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EXECUTIVE DIRECTOR'S NOTE

Assalamualaikum W. B. T.

I would like to extend my best wishes to all our readers Selamat Menyambut Hari Raya Aidiladha 1442H to all Muslims across Malaysia. Eid al-Adha which is known as the "Feast of Sacrifice" has the meaning of inclusion and a clear notion of devotion, kindness, and equality. On top of that, we are gratified to witness the solidarity of the Malaysian authorities, non-government and private agencies, running strenuously to avail people who have been emotionally and economically suffering from the pandemic COVID-19 crisis.

In these tough times of the COVID-19 pandemic, NIOSH heeded the alarming social impacts of the pandemic on mental fitness and social well-being. Reports are indicating that mental health problems grew in the country, thus leading to the paralysis of mental stress in the workplace. Although the hybrid remote-office model is moving forward, it creates new challenges and inflicting another series of pressures on mental wellbeing. Employers have a responsibility to ensure balanced mental health for their employees. We hope that employers will be able to organize programs to help employee deal with emotional stress. This type of program can be the promotion of virtual social activities and also the promotion of work-life balance to maintain the physical and mental health of employees.

I would like to express our sincere desire to live in a safe and healthy environment. Our lives are inseparable from safety, health, and environment. NIOSH has prepared some reading materials to support new challenges that have taken place in our daily life. Every reading material opens up new dimensions of thoughts for the reader and I hope that this sharing is beneficial to all of us.

To quote Bryant McGill, "Change can be beautiful when we are brave enough to evolve with it, and change can be brutal when we fearfully resist it."

#MentalHealthAwareness



Haji Ayop Salleh
Executive Director
NIOSH

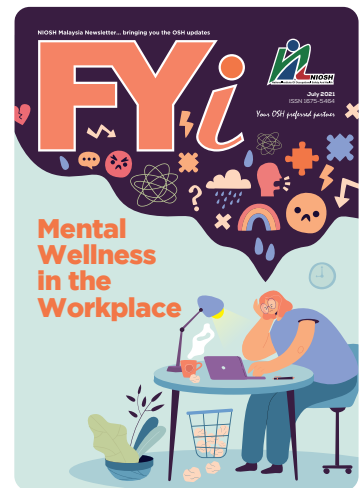
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Mental Wellness in The Workplace

By:
Ruzita Mohd Shariff, Technical Expert, Education
and Training Department, NIOSH



Introduction

The COVID-19 global health crisis has been a factor of concern for the safety and health of workers around the world. Workers had to cope with the fear of losing their jobs and employers were more inclined to limit resources allocated to safety and health. All these will exert pressure on all stakeholders in the workplace involving the employees, employers, and also the enforcement authority. These could culminate into a gloomier picture for occupational safety and health (OSH) with a possible increase in work accidents and work-related injuries. We should not ignore these new threats and challenges facing us.

Employees must be equipped with OSH knowledge, skills, and competence to enable them to identify hazards, assess risks and take appropriate measures to control, manage risks and eventually protect themselves from occupational hazards such as physical, chemical, biological, ergonomic, and psychosocial hazards. Section 15 (2) (c) of the Occupational Safety and Health Act (OSHA) 1994, stipulated that employers must carry out their responsibilities in ensuring their workers and themselves receive OSH training.

To prepare for future challenges, we have to mobilize as members of the OSH fraternity and strive to improve our efforts to ensure the safety and health of our people and the communities where we operate, improve the reliability and safety of our plants, and better manage our businesses in today's difficult economic environment.

To bring about a quantum improvement in our safety and health standards, every individual must take ownership of safety issues and see this as his or her own responsibility. We must convince employers that OSH issues are among the key determinants of a company's income and competitiveness through productivity enhancement and efficiency. Observations and evidence had shown that an increase in productivity and an improvement in the workplace environment were the results of good safety and health work practices and the adoption of a workplace safety culture.

Psychosocial Hazard in the Workplace

Another striking development is the rise in psychosocial conditions linked to new stresses and strains of working from home (WFH) which has taken its toll on many workers due to the adverse impact of the pandemic on enterprises.

The challenge is that the responsibility for OSH in the workplace rests equally on those who create the risks (i.e. employers) as well as those who have to work with the risks (i.e. workers). As workers are becoming more aware of their rights to a safe and healthy work environment, there is a need to provide them with

the right information, education, and training so that they know best how to protect themselves.

The neglect of psychosocial hazards at work is not only detrimental to the individual worker but also directly affects the efficiency, effectiveness, and output of any enterprise. Where there are cases of employees suffering from stress and burnout, employers should help assist in the form of counseling.

Work performance, frequent illness, absenteeism, accidents, and staff turnover are all related to the employee's mental health status. No workplace is immune to mental disorders and their impact in psychological, social, and economic terms is high. Workers' mental health should no longer be ignored, on the contrary, it should be given adequate attention concerning other work-related problems.

Striking a Balance of Mental Wellness in the Workplace

OSHA 1994 is a dynamic and modern piece of legislation that places a strong emphasis on the shared responsibilities and rights of employers and their staff in the field of safety and health. OSHA 1994 is a serious wake-up call for employers who do not do enough to maintain a safe workplace. It is important that professionals in the field, like you, understand OSHA 1994 and its implications.

Its primary focus is on prevention. It provides also for fines and penalties to deter the minority who flout safety and health laws. It provides that directors and managers can be held liable if complicit in deaths and accidents.

Total commitment from top management is essential in working closely with employees to promote occupational safety and health for their organization. Employers must provide effective safety and health system which should include safety and health policy, safety and health committees, procedures, equipment, and training programme.

The employees on the other hand must give their full support and co-operation to the employers in creating a safe and healthy working environment. For Malaysia to adopt a safe and healthy work culture amongst its working population, there must be a reawakening of both employers and employees to their respective roles in promulgating the necessary changes.

With the present economic slowdown, there is a temptation for employers to cut back expenses in their operations. Invariably, they seem to include cutbacks on the cost of maintaining safe systems of work and the pre-requisite training which comes with them. Even in the best of times, occupational safety and health (OSH) is often regarded by certain employers as a hindrance to

the profitability of their enterprises.

