.

**Benefits of Sustainability Matters Reporting**

In conclusion, consistent reporting of sustainability matters such as 'Health and Safety' increases stakeholders' or interested parties' awareness of the impact that business organisation has on the economy, environment, and society. Further benefits of managing sustainability matters are enhanced risk management, promoting innovation, maintaining the licence to operate, securing capital, and improved productivity by reducing downtime (due to incidences), leading to a greater brand value and overall company reputation. Other than reports on negative consequences such as work-related fatalities and incident rates, sustainability matters reports also helped the organisation to publicise leading indicators such as the number of employees trained

on health and safety standards as a continuous effort in managing OSH risks at the workplace. ◆

OSH Management	Workplace and Risk-specific
Safety and Health Committee	Safety in working with energy such as electrical equipment
OSH Risk Management	Handling of Chemicals
Emergency Preparedness and Response	Industrial Hygiene
Incident Prevention, Investigation and Reporting	Indoor Air Quality
Documentations (including SOPs)	Noise Exposure and Hearing Conservation
OSH Management System Audits	Ergonomics in the Offices
Performance Measurements and Monitoring	Manual Handling
Management of Change	Occupational Health and Well-being
OSH Induction	Industrial/Organisational Psychology and Psychosocial

Table 2: List of common OSH Training

# Introduction to CBRNE Threats Related to Occupational Safety and Health (OSH) For Emergency Responders and Services



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## WHAT IS CBRNE?

CBRNE is an acronym that stands for C=**chemical**, B=**biological**, R=**radiological**, N=**nuclear**, and E=**explosive (high yield)**. It refers to:

- the type of hazardous materials.
- devices that may be used in a terrorist attack.
- other emergency situations

CBRNE incidents pose significant risks to public health and safety, and emergency responders and other personnel need to be properly trained and equipped to handle these types of situations.

## OSH GENERAL CONSIDERATION



As per the International Labour Organisation (ILO) 1919-2019, Guidelines on Decent Work in Public Emergency Services, PES employers should commit themselves to establishing a proactive policy and high OSH standards. Preventive measures should be taken both within institutional settings and outside them, where risks cannot be controlled and it is more difficult to take routine precautions.

Particular attention should be paid to physical and psychological overstrain, exposure to debris, leakages of dangerous materials, electrocution, polluted air and water, asbestos and radiation, as well as extreme temperatures, the collapse of buildings, vehicular accidents and the risk of falling. In addition, account

should be taken of risks posed by chemical, biological, radiological, nuclear and explosives (CBRNE) hazards.

## CBRNE THREAT

### • CHEMICAL AGENTS

- A chemical weapon is any toxic chemical that can cause death, injury, incapacitation, or damage to the senses. Deployed via a delivery system, such as an artillery shell, rocket, or ballistic missile. These exist in three states: solid, liquid and gas.
- A toxin is a poisonous substance produced within living cells or organisms. Because toxins are chemicals produced by biological organisms, they can be considered chemical or biological weapons. As modern chemistry can synthesize an ever-growing number of toxins, they fall under the purview of the Chemical Weapons Conventions (CWC).

### • Types of Chemical Agents

- Choking agents
- Blister agents
- Blood agents
- Nerve agents
- Riot control agents

### • BIOLOGICAL AGENTS

- The use of biological agents involves pathogens or toxins against humans, livestock, or crops for military purposes.
- **Pathogen are infectious microorganisms such as:**

- Viruses

- Bacteria

- Prions

- Funguses

- Protozoa

- **Toxins** are organically produced poisons.

### • RADIOLOGICAL AND NUCLEAR MATERIALS

#### • Basics of Radiation

- Radiation is energy emitted from atoms in the form of particles and/or waves.
- There may be many isotopes of a given element.
- Radioactive decay is a process by which unstable isotopes emit energy (or radiation) in the form of particles and/or waves.
- Uranium-235 (U-235) and Uranium-238 (U-238) are both isotopes of uranium.

#### • Types of Radiation:

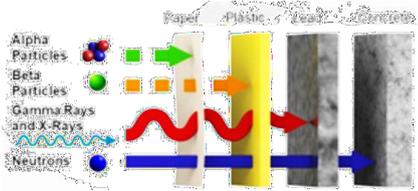
- Alpha particles
- Beta particles
- Gamma rays and x – rays
- Neutrons

#### • Shielding and Radiation Detection

- **Radioactive Material** Radioactive material is broadly defined as any material that emits radiation.

#### • Nuclear Material

- Any source material or special fissionable material:



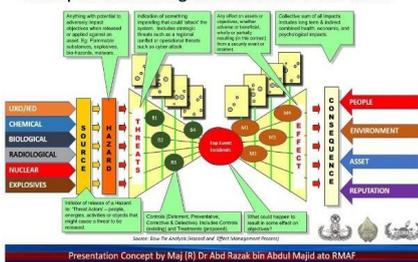
- Source material
- Natural uranium
- Depleted Uranium
- Thorium
- Special Fissionable Material:
  - Pu – 239
  - U – 233
  - Uranium enriched in U-233 or U -235

**EXPLOSIVES AGENTS**

Explosive agents include improvised explosive devices (IEDs) which can be made anywhere from a wide range of materials – from everyday tools, to conventional explosives, to commercial explosives used in construction, quarrying and mining.

