ISSN 1675-5464

www.niosh.com.my

FYi

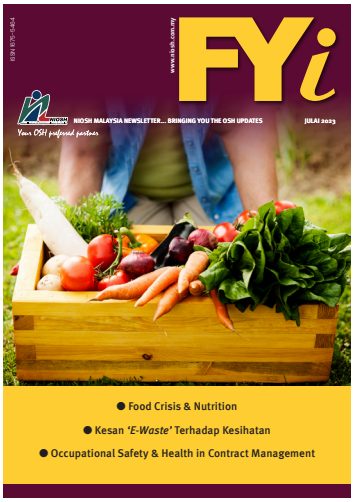
NIOSH
National Institute Of Occupational Safety And Health

Your OSH preferred partner

NIOSH MALAYSIA NEWSLETTER... BRINGING YOU THE OSH UPDATES

JULAI 2023

- Food Crisis & Nutrition
- Kesan *'E-Waste'* Terhadap Kesihatan
- Occupational Safety & Health in Contract Management



Julai 2023
eISSN 2762-7412

Sidang Redaksi

Diterbitkan oleh:
Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH) Malaysia (243042-U).
Alamat : Lot 1, Jalan 15/1, Section 15, 43650 Bandar Baru Bangi, Selangor Darul Ehsan, Malaysia.
No. Tel : 03-8769 2100
No. Fax : 03-8926 2900
Emel : general@niosh.com.my
Laman Web : www.niosh.com.my

Penasihat
Haji Ayop Salleh
Mejar Haji Hanif bin Maidin (B)

Sekretariat
Haji Khairunnizam Mustapa
Noorliza Idawati Mat Nayan
Mohd Hussin Abd Salam
Siti Badariah Binti Abu Bakar

Editor
Joy Khong Chooi Yee
Muhamad Syarizat Azmi

Pengiklanan dan Media
Mohd Hussin Abd Salam
Emel : dl.bmd@niosh.com.my
No. Tel :+6 0 16-559 7399

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

Nota Pengarah Eksekutif

Assalamualaikum W. B. T.

Bismillahirrahmanirrahim.

Krisis makanan merujuk kepada situasi di mana ketersediaan, aksesibiliti dan kestabilan kepada sumber makanan adalah terhad. Isu ini mengakibatkan keupayaan manusia terbatas dan memberikan impak signifikan kepada global apabila semakin ramai manusia kelaparan, kekurangan nutrisi sehingga menyebabkan kematian.

Manakala krisis nutrisi makanan berlaku apabila individu atau populasi masyarakat menghadapi kekurangan nutrisi penting yang diperlukan untuk pertumbuhan, perkembangan serta menyokong fungsi tubuh badan yang optimal. Kekurangan gizi makanan akan mengakibatkan masalah kesihatan jangka pendek dan panjang seperti mengakibatkan pertumbuhan terbantut, kekurangan berat badan serta kekurangan nutrien dan vitamin.

Di antara faktor-faktor yang menyumbang kepada isu krisis makanan adalah merangkumi perubahan iklim yang mengganggu aktiviti pertanian, peperangan dan konflik yang menghalang pengagihan sumber makanan, ketidakstabilan harga bahan mentah di peringkat dunia, penyakit berjangkit seperti COVID-19 serta perubahan pola pemakanan masyarakat.

Pandemik COVID-19 antaranya memberikan kesan secara langsung kepada krisis ekonomi yang hebat. Impaknya dirasai dan mengakibatkan kehilangan pekerjaan dan sumber pendapatan serta pengangguran. Ketidaktentuan ini menjadi dilema dan memberi kesan dari aspek kemampuan dan kebolehcapaian makanan yang berkualiti.

Krisis makanan dan nutrisi adalah dua fenomena yang berkait rapat dan sering terjadi. Bagi sebuah Negara, adalah penting untuk memastikan masalah krisis makanan dan nutrisi ditangani secara berhemah. Jika krisis ini tidak ditangani segera, ia akan memberikan impak signifikan seperti penurunan produktiviti dan kualiti kerja, risiko jangkitan penyakit, penurunan kualiti hidup dan daya saing, kemiskinan tegar, gangguan psikologi serta kelembapan ekonomi secara keseluruhan.

Walaubagaimanapun, usaha kerajaan dalam mengoptimumkan sumber makanan tempatan dan memastikan kelangsungan bekalan makanan melalui penggunaan teknologi dan infrastruktur terkini harus dipuji. Kerajaan sentiasa memastikan jaminan bekalan makanan negara diurus dengan baik bagi menampung hak keperluan asasi seiring dengan pertambahan populasi yang semakin pesat dalam memastikan rakyat mendapat bekalan makanan yang berkhasiat.

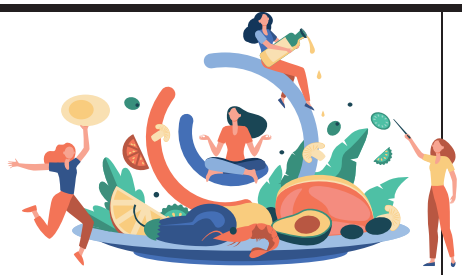
Bagi edisi FYI Julai 2023 ini, artikel utama mengulas isu krisis makanan dan nutrisi yang sedang hangat diperkatakan. Semoga kupasan kali ini memberikan pengetahuan berguna serta membantu mengurangkan kebimbangan masyarakat terhadap isu kekurangan bekalan makanan Negara. ■

Haji Ayop Salleh
Pengarah Eksekutif
NIOSH

Senarai Kandungan

Food Crisis & Nutrition	3 - 4
Kesan *'E-Waste'* Terhadap Kesihatan	5
Occupational Safety & Health in Contract Management	6 - 8
Aktiviti-Aktiviti Sepanjang Bulan Julai 2023	9- 13
Papan Kenyataan	14
Sudut Informasi	15
Keratan-Keratan Akhbar	16

Food Crisis & Nutrition



Mohd Nur Ikhwan Shafiee
Consultation, Research & Development Dept (CRDD), NIOSH

Global Food Crisis

In addition to air and water, humans also need food to survive. A well-functioning food system ensures adequate, affordable, safe, and nutritious food. Many workers help to feed the planet, while others rely on money to survive. Workers are essential for the food system to function. However, they encounter numerous work hurdles, from manufacturing to consumption.

The World Food Summit of 1996 defined food security as "when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food, which meets their dietary needs and food preferences for an active and healthy lifestyle". According to the International Labour Organization (ILO), about one billion people worldwide are vulnerable to food insecurity. Furthermore, the current pattern of record food rising prices means more starvation, poverty, unemployment, social unrest, and political turmoil.

Only three food groups provide human energy: carbohydrates, protein, and fat. According to The Food and Agriculture Organization (FOA), 61% of calories (energy for our bodies) came from 12 crops, mainly rice, wheat, and sugarcane. The other 14% came from five animals: chicken, cattle, goat, buffalo, and pig.

In 2022, we are in the phase of pandemic recovery. The COVID-19 pandemic has resulted in a tremendous loss of human life worldwide. It poses an unparalleled risk to public health, food systems, and the workplace.

The pandemic's economic and social impact is devastating; tens of millions of people are at risk of plunging into severe poverty, and the number of undernourished people is estimated at almost 690 million. It was predicted to rise by 132 million by the end of the year. As the conflict between the world's third and fourth-largest grain exporters rages on, the crisis that began with the closure of borders due to COVID-19 has been worsened by Russia's invasion of Ukraine, adding to food inflation and putting global food supplies at risk. The United Nations World Food Programme has also expressed concern that the war in Ukraine has been causing catastrophic agricultural disasters.

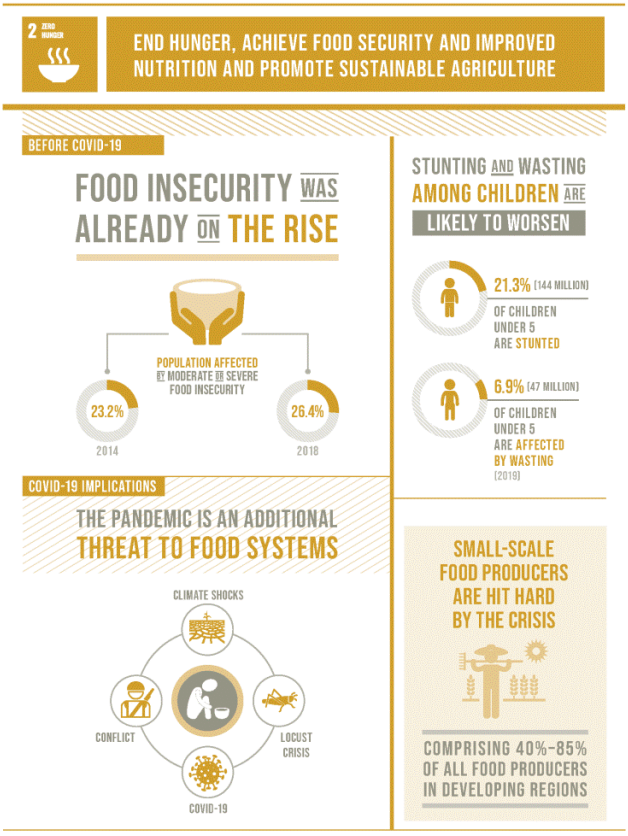


Figure 1: Goal 2 of Sustainable Development Goal of WHO

Food Security in Malaysia

Malaysia is vulnerable to food insecurity in the future due to its reliance on imports for food supplies, particularly rice. Households are predicted to spend approximately 70% of their budgets on food, requiring a systematic process to assure the population food demands are fulfilled.