Hence, it comes as no surprise when employers begin to slash away budgets on training in OSH as well as those related to the maintenance of safe systems of work. These very short-sighted moves by the employers are indeed retrogressive and should be avoided under whatever circumstances.

Indeed, this is the time for management to consolidate its work position by ensuring that workers who are still in their employment are properly looked after – after all, they have become an even more important asset to ensure the continued success of their enterprises.

Conclusion

Mental health is not just about mental illness, it is a feeling of wellness, the ability to cope with life's many challenges, and to have a positive attitude towards oneself. Effective health and safety management clearly helps reduce work-related accidents and ill-health and that a healthy and safe workplace is necessary to enhance a company's image and reputation as

well as its.

As the world becomes more and more aware of our fragile environment and the dangers posed by an unrestrained industrial approach to this planet, there is also an increasing awareness that human capital must be nurtured, preserved, and cared for. The pursuit of economic targets, and safety and health protection in the workplace, are not mutually exclusive. One supports the other because, indeed, prevention pays.

AT NIOSH, we are committed to contributing to the promotion of concrete and comprehensive programs aimed at lessening the dangerous, and sometimes deadly, occupational risks faced by workers in their respective work environments. We have embarked on the identification of problems at workplaces related to poor mental health to develop a mental health care programme for the workforce to provide both prevention and early intervention for employee problems related to mental health, stress, and emotional issues which affect their job performance. For more information, please do not hesitate to email us at ruzita@niosh.com.my

NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH PRESS STATEMENT MENTAL HEALTH AWARENESS TALK (OSH TALK) BY NIOSH EXPERTS

Bandar Baru Bangi, 27 July 2021 – The National Institute of Occupational Safety & Health (NIOSH) will be hosting an awareness talk to promote the importance of mental health.

As we are living in turbulent times and compacted by the COVID-19 pandemic, the issue of mental health is not only relevant but crucial. Mental health is more than the presence or absence of a mental illness. It is a crossroad between emotional, psychological, and physical well-being.

This year, many people have faced serious challenges to their mental health. Along with the health impacts of the disease, COVID-19 has led to, self and social isolation, disconnection from family and friends, quarantine and lockdowns on movement resulting in more people than ever experiencing feelings of helplessness, isolation, grief, anxiety and depression. Demand for health support services has increased exponentially as a result.

It is in this concern that NIOSH has taken the initiative to host series of monthly awareness talks to help public better understand the importance of mental health and how they can seek help in times of distress.

The significance of NIOSH's Occupational Safety and Health (OSH) Monthly Talk Series on Mental Health is to remind all employers and employees that neglecting mental health and psychosocial factors at the workplace will not only be detrimental to the individual worker but also directly affects efficiency, effectiveness and output of any enterprise.

The Mental Health Monthly Talk Series should be used as an opportunity for employers and employees to focus greater efforts to enhance the promotion of mental health awareness at the workplace although it must be realized that mental health awareness is an all-year-round effort.

Employers and employees must work collectively and be proactive in adopting and implementing good mental health coping strategies at the workplace.

NIOSH as a safety training institute is offering its mental health awareness talk services to promote mental health issues at the workplace as the productivity of the staff of any organization depends on their mental health.

The Mental Health Talk Monthly Series will begin on 29th July 2021 with the topic Meet Your Happy Chemical followed by IQ vs EQ: Which is More Important; Let's TALK Healthy Mind Working from Home; COVID-19: Friend or Foe; Calm Your Mind with Exercise; and Managing Psychosocial Health at Work During Pandemic.

Mental health is not just about mental illness, it is a feeling of wellness, the ability to cope with life's many challenges and to have a positive attitude towards oneself. Effective health and safety management clearly helps reduce work-related accidents and ill-health and that a healthy and safe workplace is necessary to enhance a company's image and reputation as well as its.

NIOSH therefore urges the public to take this opportunity to attend these free talk series and gain some valuable insights to keep our mental health intact.

YB SENATOR DATUK T. MOHAN
Vice Chairman
National Institute of Occupational Safety and Health (NIOSH)
27 July 2021

OSH Training and Remote Learning

By:

Ruzita Mohd Shariff, Technical Expert, Education and Training Department, NIOSH



Occupational Safety and Health (OSH) training is important for all levels of the organization, from the top management to the workers. They must be equipped with related knowledge, skills, and competence to enable them to identify hazards, assess risks and take appropriate measures to control and manage risks. Section 15(2)(c) of the Occupational Safety and Health Act (OSHA) 1994, stipulated that employers must carry out their responsibilities in ensuring their workers and themselves receive OSH training.

The COVID-19 global health crisis has not only disrupted work patterns worldwide but has also affected workers' learning and development. We are still quite fortunate to have a strong legislative framework for occupational safety and health (OSH) for workers in Malaysia. However, enforcement by the Government alone is insufficient to ensure workplace safety and health. There has to be cooperation and efforts by the industries to initiate procedures and implement systems towards the Occupational Safety and Health Act (OSHA) 1994 compliance.

NIOSH is in the position to assist industries to achieve this aim. NIOSH complements the Government's efforts by providing training, consultation, and information dissemination services to industries. NIOSH also undertake research and development activities that not only assist in the development of OSH in the country but also provide OSH services to the nation such as monitoring of poisonous gases at the Taman Pasir Putih community hall which had been 'transformed into a makeshift hospital providing early treatment to those affected by the Sungai Kim Kim chemical pollution in March 2019 and the recently indoor air quality measurement for vaccination centres (PPV) in Kuala Lumpur. The mission is to become the partner of industries towards full-OSH compliance.

In general, training refers to instruction and practice for acquiring skills and knowledge of rules, concepts, or attitudes necessary to function effectively in specified task situations (Cohen & Colligan, 1998). Training can also be described as systematic process of acquisition of knowledge, skills, and attitudes required to perform more effectively on one's current job (Blanchard & Thacker, 1999). Effective training must address employees' personal needs, helping them learn, grow, and 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 the needs of individual employees.

As far as OSH training in Malaysia is concerned, The National Institute of Occupational Safety and Health (NIOSH), which was

established as a company limited by guarantee on 24th June 1992 by the Ministry of Human Resources, is responsible to provide training, consultation services, disseminate information and conduct research in the field of OSH. The Board of Directors of NIOSH, which is the authority that makes policies and decisions, consists of individuals from the government, unions, and industrial sectors.

