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NIOSH MALAYSIA NEWSLETTER... BRINGING YOU THE OSH UPDATES

SEPTEMBER 2024



» **Vlogging Your Way to Success : Boosting English Communication and Confidence in Business Pitching**

» **Cholera : Delayed Treatment can be Fatal**

Nota Pengarah Eksekutif

Assalamualaikum WBT

Bismillahirrahmanirrahim.

Kemahiran komunikasi amat penting dalam proses penyampaian maklumat serta perkongsian idea, terutamanya dalam dunia pekerjaan dan perniagaan yang semakin mencabar. Dalam konteks keselamatan dan kesihatan pekerjaan (KKP), keupayaan berkomunikasi dengan berkesan memastikan maklumat kritikal seperti prosedur keselamatan, arahan kecemasan dan amaran risiko dapat disampaikan dengan tepat dan dapat difahami oleh semua pihak.

Seiring dengan perubahan di bawah Akta Keselamatan dan Kesihatan Pekerjaan (Pindaan) 2022 yang dikuatkuasakan pada 1 Jun 2024, maklumat mengenai tanggungjawab majikan juga perlu dikongsi dengan tepat agar mereka bersedia untuk membangunkan pelan kecemasan, melaksanakan penaksiran risiko dan menyediakan garis panduan keselamatan yang lebih jelas. Hak pekerja untuk mendapatkan maklumat yang tepat mengenai risiko dan langkah keselamatan juga tidak boleh dipandang ringan kerana mereka juga perlu memahami tanggungjawab di tempat kerja masing-masing.

Perkara ini pernah diungkapkan oleh bekas Presiden Afrika Selatan, Nelson Mandela iaitu: "*If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart.*" Ia membawa maksud bahawa komunikasi yang jelas dan tepat bukan sahaja meningkatkan kefahaman tentang sesuatu perkara, malahan mampu meningkatkan keberkesanan sebarang inisiatif termasuk di tempat kerja. Sebagai contoh, penggunaan bahasa yang mudah mengenai kebaikan peralatan perlindungan diri (PPE) boleh meyakinkan pekerja untuk memakainya dengan rasa hati dan penuh tanggungjawab.

Bagi pihak pengurusan dan tenaga pengajar yang sering terlibat dalam pembentangan dan perkongsian idea, kemahiran berkomunikasi dengan berkesan bukan sahaja dapat memastikan pekerja memahami aspek KKP dengan baik, malahan mampu meningkatkan daya saing serta memberikan persepsi positif terhadap organisasi mereka.

Menyedari kepentingan kemahiran ini, NIOSH turut memainkan peranan proaktif dengan menawarkan kursus seperti "**Effective Communication in OSH**" bagi membantu pekerja dan majikan menguasai teknik komunikasi berkesan dalam konteks KKP. Pendekatan ini sejajar dengan hasrat Kerajaan untuk meningkatkan kesedaran mengenai KKP agar kadar kematangan dan penyakit berkaitan pekerjaan dapat dikurangkan seperti yang ditetapkan di bawah **Pelan Induk KKP 2021-2025 (OSHMP25)**.

NIOSH turut menggunakan pelbagai platform media sosial seperti **Facebook**, **YouTube** dan **TikTok** untuk menyebarkan maklumat berkaitan KKP dengan cara yang lebih kreatif dan menarik. Pendekatan sebegini mampu menarik minat golongan pekerja muda menerusi perkongsian mesej secara santai dan mudah difahami.

Bagi edisi FYi September 2024, NIOSH turut membawakan artikel bertajuk "**Vlogging Your Way to Success: Boosting English Communication and Confidence in Business Pitching**," yang memberikan panduan bagaimana penggunaan platform media sosial membantu individu meningkatkan penguasaan bahasa agar mereka mampu menyampaikan idea dengan lebih berkesan.

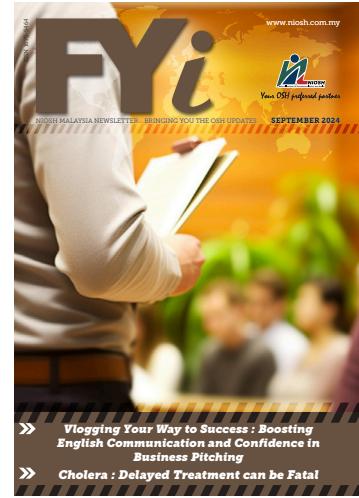
Semoga perkongsian ini memberikan inspirasi kepada kita semua untuk meningkatkan kemahiran berkomunikasi, demi mewujudkan budaya KKP yang progresif sejajar dengan aspirasi Kerajaan Madani untuk membina masyarakat Malaysia yang lebih inklusif, berdaya saing dan sejahtera. ♦



Haji Ayop Salleh
Pengarah Eksekutif
NIOSH

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

Vlogging Your Way to Success : Boosting English Communication and Confidence in Business Pitching

Dr Noor Alhusna binti Madzlan, Pensyarah Kanan DS51

Jabatan Bahasa dan Kesusastraan Inggeris, Fakulti Bahasa dan Komunikasi, Universiti Pendidikan Sultan Idris

Effective communication is the backbone of any successful workplace, but in the high-stakes arena of business, it takes on even greater significance. This is especially true during pitch sessions, where entrepreneurs seek to captivate potential investors with their innovative ideas, products or services. In these situations, entrepreneurs must craft persuasive presentations aimed at securing the capital necessary to launch or expand their ventures. On the other side of the coin, investors are meticulously observing every aspect of the pitch, weighing the potential of the business opportunity against the calibre of the entrepreneur presenting it. The ability to communicate effectively can make all the difference, as strong communication skills are essential for persuading stakeholders, investors and collaborators. Therefore, for entrepreneurs aiming to succeed, mastering the art of communication is vital during the pitch session to attract lucrative investment opportunities. Despite a widespread recognition of the importance of effective communication especially in pitching and business, many professionals are still hesitant to use English as their communicative medium. This reluctance often stems from insecurities about their language proficiency or fear of making mistakes in high pressure situations. Such hesitance can stifle creativity and the ability to pitch ideas convincingly which results in missed opportunities; ultimately diminishing the impact of presentations. Overcoming this barrier is essential for creating a dynamic and persuasive pitching environment that fosters confidence and drives success.