Figure 2: Newspaper Cutting on the Issue of food crisis in Malaysia

Food price rises in the future might be caused by disruptions in the supply chain of imports from neighbouring nations like Thailand and Indonesia. Imports account for almost a quarter of Malaysia's food. Chili, for example, is imported roughly two-thirds from Thailand and is used in practically all Malaysian cuisines. It was reported that structural challenges relating to food security, such as land-use policies and a failure to grow the rice paddy sector, are still impeding the nation, leading to a lack of participation among the younger population in agricultural activities. Moreover, Malaysia imports roughly 60% of its food. In 2020 alone, Malaysia imported about RM55.5 billion in food products, while only exporting RM33.8 billion.

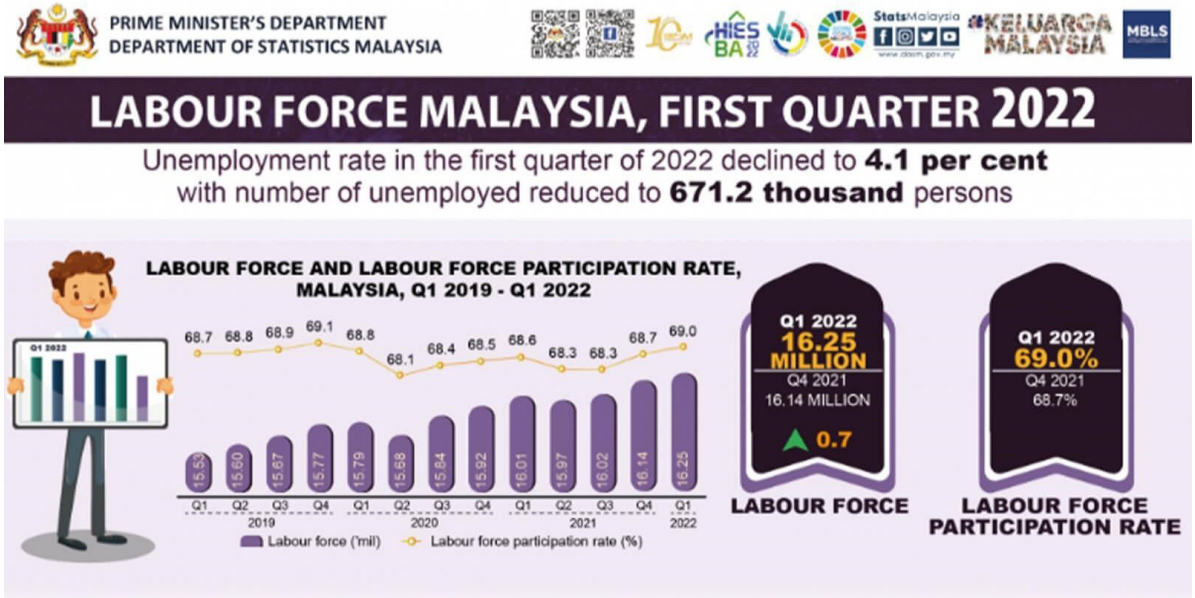


Figure 3: Labour Force Participation Rate 2022

Food Security and Workforce

Being employed and earning an income are generally associated with decreased risk of food insecurity. Malaysia's labour force participation rate (LFPR) was 69 per cent, its highest level since the first quarter of 2020. Despite a 0.3 percentage point increase from the previous quarter, it was the first time Malaysia recorded an unemployment rate below 4.0% since the pandemic COVID-19 began. Economic growth is required to create employment; it is an outcome of job creation and increased labour productivity. As a result, the pace of economic development determines the limit of employment and productivity growth. The employment rate is also indirectly affected by economic growth.

One of the factors of economic growth is food security. Increased food security has been reported to have a significant positive impact on economic growth. The effect of food security has an impact on economic growth, including life expectancy, total employment, and poverty. Economic growth, poverty reduction, and increased food security would all benefit from increased food security.

Food insecurity also leads to malnutrition, poor diet and an increased risk of developing disease-related nutrient deficiencies. Besides the physical effects, food security negatively affects the workers' mental health. Studies have found that food insecurity is associated with a 257% risk of developing anxiety and a 253% higher risk of developing depression among workers. By contrast, losing a job during the COVID-19 pandemic is associated with a 32% risk of anxiety and 27% risk of depression. The risk of developing mental illness is tripled when caused by food insecurity, compared to losing a job during the pandemic.

Conclusion

As one of the keys to survivability and economic growth, it is essential to ensure food security among the workforce in Malaysia. Public health initiatives should focus on providing direct food subsidies to low-income households, particularly with children, as a way to ensure a future sustainable workforce. ■

Kesan *'E-Waste'* Terhadap Kesihatan

Zakiah Mohd Yusoff
Jabatan Perundingan, Penyelidikan & Pembangunan (CRDD), NIOSH

Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH) amat prihatin terhadap isu kesihatan dan kesan *'e-waste'* atau sisa elektronik ke atas orang awam dan alam sekitar.

Bagi menangani isu ini, Jabatan Alam Sekitar (JAS) telah mengeluarkan garis panduan pelupusan sisa elektronik demi menjaga kelestarian alam sekitar terutama kesihatan manusia.

Sisa elektronik ditakrifkan sebagai peralatan elektronik atau elektrik yang rosak, tidak digunakan atau usang seperti telefon bimbit, komputer, televisyen, mesin basuh, peti ais dan penghawa dingin. Bahan-bahan terbuang ini boleh menjalani proses pemulihan, kitar semula atau pelupusan.

Di bawah Peraturan-Peraturan Kualiti Alam Sekeliling (Buangan Terjadual) 2005, Jadual pertama *(Regulation 2), 'e-waste'* dikategorikan sebagai sisa buangan terjadual kod SW110 iaitu *"Sisa dari pemasangan elektrik dan elektronik yang mengandungi komponen seperti penumpuk, suis merkuri, kaca dari tiub sinar katod dan kaca aktif lain yang diklorin kapasitor biphenyl, atau terkontaminasi dengan kadmium, merkuri, plumbum, nikel, kromium, tembaga, litium, perak, mangan atau biphenyl yang diklorin".*

Sehubungan itu, *'e-Waste'* boleh menyebabkan risiko kesihatan disebabkan oleh bahan berbahaya seperti merkuri, cadmium, PVC, plumbum, berilium, kromium, barium dan lain-lain.

Merkuri yang dilepaskan semasa proses memecah dan membakar papan litar dan suis misalnya mampu menyebabkan penyakit kronik kepada otak manusia dan ianya mebahayakan bayi melalui susu ibu. Pembakaran bahan seperti PVC juga mampu menghasilkan dioksin yang boleh menyebabkan masalah pembiakan dan perkembangan, kerosakan sistem imunisasi dan mengganggu hormon pengawal selia. Organisasi Kesihatan Dunia *(WHO)* juga ada menjelaskan bahawa dioksin memiliki potensi racun yang memengaruhi beberapa organ dan sistem dalam tubuh yang boleh menyebakan penyakit kanser, parkinson, penyebab cacat sewaktu lahir atau kelahiran pramatang.

Bahaya lain berkaitan *'E-Waste'* seperti kadmium boleh menyebabkan kerosakan saraf atau lebih dikenali sebagai teratogenik. Perkara ini berlaku sekiranya kadmium ini dilepaskan ke persekitaran sebagai serbuk semasa menghancurkan dan mengisar plastik, dan papan litar. Kesan toksik ini tidak dapat dipulihkan pada kesihatan manusia.

Bahaya *'E-Waste'* kepada kanak-kanak seperti lead adalah ianya mampu mempengaruhi perkambangan otak kanak-kanak. Lead juga mampu merosakkan sistem saraf pusat dan periferal, sistem darah dan kerosakan buah pinggang bagi orang dewasa. Bahaya lain berkaitan *'E-Waste'* seperti karsinogenik iaitu kanser paru-paru, penyakit kulit adalah berpunca dari berilium. Kromium pula mampu menyebabkan asma dan bronchitis. Manakala kerosakan jantung, hati dan limpa adalah dari bahaya barium yang menyebabkan kelemahan otot manusia.

NIOSH berperanan dalam menyebarkan informasi berkaitan pelupusan *'E-Waste'* ini dan menggalakkan majikan terutama industri yang melibatkan orang awam untuk melakukan persediaan dalam menangani isu pelupusan sisa *'E-Waste'* ini.