With the vision, 'To be the leading centre of excellence in OSH in Malaysia', NIOSH operates its strategic mission by 'Providing practical solutions in the field of OSH' while delivering its functions by providing training, consultation services, disseminating information, and conducting research in the field of OSH. As stipulated in the Memorandum and Articles of Association, the objectives of the Institute are:

- To contribute towards efforts in upgrading Occupational Safety and Health through developing curriculum and training programmes for workers and employees, employers, and those responsible, either directly or indirectly for OSH.
- To assist industry, commerce, and others to solve problems relating to OSH.
- To assist those who are responsible for OSH with the latest information in the field of OSH in the country and overseas.
- To conduct applied research in OSH-related areas that will benefit and bring advantages to the country.
- To disseminate information on research findings and to become the centre of reference in the field of OSH.

Most of its training courses are designed for the management and supervisory personnel, especially those directly involved in OSH. In 2019, a total of 8,409 training programmes have been conducted compared to 7,157 in 2018, and a total of 179,709 participants have been trained in those training programmes which recorded a 26.8% (131,569) increase compared to last year. NIOSH training programmes can be categorised as below:

- i. Public and In-House Programmes
- ii. Certificate / Competency Programmes
- iii. Trainer's Programmes
- iv. Conference and Seminar Programmes
- v. NIOSH Safety Passport Programmes (Induction for plant access)

Successful workers' training programmes result of thoughtful and serious planning. A great deal of attention must be paid to detail and desired outcomes. Difficulties arise when there is a lack of coherent foresight regarding what training is expected to accomplish and how those accomplishments will be measured and rewarded. If these preliminary considerations are not given careful thought and the programme is not implemented in a logical, systematic and sensitive manner, it will be very difficult, if not impossible, to execute successful employee training (Hughey & Mussnug, 1997).

Training requires a great deal of commitment; it is very time-consuming and demands relentless ongoing support. There are many reasons why employees are not adequately trained. To begin with, training is seen as an expense, not an investment. It often takes place on an ad hoc basis, especially after a problem has been detected. In most companies, training is an isolated event and not an integral part of the development of its human resources. Since the COVID-19 pandemic, workers are now required to work from home (WFH), making it impossible to provide face-to-face or skill-based training. Companies such as NIOSH have had to implement and expand online business models to compensate for lockdown-related restrictions.

The learning pedagogy for adults requires the learner to be willing and responsible for the learning process and at the same time able to participate at their own speed. The learning activity must start from their existing knowledge and experience, and they learn best by doing in a non-threatening environment. The success of any learning process can be measured by observing the degree of behavioural change from the participant. There are three types of behaviour to be observed:

- a. cognitive or knowledge,
- b. skill or psychomotor and
- c. attitude or feelings.

People learn in a variety of conditions and circumstances. According to Stewart Hase and Chris Kenyon (2013), there is a need to move from learning pedagogy for adults or better known as andragogy towards truly self-determined learning called heutagogy as it is appropriate to the needs of learners in the workplace in the twenty-first century, particularly in the development of individual capability.

There are various ways in which training can be conducted. Companies such as NIOSH which had previously offered face-to-face skills training have now moved our programmes online. Participants are now no longer limited to attending classroom-style training but can also learn on the job or by distance or remotely. Among the advantages of remote learning is the reasonable cost to administer and encourages some independent learning. It also enables familiarization and practice with information technology required in workplace settings. It offers participation in the resources and information areas and contact from the host site.

Cultivating the correct and positive mindset of the participants is also vital in the effort to create a conducive training environment as well as setting the right focus in the training

programme. Hence, the correct motivation and support from the management are essential to ensure the success of any training package. The training designer and the trainer must therefore adopt the appropriate approach and consideration before designing the programme for the target group.

The selection of any training technique would depend on several factors such as cost-effectiveness, desired programme content, appropriateness of the facilities, trainee and trainer preference and capabilities as well as the learning principles. However, the learning objectives could be achieved by means of adjusting the above factors to suit the target group and their training needs. The emphasis of each of the above factors would greatly depend on a particular situation and work condition of an organisation.

One of the most popular techniques used by a trainer is lecturing simply because it is cheap and easy to prepare within a short time frame. Unfortunately, this allows little or no participation of the participants. Feedback and interaction from the participants could be achieved if there is either a discussion or question and answer sessions in between lectures.

A combination of these techniques would increase and enhance the understanding of the students as they allow the students to share and discuss their experiences and opinions. However, the use of audiovisual aids such as an overhead projector, whiteboard, and flip charts provide avenues for trainers to use their creativity in providing detailed explanations.

In general, televisions, films, pictures, videos, and slides provide a better and clear illustration of complex situations and scenarios in a static or pictorial motion as these techniques are presented using audio and visual senses (except for slides and pictures). Explanation of hazards associated with confined space, noise problems, working at height, and working with hazardous chemicals can best be presented using this technique. The use of videos and films must not be too long, i.e., a maximum of five to twenty minutes, and must be followed with an explanation or summary at the end of the show.

In a situation where a practical session is not possible, especially during remote learning, analysis of an accident, or a disaster, a case study technique is most suitable as it provides a real-life scenario for a trainee to evaluate and learn from real or hypothetical circumstances and the actions or decisions



taken by others under those circumstances. Some vital skills could be learned through participating in a real-life simulator such as what needs to be done during rescue or working in confined spaces. Such a simulation provides real experience for the trainee with maximum learning benefits in handling those critical moments of lifesaving. NIOSH has invested in the NIOSH Augmented Reality Simulation of Safety and Health Training (NART) System which is a simulation training system that trains managers, supervisors, and workers to demonstrate their responsibilities at the workplace and the necessary actions to be taken in complying with the national legal requirements. Another participatory approach that provides an equivalent practical experience is a role-play session where a situation could be played by a group of participants. Using this technique, experiential learning takes place during acting, and others may learn through observation of the role-play. These techniques, however require extra effort, vast knowledge, additional time, and detailed preparation from trainers and hence is not so popular.

With the emergence of new technologies are new types of hazards. Solving problems or issues in occupational safety and health then requires discussions and new ideas generated from experienced OSH practitioners as well as academicians. Tapping such learning situations is usually available in the form of forums, dialogues and seminars conducted either at the national or international level.