Pitch sessions generally held in person (face-to-face), with entrepreneurs presenting their ideas directly to judges and influential panels from within the industry. Entrepreneurs often rehearse their pitches in front of colleagues or live audiences as part of their preparation for these presentations. However, a contemporary approach to improve oral communication skills is emerging through Computer-Mediated Communication (CMC).

This tech-savvy method creates a more comfortable setting, helping to alleviate the stress associated with addressing a large group of judges, panels and audiences.

As professionals explore innovative strategies to sharpen and enhance their English communicative skills for pitching presentations, the writer proposes a promising solution; incorporating video blogging or vlog as a practice technique. Video blogging, commonly known as vlogging, is a prominent form of Computer-Mediated Communication (CMC) that centres around creating and sharing video content. In today's fast-paced world, vlogging has emerged as a powerful tool for communication and engagement. This engaging medium allows individuals to express their thoughts, share insights, showcase their personal experiences and expertise; often on popular platforms like YouTube and TikTok. For business professionals, particularly those working in global market or non-native English speaking environments, vlogging serves as an effective medium to practice and refine their communication skills.

Recording oneself speaking in English through vlogging creates a safe, non-threatening space to practice oral communication skills and enhance pitching presentations. Therefore, vlogging could potentially serve as an accessible way for individuals to improve their ability to communicate in English with less apprehension and more confidence in their pitching venture.

The writer introduces vlogging as a user-friendly activity with flexible content production which fosters comfortable environment that encourages self expression and facilitates engagement; ultimately boosting individuals' willingness to communicate. Vlogging encourages active participation rather than passive consumption. By creating and uploading videos, individuals are able to practise speaking, pronunciation and vocabulary usage in a practical context. This immersive approach stimulates their language development, making the learning process fun and enjoyable. The activity was conducted with a group of staff participating in the Knowledge Transfer Programme (KPT), funded by



Picture 1: Brainstorming session with the staff.

a grant received from the Research Management and Innovation Centre at UPSI. The programme aims to empower academics to impart knowledge and new pedagogical practices for the benefit of the community around them. This initiative is a commendable effort to bridge the gap between academia and society, and it emphasises the need for greater commitment to community contributions. The participants included seven staff members from Creativetank Sdn. Bhd. They were at intermediate level in English proficiency and sought to improve their communication skills and enhance their confidence. Hence, they took part in the vlogging activity designed by the writer.

In preparing to create a vlog, the staff received a detailed briefing on the concept and flow of the activity. They were shown sample vlogs and received close guidance from our facilitator. Following this, the staff engaged in a brainstorming session, where they generated and outlined their ideas based on the assigned topic. This stage involves organising their vlog content through scriptwriting. Additionally, a resource with key vlog phrases was provided to support them in developing their scripts effectively.

The next stage of this activity involved the staff in recording session. They proceeded to execute their plans by choosing appropriate location for filming their vlogs. This process encourages them to tap into their creative side and make the most of the limited resources available to them. Before recording, the staff took a moment to practice their speeches, ensuring a smoother delivery when it



Picture 2: Filming for their vlog.



Picture 3: Vlog presentation session.

was time to start filming.

The final stage of the vlog involved editing and uploading the vlog. The entire editing process was made seamless as the participants were staff with background in animation. This expertise allowed them to navigate the editing process with ease, unleashing their creative skills to enhance each vlog. The staff utilised their animation knowledge to incorporate visuals and smooth transitions and captivating effects that elevated the overall quality of their vlog. Once the editing was completed, the vlogs were submitted through a Google Drive link provided to ensure easy access for everyone involved. This approach streamlined the submission process, allowing for efficient organisation and review. After that, it was time for vlog presentation. Everyone including the staff, management unit and our team gathered to watch the finished products (vlogs).

After the vlog presentation session, our team gathered feedback from staff regarding their experience with the programme. Overall, the staff found that the activity was highly beneficial. The staff members expressed immense enjoyment and enthusiasm for the vlogging process. The programme significantly aided them in practising and improving their English speaking skills, enabling them to communicate more naturally and confidently. A key highlight was the comfort they felt while speaking English. The absence of visible audience allowed them to express themselves freely without the pressure of being directly watched, resulting in more authentic presentation style. Many staff reported a substantial boost

in their confidence level, allowing them to embrace the opportunity without the fear of judgement. These positive outcomes not only enhanced their language abilities but also fostered a greater willingness to participate in future speaking engagements.

We are pleased that the staff found this programme immensely useful. The staff expressed that it provided them with a valuable experience to practise and enhance their communication skills. It was gratifying to witness a positive transformation in their confidence as they engaged creatively with the medium. In short, we are delighted to see that the programme successfully met its objective. By introducing vlogging as a preparation technique, we aimed to help entrepreneurs to practice their oral pitch presentation and enhance their confidence communicating in English. The positive feedback and results demonstrated that we achieved this goal effectively, fostering a supportive environment for personal and professional growth.

The management unit also provided positive feedback on the programme, expressing appreciation for the support offered in terms of materials and guidance throughout the process. They noted that this initiative benefited both the staff and the company as it effectively addressing the needs of the community. Furthermore, they expressed interest in participating in future programmes, highlighting the programme's impactful contribution to overall development. ♦

Cholera : Delayed Treatment can be Fatal

Mohd Razman Bin Ismail
Resident Trainer, Education and Training Department & Regional Offices (ETD & RO)

1.0 Pathogenic Microorganism: *Vibrio cholerae*

Disease: Cholera

Vibrio cholerae

1.1 Introduction

Vibrio cholerae is a type of Gram-negative, rod-shaped bacterium that moves using a flagellum located at one end of its body. *Vibrio cholerae* thrives in dirty water environments, particularly those contaminated with human faeces that contain the bacterium. It is relatively easy to identify due to its bluish-green colour and distinctive curved shape.

1.2 Mode of Transmission

The primary mode of transmission for *Vibrio cholerae* is through the consumption of food or water contaminated with the bacterium. Once ingested, the bacteria target and colonize the small intestine, triggering the symptoms of cholera.