Oleh yang demikian, adalah menjadi tanggungjawab pelbagai pihak bagi mematuhi undang-undang dan akta-akta berkaitan *'E-Waste'*. Ini adalah demi menjaga alam sekitar dan kesihatan manusia dari penyakit-penyakit kronik yang terhasil akibat pendedahan terhadap *'E-Waste'*.

NIOSH menyarankan agar Langkah pemantauan kesihatan seharusnya menjadi rutin kepada industri atau pekerja-pekerja termasuklah orang awam yang terdedah kepada bahaya E-Waste. Ini bertujuan memastikan tahap pendedahan terkawal pada tahap yang sepatutnya. ■

Occupational Safety & Health in Contract Management

Ts. Shahnisfanizam bin Yaacof
Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP)

Managing occupational safety and health (OSH) at the workplace has become increasingly more important due to higher stakeholders' expectations. More companies are outsourcing their work to third parties such as contractors or vendors due to their focus on main production activities. Projects and maintenance works, especially those which require unique and particular skills such as hot works, working at height, confined space entry, heavy lifting and scaffolding are typically contracted out. These works are normally contracted out to specialist contractors who have the required skills, knowledge and equipment to perform the job.

INTERPRETATION

CLIENT/PRINCIPAL

A company or person that issues a contract to a contractor.

CONTRACT

An agreement between two parties by which both are bound in law and which can therefore be enforced in a court.

CONTRACTOR

A company or person who has entered into a contract for the purpose of carrying out any work or part of the work as stated in the contract or agreement.

SUB-CONTRACTOR

An individual or company performing some of the works within a contract and under contract to either the original client or contractor.

If the contract established between the client and contractor does not contain clear OSH requirements, it may expose contractors' workers to the hazards associated with the work. Whenever there is an accident, it is normal that those involved will blame each other if their roles and expectations were not clearly specified in the contract. Some of the issues that may arise are who is responsible for specific OSH requirements such as Hazard Identification, Risk Assessment and Risk Control (HIRARC), gas testing, training and site supervision. Contracts should be based on an equal relationship between the client and contractor while promoting a fair and transparent approach to the task at hand from initial contract award through project completion. The level of details required to ensure this will depend on the type and complexity of the contract.

To achieve the objective of accident prevention at the workplace during the execution of contract work, adequate considerations and provisions of OSH requirements should be incorporated in all stages of the contract process. The contract process (Figure 1) normally consists of several stages but is not limited to:

i. Planning
ii. Tender Documentation
iii. Tender Evaluation & Award
iv. Commencement
v. Execution
vi. Completion

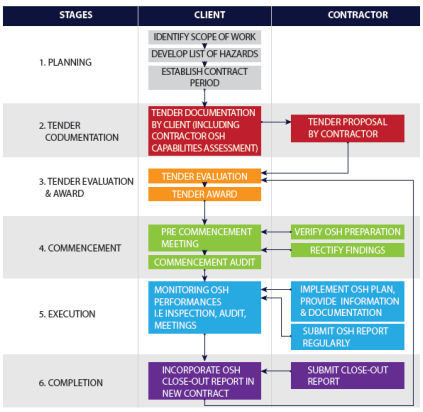


Figure 1: Flowchart of Contract Stages

1.0 PLANNING

Planning is a stage of assessing the OSH risks associated with the scope of the contracted work and to ensure mitigations were incorporated into the overall contract strategy. Client plays a vital role in order to provide information related to the hazards and risks associated with the contract works to all the bidders, to ensure that they understand and address the hazards and risks that may arise during the execution of the contract. The activities involved at this stage are the development of the scope of work, the list of hazards and the development of the contract period.

The client is responsible for specifying the scope of work to be executed and providing necessary information and documentation such as:

a. Design Specifications
b. Standards
c. Drawings
d. Duration of work
e. Applicable Legal and other requirements
f. Logistics

Based on the scope of work, the client should develop a list of hazards. The main objective of this list is to ensure significant hazards are being identified. Examples of significant hazards include working in a confined space, drowning, working at height, working near public areas, working near a running machinery or plant and working on a slope. The information gathered from this list of hazards is to be communicated to all potential bidders who will use it to develop a comprehensive OSH plan. After that the establishment of the contract period can be agreed upon with consideration given to the OSH plan and issues, with adequate time allocated for pre-commencement planning, commencement, execution and completion.

2.0 TENDER DOCUMENTATION

This stage involves both parties, the client and the contractor as follows:

(In addition, clients may also include the following items, requirements or rules in their tender documents)

i. Contractors should establish & implement an OSH Management System and the client has the right to verify it.

ii. Provisions for suspending contractor's works by the client if contractors do not comply with OSH plan and requirements as per the contract. However, the client should inform the contractor and give them reasonable time to rectify the non-compliances.

iii. Contractors should be responsible for the effective implementation of their sub-contractors' OSH management system.

iv. Contractor OSH Capabilities Assessment.

v. OSH cost.

TENDER DOCUMENTATION	
TENDER DOCUMENTATION BY CLIENT	**TENDER PROPOSAL BY CONTRACTOR**
i. Tender documents should include the requirement that contractor must has an OSH management system which is in line with the client's management system. ii. Site visit and briefing of project are advisable to be carried out for all bidding contractors before submission of tenders. iii. Client need to ensure that contractors understand their expectations clearly by providing documents such as OSH Policy, Site OSH Requirement, OSH Training etc.	i. Contractor should provide detailed information in their tender proposal to the client, one of the main documents is the OSH Plan. ii. The OSH Plan should cover all contract phases from commencement to completion & should provide a clear indication of the policies, procedures & standards to be adopted during contract phase. iii. Contractor should demonstrate their capability in managing OSH.

CONTRACTOR OSH CAPABILITIES ASSESSMENT

*The objective is to screen potential contractors during the contract evaluation process which may be assessed through an **OSH capabilities questionnaire** either by **interviewing by the client** or **completing the questionnaire by contractors** or both. Through this assessment, a client can establish a **list of contractors** who have the OSH capabilities in carrying out the work and managing the associated risk.*

OSH COST

*The **tender documentation by a client** should provide a **mechanism to allocate costs** (Bill of Quantities) of implementing OSH requirements for such items but not limited to:*

i. OSH training
ii. Medical facilities & safety equipment
iii. Personal protective equipment
iv. OSH personnel
v. Emergency response resources
vi. OSH incentive & reward schemes
vii. Safety signage & posters

3.0 TENDER EVALUATION & AWARD

Tender Evaluation

Client should evaluate each tender submitted by contractors. Two (2) things that the client needs to consider, are the OSH Capabilities Assessment result of contractors and the contractor's ability to implement OSH plan and manage the risks which can be evaluated through but not limited to contractor's past OSH performance, site assessment and competent personnel.

On top of that, Client has a right to obtain further explanation and clarification from contractors on information provided in their tender proposal. Client also has a right to seek agreement with the contractor especially on changes in OSH plan and requirements.

Tender Award

Once the tender has been awarded, joint meetings should be held as soon as possible to agree on the final details of the OSH Plan, OSH requirements and its implementation. The agreed details on the OSH plan and other related requirements should be part of the contractual agreement.

4.0 COMMENCEMENT

The objectives of this stage are to ensure that the requirements of the OSH plan are well communicated and understood by both parties (client and contractor) prior to the implementation and execution of the contract. Any improvement and corrective actions to be completed before commencement should be identified and agreed upon. Activities such as reviews, meetings and audits should be carried out at this stage. The amount of detail and effort for pre-commencement activities should be commensurate with the level of risk identified. Typically, there are 2 main activities involved at this stage which are Pre-Commencement Meeting and Commencement Audit.

Pre-Commencement Meeting

The pre-contract meeting is an important meeting that takes place after the contractor has been appointed but before work commences on site. It is an opportunity for the project team to meet (perhaps for the first time) and plan the execution stage. Besides that, it provides an opportunity for the contractor to become familiar with the location, facility, personnel and other related specific site requirements.

The topics to be covered in the meetings might include:

i. A review of associated hazards and control measures.

ii. Confirmation of OSH objectives.

iii. Dissemination and communication of the OSH policy statement, basic OSH rules and work procedures as defined in the OSH Plan.

iv. Verification of personnel competence. Contractor should ensure that only competent personnel who are experienced, trained and/or certified are allowed to operate and maintain all machinery, equipment and tools. Contractor should provide an adequate level of technical and OSH related training, conducted by a recognized training institution for all relevant personnel who are involved in the planning and executing of the work.

v. Confirmation that OSH induction and training plans are in place and ready for implementation.

vi. Incident reporting and investigation procedures.

vii. Process for reporting, tracking and closing out of non-compliances identified during inspection, audits and investigation.

The meetings may be structured as an OSH workshop, with the participation of both client's project management and contractor's management. The meeting may also provide an opportunity to discuss the need for a pre-commencement audit with the scope agreed upon by both parties.