Improvised Explosive Devices (IEDs) inflict grievous physical injuries, cause dire psychological harm and spread fear and disruption across affected communities. The threat of IED attacks is a global problem. Cheap and relatively easy to construct, IEDs can be made anywhere from a wide range of materials – from everyday tools to commercial explosives used in construction, quarrying and mining. ♦

**Concept of Risk Management Related CBRNE Threat**



# JOM IKLAN

Tingkatkan jualan produk & perniagaan anda melalui Ruang Iklan di FYI NIOSH

PAKEJ RUANG IKLAN			
Jenis Iklan	1 Bulan	6 Bulan	12 Bulan
<b>Muka Surat 2 (Dalam)</b> - Muka penuh - 21cm X 29.5cm	RM 1,000	RM 5,000	RM 10,000
<b>Muka Akhir (Dalam)</b> - Muka penuh - 21cm X 29.5cm	RM 800	RM 4,000	RM 8,400
<b>1 Muka Penuh (Dalam)</b> - 21cm X 29.5cm	RM 700	RM 3,500	RM 7,350
<b>1/2 Muka</b> - 21cm X 14.5cm	RM 600	RM 3,000	RM 6,300
<b>1/4 Muka</b> - 10.5cm X 14.5cm	RM 500	RM 2,500	RM 5,250

FYI NIOSH diedarkan dalam bentuk softcopy kepada ahli NIOSH, rakan strategik sektor awam dan swasta, dan juga pelanggan.

**IKLANKAN  
PERNIAGAAN ANDA**

**INILAH MASANYA  
UNTUK ANDA**

- Terma & Syarat :**
1. Semua pengiklan hendaklah menyediakan *artwork*.
  2. Pengiklan hendaklah memberi design *artwork* iklan sekurang-kurangnya satu bulan sebelum tarikh penerbitan.
  3. Bayaran hendaklah dibayar kepada akaun NIOSH berserta *design artwork*.
  4. Pengiklan perlu memohon melalui emel di [dl.bmd@niosh.com.my](mailto:dl.bmd@niosh.com.my)
  5. Sekiranya permohonan dituluskan , pihak NIOSH akan menghubungi pengiklan.

## PEMAKLUMAN PENGELUARAN KAD PERAKUAN LATIHAN EOSP SECARA DIGITAL (E-CARD)

**Bermula  
1 Januari  
2024**

Muat Turun  
Aplikasi  
MyNIOSH  
secara  
**PERCUMA**

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

**VISION ZERO**  
Zero Harm, Zero Injury

# COSH

## 2024

24<sup>th</sup> CONFERENCE AND EXHIBITION ON OCCUPATIONAL SAFETY AND HEALTH

# SCIOSH

6<sup>th</sup> SCIENTIFIC CONFERENCE ON OCCUPATIONAL SAFETY AND HEALTH

19-20 FEBRUARY 2024 | KUALA LUMPUR CONVENTION CENTRE

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

REGISTRATION

BROCHURE

THE FUTURE OF WORK

# 02 Jan 2024 **Majlis Lawatan Kerja oleh YB Menteri Sumber Manusia dan YB Timbalan Menteri Sumber Manusia ke NIOSH, Bangi**

02 Januari 2024, Bandar Baru Bangi - Hari pertama bekerja bagi tahun 2024 di NIOSH dimulakan dengan Majlis Lawatan Kerja oleh YB Menteri Sumber Manusia dan YB Timbalan Menteri Sumber Manusia ke ibu pejabat NIOSH di Bandar Baru Bangi, Selangor.

YB Steven Sim Chee Keong, Menteri Sumber Manusia dan YB Dato' Sri Abdul Rahman bin Haji Mohamad, Timbalan Menteri Sumber Manusia telah mengadakan lawatan kerja rasmi buat kali pertama ke NIOSH setelah dilantik menjawat jawatan tertinggi di Kementerian Sumber Manusia.

Lawatan ini merupakan platform untuk YB Menteri dan YB Timbalan Menteri menyampaikan amanat dan hala tuju kerajaan. Dalam lawatan tersebut, YB Menteri dan YB Timbalan Menteri berpeluang untuk berinteraksi dan bersuaial kenal dengan barisan pengurusan tertinggi dan kakitangan NIOSH di samping turut mendengar taklimat organisasi dan strategi NIOSH pada masa hadapan.

Rombongan YB Menteri dan YB Timbalan Menteri turut disertai oleh YBhg. Dato' Haji Amran Bin Haji Ahmad, Timbalan Ketua Setiausaha (Dasar dan Antarabangsa) dan YBhg. Dato' Hajah Norison Binti Ramli, Timbalan Ketua Setiausaha (Operasi). Sebagai tuan rumah, NIOSH diketuai oleh Tuan Haji Ayop Salleh, Pengarah Eksekutif NIOSH, Tuan Mejar Haji Hanif Maidin, Setiausaha Eksekutif NIOSH, dan En Syamsul Zahrin Zainuddin, Ketua Pegawai Eksekutif NIOSH Certification Sdn. Bhd.

Rombongan YB Menteri dan YB Timbalan Menteri diberikan penerangan berkaitan latar belakang dan program anjuran NIOSH. YB Menteri dan YB Timbalan Menteri turut memberikan nasihat, pandangan dan cadangan kepada pihak pengurusan NIOSH.