2.0 Infectious Disease: Cholera

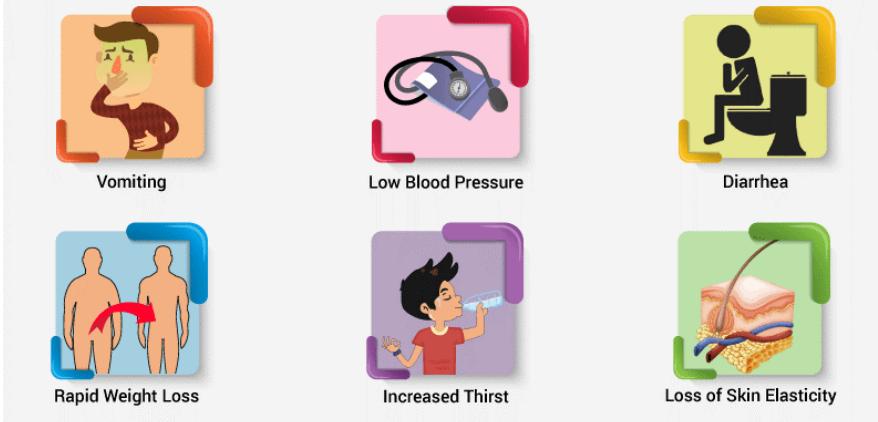
2.1 Introduction

Cholera is a water and foodborne disease that predominantly affects humans, causing severe and acute gastrointestinal distress. This infection is caused by the bacterium *Vibrio cholerae*, which, once ingested, colonizes the small intestine, leading to the rapid onset of symptoms. The hallmark of cholera is profuse, watery diarrhoea, often described as "rice-water stools," which can quickly result in severe dehydration and electrolyte imbalance. This rapid loss of fluids is the primary cause of death in untreated cholera patients, making immediate medical intervention critical.

Cholera transmission is strongly linked to inadequate access to clean drinking water and proper sanitation facilities. Contaminated water sources, improper disposal of sewage, and poor hygiene practices create an environment conducive to the spread of *Vibrio cholerae*. These conditions are often found in areas experiencing natural disasters, conflict, or overcrowding, where infrastructure is compromised.

SYMPTOMS OF CHOLERA

BYJU'S
The Learning App



Regions in Asia and Africa are particularly vulnerable, with cholera remaining endemic in many countries. This means that the disease is constantly present, with periodic outbreaks that can affect large populations. The cyclical nature of these outbreaks is influenced by factors such as seasonal changes, environmental conditions, and public health practices.

The incubation period for cholera is typically between 2 to 3 days after exposure to the bacterium. During this time, the bacteria multiply and begin to produce toxins that cause the characteristic symptoms. Early symptoms may be mild, but without prompt and effective treatment, the condition can escalate rapidly, leading to severe dehydration, shock, and death within hours.

Efforts to control and prevent cholera focus on improving Water quality, Sanitation, and Hygiene (WASH) practices. Public health campaigns aim to educate communities about the importance of boiling water, proper waste disposal, and handwashing. In addition, oral cholera vaccines have been developed and are used in areas at high risk of outbreaks, providing a critical tool in the fight against this devastating disease.

2.2 Main Symptoms of Infection

Most infections are asymptomatic, resulting in mild diarrhoea without other serious symptoms. However, in severe cases, patients may experience:

- Severe diarrhoea
- Excessive vomiting
- Loss of body fluids
- Low blood pressure
- Weak pulse
- Shock
- Acidosis
- Organ failure
- Death

3.0 Treatment Methods

3.1 Rehydration

Patients with mild to moderate dehydration can be treated with Oral Rehydration Salts (ORS). For those with more severe symptoms, intravenous rehydration with electrolytes is necessary to restore fluid balance and prevent shock and other complications.

3.2 Antibiotics

To prevent prolonged diarrhoea, antibiotics such as Tetracycline, Trimethoprim-Sulfamethoxazole (TMP-SMX), Furazolidone, or Erythromycin can be administered.

4.0 Preventive Control Measures

4.1	Ensuring Clean Drinking Water	Regular testing and treatment of water sources in endemic areas are crucial to eliminate the risk of <i>Vibrio cholerae</i> contamination.
4.2	Utilizing Proper Sanitation Facilities	Effective sanitation systems are essential to prevent the spread of faeces containing bacteria, including proper sewage disposal and waste treatment.
4.3	Public Health Education	Awareness campaigns to educate communities about safe food handling, water purification techniques, and proper hygiene practices are vital.
4.4	Vaccination Programs	Implementing cholera vaccination programs, particularly in high-risk areas, provides additional protection against the disease.
4.5	General Control Measures	<ul style="list-style-type: none"> • Wash hands before eating, handling food, and after using the toilet. • Boil drinking water or use bottled water. • Peel all fruits and ensure salads or raw vegetables are thoroughly washed before consumption. • Cook seafood, fish, and meat thoroughly at high temperatures to kill harmful microorganisms. • Do not leave food exposed for long periods, especially buffet-style dishes. Consume food within 4 hours of preparation. • Avoid purchasing street food from roadside stalls. • If experiencing diarrhoea, drink plenty of clean water and ORS. Seek medical attention if diarrhoea persists for more than 48 hours and if unable to drink fluids.

5.0 References

- International Travel & Health, WHO 2006
- Control of Communicable Diseases Manual, 18th Edition by David L. Heymann, MD, Editor, 2004
- Admin. (2022, July 12). Cholera - causes, symptoms, treatment and prevention of cholera. BYJUS. <https://byjus.com/biology/cholera/>. ♦



3 Sept 2024

Konvensyen Pendidikan dan Penyelidikan KKP 2024

3 September 2024, Kajang - Jabatan Keselamatan dan Kesihatan Pekerjaan (JKP) telah menganjurkan program Konvensyen Pendidikan dan Penyelidikan Keselamatan dan Kesihatan Pekerjaan (KKP) 2024 serta Pelancaran Modul Induksi KKP bertempat di Bangi Avenue Convention Centre (BACC). Majlis perasmian konvensyen yang dihadiri hampir 500 orang peserta ini telah disempurnakan oleh YBhg Dato' Sri Khairul Dzaiamee bin Daud, Ketua Setiausaha KESUMA.

Sebanyak lima (5) organisasi terkemuka telah memperoleh pengiktirafan Kecemerlangan (*Centre of Excellence - COE*) KKP melalui penilaian yang teliti oleh Badan Pensijilan Bebas. Antara penerima sijil adalah Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), Universiti Teknologi Malaysia (UTM), Universiti Malaysia Kelantan (UMK), Universiti Tenaga Nasional (UNITEN) dan Universiti Teknologi PETRONAS (UTP).