Commencement Audit

During the commencement phase, audits or reviews against the OSH plan may be conducted to verify that OSH systems are in place and check the condition of the equipment and the work site. This can be accomplished by a joint client/contractor OSH field review or audit.

If the audit identifies matters of significant concern, these should be reviewed against the contractual terms and conditions including the OSH plan. Appropriate actions should be taken which may include rectification, withholding permission to proceed or ultimately terminating the contract.

5.0 EXECUTION

Contractor internal inspection/ audits and regular joint inspection by client and contractor representatives provide the means of compliance and performance verification against contract requirements. Joint inspection/ audit programs have the advantage of aligning objectives, enhancing common understanding and promoting constructive participation.

The frequency of such inspections/ audits depends on the level of risks involved. Findings and recommendations from inspections and audits should be shared to encourage commitment from both parties to close the gaps identified.

The client should obtain contractor's assurance on:

i. Contractor's management commitment to OSH issues.

ii. Compliance with all OSH related clauses in the contract and the OSH Plan.

iii. Performance achieved against agreed OSH objectives.

iv. The availability of contractor's OSH management systems and procedures.

v. The contractor's monitoring of the quality, conditions and integrity of its OSH processes, equipment and tools.

vi. The contractor's toolbox and regular OSH meetings.

vii. The contractor's implementation and participation in emergency exercises and drills.

viii. Compliance with the incident and non-conformance reporting, investigation and follow-up.

Regular review of OSH activities and performance against contractual requirements and objectives should be conducted between client and contractor to ensure continual improvement in OSH performance.

Contractors should submit the OSH report regularly to the client. The frequency of submission should be determined by the client.

6.0 COMPLETION

The OSH plan should continue and remain to be the main reference for managing the OSH activities in this phase. Due consideration should be taken of any lessons learned particularly from the commencement phase, the problems encountered and solutions found. Completion often is a phase of a contract having an increased probability of incidents as the contract infrastructure and contractor OSH management structures are being dismantled with people moving off the contract to new assignments. Assurance should be sought that the appropriate organizational structures remain intact until associated activities have been completed.

The client and contractor should continue to monitor performance against the OSH plan, including particular attention to incident reporting. It is important to maintain vigilance on OSH matters to the very end of the contract.

Contractors shall submit a comprehensive OSH close out report (final document) to the client covering the duration starting from contract award to client final acceptance. The close-out report should cover the OSH Plan, activities, OSH performance and lessons learned from the contract and should be duly approved by client. Lessons learned from the close-out report should be incorporated into the new contracts to ensure continual improvement and safe execution of contracts.

CONCLUSION

It is imperative for all employers or clients to take all practicable steps to manage hazards and risks as early as possible before the issuance of the contract. The contract should specify all OSH requirements, roles and responsibilities of client and contractor, interfaces and the manner in which all OSH hazards and risks should be managed at every stage of the contract.

Figure 2: Decreasing ability to influence safety (Szymberski 1997)

Figure 2 clearly shows that including project (contract) safety as a consideration early in the project's life cycle (contract stage) will induce a greater ability to positively influence safety than if planning for safety is not considered until just before execution of contract.

In conclusion, it is affirmed that good OSH management in contracts will reduce the overall costs, increase the quality and productivity of work as well as protect the safety and health of workers.

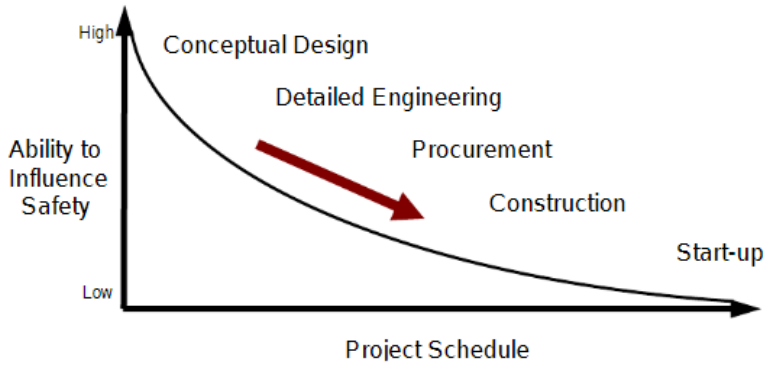


Figure 2: Decreasing ability to influence safety (Szymberski 1997)

10 Jul 2023

Lawatan Ketua Setiausaha dan Timbalan Ketua Setiausaha (Operasi) Kementerian Sumber Manusia ke NIOSH

10 Julai 2023 (Isnin), Bandar Baru Bangi - YBhg. Dato' Seri Ir. Dr. Zaini Bin Ujang, Ketua Setiausaha Kementerian Sumber Manusia dan YBhg. Dato' Hajah Norison Binti Ramli, Timbalan Ketua Setiausaha (Operasi) Kementerian Sumber Manusia mengadakan lawatan ke Ibu Pejabat NIOSH di Bandar Baru Bangi, Selangor.

YBrs. Tuan Haji Ayop bin Salleh, Pengarah Eksekutif NIOSH memberi penerangan berkaitan peranan, fungsi dan aktiviti-aktiviti yang dijalankan oleh NIOSH selaras dengan amanah yang diberikan oleh pihak kerajaan.

YBhg Dato' Seri KSU dan YBhg Dato' TKSU juga berkesempatan melihat fasiliti latihan serta kelengkapan dan peralatan di makmal yang digunakan di NIOSH. ■

12 Jul 2023

Sambutan *'Safety & Security Day'* anjuran Maxis

12 Julai 2023, Kuala Lumpur – NIOSH menerima jemputan daripada Maxis *Health, Safety & Environment (HSE)* untuk menyertai sambutan Hari Keselamatan dan Sekuriti yang diadakan pada 12 Julai 2023 di Menara Maxis, Kuala Lumpur. Tema sambutan pada tahun ini adalah *'Future of Work'*, berkaitan latihan kerja yang menggunakan *Virtual Reality (VR) – Virtual Safety Training*. ■

13 Jul 2023

Lawatan dan Majlis Perasmian Pejabat NIOSH Wilayah Utara (Pulau Pinang) oleh YB V. Sivakumar, Menteri Sumber Manusia

13 Julai 2023, Kepala Batas - YB V. Sivakumar, Menteri Sumber Manusia mengadakan lawatan dan seterusnya merasmikan pejabat NIOSH Wilayah Utara (Pulau Pinang) berikutan perpindahan pejabat di Jalan Bertam 2, Kepala Batas.

Pejabat baharu ini menyediakan lebih banyak ruang dan fasiliti bagi program latihan, khidmat rundingan dan aktiviti penyebaran maklumat bagi menyokong keperluan industri yang semakin pesat di Pulau Pinang.

Ketibaan YB Menteri disambut oleh pengurusan NIOSH yang diketuai oleh YBrs. Tuan Haji Ayop bin Salleh serta warga kerja pejabat NIOSH Wilayah Utara (Pulau Pinang). Para peserta kursus dan tenaga pengajar juga turut tidak melepaskan peluang untuk turut sama meraikan kehadiran sulung YB Menteri ke pejabat NIOSH Wilayah Utara (Pulau Pinang). ■

13 Jul 2023

Program Pertandingan KV Skills Peringkat Kolej Vokasional Klang Tahun 2023

13 Julai 2023, Klang - NIOSH dijemput untuk mengadakan pameran sempena "Program pertandingan KV Skill Peringkat Kolej Vokasional Klang Tahun 2023" bertempat di Anjung Selera, Kolej Vokasional Klang, Klang. Seramai 200 pekerja dan kontraktor terlibat dalam menjayakan program ini. Pertandingan dan pameran pameran industri tersebut diadakan bertujuan untuk memberi pendedahan tentang peluang pendidikan yang ditawarkan di industri, IPTA/IPTS dan kerjaya yang boleh diceburi para peserta setelah tamat pengajian. ■

14 Jul 2023 | Program *"Adopt a School for OSH"* di SK Paris, Kinabatangan, Sandakan

14 Julai 2023, Sandakan - Majlis Negara Bagi Keselamatan dan Kesihatan Pekerjaan Negara (MNKKP), Kementerian Pendidikan dan Kumpulan Perladangan IOI dengan kerjasama Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP) dan Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH) telah menganjurkan Program *"Adopt a School for OSH"* di SK Paris, Kinabatangan pada 13 - 14 Julai 2023 yang lalu.

Program ini adalah antara usaha menambah baik aspek keselamatan di sekolah melalui kerjasama strategik pelbagai pihak berkepentingan khususnya pihak kerajaan dan industri. Selain ceramah, pameran dan demonstrasi, para murid SK Paris juga mengikuti beberapa aktiviti yang memberi pendedahan dan kesedaran pencegahan bahaya di sekolah.