Sesi ramah mesra bersama peserta kursus tajaan Perbadanan Tabung Pembangunan Kemahiran (PTPK) dan lawatan ke beberapa fasiliti NIOSH turut diadakan. Setelah itu, rombongan turut dipersembahkan dengan demonstrasi latihan amali, peralatan latihan mudah alih, fasiliti bilik penginapan hostel, makmal-

makmal pengujian dan lain-lain lagi.



**09 Jan 2024**

**Lawatan Sambil Belajar pelajar Cosmopoint College ke NIOSH, Bangi**



09 Januari 2024, Bandar Baru Bangi – NIOSH telah menerima lawatan dari Cosmopoint College yang terdiri daripada 16 orang pelajar Diploma Keselamatan dan Kesihatan Pekerjaan dan diiringi oleh seorang pensyarah. Lawatan dimulakan dengan taklimat pengenalan kepada keselamatan dan kesihatan pekerjaan, latar belakang NIOSH, pengenalan kepada aktiviti penyebaran maklumat dan geran kajian NIOSH. Setelah itu, aktiviti diteruskan dengan lawatan ke salah satu makmal NIOSH

iaitu *Fall Protection Equipment Testing Laboratory (FPETL)*. Di makmal tersebut, para pelajar telah diperkenalkan dengan peralatan seperti *Full Body Harness, Connector, Energy Absorber, Lanyard* dan lain-lain oleh pegawai teknikal yang bertugas. Seterusnya, mereka berpeluang untuk melaksanakan pemeriksaan terhadap peralatan-peralatan tersebut berdasarkan langkah-langkah yang telah dipelajari. Di samping itu, Memorandum Persefahaman (MoU) antara Cosmopoint College dan NIOSH turut ditandatangani oleh wakil pengurusan Cosmopoint College dan NIOSH. Lawatan tersebut telah membuka ruang kepada kedua-dua belah pihak untuk memahami keperluan masing-masing agar dapat sentiasa menjalinkan usahasama yang baik pada masa kini mahupun pada masa yang akan datang. ◆

**15 Jan 2024**

**NIOSH menyertai Majlis Amanat Tahun Baharu 2024 dan Perhimpunan Bulanan Kementerian Sumber Manusia**

15 Januari 2024, Putrajaya – Majlis Amanat Tahun Baharu 2024 dan Perhimpunan Bulanan Kementerian Sumber Manusia diadakan di Dewan Serbaguna Kementerian Sumber Manusia. Majlis ini turut dihadiri oleh Tuan Haji Ayop Salleh, Pengarah Eksekutif NIOSH dan beberapa orang kakitangan. Kehadiran YB Steven Sim Chee Keong, Menteri Sumber Manusia, YB Datuk Seri Abdul Rahman Mohamad selaku Timbalan Menteri Sumber Manusia serta pengurusan tertinggi KSM telah menyerikan serta memeriahkan lagi majlis. Setelah selesai menyampaikan amanat tahun baharu 2024, YB Steven Sim Chee Keong sempat berinteraksi dan beramah mesra dengan para jemputan yang hadir. ◆



## 22-23 Jan 2024 **NIOSH sertai Majlis Sambutan Hari Kastam Sedunia ke-42 bagi Tahun 2024**



2024 adalah *"Customs Engaging Traditional and New Partners with Purpose"*.

Untuk pengetahuan pembaca, *World Customs Organization (WCO)* telah menetapkan tanggal 26 Januari pada setiap tahun sebagai Hari Kastam Sedunia. Sambutan ini telah diraikan oleh 185 ahli WCO dari seluruh dunia sempena mengingati perasmian mesyuarat pertama Customs Cooperation Council (CCC) yang telah berlangsung di Brussels, Belgium pada 26 Januari 1953.

Oleh itu, Jabatan Kastam Diraja Malaysia telah menganjurkan program selama dua hari iaitu pada 22 hingga 23 Januari 2024 bagi bersama-sama meraikan peristiwa tersebut. Sambutan ini telah dirasmikan oleh YAB Dato' Seri Anwar bin Ibrahim, Perdana Menteri Malaysia sekali gus melibatkan liputan media yang luas daripada pelbagai media utama seluruh negara.

Terdapat pelbagai aktiviti yang telah dijalankan bagi memenuhi program dua hari berkenaan termasuk demonstrasi oleh Pasukan Tempur Operasi Medan Kastam (COBRA) yang merupakan pasukan elit JKDM. Turut diadakan adalah program Handholding SST untuk orang ramai, penerangan maklumat berkaitan JKDM dan kerjaya dalam JKDM, reruai pameran daripada agensi-agensi kerajaan, kuiz pameran dan lain-lain.