Pengiktirafan ini bertujuan untuk melonjakkan kecemerlangan organisasi dalam bidang KKP selain menggalakkan lagi pendidikan dan penyelidikan KKP di antara pusat penyelidikan, agensi kerajaan dan sektor industri. ♦



03-04 Sept 2024

Bengkel Kesedaran Indoor Air Quality



03-04 September 2024, Kuala Lumpur – NIOSH telah menjalankan aktiviti bengkel kesedaran *Indoor Air Quality* kepada penyelidik dan kakitangan Forest Research Institute Malaysia (FRIM), Kepong. Wakil NIOSH yang terlibat ialah Chm. Mohd Norhafsan Maghpor, Dr. Hj. Muhammad Ariff Muhamad Noordin, Pn Nor Shahirah Md Izzudin, Pn Haalah Mahmud dan En Mohd Nur Ikhwan Shafiee. ♦



10 Sept 2024

Karnival Kesedaran Keselamatan dan Kesihatan Perkerjaan UIS 3.0

10 September 2024, Kajang – NIOSH telah menerima jemputan sebagai penceramah bagi Karnival Kesedaran Keselamatan dan Kesihatan Perkerjaan UIS 3.0 bertempat di Pusat Konvensyen Universiti Islam Selangor (UIS). Penceramah dari NIOSH adalah En. Azhar Ahmad. Beliau telah menyampaikan topik "Kesan Perubahan Iklim terhadap Keselamatan dan Kesihatan Pekerjaan (KKP)". ♦

**12 Sept 2024**

OSH Awareness Tea Talk Session



12 September 2024, Kuala Lumpur – NIOSH telah menerima jemputan untuk mengadakan pameran dan ceramah bagi OSH Awareness Tea Talk Session bertempat di Melia Kuala Lumpur. Penceramah dari NIOSH adalah Pn. Siti Badariah Abu Bakar. Beliau telah menyampaikan topik berkaitan KKP serta pengenalan kepada Akta Keselamatan dan Kesihatan Pekerjaan (Pindaan) 2022. ♦



18 Sept 2024

Kunjungan Hormat Pengarah Eksekutif NIOSH Somalia

18 September 2024, Bandar Baru Bangi - Pengarah Eksekutif NIOSH Somalia, YBrs Dr. Omar Dahir Mohamud telah mengadakan kunjungan hormat ke ibu pejabat NIOSH di Bandar Baru Bangi, Selangor. Tujuan lawatan rasmi pihak NIOSH Somalia tersebut adalah untuk mendapatkan pendedahan dan pengalaman daripada NIOSH Malaysia, yang dikenali sebagai pusat rujukan dalam bidang keselamatan dan kesihatan kerja.

Kedua-dua agensi yang memainkan peranan yang sama bagi negara masing-masing turut memeterai memorandum persefahaman (MOU) sebagai tanda komitmen dan persetujuan bagi melaksanakan pelbagai program yang memberi manfaat kepada Malaysia dan Somalia.

Pengarah Eksekutif, Tn Hj Ayop bin Salleh; Setiausaha Eksekutif, Mejari Hj Hanif Maidin (B); pengurusan dan kakitangan NIOSH telah bersama menyambut ketibaan YBrs Dr. Omar.

Sesi lawatan ke beberapa buah makmal, demonstrasi aktiviti praktikal serta fasiliti latihan turut diadakan.

NIOSH Malaysia bersedia untuk memberikan sokongan kepada NIOSH Somalia dalam beberapa aktiviti yang telah dipersetujui bersama. ♦



19 Sept 2024

Bulan Kesedaran Kesihatan APACS



19 September 2024, Kajang - NIOSH telah menerima jemputan untuk mengadakan pameran dan ceramah kesihatan di program Bulan Kesedaran Kesihatan Asia Pacific Aircraft Component Services Sdn Bhd (APACS) bertempat di Mezzanine Floor, APACS. NIOSH telah diwakili oleh Puan Siti Nurani Hassan yang menyampaikan ceramah bertajuk "How to Prevent Workplace Injuries & Mental Health". ♦

25 Sept 2024

Sambutan Hari Malaysia Peringkat NIOSH

25 September 2024, Bandar Baru Bangi – NIOSH telah menganjurkan Program Sambutan Hari Malaysia Peringkat NIOSH bertempat di NIOSH Experience Centre (NEC), Aras 2, Menara NIOSH.

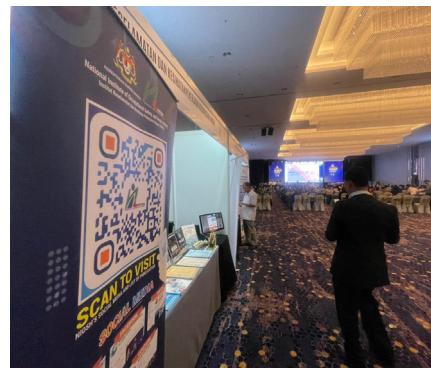
Objektif program ini adalah untuk bersama-sama meraikan sambutan Hari Malaysia serta memberi peluang kepada peserta untuk mendapatkan maklumat berkaitan perpaduan kaum, tanggungjawab setiap rakyat serta menghayati rasa cinta terhadap tanah air.

Terima kasih diucapkan kepada penceramah jemputan yang hadir, Mej Hjh Zulkifli daripada TUDM yang telah menyampaikan ceramah bertajuk "Cabaran dan Kepentingan Menghayati Semangat Malaysia Agar Kedaulatan dan Martabat Negara Terus Utuh Dipertahankan" serta penceramah NIOSH Chm. Mohd Norhafsa Maghpur, dengan perkongsian bertajuk "Memperkasa Generasi Muda Menerusi KKP". ♦



26 Sept 2024

Konvensyen Systematic Occupational Health Enhancement Level Programme (SOHELP) Kebangsaan Kali Ke-7



26 September 2024, Bangi – NIOSH telah menerima jemputan untuk membuka booth parmeran bagi Konvensyen Systematic Occupational Health Enhancement Level Programme (SOHELP) Kebangsaan Kali Ke-7 anjuran Jabatan Keselamatan dan Kesihatan Persekitaran bertempat di Bangi Avenue Convention Centre, Selangor. Konvensyen yang dihadiri lebih 550 peserta dari pelbagai sektor perindustrian ini telah dirasmikan oleh YBrs. Tuan Sutekno bin Ahmad Belon, Timbalan Ketua Setiausaha (Operasi) KESUMA.