YB Ts. Mustapha Sakmud, Timbalan Menteri Sumber Manusia telah hadir untuk merasmikan program dan turut berkesempatan menyerahkan hadiah kepada pemenang yang menyertai pertandingan *Hazard Hunt*. Turut hadir Timbalan Ketua Pengarah JKKP, Ir Hj Mohd Hatta Zakaria, wakil Kementerian Pendidikan, Pengurusan tertinggi SK Paris, Wakil Kumpulan Perdagangan IOI, Pegawai JKKP Cawangan Sabah dan NIOSH Wilayah Sabah. ■

26 Jul 2023 | Program *"OSH in School"* di Sekolah Menengah Kebangsaan Kajang Utama

26 Julai 2023, Kajang - NIOSH dengan kerjasama Sekolah Menengah Kebangsaan Kajang Utama telah menjayakan aktiviti *"OSH in School"* bersempena hari kokurikulum sekolah.

Program tersebut telah disertai oleh pelajar tingkatan 1 hingga tingkatan 4 sesi pagi dan petang dengan anggaran jumlah keseluruhan seramai 1000 peserta.

NIOSH telah melaksanakan aktiviti *OSH Hunt* yang merangkumi tiga stesen utama iaitu Pengenalan Aktiviti Ruang Terkurung menggunakan *'Mobile Training Unit'* (MTU), Pengenalan Asas Pertolongan Cemas (BOFA), dan Kuiz Pengenalpastian Hazard menerusi gambar-gambar dari ilustrasi tempat kerja yang berbeza.

Adalah menjadi harapan NIOSH agar para pelajar yang menyertai program ini dapat memanfaatkan ilmu dan pengalaman yang diberikan untuk melindungi diri daripada hazard yang terdapat di sekolah serta dapat mengamalkan budaya yang selamat dan sihat di sekolah. ■

30 Jul 2023 | Majlis Perasmian Pejabat NIOSH Wilayah Utara (Alor Setar), Kedah oleh YB Tuan V. Sivakumar, Menteri Sumber Manusia

30 Julai 2023, Alor Setar - YB Tuan V. Sivakumar, Menteri Sumber Manusia telah merasmikan Pejabat NIOSH Wilayah Utara (Alor Setar), Kedah.

YB Tuan Ts Mustapha Sakmud, Timbalan Menteri Sumber Manusia juga turut bersama dengan YB Menteri dalam sesi lawatan ke pejabat baru NIOSH yang bertempat di Souq Al-Bukhary, Alor Setar.

Pembukaan Pejabat di Alor Setar ini adalah bertujuan memberi kemudahan kepada industri khususnya pihak majikan dan pekerja serta orang awam bagi mendapatkan perkhidmatan latihan, khidmat nasihat dan rundingan berkaitan keselamatan dan kesihatan pekerjaan (KKP) di kawasan sekitar.

Majlis tersebut juga turut dimeriahkan dengan kehadiran orang awam yang berpeluang mengikuti pelbagai program menarik antaranya program derma darah yang dianjurkan oleh Jabatan Kesihatan Negeri Kedah, pameran kitar semula oleh E-Idaman Sdn Bhd dan sesi demonstrasi kerja di ruang terkurung oleh pihak NIOSH.

Pada masa yang sama, YB Menteri juga turut melancarkan program induksi keselamatan baharu iaitu E-Idaman Safety Passport (EISP). Kursus EISP adalah hasil kerjasama strategik antara NIOSH dan E-Idaman Sdn Bhd bagi mengurangkan kemalangan dalam kalangan kontraktor E-Idaman yang terlibat dalam industri pengurusan sisa. Tutut hadir menyaksikan pelancaran program tersebut adalah Ketua Pegawai Eksekutif E-Idaman Sdn Bhd, YBrs En. Zaki Abdul Aziz Daud.

Pengarah Eksekutif NIOSH, YBrs Tn Haji Ayop Salleh turut memperkenalkan YB Menteri dan YB Timbalan Menteri kepada para peserta kursus yang hadir menjalani latihan. ■

1 BUAL BICARA

21 Jul

2 SEMINAR

25 Jul

3 OSH TALK

27 Jul

TALIAN WHATSAPP RASMI
IBU PEJABAT NIOSH
BANDAR BARU BANGI
Pelanggan yang dihormati,
Sebarang pertanyaan atau aduan berkaitan perkhidmatan latihan yang ditawarkan oleh NIOSH, sila hubungi melalui talian WhatsApp rasmi kami:
General Line :
03-8769 2100/03-8911 3800
CONTACT US!
Email :
training@niosh.com.my
Whatsapp :
013-2224 966
www.niosh.com.my

NIOSH is inviting
OSH COMPETENT PERSON & OSH PRACTITIONER
to share your experience and stories related to the discipline
Imbas Kod QR
KRITERIA / SYARAT PENULISAN ARTIKEL SUMBANGAN KEPADA NIOSH serta Borang Serahan Bahan Terbitan
Send your write-up to us at
idd@niosh.com.my
FOLLOW US NOW
nioshmalaysia

Selamat Menyambut
MAAL HIJRAH
1 Muharram 1445H / 19 Julai 2023
Perpaduan Teras Malaysia Madani
MALAYSIA MADANI
Ikhlas daripada:
Ahli Lembaga Pengarah
Pengurusan dan warga kerja NIOSH
www.niosh.com.my

NROMS-23
NROMANJUNGSEMINAR2023
OSH - PORT SUSTAINABILITY
Aware & Ready For New Challenges
GET CEP : 5 POINTS
DATE
23 OCTOBER 2023 (MONDAY)
VENUE
ORIENT STARRESORT & HOTEL, LUMUT, PERAK
www.niosh.com.my

Selamat Menyambut Hari
Sarawak
22 Julai 2023
SARAWAK MERDEKA
60 TAHUN
SARAWAK MAJU MAKMUR
1963- 2023
Ikhlas daripada:
Ahli Lembaga Pengarah
Pengurusan dan warga kerja NIOSH
www.niosh.com.my

Selamat
Ulang Tahun
Kelahiran
YB Ts. MUSTAPHA SAKMUD
TIMBALAN MENTERI SUMBER MANUSIA
9 Julai 2023
Ikhlas daripada:
Ahli Lembaga Pengarah
Pengurusan dan warga kerja NIOSH
www.niosh.com.my

Tawaran khas untuk warga Sabah dan Sarawak
TAWARAN
SEBAGAI TENAGA PENGAJAR BAGI PROGRAM RUANG TERKURUNG
Kriteria
i) warganegara Malaysia
ii) Minimum 2 tahun pengalaman mengajar dalam bidang OSH DAN
Mempunyai sekurang-kurangya diploma dalam kejuruteraan atau bidang berkaitan dengan modul pembelajaran
iii) Telah menghadiri kursus 'Train The Trainer' (TTT1) anjuran NIOSH atau program yang setara diiktiraf oleh Pembangunan Sumber Manusia Berhad (PSMB) dengan jayanya
iv) Telah menghadiri kursus 'Confined Space Trainer'(CST)
v) Minimum 3 tahun pengalaman kerja sebagai Penyelia Kemasukan yang berdaftar dengan JKKP
vi) Minimum 3 tahun pengalaman kerja sebagai Penguji Gas Bertauliah yang berdaftar dengan JKKP
Permohonan beserta dokumen boleh dihantar melalui emel ke niosh.trainers@gmail.com sebelum atau pada 31 Ogos
SCAN ME
nioshmalaysia
@NioshMalaysia
www.niosh.com.my

Tawaran khas untuk warga Sabah dan Sarawak
TAWARAN
SEBAGAI PENILAI PEPERIKSAAN PENGUJI GAS BERTAULIAH DAN PENYELIA KEMASUKAN BAGI RUANG TERKURUNG (AGTES)
Kriteria
1) Kelulusan akademik minimum diploma dalam bidang kejuruteraan ATAU sains gunaan dengan 8 tahun pengalaman dalam ruang terkurung; ATAU
2) Kelulusan akademik ijazah dalam bidang kejuruteraan ATAU sains gunaan dengan 5 tahun pengalaman dalam ruang terkurung; DAN
3) Telah menghadiri kursus dan lulus peperiksaan Confined Space Trainer (CST); DAN
4) Mempunyai sijil pendaftaran AGT/ES yang sah laku; DAN
5) Telah diluluskan oleh JKKP sebagai Tenaga Pengajar Program Ruang Terkurung; DAN
6) Mempunyai pengalaman mengajar kursus AGTES / AGTES-R sekurang-kurangnya 26 jam dalam tempoh 1 tahun di mana-mana pusat pengajar yang diluluskan oleh pihak JKKP.
NOTA : Setiap permohonan akan dinilai oleh Jawatankuasa Kompetensi Ruang Terkurung dan LPKKKP. Pelantikan adalah tertakluk kepada kelulusan.
Surat permohonan perlulah dialamatkan mengikut alamat seperti tertera dibawah dan boleh dihantar melalui emel ke exam@niosh.com.my atau secara serahan tangan / pos :
Sekretariat
Jawatankuasa Kompetensi Ruang Terkurung
d/a Bahagian Peperiksaan dan Pentijian
National Institute of Occupational Safety and Health (NIOSH)
Lot 1, Jalan 15/1, Seksyen 15
43650 Bandar Baru Bangi
Selangor Darul Ehsan
Tel : 03-89113800
WhatsApp : 019-6668599
SCAN ME
nioshmalaysia
@NioshMalaysia
www.niosh.com.my