Participatory approach training techniques must be adopted whenever possible as they utilise methods suitable for maximum learning benefits and hence produce the best training output. In the new era of information technology, self-study and distance learning is the most sought-after technique by a busy

and enthusiastic employee. This method allows him to learn at his own pace and plan his own timetable. This is a flexible approach whereby they get their own reading materials, notes, and information using the Internet or PC based on references with little or no supervision from a trainer / lecturer. However, a high degree of self-direction and motivation is needed. A high degree of literacy is also required. Remote learning offered by NIOSH requires resourcing of the website or learning platforms and troubleshooting related to technology issues. Nonetheless, it also requires the support of other technologies such as telephone, e-mail, video conferencing, world wide web access, online chat facilities, and computer / desktop video conferencing. Adequate administrative support is also highly required for remote learning as the COVID-19 crisis has shifted the significance of online training so that many oil and gas companies such as PETRONAS, SHELL and even the utility company such as Sarawak Energy Berhad now have found it to be very important.

NIOSH E-Learning
Current online training offered by NIOSH through OpenLearning.com

- Compliance to Regulations under Occupational Safety and Health Act 1994 (CRO)
- PETRONAS Retail HSE Passport (PRHP)
- Oil and Gas Safety Passport (OGSP)
- Sarawak Energy Safety Passport (SESP)
- Safe Motorcycle Riding for E-hailing Workers (SMREW)
- Safe and Defensive Driving for E-hailing Workers (SDDEW)

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Kualiti Udara Dalam dan Perundangannya di Malaysia

Oleh:

Ts. Nor Mohd Razif Noraini / Hazwan Adli Hamadan



Apa Itu Kualiti Udara Dalam @ Indoor Air Quality (IAQ)?

Kita sering dengar perkara berkaitan kualiti udara dalam atau nama lainnya adalah *Indoor Air Quality (IAQ)* di pasca pandemik COVID-19 ini, tapi adakah kita faham dan tahu apakah sebenarnya yang dimaksudkan dengan kualiti udara dalam (IAQ). Kualiti udara dalam ini berkait rapat dengan sistem pengudaraan di dalam bangunan seperti bangunan pejabat, rumah kediaman, sekolah, taman asuhan kanak-kanak, fasiliti kesihatan dan mahupun kawasan tertutup seperti dewan dan pasaraya serta penyediaan pusat pemberian vaksin (PPV) diseluruh negara.

Kesedaran mengenai bahaya pencemaran udara dalam ini amatlah kurang jika dibandingkan dengan pencemaran udara luaran. Walau bagaimanapun, di pasca pandemik COVID-19 ini isu kualiti udara dalam mendapat perhatian dari masyarakat umum apabila virus SARS CoV-2 berpotensi untuk tersebar melalui bawaan udara. Antara aspek yang mempengaruhi kualiti udara dalam adalah suhu, kelembapan relatif, kulat, bakteria, pengudaraan yang tidak baik, dan juga pendedahan kepada bahan kimia.

Kualiti udara dalam yang tidak baik akan menyumbang kepada kesan terhadap kesihatan, ketidakselesaan dan memberi impak kepada kebolehan untuk melakukan kerja. Antara kesan kesihatan yang disebabkan oleh kualiti udara dalam yang tidak baik adalah seperti kesan alahan, ketidakselesaan akibat suhu yang terlampau sama ada sejuk mahupun panas serta penyakit berjangkit melalui udara yang tidak sihat.

Penyakit yang sinonim dan selalu diperkatakan bila berlakunya kualiti udara dalam yang tidak baik adalah Sindrom Bangunan Sakit (SBS). Sindrom ini memberi kesan kesihatan kepada penghuni di dalam sesuatu bangunan ataupun zon di tempat tertentu. Gejala yang selalu timbul di kalangan penghuni bangunan yang mengalami SBS adalah seperti kerengsaan mata dan hidung, kelesuan, batuk, rhinitis, loya, sakit kepala, sakit tekak dan masalah kulit.

Apakah Perundangan Yang Terlibat Berkaitan Kualiti Udara Dalam?

Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP) telah memperkenalkan Tataamalan Industri Kualiti Udara Dalam 2010 bagi pematuhan kualiti udara dalam di tempat kerja. Tataamalan ini diperkenalkan bagi memastikan pekerja dan penghuni bangunan dilindungi daripada kualiti udara dalam yang kurang baik seterusnya menjejaskan kesihatan dan kesejahteraan mereka. Menjadi kewajipan kepada majikan dan mereka yang bekerja sendiri ke atas pekerja mereka seperti tertakluk di bawah Seksyen 15 Akta Keselamatan dan Kesihatan Pekerjaan 1994 (AKKP), manakala bagi Seksyen 17 AKKP menetapkan bahawa menjadi kewajipan am majikan dan mereka yang bekerja sendiri kepada orang lain selain pekerja mereka.

Tataamalan industri ini juga amat menekankan kewajipan penghuni tempat kerja ke atas orang selain pekerja yang telah ditetapkan dalam Seksyen 18 AKKP. Penghuni di sini adalah dimaksudkan dengan pihak pengurusan atau orang yang mempunyai kawalan ke atas sesuatu tempat kerja. Kewajipan yang dimaksudkan dalam Seksyen 18 AKKP ini adalah kewajipan yang perlu dilaksanakan ke atas orang yang bukan pekerja tetapi menjalankan kerja di premisnya.

Terkini bagi membantu rakyat mengawal kualiti udara dalam di rumah, pihak JKKP ada menyediakan 'Panduan Pengudaraan Dan Kualiti Udara Dalam Untuk Tetapan Kediaman Semasa Pandemik COVID-19'. Panduan ini dapat memberikan maklumat penting tentang langkah-langkah untuk mengurangkan risiko penularan virus COVID-19 melalui udara di tempat kediaman, di mana penghawa dingin digunakan secara sela-menyela untuk sementara waktu dan menyambung semula atau terus menerus, serta kediaman yang mempunyai pengudaraan secara semula jadi.