Pameran daripada NIOSH telah menerima kunjungan daripada Puan Wan Marini binti Wan Hamzah, Pengarah Bahagian Perancangan Korporat, Ibu Pejabat Kastam Putrajaya yang turut sudi menyampaikan sijil penghargaan kepada NIOSH atas penyertaan sebagai pempamer bagi program berkenaan. Syabas dan tahniah diucapkan kepada JKDM atas kejayaan menganjurkan program berkenaan. ♦

22-23 Januari 2024, Putrajaya – NIOSH telah dijemput sebagai pempamer bagi menjayakan Majlis Sambutan Hari Kastam Sedunia ke-42 bagi tahun 2024 yang diadakan di Pusat Konvokesyen Antarabangsa Putrajaya (PICC). Tema Sambutan Hari Kastam Sedunia bagi Tahun

## 31 Jan 2024 **Lawatan Sambil Belajar Pelajar Kolej Vokasional Port Dickson (KVPD) ke NIOSH, Bangi**

31 Januari 2024, Bandar Baru Bangi – Seramai 30 orang pelajar dan 9 orang tenaga pengajar Program Teknologi Penyjukan dan Penyamanan Udara, Kolej Vokasional Port Dickson (KVPD) telah mengadakan lawatan sambil belajar ke NIOSH, Bangi. Lawatan dimulakan dengan taklimat pengenalan kepada keselamatan dan kesihatan pekerjaan dan latar belakang NIOSH yang bertempat di Dewan Teater NIOSH. Mereka juga berpeluang menyertai program #NIOSHTalk yang dikongsikan oleh Prof. Madya Dr. Mawaddah binti Azman dari Fakulti Perubatan Universiti Kebangsaan Malaysia (UKM) yang bertajuk "Kanser Peti Suara : Hikmah dan Musibah". Setelah itu, aktiviti diteruskan dengan lawatan ke pusat perpustakaan NIOSH yang terletak di aras satu menara NIOSH. Diharapkan lawatan akademik tersebut dapat memberi pendedahan seterusnya menambah ilmu pengetahuan para pelajar berkaitan keselamatan dan kesihatan pekerjaan di Malaysia. ♦



# WEBINAR

# 1



**Online Seminar**  
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HOW DO YOU KNOW??

**YURAN : RM53**  
(Termasuk 6% SST)

**19 JANUARI 2024 (JUMAAT)**  
**9 PAGI - 12 TENGAH HARI**

\* Seminar ini TIDAK MENYEDIAKAN mata kredit CEP

- Seminar online di Aplikasi Zoom Meeting
- Terbuka hanya kepada PESERTA yang telah membuat bayaran sahaja
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Untuk mendaftar : <https://daftar.niosh.net.my>

**DR AZRUL ROZAIMAN BIN DATO' HJ. ABDULLAH**  
OCCUPATIONAL HEALTH DOCTOR  
NIOSH MODULE DEVELOPER, TRAINER & LECTURER

**19 JAN**



**Online Seminar**  
**CHEMICAL HEALTH RISK MANAGEMENT AT WORKPLACE: RISING THE AWARENESS**

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Tarikh : 23 JANUARI 2024  
MASA : 9 PAGI - 12 T/HARI.

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- SIJIL PENYERTAAN disediakan

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**IR. NIMI BINTI AHMAD**  
- INDUSTRIAL HYGIENE PROG / CHRA COURSE -  
(COMPETENT / CERTIFIED TRAINER & SPEAKER)

Untuk maklumat lanjut, sila hubungi :  
WhatsApp : 019-2314608 (Sekretariat)  
Email : dl.tscd@niosh.com.my

**23 JAN**



**Online Seminar**  
**EMPOWERING ERGONOMICS IN THE WORKPLACE**

**YURAN : RM53**  
(Termasuk 6% SST)

**31 JANUARI 2024 (RABU)**  
**8:30 PAGI - 12:00 TENGAH HARI**

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Untuk mendaftar : <https://daftar.niosh.net.my>

**MOHD ASYRAF BIN CHE DOI**  
(PENYARAH/CERTIFIED ERGONOMIC TRAINER)

Untuk maklumat lanjut, sila hubungi:  
WhatsApp: 019-231 8608 (Sekretariat)  
Email: dl.tscd@niosh.com.my

**31 JAN**

# OSHTALK

# 2



**#NIOSHTalk**  
Punca dan Langkah Mengatasi Isu Kanak-Kanak Lemas Tertinggal Dalam Kereta

**Ahmad Aizzuddin Ahmad Ridzwan**  
Resident Trainer NIOSH

12 Januari 2024 ( Jumaat )  
10.00 pg- 11.30 pg

Dewan Teater, Bangunan Utama

Secara Langsung  
[Facebook Live](https://www.facebook.com/nioshmalaysia)  
nioshmalaysia

**12 JAN**



**#NIOSHTalk**  
Kenali **Suara** Anda

**Nadhirah binti Mohd Shakri**  
Pensyarah Jabatan ENT, Fakulti Perubatan UKM

17 Januari 2024 (Rabu)  
10.00 pagi- 11.30 pagi

Dewan Teater, Bangunan Utama

Secara Langsung  
[Facebook Live](https://www.facebook.com/nioshmalaysia)  
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**17 JAN**



**#NIOSHTalk**  
Kenali Respirator : Pemilihan, Penjagaan dan Penyelenggaraan Yang Betul Sebagai Perlindungan kepada Hazard.