Tawaran khas untuk warga Sabah dan Sarawak
TAWARAN
SEBAGAI PENILAI PEPERIKSAAN PENYELIA KESELAMATAN TAPAK BINA (SSS)
Kriteria
1) Kelulusan akademik minimum Diploma DAN
2) Mempunyai sekurang - kurangnya 5 tahun pengalaman dalam industri pembinaan DAN
3) Mempunyai pengalaman mengajar 3 tahun DAN
4) Bukti pengalaman mengajar DAN
5) Perlu mahir dalam Bahasa Malaysia dan Bahasa Inggeris
NOTA :
Setiap permohonan akan dinilai oleh Jawatankuasa Kompetensi Penyelia Keselamatan Tapak Bina dan LPKKKP. Pelantikan adalah tertakluk kepada kelulusan.
Surat permohonan perlulah dialamatkan mengikut alamat seperti tertera dibawah dan boleh dihantar melalui emel ke exam@niosh.com.my atau secara serahan tangan / pos :
Sekretariat
Jawatankuasa Kompetensi Penyelia Keselamatan Tapak Bina
d/a Bahagian Peperiksaan dan Pentijian
National Institute of Occupational Safety and Health (NIOSH)
Lot 1, Jalan 15/1, Seksyen 15
43650 Bandar Baru Bangi
Selangor Darul Ehsan
Tel : 03-89113800
WhatsApp : 019-6668599
SCAN ME
nioshmalaysia
@NioshMalaysia
www.niosh.com.my

INDUCTION CORNER
Tawaran khas untuk warga Sabah dan Sarawak
Kriteria
TAWARAN
SEBAGAI TENAGA PENGAJAR BAGI KURSUS PENYELIA KESELAMATAN TAPAK BINA (SSS)
i) warganegara Malaysia
ii) mempunyai sekurang-kurangnya 5 tahun pengalaman sebagai pegawai keselamatan dan Kesihatan di sektor pembinaan ATAU
mempunyai sekurang-kurangya diploma dalam kejuruteraan atau bidang berkaitan dengan modul pembelajaran DAN
mempunyai pengalaman bekerja sekurang-kurangnya 10 tahun dalam bidang keselamatan dan kesihatan di sektor pembinaan DAN
iii) Telah menghadiri kursus 'Train The Trainer' (TTT1) anjuran NIOSH atau program yang setara diiktiraf oleh Pembangunan Sumber Manusia Berhad (PSMB) dengan jayanya DAN
iv) Boleh berkomunikasi dalam Bahasa Malaysia dan / atau Bahasa Inggeris dengan baik.
SCAN ME
Permohonan beserta dokumen boleh dihantar melalui emel ke niosh.trainers@gmail.com sebelum atau pada 31 Ogos
nioshmalaysia
@NioshMalaysia
www.niosh.com.my

NIOSH
nioshmelaka
SAFETY & HEALTH OFFICER
FOR FULLTIME & PARTIME
Register Now!
#kursusSafetyMelaka
#NIOSHMelaka
NIOSH Wilayah Selatan Melaka, Bangunan World Youth Hotel, Lebuh Ayer Keroh, 75450 Ayer Keroh, Melaka.
Call to find out more
+60 16-651 2416 - Farrah Akmal
Or visit our website
www.niosh.com.my

NIOSH
nioshmelaka
SITE SAFETY SUPERVISOR
FOR FULLTIME & PARTIME
Register Now!
#kursusSafetyMelaka
#NIOSHMelaka
NIOSH Wilayah Selatan Melaka, Bangunan World Youth Hotel, Lebuh Ayer Keroh, 75450 Ayer Keroh, Melaka.
Call to find out more
+60 16-651 2416 - Farrah Akmal
Or visit our website
www.niosh.com.my

AWARENESS PROGRAMME COURSE
BANDAR BARU BANGI
EMERGENCY PREPAREDNESS AND RESPONSE PLAN
(EPRP-RL) (REMOTE LEARNING)
17 – 18 JULY 2023 (2 DAYS)
Course Fee : RM424.00 (inclusive of 6% SST)
OBJECTIVE(S):
i. Understand the importance of Emergency Preparedness
ii. Understand the legislative requirements and standards on Emergency Preparedness
iii. Describe the elements of emergency planning and related functions
iv. Conduct evacuation
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
OR
Whatsapp : +6019-2316608
AZMAN BIN SIDEK

CIDB MALAYSIA
PROMOSI
KURSUS SHO & SSS
INSENTIF CIDB 2023
Harga SHO : RM 4,130
(Termasuk yuran peperiksaan + SST)
Harga SSS : RM 1,781
(Termasuk yuran peperiksaan + SST)
Insentif CIDB 25% : RM 1,032.50
Bayaran Peserta : RM 3,097.50
Bermula 1 Julai - 31 Disember 2023
Insentif CIDB 25% : RM 445.25
Bayaran Peserta : RM 1,335.75
Syarat Kelayakan :
i. Warganegara Malaysia
ii. Bekerja di syarikat industri pembinaan (kontraktor) yang berdaftar dan masih aktif dengan CIDB.
iii. Peserta perlu mempunyai Kad CIDB (Green Card) yang sah.
iv. Peserta wajib menduduki peperiksaan. (Peserta SHO perlu menduduki 3 kertas utama dalam tempoh 2 bulan selepas tamat kursus)
Sekiranya anda memenuhi kelayakan seperti di atas, sila emel dokumen tersebut ke niosh.cidb@gmail.com dalam tempoh 7 hari sebelum tarikh kursus bermula.
• Surat pengesahan majikan
• Salinan Kad CIDB (Green Card)
• Salinan sijil akademik tertinggi (Bagi Kursus SHO)
Untuk sebarang pertanyaan , Whatsapp ke talian di : 017-5127487
PROGRAM INI AKAN DILAKSANAKAN OLEH PIHAK NIOSH ATAS SOKONGAN DARI PIHAK CIDB
www.niosh.com.my

OSH TRAIN THE TRAINER
COMPETENCY BASED PROGRAMME
(TTT1-RL) (REMOTE LEARNING)
7 - 11 AUGUST 2023 (5 DAYS)
Course Fee : RM995.00 (inclusive of 6% 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
Whatsapp : +6019-2316608
AZMAN BIN SIDEK
COME JOIN US !!
www.niosh.com.my

StarMetro - 11072023 - ms 2-3

STARMETRO, TUESDAY 11 JULY 2023

PERAK

'Poor work standards, no protocol cause accidents'

Most of workplace incidents occur in SMEs, says Perak DOSH director

DOSH officers inspecting a silica sand mining quarry in Simpang Pulai. — Photos courtesy of DOSH

By MANJIT KAUR
manjit@thestar.com.my

SAFETY in the workplace should be a basic requisite to enable workers and employers to perform their duties with peace of mind. Yet accidents are not uncommon, especially when occupation safety and health (OSH) is not prioritised or ignored.

Perak Occupational Safety and Health Department (DOSH) director Dr Rabaayah Daud said there were 365 cases of work-related injuries for the first five months of the year, from January to May.

Of that figure, there were five deaths and seven workers who suffered permanent disability.

"The five deaths involved two workers at a quarry and one worker each in the agriculture, manufacturing and transportation industries," Rabaayah said when met at her office in Ipoh.

In comparison, for the whole of 2022, the Perak DOSH received reports of 883 workplace injuries, 29 of them fatal, and 33 involving permanent disability.

The DOSH director said the department held regular events to raise awareness on workplace safety and health among employers and employees.

"Often, we discover that workers or employers are not aware of the hazards at the workplace until our officers go in."

She said employers would usually give themselves a higher rating on the self-assessment test based on Occupational Safety and Health Workplace Assessment (OSHWA) checklist but workplace audits by the department officers usually brought these ratings down due to non-compliance.

"Only when we tell them, do they realise the number of hazards that pose a danger to their workers."

Rabaayah said the majority of workplace accidents usually occur at small and medium enterprises (SMEs).

"This is because SMEs usually do not have enough health and safety training and allocate a low budget for such things. They lack resources and fail to adhere to the standard operating procedures.

"For years, DOSH has been carrying out various programmes for the SMEs but the accident rate is still high.

"The turnover rate at factories is high and employees who have completed the proper training often leave for better opportunities elsewhere."

She said employers must incorporate OSH as part of their business practices and not see it as a burden.

"If they make OSH part of their processes, and appreciate its importance, accidents and health issues will definitely be reduced."

> "If employers make OSH part of their processes, and appreciate its importance, accidents and health issues will definitely be reduced."
>
> Dr Rabaayah Daud

Systems not in place

According to DOSH, most workplace accidents occur due to a lack of supervision during machine maintenance and workers bypassing procedural safeguards when wanting to complete a task quickly.