Objektif panduan ini adalah untuk memberi panduan kepada masyarakat bagi menambahbaik pengudaraan dan kualiti udara dalam di tempat kediaman untuk mengurangkan risiko penularan COVID-19 melalui udara. Panduan ini perlu dirujuk bersama Prosedur Operasi Standard (SOP) terkini yang dikeluarkan oleh Majlis Keselamatan Negara (MKN) dan langkah kawalan lain untuk mengurangkan penularan wabak seperti memastikan penghuni bangunan mengamalkan penjarakan fizikal, memakai topeng, sering mencuci tangan, dan melakukan pembasmian kuman pada permukaan yang kerap disentuh di dalam bangunan.

AKTIVITI

Aktiviti-Aktiviti Sepanjang Bulan Julai 2021



06/07 Program Bakul Makanan di kawasan Parlimen Hulu Rajang, Sarawak

6 Julai 2021, Hulu Rajang - YB Datuk Wilson Ugak Kumbong, Ahli Parlimen Hulu Rajang merangkap Pengerusi NIOSH telah menyampaikan sumbangan Program Bakul Makanan kepada 1558 ketua isi rumah di kawasan Tubau & Jelalong dalam kawasan Parlimen Hulu Rajang, Sarawak. Sumbangan ini adalah di bawah Pakej Perlindungan Rakyat dan Pemulihan Ekonomi (PEMULIH) Negeri Sarawak. Semoga bantuan ini akan dapat meringankan beban masyarakat di kawasan pedalaman Hulu Rajang yang terkesan dengan pandemik COVID-19.



WEBINAR :
A GUIDE TO SCAFFOLD

DATE : 01 JULY 2021 (THURSDAY)
TIME : 08.30AM - 05.30PM
PLATFORM : CLICK MEETING

CERTIFICATE OF PARTICIPATION
5 (FIVE) CEP POINTS
(REF. NO. : IJKA-2021/7474035)

FREE: RM50 ONLY!

TRAINERS :

MOHAMMAD NUR IKHWAN SHAFIEE
COMPETENT PERSON (SCAFFOLDING)

SEL. CHAIKUN TAN CHAIKUN
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01/07

ONLINE SEMINAR

7/7
TIME : 10.00AM-12.30PM
FEE : RM53.00

INVESTMENT IN EMPOWERING OCCUPATIONAL SAFETY AND HEALTH MANAGEMENT SYSTEM
EXECUTIVE
BY **AHMAD GHAFIQ BIN MOHAMAD**
EXECUTIVE
NIOSH CERTIFICATION SDN. BHD.

16/7
TIME : 10.00AM-12.30PM
FEE : RM53.00

WORKING SAFELY IN CONFINED SPACES DURING THE PANDEMIC
BY **MOHAMED RIZWAN HJ ANIS**
CERTIFIED TRAINER & COMPETENT PERSON
NIOSH AESP AND AGTES PROG.

22/7
TIME : 10.00AM-12.30PM
FEE : RM53.00

SAFE WORK PRACTICES FOR WORKING AT HEIGHT ACTIVITIES
BY **MOHAMMAD FERDAUS KOSMAN**
CERTIFIED TRAINER & COMPETENT PERSON
NIOSH WORKING SAFELY AT HEIGHT PROG.

07/07

16/07

22/07

OSH TALK
(SHARING SESSION)

ALL YOU WANT TO KNOW: NUTRA-ERGONOMIC

MOHD NUR IKHWAN SHAFIEE
EXECUTIVE
Consultation, Research and Development
Department (CRDD) NIOSH

OSH TALK LIVE FB NIOSH
13 JULY 2021
TIME: 11AM - 12PM

facebook

National Institute of Occupational Safety and Health (NIOSH)

13/07

15/07

ORGANISED BY : **HRD CORP** IN COLLABORATION WITH : **NIOSH**

WORK FROM HOME ERGONOMIC ISSUES DURING COVID-19 PANDEMIC

15 July 2021 (Thursday)
8.30 am – 5.30 pm
PLATFORM : ZOOM

FEE PER PERSON : RM550

COURSE OBJECTIVE

At the end of the course, the participant will be able to :-

- Explain the definitions of ergonomics and its objectives
- State the 12 ergonomics principle

TARGET GROUP

- Managers / Executives
- Safety and Health Officers
- OSH practitioners
- Safety and Health Committee members
- Supervisors
- Occupational Health Doctor/ Occupational Health Nurse

COURSE CONTENT

- Introduction to Ergonomics
- Ergonomics Risk Factor
- Ergonomics Management Programme (Working at Home During Pandemic)
- Back Strengthening Programme
- Working Station at Home - Conducting Body Symptom Survey

TRAINER

MR. RAEMY MOHD ZAEN
e-mail : raemyndzein@gmail.com

- Master of Occupational Safety & Health Management (Pursuing completion) – School of Arts & Science, UUM
- Speciality in Ergonomics Risk Assessment, Environmental Ergonomics, Productivity Analysis), Physiology (Total Wellness and Health Program, Anthropometric Measurements, Workload Analysis)

REGISTRATION

- Fill the **REGISTRATION FORM** and e-mail to meh@hrdcorp.gov.my or **WhatsApp** : 017-621 5646
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- CANCELLATION** is not allowed after approval had been given, however replacement is allowed
- CERTIFICATION** : Certificate of attendance

WORK FROM HOME ERGONOMIC ISSUES DURING COVID-19 PANDEMIC

15/07

22/07

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MINGGU KESELAMATAN DAN KESIHATAN PEKERJAAN PERINGKAT NEGERI JOHOR 2021

KERJA SELAMAT KITA SELAMAT

Prof. Datuk Ts. Dr. Ahmad Fariz bin Ismail
Naib Canselor UTM Johor

Ir. Mohd Roslee bin Yaacob
Pengerah JKPP Johor

LIVE 15 JULAI 2021
KHAMIS
9.30 PAGI-12 TGH

DOSH JOHOR

BUAL BICARA KKP LIVE
DI FB NIOSH
22 JULAI 2021
MASA: 11AM - 12PM

BUAL BICARA KKP

COVID-19 : BERSEDIakah SHO?