Konvensyen ini diadakan bagi memberi pengiktirafan dan penghargaan kepada tempat kerja yang telah menunjukkan prestasi cemerlang dalam pelaksanaan SOHELP selain menjadi platform tahunan bagi perkongsian amalan terbaik di tempat kerja khusus bagi elemen pengurusan pendedahan bising, bahan kimia dan ergonomik.

Konvensyen kali ini turut diselitkan dengan acara pelancaran empat (4) garis panduan baru higien industri iaitu *Guidance On Occupational Noise Control 2024*, *Guidelines On Occupational Safety And Health For Seating At Work 2024*, *Guidelines On Occupational Safety And Health For Standing At Work 2024* dan *Guidelines On Occupational Safety And Health For Display Screen Equipment (DSE) 2024*. ♦

27 Sept 2024

Lawatan Jaringan Kerjasama antara NIOSH & UNITEN

27 September 2024, Kajang – Bahagian Penyebaran Maklumat (IDD) telah mengadakan lawatan jaringan kerjasama ke Universiti Tenaga Nasional (UNITEN). Lawatan tersebut bertujuan untuk mengadakan perkongsian maklumat tentang aktiviti yang dilaksanakan oleh IDD serta mewujudkan jaringan kerjasama antara NIOSH dan universiti tempatan dari segi aktiviti penerbitan dan penyebaran maklumat. ♦



30 Sept 2024

Persidangan & Pameran Modal Insan Kebangsaan (NHCCE) 2024



30 September 2024 – 2 Oktober 2024, Kuala Lumpur – NIOSH telah menerima jemputan untuk membuka reruai pameran di Persidangan & Pameran Modal Insan Kebangsaan (NHCCE) 2024 bertempat di Pusat Perdagangan dan Pameran Antarabangsa Malaysia (MITEC).

NHCCE merupakan program anjuran HRD Corp serta merupakan platform terbaik untuk para pempamer mempromosikan produk dan perkhidmatan mereka kepada sasaran yang betul. Program ini telah disertai oleh pelbagai kumpulan pemimpin, pakar dan pengamal industri dan berfungsi sebagai saluran perangkaian strategik untuk peserta bertukar idea, pengalaman, strategi dan amalan terbaik dalam pembangunan sumber manusia. ♦

SEMINAR 1

TRANSFER OF KNOWLEDGE



Dr. Tengku Azminia
Engku Ibrahim
— UMT —



Dr. Ismaniza Ismail
— UTIM —



Assoc. Prof. Dr. Samsuri
Abdullah
— UMT —



Cik Fadzellati Mohd Zain
— UTIM —

**“SEMINAR ON MEASURING DUST EXPOSURE,
AIR QUALITY AND PESTICIDE EXPOSURE AT WORK”**

 25 SEPTEMBER 2024 (WEDNESDAY)  8.30 AM – 5.00 PM  THEATER HALL, NIOSH BANDAR BARU BANGI (PHYSICAL SESSION)
ZOOM MEETING (ONLINE SESSION)

Fee: FREE

Certificate of Participation provided
 CEP point is ONLY for participants who attend physically
 (as per DOSH Guidelines)

WHO SHOULD ATTEND :
 OSH PRACTITIONERS, RESEARCHER, LECTURERS & STUDENTS

For More Info, Contact Us :
 019-231 6608
 dl.tscd@niosh.com.my

ONLINE REGISTRATION
<https://edaftar.niosh.net.my>



Ingin bantu rakan sekerja dan ahli keluarga tangani isu

KESIHATAN MENTAL?

Jom serta kursus "Occupational Psychological First Aid" atau OPFA anjuran NIOSH!

Selain menerima sijil OPFA, anda juga berpeluang memenangi HADIAH TELEFON PINTAR untuk CABUTAN BERTUAH ISTIMEWA SETIAP BULAN. Pilih slot 2 hari OPFA anda di:

<https://edaftar.niosh.net.my/mhfa>

Sebarang pertanyaan hubungi: 019-2289586 atau 019-2291652

HANYA 2 HARI SAHAJA

Kelas dijalankan secara 'online' sepenuhnya.

PERCUMA untuk 10,000 PESERTA

Ayuh daftar segera dan menangi HADIAH EKSKLUSIF daripada NIOSH!

<https://edaftar.niosh.net.my/mhfa>

SALAM MAULIDUR RASUL
12 Rabiulawal 1446H | 16 September 2024
"Al-Falah Demasuk Malaysia Madani"

Ikhlas daripada:
Ahli Lembaga Pengarah
Pengurusan dan warga kerja NIOSH

www.niosh.com.my

Salam Takziah
kepada seluruh ahli keluarga

Encik Matkar Siwang
Mantan Ahli Lembaga Pengarah NIOSH

*Senoga amal ibadahnya diterima disisiNya
Serta keluarga yang ditinggal diberikan kesabaran*

Ikhlas daripada:
Ahli Lembaga Pengarah
Pengurusan Tertinggi dan Warga kerja NIOSH



SerenitéStay
Finest Stay In The City

SerenitéStay is fully owned by the National Institute of Occupational Safety and Health (NIOSH). We are conveniently located at Seksyen 15 Bandar Baru Bangi, Selangor. Our accommodation comprises 76 fully furnished guest rooms, ranging from twin sharing and suite rooms. Consisting of 8 suite rooms, 8 twin sharing for the disabled person and the rest in twin sharing. We are only open to the participant that joined our course but we also welcome the public to stay at SerenitéStay.

For your information, SerenitéStay provides free facilities such as bicycles, a gymnasium, a multipurpose court, a library, Occupational Health Clinic (OHC), and WiFi.