**MUHAMMAD FAHRISZAKI BIN PAIMON**  
Senior Sales Specialist, Personal Safety Division, 3M Malaysia Sdn Bhd

24 Januari 2024 (Rabu)  
10.00 pagi- 11.30 pagi

Dewan Teater, Bangunan Utama

Secara Langsung  
[Facebook Live](https://www.facebook.com/nioshmalaysia)  
nioshmalaysia

**24 JAN**



**#NIOSHTalk**  
Kanser Peti Suara: Musibah dan Hikmah

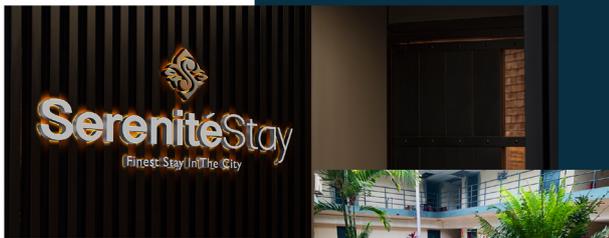
**Prof Madya Dr Mawaddah binti Azman**  
Pensyarah Jabatan ENT, Fakulti Perubatan, Universiti Kebangsaan Malaysia

31 Januari 2024 (Rabu)  
10.00 pagi- 11.30 pagi

Dewan Teater, Bangunan Utama

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**31 JAN**



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- Sri Anggerik Hall
- Aman Meeting Room
- VIP Holding Room

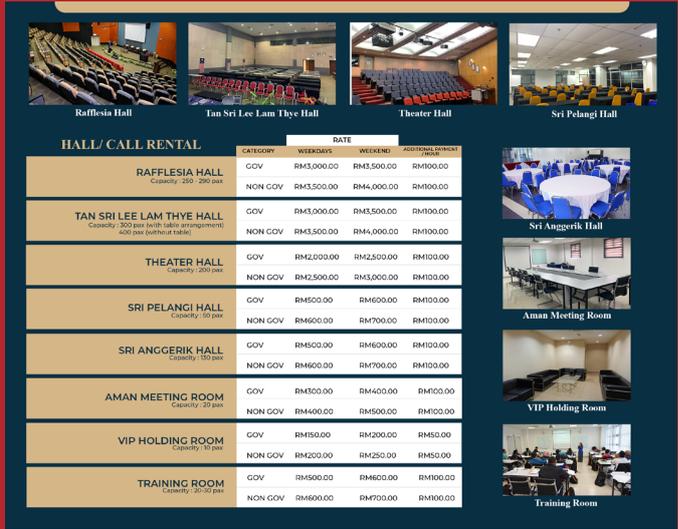
**Room**

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	WEEKDAYS	WEEKEND	ADDITIONAL SERVICE (PER HOUR)
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	NON GOV	RM3,500.00	RM100.00
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	NON GOV	RM2,500.00	RM100.00
SRI PELANGI HALL Capacity: 100 pax	GOV	RM500.00	RM100.00
	NON GOV	RM600.00	RM100.00
SRI ANGERIK HALL Capacity: 100 pax	GOV	RM500.00	RM100.00
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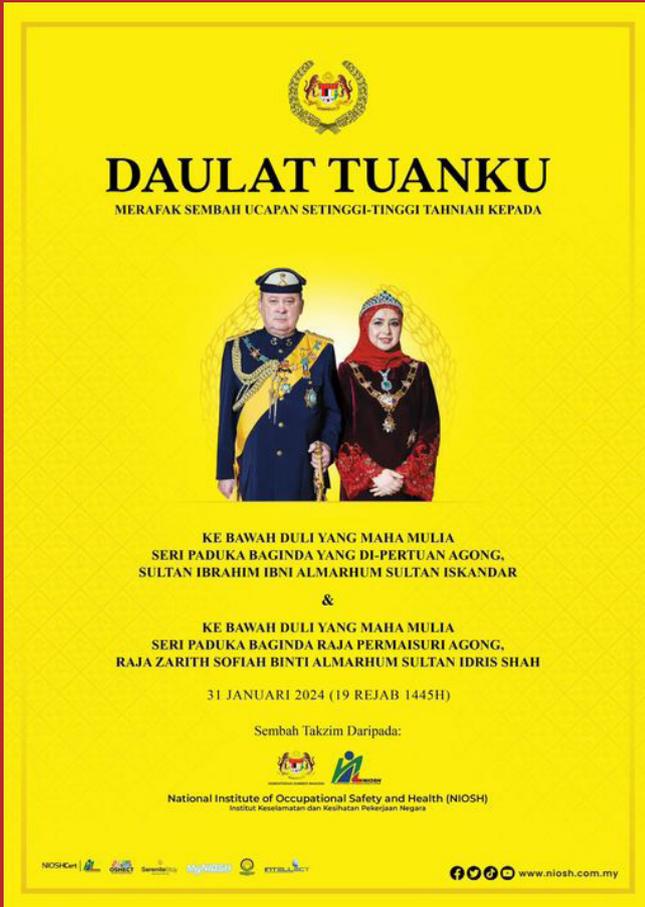
NIOSH is inviting  
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**Imbas Kod QR**

KRITERIA / SYARAT PENULISAN ARTIKEL SUMBANGAN KEPADA NIOSH serta Borang Serahan Bahan Terbitan

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31 JANUARI 2024 (19 REJAB 1445H)

Sembah Takzim Daripada:

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Institut Keselamatan dan Kesihatan Pekerjaan Negara

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Sebagai Yang di-Pertuan Agong XVII  
31 Januari 2019 - 30 Januari 2024

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Selamat Menyambut Hari  
**Thaipusam**  
2024

MALAYSIA MADANI

Ikhlas daripada:  
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**PEMAKLUMAN**  
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SELAMAT  
MENYAMBUT  
**TAHUN  
BARU  
2024**

MALAYSIA MADANI

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"NIOSH telah diperakukan  
Pertubuhan Penerbangan  
Awam Antarabangsa (ICAO)  
sebagai Badan Verifikasi  
bagi Skim Pengimbangan  
dan Pengurangan Karbon  
Penerbangan Antarabangsa  
(CORSIA)."