PANIEL: **DR. SHAMSUL BIZAL BIN SHAMSUDDIN**
Ahi Lembaga Pengarah NIOSH

PANIEL: **ABRIL MUTALIB BIN HAJI ALI**
President
Faham Environment Safety & Health Association (PESHA)

MODERATOR: **MOHD RAJMAN BIN ISMAIL**
Education and Training Department & Regional Offices (ETDR), NIOSH

National Institute of Occupational Safety and Health (NIOSH)

OSH Talk

Mental Health

Topic : **Meet Your Happy Chemical**

Speaker : **Mr. Harikrishnan A/L Maniam**

FREE!!!
All are invited!

NIOSH 29/07/2021, Thursday
LIVE 11.00 AM - 12.00 PM
www.facebook.com/nioshmalaysia

29/07

29/07

02/08

05/08

NIOSH WEBINAR (CEP : 5 POINTS)

29/07/2021 | THURSDAY

WEBINAR: **ENHANCING OCCUPATIONAL SAFETY & HEALTH (OSH) IN OIL AND GAS INDUSTRY**
Fee : RM150 | 08.30AM - 05.30PM

TRAINERS :
HAKIM MOHD JALALI KHAMAM (OSH TRAINER/PERANALY KEMAJUAN)
IR. NINE BINTI AHMAD (OSH CONSULTANT/LETYURAN FRANCIS)

02/08/2021 | MONDAY

WEBINAR: **MANAGING CHEMICAL HAZARDS IN THE WORKPLACE**
Fee : RM150 | 08.30AM - 05.30PM

TRAINERS :
TL. NOR MOHD RAZIF BIN BUDRAM (INDUSTRIAL HYGIENIST/CONVOK LITSI)
DR. SUKALLY BINTI AHMAD (LIFE PROFESSIONAL/INDUSTRIAL)

05/08/2021 | THURSDAY

WEBINAR: **UNDERSTANDING AND IMPLEMENTATION OF OSHA 1994**
Fee : RM150 | 08.30AM - 05.30PM

TRAINERS :
M. FAKHRIYAZAN MANSAPPAH (OSH & SAFETY/INDUSTRIAL HYGIENIST/CONVOK LITSI)
AHMAD ABDULLAH AHMAD BUDMAN (OSH & SAFETY/INDUSTRIAL HYGIENIST/CONVOK LITSI)

NIOSH MALAYSIA



MAKLUMAN

Pengoperasian Perkhidmatan Kaunter NIOSH

Dimaklumkan bahawa NIOSH akan membuka perkhidmatan kaunter mulai 1 Julai 2021 bersandarkan kepada ketetapan berikut



Pengambilan kad, Pembayaran dan Lain-Lain

- 1 Urus niaga yang tidak dapat dilaksanakan secara dalam talian
- 2 Semua urusan adalah secara temu janji sahaja dan walk-in tidak dibenarkan
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Anda sedang mencari risalah berkaitan Keselamatan dan Kesihatan Pekerja (KKP)? Anda ingin gunakan sebagai bahan promosi dan kempen KKP?

Ingin mendapatkannya?
Silalah 'KLIK' pautan di bawah:

<http://www.niosh.com.my/publication/e-brochure>

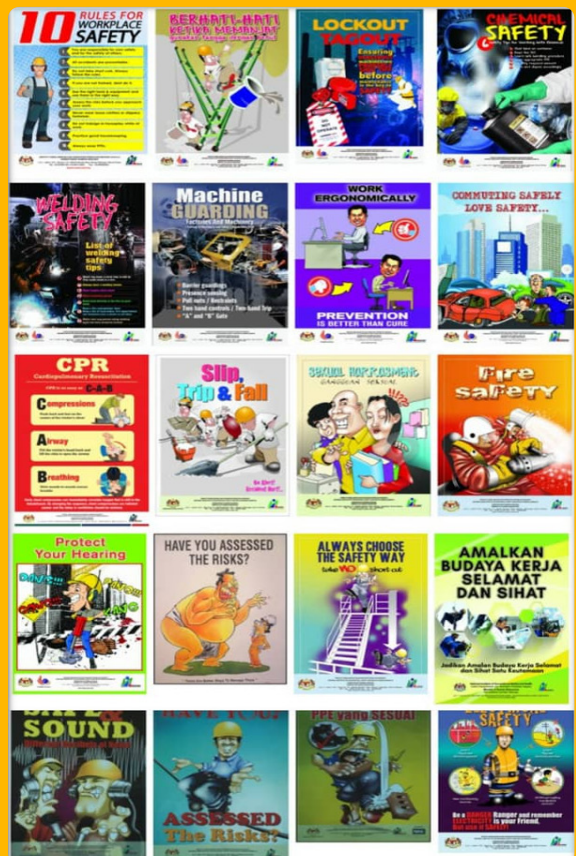
#staysafe
#stayhealthy
#SelfLockDown



Bahagian Penyebaran Maklumat (IDD)
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Berikut adalah senarai topik 'e-brochure' yang disediakan oleh kami:

1. First Aid
2. HIRARC At The Workplace
3. Indoor Air Quality
4. Bekerja Di Tempat Tinggi
5. Keselamatan Elektrik
6. Keselamatan Di Pejabat
7. Nutrition Fact
8. Office Safety
9. OSH in School
10. Perlindungan Pendengaran Pekerja
11. Pertolongan Cemas
12. Bekerja Dengan Selamat Di Dalam Ruang Terkurung
13. Safe Use Of Lift
14. Tanggungjawab Pekerja Di Bawah Akta Keselamatan dan Kesihatan Pekerjaan 1994
15. Pelan Tindakan Kecemasan (ERP)





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- Confined Space Risk Assessment (CSRA)
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Mr Ismail (014-514 6407) | Mr Azreen (012-981 4301) | Mr Syed (013-737 6911)

Ergonomics Excellence Centre



SITE SAFETY SUPERVISOR - REMOTE LEARNING (SSS-RL)

COURSE TITLE : Site Safety Supervisor - Remote Learning
COURSE DURATION : 14-day(s) / 80.00-hour(s) COURSE CODE : SSS-RL
COURSE CATEGORY : Competency COURSE LEVEL : Basic
HRD CORP. SCHEME : SBL Khas
COURSE FEE : RM 1,219.00 (inclusive of 6% SST)
EXAMINATION FEE : RM 350.00
TOTAL FEE : RM 1,569.00 (inclusive of 6% SST)

OBJECTIVE(S):

- Describe the OSH legislative requirements pertaining to construction site.
- Conduct the risk management at the workplace.
- Elaborate OSH requirements for site management.
- Be a competent Site Safety Supervisor (SSS).