Scan the QR code to make an online reservation



or visit <https://serenitestay.niosh.net.my/>

Hall/Call

- Rafflesia Hall
- Tan Sri Lee Lam Thye Hall
- Theater Hall
- Sri Pelangi Hall
- Sri Anggerik Hall
- Aman Meeting Room
- VIP Holding Room

Room

- Single Room
- Twin Sharing Room
- Suite Room

Food and Beverage Services

Finest Stay in The City

Contact No.
MRS. NADHIRAH : +6011 2101 6109
MS. NURUL 'AIN : +6013 948 4013

Email : serenitestay@niosh.com.my



HALL / CALL RENTAL

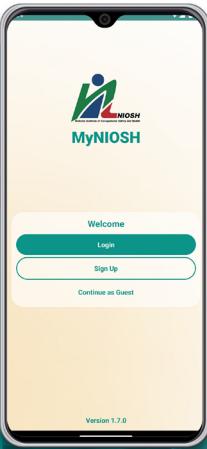
HALL / CALL RENTAL	CATEGORY	WEEKDAYS	WEEKEND	ADDITIONAL CHARGE
RAFFLESIA HALL Capacity : 200 pax	GOV	RM3,000.00	RM5,500.00	RM100.00
	NON GOV	RM3,500.00	RM4,000.00	RM100.00
TAN SRI LEE LAM THYE HALL Capacity : 200 pax (without table) 400 pax (with table)	GOV	RM3,000.00	RM3,500.00	RM100.00
	NON GOV	RM3,500.00	RM4,000.00	RM100.00
THEATER HALL Capacity : 200 pax	GOV	RM2,000.00	RM2,500.00	RM100.00
	NON GOV	RM2,500.00	RM3,000.00	RM100.00
SRI PELANGI HALL Capacity : 150 pax	GOV	RM600.00	RM460.00	RM100.00
	NON GOV	RM600.00	RM700.00	RM100.00
SRI ANGGERIK HALL Capacity : 150 pax	GOV	RM500.00	RM460.00	RM100.00
	NON GOV	RM600.00	RM700.00	RM100.00
AMAN MEETING ROOM Capacity : 20-30 pax	GOV	RM300.00	RM400.00	RM100.00
	NON GOV	RM400.00	RM500.00	RM100.00
VIP HOLDING ROOM Capacity : 10-20 pax	GOV	RM150.00	RM200.00	RM50.00
	NON GOV	RM200.00	RM250.00	RM50.00
TRAINING ROOM Capacity : 20-30 pax	GOV	RM500.00	RM600.00	RM100.00
	NON GOV	RM600.00	RM700.00	RM100.00

ROOM RATE

PACKAGE	INDIVIDUAL	
	SINGLE ROOM	TWIN SHARING ROOM
SINGLE ROOM RM 135.00/PAX with 6x meals	TWIN SHARING ROOM RM100.00/PAX with 6x meals	SUITE ROOM RM160.00/PAX with 6x meals
<small>Yield Rate 15%</small>	<small>Yield Rate 15%</small>	<small>Yield Rate 15%</small>
SINGLE ROOM RM 90.00/PAX	TWIN SHARING ROOM RM90.00/PAX	SUITE ROOM RM160.00/PAX
<small>Yield Rate 15%</small>	<small>Yield Rate 15%</small>	<small>Yield Rate 15%</small>

FOOD AND BEVERAGE SERVICE (PACKAGE)

NO.	ITEM	PRICE / UNIT / DAY
1.	Laptop	RM200.00
2.	LCD	RM50.00
3.	WHITE SCREEN	RM200.00
4.	PORTABLE WHITE SCREEN	RM100.00
5.	PROJECTOR	RM100.00
6.	STAND MIC	RM10.00
7.	MICROPHONE	RM10.00
8.	SET MIC STAND	RM80.00
9.	FLIP CHART	RM50.00
10.	EXT. WI-FI AP (AP 50Mbps -100Mbps)	RM100.00
11.	TILAM TAMBAHAN	RM30.00
12.	PENCETAK	RM100.00



MyNIOSH

MyNIOSH merupakan aplikasi mudah alih paparan berpusat bagi pelbagai perkhidmatan NIOSH

Muat Turun dan Pasang aplikasi ini sekarang!!!

Jom dapatkan aplikasi MyNIOSH di Google PlayStore & Apple Store.

Kini, anda boleh memakai kursus dan E-Card anda dan info terkini di MyNIOSH apps.

Muat turun sekarang

Ciri-ciri Aplikasi

- Daftar dan Semak status kursus
- Akses kepada E-Card (Kad Perakaunan Latihan & Kad Pasport)
- Maklumat dan Promosi terkini
- Capaian ke eposter, bulletin dan bahan terbitan percuma
- Maklumbalas



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OCCUPATIONAL HEALTH SERVICES

Your Health, Our Priority !

Our Service

At OHC Clinic, we prioritize your health and well-being. Our dedicated team of professionals is here to provide exceptional OCCUPATIONAL HEALTH (OH) services tailored to your needs. Choose us for:

- Occupational Health Services (MS, ATA)**
- Basic Health Screening**
- FREE Walkthrough Survey**
- InBody Expertise**

FOR MORE INFORMATION

+012-264 0869
ohc@niosh.com.my

80% Discount for InBody Test (RM20)

Health Screening Package A (RM100)
Medical Checkup + InBody Test + OSH Talk with free Consultancy In-house Program min. 20 pax

Health Screening Package B (RM80)
Medical Checkup + InBody Test with FREE Consultancy

NIOSH, Bandar Baru Bangi, Selangor

    www.niosh.com.my

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ERGONOMIC TRAINED PERSON FOR ADVANCED ERGONOMICS RISK ASSESSMENT (ERA 2)

Course Fee : RM2,028
(inclusive of 8% SST)

COURSE DURATION : 4-day(s) / 24.75-hour(s)
COURSE CATEGORY : Competency
COURSE LEVEL : Intermediate
HRD CORP SCHEME : Claimable
EXAMINATION FEE : RM400.00

OBJECTIVE(S):
At the end of the course, the participant will be able to:
 i. Understand the fundamental of ergonomics assessment method corresponding to each ergonomics risk factor.
 ii. Select an appropriate method of assessment of each corresponding ergonomics risk factor.
 iii. Implement advanced ergonomics risk assessment of workers for each work activity at workplace based on DOSH ERA Guidelines at Workplace.
 iv. Suggest appropriate risk control methods.
 v. Produce advanced ERA report.

TARGET GROUP(S):
 i. Safety and Health Officers / Executives.
 ii. OSH / Ergonomics Consultant.
 iii. Safety and Health Committee members.
 iv. Academicians.
 v. Occupational Health practitioners.
 vi. Ergonomics Team Members / Focal Persons.