YB Steven Sim  
Menteri Sumber Manusia.

NIOSH Certification Idn Third (NIOSH-Cert) menjadi Badan verifikasi tempatan tunggal dan pertama yang mendapat kedudukan sebagai Badan Verifikasi Nasional bagi Carbon Offsetting and Reduction Scheme for International Aviation (CORSIA). NIOSH-Cert sebagai Badan Verifikasi telah mematuhi kriteria yang ditetapkan oleh perjanjian perantara yang berkaitan dengan CORSIA.

CORSIA dipertingkatkan oleh Peraturan Pengimbangan dan Pengurangan Karbon (ICAO) dengan tujuan mengurangkan impak karbon dan mengawal perubahan iklim melalui sektor yang berkaitan dengan penerbangan.

ICAO adalah agensi khusus di bawah Pertubuhan Bangsa-Bangsa Bersatu (PBB) yang menguruskan semua pengurusan trafik udara perantara bagi negara-negara anggota PBB.

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**AWARENESS PROGRAMME COURSE BANDAR BARU BANGI**

### EMERGENCY PREPAREDNESS AND RESPONSE PLAN (EPRP-RL) (REMOTE LEARNING)

Course Fee: **RM424.00** (inclusive of 6% SST)

**OBJECTIVE(S):**

- Understand the importance of Emergency Preparedness
- Understand the legislative requirements and standards on Emergency Preparedness
- Describe the elements of emergency planning and related functions
- Conduct evaluation

**TARGET GROUP(S):**

- Managers/Executives
- Safety and Health Officers
- OSH Practitioners
- Safety and Health Committee members
- Supervisors and EET Members

**COME JOIN US !!**

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Or Whatsapp: +6019-2316608  
AZMAN BIN SIDEK

**AWARENESS PROGRAMME COURSE BANDAR BARU BANGI**

### EFFECTIVE SAFETY AND HEALTH COMMITTEE (ESHCC-RL) (REMOTE LEARNING)

Course Fee: **RM424.00** (inclusive of 6% SST)

**OBJECTIVE(S):**

- Explain the basic requirement of Occupational Safety and Health Act 1994.
- Determine the provisions of the Safety and Health Committee Regulations 1996.
- Determine Occupational Safety and Health (OSH) management concepts.
- Determine efficient committee management.
- Determine effective workplace safety inspections.
- Discuss accident trend and accident report.

**TARGET GROUP:**

- Managers/ Executives.
- Safety and Health Officers.
- OSH practitioners.
- Safety and Health Committee members.
- Supervisors and all levels of workers.

**COME JOIN US !!**

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AZMAN BIN SIDEK

### UPCOMING UPCOMING TRAINER & AWARENESS PROGRAM COURSE (REMOTE LEARNING) FEBRUARY & MARCH 2024

**NIOSH BANDAR BARU BANGI**

COURSE	DATE
Occupation Safety & Health Act 1994 Remote Learning (OSHA-RL)	7 FEB
Train The Trainer Remote Learning (TTT-RL)	19-23 FEB 11-15 MARCH
Effective Safety And Health Committee Remote Learning (ESHCC-RL)	27-28 FEB
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# Pemandu warga asing maut lori langgar jengkaut

**Petaling Jaya:** Seorang lelaki maut apabila lori di pemandu melanggar sebuah jengkaut di sebuah tapak pembinaan di Jalan Aeronautika 3, di sini, semalam.

Ketua Polis Daerah Petaling Jaya, Asisten Komisioner Mohamad Fakhruddin Abd Hamid berkata pihaknya menerima panggilan kecemasan bertepatan insiden itu pada jam 5.12 pagi.

"Hasil siasatan awal mendapati paut kejadian itu berlaku ketika mangsa yang jua warga asing berusia 39 tahun sedang melakukan kerja memambal tanah di tapak pembinaan berkenaan.

"Bapa mangsa, tapak lori dipandu mangsa terbenam ke dalam alat berat.

"Bakul sekejawa (saka) di lori membantu mengangkut lori berkenaan mengangkut jengkaut," katanya dalam satu kenyataan semalam.

Mohamad Fakhruddin berkata, dalam proses berkenaan mangsa diikatkan dengan paut tali untuk menyekatkan lori tersebut agar tidak bergerak dan mengangkut jengkaut tersebut.

"Kemalangan menyebabkan mangsa disahkan maut di lokasi kejadian semalam.



Pemandu maut selepas lori melanggar jengkaut di tapak pembinaan Jalan Aeronautika 3, Petaling Jaya, semalam.

Kasus kejadian oleh pasukan perubatan dari Hospital Sungai Buloh (HSB).

"Mama mama individu yang mempunyai maklumat atau berada di lokasi kejadian diminta menghubungi pegawai penyiasat kes, Inspirator Wan Ahmad Izzahmaki, melalui talian 014 5298800 atau datang ke balai polis berhampiran bagi membuat siasatan," katanya.