Poor work standards, no proper procedures or protocols, inadequate tools or equipment as well as inadequate worker skills and knowledge also contributed to the accidents, Rabaayah said.

Workers risk severe injury, even death, during machine maintenance and servicing if there are no proper lockout and tag-out procedures, she added.

She explained that in some cases, workers, who were unaware their colleague was performing maintenance on a machine, turned on the machine, with fatal consequences.

"The work system at such workplaces is lackadaisical, with lack of communication and the work control mechanism missing.

"On paper, the procedures look good but in reality, it is the total opposite."

Her accidents from machinery are not the only hazards on the job. The workplace environment can also pose a threat.

Rabaayah said 358 cases of occupational diseases and poisoning were reported for the first five months of the year.

"Majority of occupational diseases reported are noise-related hearing disorders, which comprised 92%, especially at the manufacturing sectors.

"The other diseases include musculoskeletal disorders such as back pain, carpal tunnel syndrome and trigger finger.

"These are related to ergonomic hazard at the workplace, mostly due to working posture.

"Other occupational diseases reported were tuberculosis in hospitals, whereby staff were exposed to patients with the disease, and cases of being exposed to chemicals or poison in the plantation and manufacturing industries."

Rabaayah said last year, 722 cases of occupational diseases and poisoning were reported, with 690 (or 96%) occupational noise-induced hearing loss cases topping the list.

But employers who flout OSH regulations face action from the state DOSH.

Punitive measures by the department include issuing 202 letters of demand and 21 notices from January to May.

Compounds were issued for 26 offences amounting to RM83,509 and 18 cases were brought to court, and the employers were fined a total of RM228,400.

Last year, Rabaayah said, 2,431 letters of demand and 864 notices were issued.

Compounds amounting to RM264,900 for 77 offences were issued while 29 cases were brought to court and the employers were ordered to pay fines totalling RM538,000.

Quarry dangers

Perak is home to many quarries, with 84 registered, and workers at these sites are exposed to greater hazards.

Rabaayah said since last year, the quarry death cases had been reported.

She said quarry operators were required to identify hazards, conduct risk assessments and determine control measures before the start of the operations.

She added that it was important for assessments to be carried out first, because if there were blasts occurring at the other nearby quarries, there would be bound to be tremors elsewhere.

There was a lot of risk involved working at a quarry as workers were exposed to possible landslides, vehicles overturning, dust, noise and issues pertaining to ergonomics.

She said it was crucial to ensure safe working conditions at quarries before a task was carried out because even geological engineers wouldn't be able to guarantee safety at the workplace.

"Just checking the structure alone is not enough. There is a need for drones and other sophisticated gadgets.

"Operators probably need to learn from those in other countries on how they implement safety measures at their quarries."

Deadly confined spaces

She also gave examples of deaths occurring in confined spaces, where workers had inhaled poisonous gas.

Confined spaces could be storage tanks, silos, trenches, sewer and communications/underground manholes.

"DOSH has issued the *Industry Code of Practice for Safe Working in a Confined Space 2010*.

"Failure of an employer to provide a safe work system and the lack of coordination among those responsible for executing work activities are among the factors contributing to such accidents."

She said it was mandatory for all employers to implement the *Industry code* whenever work was to be carried out in a confined space.

The code lays stringent requirements for carrying out such work, she said.

"The code requires that the employer must test the air in the confined space using an authorised gas testing device to ensure the work environment is safe before allowing workers entry."

She said many accidents at the workplace could have been prevented if all the guidelines had been adhered to — there were cases where workers had gone into confined spaces before these mandatory tests were done.

Rabaayah said she hoped all employers, employees and stakeholders would play their parts.

Efforts to ensure workplace safety and reduce the number of workplace accidents and occupational disease exposure were necessary, she said.

"Continuous improvement in OSH performance could increase productivity and enhance profitable business operations."

Survivor tales

StarMetro spoke to two people who suffered injuries at their respective workplaces.

Dennis Liong Kun Fang, 50, a senior construction manager, said about 24 years ago, he fell one floor from a building that was under construction in Johor.

He said the accident was still fresh in his mind although it happened a long time ago.

"It was in 1999, when safety measures were not that stringent. I had gone to the eighth floor of the building to tie a lifeline (safety rope) from one end of the building to the other to protect my workers.

"While I was doing that, strong winds suddenly blew, causing me to fall.

"Thankfully I only fractured my ankle, albeit badly. I was conscious. I even called the ambulance on my own and managed to walk despite suffering from excruciating pain.

Liong said in 1999, awareness of hazards and safety measures was poor.

"It was a painful lesson for me. I had gone there to ensure my workers would be safe but unfortunately, I ended up falling.

"After that accident, we made sure the safety aspects were in place for everything that we did," he said.

Muhammad Nurqayyum Shah Nasharuddin Shah, 25, a plant nursery executive based in Gerik, Perak, said he had to undergo an operation in May after an angle grinder machine fell on him.

"I was doing some repair work on solar panels at my workplace on May 18.

"I was using a machine and it probably was not stable.

"Suddenly, it fell and cut my right calf.

"There was blood everywhere and I was immediately rushed to the hospital by a colleague."

Muhammad Nurqayyum, who only started working there about a year ago, said he was still on medical leave and was undergoing physiotherapy.

"For some time I had to use a wheelchair, then I turned to crutches to walk after my leg was put in a cast.

"It was a traumatic experience, but I am glad it wasn't anything worse," he said.

DOSH officers inspecting a confined space at a Tenaga Nasional substation in Manjung. (Right) A DOSH officer (wearing helmet) with a car service centre staff placing a workplace safety and health poster.

Liong says he fractured his ankle after falling down one level at a construction site in Johor.

A DOSH officer inspecting an excavator that overturned and killed two people at a quarry in Simpang Pulai last April.

Muhammad Nurqayyum is still recovering after an angle grinder fell on him in May.

Sinar - 13072023 - ms 15

Lelaki Bangladesh maut dalam mesin pengisar

GOMBAK – Padah menyembunyikan diri ketika serbuan Jabatan Imigresen Malaysia, seorang pekerja kilang ditemui tidak bernyawa dalam mesin pengisar di sebuah kilang di kawasan perindustrian Rawang di sini pada Rabu.

Penolong Pengarah Operasi Jabatan Bomba dan Penyelamat (JBPM) Selangor, Mohamadul Ehsan Mohd Zain berkata, pihaknya menerima panggilan berkaitan kejadian pada jam 9.27 pagi.

"Sepasukan anggota bomba dari Balai Bomba dan Penyelamat Rawang dikejarkan ke lokasi dan mendapati mangsa berada dalam keadaan tidak sedarkan diri dalam mesin pengisar tersebut.

"Mangsa yang merupakan seorang lelaki warga Bangladesh berusia dalam lingkungan 30 tahun dipercayai menyembunyikan diri dalam mengisar berkenaan ketika operasi dijalankan pihak Imigresen pada Sabtu malam," katanya menerusi kenyataan pada Rabu.

Beliau berkata, mangsa bagaimanapun disahkan meninggal dunia sebelum bomba tiba.

"Mangsa disahkan meninggal dunia oleh pegawai Kementerian Kesihatan Malaysia (KKM). Mayatnya dikeluarkan anggota bomba terlibat sebelum diserahkan kepada polis untuk tindakan selanjutnya," katanya.

Anggota bomba mengeluarkan seorang pekerja kilang yang dipercayai terperangkap ketika bersembunyi dalam mesin pengisar di sebuah kilang di Rawang pada Rabu.

Sinar - 23072023 - ms 28

KPM arah nilai risiko infrastruktur sekolah

SINAR 23/7/23 M/S - 28

Pastikan keselamatan murid sentiasa terjamin

NIBONG TEBAL

Kementerian Pendidikan Malaysia (KPM) mengarahkan semua sekolah melakukan penilaian risiko bagi memastikan infrastruktur dan kemudahan berada dalam keadaan selamat untuk digunakan, selain mengelak berlaku kejadian tidak dingini.

Menteri Pendidikan, Fadhlina Sidek berkata, pada masa sama semua sekolah dimina sentiasa mengambil langkah berhati-hati bagi memastikan keselamatan murid.

"Perkara itu (pelaksanaan penilaian risiko di sekolah) sebenarnya ini adalah pemahaman kita (KPM) bagi memastikan semua sekolah selamat termasuk infrastruktur dan kemudahannya.

"Ia (langkah keselamatan) juga ada kaitan dengan audulan peruntukan RM70,000 kepada sekolah-sekolah untuk menaik taraf dan menyenggara (kemudahan), jadi langkah ini memang sangat kena pada masanya dan pada waktu sama kita ingatkan semua sekolah kera ambil langkah berhati-hati bagi mamastikan keselamatan murid.