ENTRY REQUIREMENT(S):
 i. Attended first passed Ergonomics Trained Person for Advanced Ergonomics Risk Assessment (ERA).
 ii. Able to read and write in Malay / English.
 iii. Malaysian citizen.

ONLINE REGISTRATION
<http://edaftar.niosh.net.my>

SCAN ME

AWARENESS PROGRAMME COURSE BANDAR BARU BANGI

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

Course Fee : RM432.00
(inclusive of 8% SST)

ENTRY REQUIREMENTS:
 i. Advantage for attendee who already attended course OSHA 1994 and etc / Management system (such as : 45001 and 14001) HIRAC/H Risk management BOFA.
 ii. Must have device (Computer, Laptop or Table) to participate in e-learning platform. The device must be in working condition AND
 iii. Must have good internet connection; AND
 iv. Zoom account registered with personal email.

TARGET GROUP(S):
 i. Managers/Executives
 ii. Safety and Health Officers
 iii. OSH Practitioners
 iv. Safety and Health Committee members
 v. Supervisors and ERT Members

COME JOIN US !!

Course Programme

edaftar.niosh.net.my/nncp

SAFETY AND HEALTH OFFICER (SHO)

COURSE TITLE : Safety and Health Officer
COURSE DURATION : 22-day(s) / 165.50-hour(s)
COURSE CATEGORY : Competency
HRD CORP. : Claimable
COURSE FEE : RM 3,240.00 (inclusive of 8% SST)
EXAMINATION FEE : RM 950.00

ENTRY REQUIREMENT(S):
 i. Malaysian citizen &
 ii. Possess a minimum of SPM/SPMV/ MCE or equivalent with at least a Grade Three Pass.
 General certificate (SAP) or lower than Grade three will not be accepted.
 iii. For SPM/SPMV after year 2000, a minimum of 6C for Bahasa Melayu, English, Mathematics & Minimum 8E for Science/Physics/Chemistry/Biology AND pass other 2 subjects in 1 certificate/ examinations or combination.
 iv. Applicants must attach ONE[] certified true copy of SPM/SPMV/ MCE Certificate/ Diploma/ Degree AND Identification Card/ Passport.

TARGET GROUP(S):
 i. Safety Personnel / Managers
 ii. Supervisors
 iii. OSH Practitioners
 iv. Safety and Health Committee Members
 v. Unregistered Safety and Health Officers
 vi. Engineers, Designers and Architects
 vii. Interested Individuals

ONLINE REGISTRATION
<http://edaftar.niosh.net.my>

AWARENESS PROGRAMME COURSE BANDAR BARU BANGI

OCCUPATIONAL SAFETY AND HEALTH ACT 1994 (AMENDMENT) 2022 (REMOTE LEARNING)

Course Fee : RM216.00
(inclusive of 8% SST)

OBJECTIVE(S):
At the end of the course, the participant will be able to:
 i. Interpret the requirements of the Act.
 ii. Explain the duties and responsibilities as an employer, manufacturer, designer or supplier and employee.

TARGET GROUP:
 i. OSH practitioners.
 ii. Production/ HR/ Safety Managers.
 iii. Safety and Health Officers.
 iv. Safety and Health Committee members.
 v. Supervisors.

Online registration for Inhouse Training
Online registration for Public Course
Course Programme

<http://edaftar.niosh.com.my/online/reqoute.net> <http://edaftar.niosh.net.my/reqcp>

COME JOIN US !!

OCCUPATIONAL HEALTH NURSE - REMOTE LEARNING (OHN-RL)

FEE : RM 1,944.00
(inclusive of 8% SST)
+ EXAMINATION FEE : RM400.00

DURATION :
10-day(s) / 68.50-hour(s)

ENTRY REQUIREMENT(S):
Registered with the Nursing Board of Malaysia or Medical Assistant Board or equivalent.

TARGET GROUP(S):
Registered Nurses, Medical Assistants.

www.niosh.com.my

OSH TRAIN THE TRAINER COMPETENCY BASED PROGRAMME (TTT1-RL) (REMOTE LEARNING)

Course Fee : RM1,010
(inclusive of 8% SST)

OBJECTIVE(S):
 i. Work effectively in education and training.
 ii. Foster and promote an inclusive learning culture.
 iii. Ensure a healthy and safe learning environment.
 iv. Undertake organisational training needs analysis.
 v. Use training packages to meet client needs.
 vi. Provide training through instruction and training in work skills.
 vii. Plan and organise assessment.
 viii. Assess competence.

TARGET GROUP(S):
i. This course designed for persons involved in the development, planning and delivery of OSH competency-based workplace training courses.

Course Programme
edaftar.niosh.net.my/ncp

COME JOIN US !!

96,572 kes demam dengan sejak awal tahun ini

PutraJaya: Jumlah kes demam dengan di negara ini, didapati meningkat kepada 1,765 kes pada Minggu Empatologi (ME) 25, atau sejauh tempoh dari 1 Januari hingga 31 Ogos, berbanding 1,980 kes pada minggu sebelumnya dengan entah patut kematian dilaporkan akibat komplikasi.

Ketua Pengarah Kesihatan, Datuk Dr Muhammad Radzi Abu Hassan, berkata kumulatif kes demam dengan yang dilaporkan hingga ME 35 sebanyak 96,572 kes berbanding 80,201 kes pada tempoh sama 2023.

"Terdapat 88 kematian akibat komplikasi demam dengan dilaporkan hingga ME 35 sebanyak

banyak 64 lokality, berbanding 85 pada minggu sebelumnya.

Bilangan lokality hotspot

yang dilaporkan pada ME 35 se-

Lumpur dan Putrajaya, tiga masing-masing di Negeri Sembilan, Kelantan dan Perak, selain satu lokality mengalami kematian di Kelantan.

Dr Muhammad Radzi berkata, bagi surveiung chikungunya, terdapat dua kes direkodkan pada ME 35 dan tiada wabak Chikungunya dilaporkan pada minggu ini.

Jumlah kumulatif kes Chikungunya sehingga kini ialah 70 kes.

Bagi surveiung zika, Dr Muhammed Radzi berkata, sebanyak 1,834 sampel darah, Japan sampel urin dan tiga sampel cai-

ran serobrosipan dijalankan sa-

ringan zika dan keputusannya

negatif.