ENTRY REQUIREMENT(S):

- Malaysian citizen, AND
- Able to read and write in either Bahasa or English, AND
- Minimum LCE/SRP/PMR/PT3 or equivalent, AND
- Able to access and participate in e-learning platform, AND
- Must have device (laptop or desktop only) to participate in e-learning platform, AND
- Must have good internet facilities, AND
- Register Zoom and Open Learning with Personal Email.

TARGET GROUP(S):

- Site Safety Supervisor.
- Site Foreman / Supervisor.
- Any interested parties.

TOPIC(S):

- Introduction to OSH, Site Safety Supervisor Duties and Tasks.
- OSH Legislation.
- OSH Management Systems.
- Consultation & Training.
- Site Management.
- Occupational Safety.
- Occupational Health.
- Site Visit.



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

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Tel: 03-8769 2100 Fax: 03-8926 2900



OCCUPATIONAL SAFETY AND HEALTH COORDINATOR - REMOTE LEARNING (OSHC-RL)

COURSE TITLE : Occupational Safety and Health Coordinator - Remote Learning
COURSE DURATION : 4-day(s) / 21.00-hour(s) COURSE CODE : OSHC-RL
COURSE CATEGORY : Competency COURSE LEVEL : Basic
HRD CORP. SCHEME : SBL Khas
COURSE FEE : RM636.00 (inclusive of 6% SST)

PROMOTION PRICE
RM 477.00 only
(inclusive 6% SST)

OBJECTIVE(S):

- Emphasize the importance of Occupational Safety and Health (OSH), in particular, to the Small and Medium Scale Industry (SMI).
- Prepare the employers and employees of the SMI sector to confront the challenges of new working environment under the New Norms and eradicate the emergence of new clusters of the pandemic at the workplace, including the imperatives of SOP for addressing the COVID19.
- Emphasize the requisite for an OSH Coordinator as a first step towards an effective Total OSH Management System.

TARGET GROUP(S):

- SMI Employee

TOPIC(S):

- The Reality and Challenges of SMI.
- Introduction of Department and Basic Regulations.
- Basic OSH Management for SMI.
- Chemical Handling.
- Introduction of Occupational Health.
- HIRARC.
- Material Storage and Handling.
- Work Station Design & Lighting.
- Productive Machine Safety.
- Premises and Work-Related Welfare Facilities.

ENTRY REQUIREMENT(S):

- Able to read and write in English or Bahasa Malaysia.
- Able to access and participate in e-learning platform.
- Must have device (laptop or computer) to participate in e-learning platform for each participants.
- The use of mobile phones is NOT PERMITTED.
- Must have good internet network facilities

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Kualiti Udara Dalam Indoor Air Quality (IAQ)

Indoor Air Quality (IAQ) atau kualiti udara dalam merujuk kepada bagaimana udara di dalam bangunan boleh memberikan kesan terhadap kesihatan, keselesaan dan kebolehan untuk melakukan kerja kepada penghuninya

Antara aspek yang mempengaruhi kualiti udara dalam :

- Suhu
- Kelembapan relatif yang tinggi atau rendah
- Kadar pengudaraan yang tidak baik
- Pencemaran udara dari bahan kimia dan biologi (bakteria, kulat dan virus)

Kandungan bahan cemar di udara

- Bahan racun serangga dan makhluk perosak
- Penyegar udara atau penyembur wangian yang mengandungi bahan berbahaya
- habuk dan zarah halus yang terampai
- Bahan kimia organik meruap (volatile organic chemicals) daripada kandungan cat dan gam/ perabot serta bahan dekorasi bangunan
- bahan cemar biologi (bioaerosol) dari penghuni

Kenapa IAQ penting?
Memahami dan mengawal pencemaran udara dalam bangunan dapat membantu mengurangkan risiko pendedahan kepada kesihatan

Isu kualiti udara dalam semakin mendapat perhatian masyarakat apabila bahan cemar udara baharu dijumpai dan dikenaplati dari sumber dalaman atau luaran, jenis rekaan bangunan moden yang memisahkan persekitaran dalaman dan luaran serta lebih tertutup, dan juga peningkatan kes sindrom bangunan sakit atau lebih dikenali sebagai **Sick Building Syndrome**.

Kesan dan impak disebabkan kualiti udara dalam yang kurang baik:

- Kerengsaan mata
- pening dan sakit kepala
- kelelahan melampau (cepat mengantuk)
- Hidung tersumbat dan merengsakan
- Tekak kering, kesal

- Perbelanjaan rawatan perubahan
- Absenteeism, Cuti sakit yang meningkat
- Produktiviti terganggu
- Peningkatan kos pembaikan bangunan dan guna tenaga
- Outbreak, kluster jangkitan di dalam bangunan

Tanda-tanda Sick Building Syndrome

- Loya, muntah
- Batuk
- masalah kulit (kegatalan dan radang)

Tahukah anda?
Kualiti udara dalam dan sistem pengudaraan saling berkait rapat. Beberapa kajian terkini merujuk kepada risiko penyebaran SARS-CoV-2 di dalam tempat / ruang atau bangunan yang dipengaruhi oleh faktor suhu, kelembapan relatif, kepekatan zarah halus terampai dan aliran udara. Apabila situasi SARS-CoV-2 boleh tersebar melalui udara, pengoperasian sistem penghawa dingin MVAC pada reka bentuk yang standard dengan kadar yang optimum dapat mengurangkan pencemaran mikroba ini dan seterusnya mengurangkan risiko penyakit COVID-19.

Adakah bangunan / pejabat anda berisiko?
Antara petunjuk utama terdapat masalah kualiti udara dalam adalah apabila ramai yang menunjukkan mereka mengalami tanda-tanda Sick Building Syndrome. Penilaian kualiti udara dalam / Indoor Air Quality Assessment dapat membantu mengesahkan keadaan udara dalam seterusnya dapat membantu untuk menyediakan langkah kawalan yang bersesuaian.

NIOSH menyediakan khidmat rundingan penilaian kualiti udara dalam / Indoor Air Quality Assessment melalui kepakaran penilai yang kompeten dan berdaftar dengan Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP).