"Keselamatan dan penilaian risiko itu melibatkan bangunan dan dalam kawasan sekolah serta premis sekolah, jadi semua proses kerja intervensi telah kita laksanakan dalam proses tersebut bagi memastikan sekolah sentiasa selamat," katanya kepada pemberita selepas melancarkan Program KV, Insani Masyarakat MADANI Pulau Pinang di Dewan Majlis Pengurusan Komuniti Kampung Sungai Acheh di sini pada Sabtu.

FADHLINA

Fadhlina yang juga Ahli Parlimen Nibong Tebal berkata dermikian mengulas laporan akhbar bahawa kerajaan Perak meminta sekolah di negeri itu melakukan penilaian risiko terhadap ancaman bahaya persekitaran dan peralatan yang digunakan di premis berkenaan dengan kerjasama agensi berkaitan termasuk Jabatan Kerja Raya.

Ia susulan kejadian Selasa lalu melibatkan seorang murid perempuan Tahun Tiga Sekolah Kebangsaan (SK) Perpaduan, Ipoh, Perak, Nur Alisha Adawiyah Mohd Yusri, 9, cedera ditimpa tangki pam tandas yang tercabut ketika menggunakannya.

Sementara itu, menguias mengenai kejadian pelajar maut selepas dipercayai terjatuh dari tingkat dua bangunan di sebuah sekolah menengah di Duran Daun, Melaka, Fadhlina berkata, semua pihak di sekolah perlu bersama-sama memastikan keselamatan anak-anak dari masa ke masa.

"Sebenarnya kita perlu ambil langkah intervensi dan lengkah berjaga-jaga, maknanya berhati-hati memantau kesekitan, sebab kita memang di peringkat ini ada konsep sekolah selamat, bukan sahaja selamat daripada gangguan buli tetapi juga daripada infrastruktur yang ada di sekolah," katanya.

Pada Khamis lalu, media melaporkan seorang pelajar perempuan Tingkatan Satu ditemukan maut selepas dipercayai terjatuh dari bangunan sekolah itu dan mangsa dijumpai oleh tukang kebun dalam keadaan terlungkup di kaki lima bangunan sekolah jam 2.31 petang.

Sementara itu, Persatuan ibu Bapa dan Guru (PIBG) SK Perpaduan menggesa siasatan menyeluruh berhubung kejadian menimpa Nur Alisha Adawiyah.

Yang Dipertuanya, Mustafar Rahadi berkata, ibu bapa mula meryuarakan kebimbangan tentang insiden tersebut kerana risau kejadian tersebut berulang.

Sehubungan itu, pihaknya mencadangkan supaya setiap jawatankuasa khas dibentuk yang dianggotai pakar teknikal bagi memastikan kemudahan berkenaan selamat digunakan. - *Bernama*

SINAR - 29072023 - ms 27

Lelaki maut dihempap kontena

KLANG - Keadaan tanah tidak stabil dan mendap dipercayai menjadi punca sebuah kontena terbalik lalu menghempap seorang lelaki bersama kereta miliknya jenis Perodua Kancil dalam kejadian di Jalan Dato Yusof Shahbudin, di sini pada Selasa.

Ketua Polis Daerah Klang Selatan, Asisten Komisioner Cha Hoong Fong berkata, pihaknya menerima maklumat berkaitan kejadian kira-kira jam 5.09 petang.

Menurutnya, siasatan mendapati kontena itu diletakkan di teji jalan di lokasi kejadian untuk kerja-kerja pemunggahan barang.

"Mangsa dipercayai meletakkan kenderaannya itu bersebelahan dengan kontena tersebut untuk membeli makanan di restoran berhampiran.

"Siasatan mendapati mangsa terampak kontena terbalik sedikit condong sebelum bertindak mengubah kenderaannya itu ke kawasan lain," katanya menerusi kenyataan pada Rabu.

Bagaimanapun, Hoong Fong berkata, mangsa tidak sempat berbuat demikian apabila kontena terbabit terbalik lalu menghempap mangsa dan keretanya.

"Mangsa dipercayai belum sempat masuk ke dalam keretanya sebelum kontena tersebut terbalik.

"Mangsa kemudiannya disahkan meninggal dunia di lokasi kejadian oleh petugas perubatan," ujarnya.

Mayat mangsa dibawa ke Hospital Tengku Ampuan Rahmah Klang untuk dibedah siasat dan kes diklasifikasikan sebagai mati mengejut

Seorang lelaki maut dihempap kontena dalam kejadian di Jalan Dato Yusof Shahbudin, Taman Sentosa, Klang pada Selasa.

SINAR

SINAR - 29072023 - MS 27

SINAR HARIAN - SABTU 29 JULAI 2023

M/S - 27

Tukang cuci maut putus kepala jatuh tingkat 29

Mangsa kelihatan berada di balkoni sebelum dipercayai terjatuh

Oleh MUHAMMAD AFHAM RAMLI
PETALING JAYA

Seorang tukang cuci yang dipercayai terjatuh dari tingkat 29 bangunan perniagaan di Bandar Utama di sini pada Khamis maut dalam keadaan mengerikan apabila kepalanya terputus.

Ketua Polis Daerah Petaling Jaya, Asisten Komisioner Mohamad Fakhrudin Abdul Hamid berkata, sepasukan anggota Balai Polis Damansara ke lokasi selepas menerima panggilan jam 3.05 petang.

Menurutnya, pemeriksaan mendapati satu mayat lelaki warga asing berusia 43 tahun terbaring di bahagian tepi bangunan dalam keadaan kepala terputus daripada badan.

"Siasatan awal mendapati lelaki itu bekerja sebagai tukang cuci di sebuah restoran di tingkat 29 bangunan tersebut.

"Rakaman kamera litar tertutup (CCTV) mendapat lelaki berkenaan kelihatan berada di balkoni pada jam 2.46 petang sebelum dipercayai terjatuh dari balkoni tersebut," katanya dalam satu kenyataan.

Beliau berkata, mayat lelaki itu dibawa ke Pusat Perubatan Universiti Malaya (PPUM) untuk bedah siasat.

Tambahnya, kepada sesiapa yang melihat atau berada di lokasi kejadian, boleh menyalurkan maklumat dengan menghubungi Pegawai Penyiasat kes, Sarjan Fatin Afifa Shahpri di talian 013-7353589 atau mana-mana balai polis berhampiran untuk membantu siasatan.

Mangsa maut dipercayai terjatuh dari tingkat 29 di Bandar Utama, Petaling Jaya pada Khamis.

BH - 22072023 - ms 16

Murid cedera ditimpa tangki pam tandas diberi kaunseling

Ipoh: Murid perempuan Tahun Tiga yang cedera ditimpa tangki pam tandas ketika menggunakannya di Sekolah Kebangsaan (SK) Perpaduan di sini, Selasa lalu, masih dalam keadaan trauma.

Nur Alisha Adawiyah Mohd Yusri, 9, berkata sehingga kini dia terpaksa meminta rakan untuk memenaninya ke tandas kerana bimbang kemalangan sama berulang.

"Ketika saya masuk ke tandas tidak nampak seperti pam itu rosak, tetapi tiba-tiba ia jatuh dan terkena kepala saya.

"Sekarang saya takut untuk pergi ke tandas," katanya ketika ditemui pemberita ketika lawatan Ahli Dewan Undangan Negeri (ADUN) Hulu Kinta, Muhamad Arafat Varisai Mahamad bersama pihak Pusat Khidmat Masyarakat Parlimen Tambun di sekolah itu, semalam.

Muhamad Arafat Varisai menyampaikan sumbangan kepada Nur Alisha Adawiyah di SK Perpaduan Hulu Kinta, semalam. (Foto BERNAMA)

Ibu mendi itu, Noraziawati Ismail, 37, berkata satu laporan polis dibuat di Balai Polis Tambun pada jam 7 malam kelmarin, mengenai kejadian dan keselamatan anak kempat daripada lima beradik berkenaan.

Dalam pada itu, Muhamad Arafat Varisai berkata, sesi kaunseling akan diberikan Kementerian Pendidikan kepada murid berkenaan dalam masa terdekat.

BH

Disclaimer

Copyright 2023. National Institute of Occupational Safety and Health Malaysia. All right reserved. No part of this publication can be reproduced, stored in retrieval system, or transcribed in any forms or by any means, electronic, photocopying, or otherwise, without the prior written permission of the copyright owner. Facts and opinions in articles published on FYi are solely the personal statements of respective authors. Authors are responsible for all contents in their articles including accuracy of the facts, statements, citing resources and so on.

NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH MALAYSIA (NIOSH)
Institut Keselamatan dan Kesihatan Pekerjaan Negara (243042-U)
Kementerian Sumber Manusia
Lot 1, Jalan 15/1, Seksyen 15, 43650 Bandar Baru Bangi, Selangor Darul Ehsan
Tel: 03-8769 2100 Fax: 03-8926 5655
www.niosh.com.my

Sila imbas kod QR untuk muat turun FYi NIOSH

JUBLI PERAK 25 1993-2018 • NIOSH