Dr Muhammad Radzi berkata, bagi surveiung chikungunya, terdapat dua kes direkodkan pada ME 35 dan tiada wabak Chikungunya dilaporkan pada minggu ini.

Terdapat 88 kematian akibat komplikasi demam dengan dilaporkan hingga ME 35 sebanyak

bagi tempoh sama pada 2023.

Dr Muhammad Radzi Abu Hassan,
Ketua Pengarah Kesihatan.

49 pelajar sakit perut selepas makan hidangan dalam pek

BEAUFORT: Seramai 49 pelajar di sebuah sekolah menengah di Membakut di sini mengalami sakit perut dipercayai akibat keracunan makanan pada Rabu lalu.

Semua pelajar tersebut diperlakukan mengambil makanan pek dalam satu program yang diadakan di sekolah berkenaan pada Selasa.

Pengarah Pendidikan Sabah, Datuk Raisin Saidin yang mengesahkan perkara itu berkata, mereka telah menerima rawatan pada hari sama dan dibenarkan pulang ke rumah masing-masing.

"Memang ada kes ini, pelajar akan makan makana ketika menyertai sebuah program

pada 24 September dan mengalami simptom pada keesopan hariinya.

"47 daripadanya terdiri daripada pelajar Tingkatan Lima manakala dua lagi merupakan pelajar Tingkatan Dua.

"Mereka mengalami sakit perut dan cirit birt tetapi keadaan terkawal selepas menerima rawatan," katanya ketika dihubungi *Sinar Harian* pada Ahad.

Bagaikan manusia

katanya, perkara itu masih dalam siasatan sekolah dan Kementerian Kesihatan Malaysia.

"KKM telah diberikan maklumat mengenai pembekal makanan dalam program tersebut untuk tindakan lanjut

dan sedang menyiasat punca keracunan makanan ini," katanya.



PEMOTONG rumput warga Bangladesh maut terkena renjatan ketika potong rumput

Ajal terkena renjatan ketika potong rumput

MELAKA: Seorang pemotong rumput warga Bangladesh maut akibat terkena renjatan elektrik ketika memotong rumput di Taman Perkota, Bukit Baru, Melaka.

Dalam kejadian jam 10.40 pagi kelmarin, mangsa, Habib Ullah, 39, disebur meninggal dunia di hospital.

Ketua Polis Daerah Melaka Tengah, Asisten Komisioner Christopher Patit

berkata pihaknya menerima laporan kejadian pada jam 11.09 pagi.

Katanya, mangsa anggota polis ke lokasi memotong rumput dalam keadaan terbaring di bahu jalan berhadapan dengan rumah dan sisinya terdapat mesin memotong rumput.

"Terdapat satu kabel elektrik dari tanah dengan waray berurai di sebelahnya dan ketika mangsa mendekati, ia dilaksanakan mangsa dalam keadaan terbaring di bahu jalan berhadapan dengan rumah dan sisinya terdapat mesin memotong rumput.

"Hasil pemerkasaan tidak

mencemukakan sebarang unsur perbuatan jenayah," katanya.

Christopher berkata,

"Mayat mangsa ditaruh

ke Jabatan Perkhidmatan Fon

renjatan Hujan Melaka untuk sidang lanjut dan kes klasifikasi sebagai kematian mengejut."

8 tong cecair sisakimia dalam parit

Kuala Lumpur: Lapan tong berisi cecair sisakimia dalam parit di percutian ke selatan pada Minggu Desa Aman, Sungai Buloh, semalam.

Selama tiga hari bertemu, Selasa lalu sebahagian daripada ahli penyelamat Malaysia (JPBM) kerja-kira jam 9 malam.

Pengerusi operasional Operasi JPBM Selangor, Ahmad Mukhlis Mohd, berkata sepasang pengawal bersama ahli penyelamat Bomba Penyelamat (BPP) Sungai Buloh diketahui mengalami keracunan akibat mangsa dalam parit berkenaan.

Selain JPBM dan JAS, turut terlibat dalam operasi itu ahli MAMAT, pasukan bomba dan OMASA, Pelabuhan Tanah, Sarawaju Perkhidmatan Air Negara (SPAN) dan Polis Diraja Malaysia (PDRM).



Anggota HAZMAT menjalankan operasi pemindahan lapan ton zisik yang mengandungi bahan kimia yang dibuang di dalam parit di Kampung Desa Aman, Sungai Buloh.

Penuntut IPT disaran tingkat kesedaran keselamatan, kesihatan pekerjaan

DUNGIN: Penuntut institusi pengajian tinggi (IPT) disaran terus meningkatkan kesedaran kendiri mengenai isu keselamatan dan kesihatan pekerjaan.

Timbalan Menteri Pendidikan Tinggi, Datuk Mustapha Sakmud berkata, perkara itu penting kerana sebaik sahaja melangkah ke alam pekerjaan mereka seharusnya boleh terus mengaplikasikan pengetahuan yang ada bagi mengurangkan risiko kemalangan industri.

"Menurut statistik Pertubuhan Keselamatan Sosial (PERKESO) sebanyak 41,278 kemalangan berkaitan kerja direkodkan hingga Jun 2024. Sebanyak 52.1 peratus atau 21,503 kes yang dilaporkan adalah kemalangan industri manakala 19,770 kes berkaitan perjalanan ke tempat kerja.

"Oleh itu, kemalangan membabitkan dua perkara ini perlu diberikan kesedaran kepada pelajar kita," katanya.

Beliau berkata demikian selepas merasmikan Hari Kesedaran Keselamatan dan Kesihatan Pekerjaan Politeknik dan Kolej Komuniti Zon Timur di Politeknik Sultan Mizan Zainal Abidin di sini pada Isnin.

Sementara itu, ditanya mengenai penglibatan komuniti pengajian tinggi dalam kegiatan GISB Holdings Sdn Bhd (GISBH), beliau berkata, setakat ini talian laporan diterima pihaknya berkait perkara itu namun menegaskan KPT akan terus memantau rapat perkembangan kes berkenaan. - Bernama

2 pekerja tertimbus ketika korek longkang

Mayat warga Bangladesh ditemui bawah runtuh tanah, konkret

CABUP

Malaysia (GPBM)

Selangor, Wan Md Ramli Wan

Alam

Shah Alam:

Dua pekerja

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