# Pelajar patah tulang pinggul dihempap konkrit

**Setiu:** Seorang pelajar perempuan berusia 16 tahun patah tulang pinggul kiri selepas dihempap sambok konkrit di bilik air sekolah di daerah ini semalam.

Kejadian berlaku kira-kira jam 11.10 pagi ketika mangsa bersama seorang rakan dikatakan sedang mencuci bilik di Kawasan Bilik di asrama berkenaan.

Ketua Polis Daerah Setiu, Deputy Superintendent Afendi Husain

berkata, dua pelajar itu kemudian terdengar bunyi pelik di bawah bilik tempat mengambil tuduk sebelum ia tumbang runtuh.

"Ketika itu, seorang pelajar sempat maklumkan diri namun seorang lagi dihempap dan terserap bawah runtuhan berkenaan.

"Mangsa dibelaukan dengan bantuan bomba sebelum dihantar ke Unit Kecemasan Hospital Setiu untuk rawatan.

"Mangsa patah tulang pinggul kiri dan disyaki mengalami cedera pada bahagian perut akan dipindahkan ke Hospital Sultanah Nur Zahirah Kuala Terengganu untuk rawatan lanjut," katanya ketika dihubungi.

Sementara itu, Ketua Balak Bomba dan Penyelamat (KBPP) Setiu, Mohd Azli Rajap, berkata, pihaknya menerima panggilan mengenai kejadian itu jam 11.22 pagi sebelum sembilan anggota digerakkan ke lokasi kejadian.

"Kita mengambil masa kira-kira 15 minit untuk membawa keluar mangsa menggunakan peralatan khas sebelum dia diserahkan kepada pihak Kementerian Kesihatan (KKM) untuk tindakan selanjutnya," katanya.

Anggota bomba menyelamatkan pelajar yang dihempap dinding konkrit di sebuah asrama sekolah di Setiu. (Foto: Ihsan Berani)



Anggota bomba menyelamatkan pelajar yang dihempap dinding konkrit di sebuah asrama sekolah di Setiu. (Foto: Ihsan Berani)

## Isadat & Fadilat

Alhamdulillah kerana berkeselamatan dan selamat di hari ini. Semoga Allah SWT memberi rahmat dan hidayah kepada semua umat manusia.

KAWASAN	SUBUR	ZUHUR	ASAN	MAGHRIB	ISYAK
Kangar	6:23	1:32	4:53	7:26	8:38
Alor Setar	6:23	1:32	4:53	7:25	8:38
Ipoh	6:22	1:32	4:54	7:26	8:40
Yoh	6:18	1:29	4:52	7:25	8:39
Kuala Lumpur	6:16	1:27	4:49	7:24	8:38
Shah Alam	6:14	1:27	4:49	7:24	8:38
Johor Bahru	6:03	1:18	4:41	7:18	8:31
Kuantan	6:08	1:21	4:44	7:19	8:32
Sempitan	6:02	1:26	4:48	7:24	8:37
Bandar Melaka	6:10	1:24	4:47	7:23	8:37
Kuala Bharu	6:15	1:24	4:46	7:24	8:37
K. Terengganu	6:10	1:20	4:42	7:15	8:28
Kota Kinabalu	5:19	1:29	3:50	6:23	7:36
Kuching	5:38	1:23	4:16	6:53	8:06

# ASRAT DUA SAHABAT CARI BESI BURUK TAK KESAMPAIAN

**Kota Kinabalu:** Seorang lelaki dan wanita masing-masing berusia 47 tahun ditemui terhempas di sebuah bilik penyimpanan tong gas dipercayai akibat terhidu gas karbon dioksida (CO2).

Ketua Polis Daerah Kota Kinabalu, Asisten Komisioner Mohd Zaidi Abdullah berkata, pihaknya menerima laporan berhubung kejadian itu pada jam 9.30 pagi kelmarin.

"Mangsa dalam keadaan tidak sedarkan diri, satu pita bilik tertutup di bangunan berkenaan.

"Menurut keterangan saksi, kedua-dua mangsa adalah keramatnya dan mangsa wanita itu tinggal seorang-nyonya.

"Pada jam 2 pagi kelmarin, kedua-dua mangsa mencubetahu saksi mahu berhempas berkenaan bagi mencari kabel dan besi untuk dijual.

"Setengah jam selepas itu, anak mangsa yang dijaga saksi menagis dan dia cuba menghubungi salah seorang mangsa tetapi gagal dihubungi.

"Bimbang sesuatu tidak ditangani berkesan, saksi bersama seorang lagi rakannya ke bangunan itu untuk mencari mangsa," katanya dihubungi semalam.

Mohd Zaidi berkata, kedua-dua mangsa ditemui tidak sedarkan diri di dalam bilik penyimpanan tong gas.

"Rakan mangsa segera ke Perkedai Peti Lulus untuk memaklumkan kejadian itu kepada polis.

"Sepucukan anggota bomba turut membantu membuka pita bilik dan kedua-dua mangsa diangkut ke hospital dengan menggunakan helikopter kerana terhidu gas karbon dioksida.

"Maut kedua-dua mangsa dihidari Hospital Queen Elizabeth II (HQ2) untuk tindakan lanjut," katanya.

Menurutnya, hasil siasatan di tempat kejadian juga, pucukan bomba dan hospital mengesahkan kedua-dua mangsa meninggal dunia kerana terhidu gas karbon dioksida.