Proses penilaian dilakukan mengikut Tataamalan Industri Kualiti Udara Dalam 2010 iaitu lawatan awal tempat aduan, pengukuran paras pencemaran yang menggunakan peralatan saintifik, pengambilan sampel udara, menganalisa data, perbincangan dengan majikan dan pengeluaran laporan teknikal.

Ingin ketahui dengan lebih lanjut?
Hubungi kami di talian 013-2228155 atau emel pertanyaan anda di cmc@niosh.com.my Jabatan Perundingan, Penyelidikan dan Pembangunan Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH)

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INTRODUCTION OF MAINTENANCE
Gas detectors should be included in the plant maintenance schedule. The performance of most detectors deteriorates with time, the rate depending on the type of sensor and the operating conditions. For example a dusty, corrosive or damp environment can cause accelerated decline in response.

MAINTENANCE

FUNCTIONAL DEVICE TESTING

- This quick test also known as bump test is carried out to ensure that a portable gas detector responds correctly.
- A functional check involving the passing of a high concentration gas over the sensors sufficient enough to activate audio, visual & other alarms.

CALIBRATION

- A calibration usually carried out twice yearly (depends on the instrument manufacturer's recommendation).
- To ensure your gas detector can accurately detect gas levels, you must first calibrate it.
- Calibration can improve the estimation of the deviation between a reference value and the value obtained using a measuring instrument, and the uncertainty in this deviation.

SENSOR REPLACEMENT

- The average life of sensors is approximately 2-3 years but it is worth remembering that sensors may need to be replaced more frequently when "known poisons" are present. e.g. Silicone poisoning catalytic bead flammable detection sensors.

STORAGE GUIDANCE

- When not in use, store the device in a safe, dry place between 13 °C (55 °F) to 30 °C (86 °F). After storage, always recheck device calibration before use.

IN-SITU CALIBRATION FOR GAS DETECTOR
NEW SERVICE

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010-8024223 / 019-6951734
cmc@niosh.com.my / fikri.hakim@niosh.com.my / muhammad.akmal@niosh.com.my

References : 1) Crowcon (2014), The simple steps to looking after your gas detection equipment this winter. 2) Honeywell (2013), Honeywell Gas Detection Book.

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E-HAILING Driver



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NIOSH

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Aidil Adha*
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10 Zulhijjah 1442 Hijrah

Bersama
Hentikan
Wabak
Covid-19

Ikhlas daripada warga kerja NIOSH seluruh negara

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Bekerja dari rumah Kementerian rangka dasar baharu bela nasib pekerja

Tengah Kementerian Sumber Manusia (KSM) akan membuat satu kajian mengenai nasib pekerja yang terjejas akibat pelaksanaan Perintah Kawalan Pergerakan (PKP) dan pelaksanaan perintah berkurang. Menteri Sumber Manusia, Datuk Seri Saifuddin Azzahari, berkata kajian itu akan dijalankan oleh KSM dan Kementerian Kerja Raya (KKR) untuk mengenalpasti masalah-masalah yang dihadapi oleh pekerja yang terjejas akibat pelaksanaan perintah berkurang. Beliau berkata, kajian itu akan dijalankan oleh KSM dan KKR untuk mengenalpasti masalah-masalah yang dihadapi oleh pekerja yang terjejas akibat pelaksanaan perintah berkurang. Beliau berkata, kajian itu akan dijalankan oleh KSM dan KKR untuk mengenalpasti masalah-masalah yang dihadapi oleh pekerja yang terjejas akibat pelaksanaan perintah berkurang.

Sokongan majikan galak pekerja terima vaksin

Perkara utama mendorong pekerja menerima vaksin COVID-19 adalah sokongan majikan. Menteri Sumber Manusia, Datuk Seri Saifuddin Azzahari, berkata majikan memainkan peranan yang penting dalam memastikan pekerja menerima vaksin COVID-19. Beliau berkata, majikan memainkan peranan yang penting dalam memastikan pekerja menerima vaksin COVID-19. Beliau berkata, majikan memainkan peranan yang penting dalam memastikan pekerja menerima vaksin COVID-19.

Don't ignore mental health

Emotional wellbeing is as vital as physical health. The Ministry of Health has urged employers to ensure that their employees' mental health is taken into account. The ministry has urged employers to ensure that their employees' mental health is taken into account.

As Health Director general Tun Sri Dr Noor Hisham Abdullah has suggested, we should be aware of the people around us...

As Health Director general Tun Sri Dr Noor Hisham Abdullah has suggested, we should be aware of the people around us... The director general has urged employers to ensure that their employees' mental health is taken into account. The director general has urged employers to ensure that their employees' mental health is taken into account.

Jika sedar seorang berada dalam keadaan terancam, perlulah membuat sesuatu yang dapat mengimbangi mereka menjadi kembali ke keadaan emosi

Jika sedar seorang berada dalam keadaan terancam, perlulah membuat sesuatu yang dapat mengimbangi mereka menjadi kembali ke keadaan emosi The director general has urged employers to ensure that their employees' mental health is taken into account. The director general has urged employers to ensure that their employees' mental health is taken into account.

Wanita perlu lebih banyak berinteraksi dengan masyarakat

Wanita perlu lebih banyak berinteraksi dengan masyarakat The director general has urged employers to ensure that their employees' mental health is taken into account. The director general has urged employers to ensure that their employees' mental health is taken into account.

Walaupun sudah ada vaksin, kita masih harus berhati-hati

Walaupun sudah ada vaksin, kita masih harus berhati-hati The director general has urged employers to ensure that their employees' mental health is taken into account. The director general has urged employers to ensure that their employees' mental health is taken into account.

Tangani sakit mental dengan berkesan

Penggunaan teknologi dalam menangani masalah kesihatan mental semakin meningkat. Menteri Sumber Manusia, Datuk Seri Saifuddin Azzahari, berkata penggunaan teknologi dalam menangani masalah kesihatan mental semakin meningkat. Beliau berkata, penggunaan teknologi dalam menangani masalah kesihatan mental semakin meningkat.

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Majikan patut peka kesihatan mental pekerja

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WFH, losing jobs add to mental health stress

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Sokong individu murung hadapi tekanan

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