"Kes diklasifikasi sebagai laporan maut mengesyaki (ISRO)," katanya.

## Ajal hidu gas beracun



MAYAT kedua-dua mangsa ditemui di bilik penyimpanan tong gas. (Gambar: Ihsan Berani)



TIMBALAN Pengarah BPM Kedah, Penolong Pesuruhjaya Bomba Syarif Khamran (kiri) ketika meninjau lokasi kebakaran membabitkan sebuah kedai motosikal di Taman Sri Utama yang menyebabkan seorang maut.

# KEBAKARAN KEDAI MOTOSIKAL OKU terkorban dalam tandas

**Sungai Petani:** Seorang lelaki orang kurang upaya (OKU) maut selepas terperangkap dalam kebakaran di sebuah kedai motosikal di Taman Sri Utama, Gunung, dekat sini, pagi semalam.

Penolong Pengarah Bahagian Operasi Kebombaan dan Penyelamatan Jabatan Bomba dan Penyelamatan Malaysia (BPM) Kedah, Penguasa Kanan Bomba Iwan Mohd Hamid Wan Mohd Zin berkata, mangsa yang berusia 34 tahun ditemakan meninggal dunia di dalam tandas premis tersebut.

"Bomba menerima panggilan kecemasan menerusi talian 999 pada 1.40 pagi. Sebanyak 16 pegawai dan 10 jentera dikerahkan ke lokasi kejadian," katanya dalam satu kenyataan.

Beliau berkata mangsa yang merupakan anak peniaga kedai motosikal terbabit disahkan meninggal dunia oleh pegawai Kementerian Kesihatan.

"Kedai satu tingkat itu musnah lebih 90 peratus dan api berjaya dikawal pada 5.17 pagi," katanya.

# Kesihatan mental cabaran untuk semua

**KESIHATAN** mental bukanlah isu asing dalam kalangan masyarakat di Malaysia namun sejak beberapa tahun kebelakangan ini sering dipandang rendah kepada masyarakat. Statistik masalah kesihatan mental menunjukkan trend peningkatan yang amat membimbangkan. Justeru, setiap individu perliah cakna akan kesihatan mental diri masing-masing.

Apakah sebenarnya masalah kesihatan mental di Malaysia ini semakin meningkat?

Salah satu faktornya dapat kita lihat dari sudut keluarga iaitu cara atau corak seseorang itu diasuh dan dibesarkan di rumah.

Hal ini berkait rapat dengan corak kebudayaan yang diamalkan oleh para ibu bapa yang secara langsung dapat mempengaruhi kesihatan mental anak-anak.

Faktor yang kedua ialah faktor persekitaran. Faktor ini merujuk kepada keadaan di sekeliling seseorang itu seperti rakan-rakan, tempat tinggal dan tempat kerja.

Faktor seterusnya ialah faktor pendidikan. Umum mengetahui pendidikan memberikan banyak manfaat kepada seseorang baik dari segi pengetahuan dan kemahiran, peluang pekerjaan dan pembentukan karakter seseorang.

Berdasarkan kajian daripada portal kesihatan MyHealth, Kementerian Kesihatan Malaysia, statistik orang yang tidak berpendidikan atau berpendidikan rendah dan mempunyai masalah kesihatan mental adalah kira-kira 15 hingga 16 peratus.

Faktor lain ialah faktor keistimewaan atau kesihatan fizikal. Bagi orang yang sakit atau mempunyai kekurangan dari segi fizikal, mereka cenderung untuk berasa rendah diri dan tidak berguna.

Faktor-faktor ini adalah antara sudut yang kita lihat dapat mempengaruhi kesihatan mental seseorang seperti jantina, umur, agama dan budaya.

Meskipun begitu, masalah-masalah ini bukanlah kekal dan tidak boleh dipulihkan. Ia boleh dipulihkan dengan bantuan daripada pakar dan orang sekeliling.

- Siti Aisyah Binti Abdul Rahman, Universiti Sains Islam Malaysia (USIM)

# Nelayan maut terkena renjatan elektrik ketika membaiki bot

**MARANG:** Seorang nelayan maut terkena renjatan elektrik ketika melakukan kerja-kerja membaiki dan membersihkan bot milik bapanya dalam kejadian di Kuala Sungai Marang di sini, pada pagi Selasa.

Mangsa, Muhamad Zai Hisham Zaidir, 24, yang berasal dari Kampung Bukit Mengawan, Ajil, Hulu Terengganu ditemakan meninggal dunia di lokasi kejadian sekitar jam 8.30 pagi.

Ketua Polis Daerah Marang, Deputy Superintendent Mohd Razman Setapa berkata, siasatan awal mendapati mangsa keluar bersendirian untuk membaiki bot berkenaan sebelum ditimpa insiden tersebut.

"Mangsa disyaki terkena renjatan elektrik daripada lampu sorot yang digunakan untuk memudahkan kerja-kerja membaiki bot.

"Mayat mangsa ditemukan meninggal dunia di atas bot berkenaan oleh bapanya pada pagi Selasa," katanya ketika dihubungi pada Selasa.

Menurut Mohd Razman, mayat mangsa telah dihantar ke Hospital Sultanah Nur Zahirah (HSNZ) untuk bedah siasat.



Mangsa ditemukan meninggal dunia di atas bot di Kuala Sungai Marang pada pagi Selasa.

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