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AGING ISSUES AT THE WORKPLACE, HOW TO HANDLE?

MALAYSIA AGING WORKFORCE





n Malaysia, older persons are defined as those who are 60 years old and above. UNICEF Malaysia conclude that by 2020, those who are at the aged of 65 years old and above will represent 7% of our population. According to a survey by the United Nation, the percentage of the elderly in Malaysia have increased to 3.9% since 2000 and expected to increase to 8.7% in 2025 and 16.3% in 2050.

As we know aging will affect varies part our living performance, including both health condition and job performance. Our health condition might worsen and our job performance might decline and thus increase the possibility of on-the-job injury, including both chronic health conditions and the likelihood of on-the-job injury. However, the exact nature of these relationships has only recently been better understood, and it is quickly becoming clear that appropriate programs and support in the workplace, community, or at home can help workers live longer and have more productive live.

So I hope that you will gain benefit from this month issue on "Aging Issues at The Workplace, How to Handle" and enjoy other articles that we have chosen this time around.

See you next month. Thank you very much.



Haji Ayop Salleh Pengarah Eksekutif NIOSH



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AGNG ISSUES AT THE WORKPLAGE, HOW TO HANDLE? MALAYSIA AGING WORKFORGE

n Malaysia, elderly people are defined as those who are 60 years old and above. UNICEF Malaysia concluded that by 2020, those who are at the aged of 65 years old and above will represent 7% of our population, and by 2045, Malaysia will become an aged nation — when 14% of its population are 65 years old and above.

According to a survey by the United Nations, the percentage of the elderly in Malaysia have increased to 3.9% since 2000 and the population in this pool is expected to increase to 8.7% in 2025 and subsequently, 16.3% in 2050.

Currently, the population of Malaysia is still relatively young but changes in the age structure are becoming evident. Increase in life expectancy, declining fertility due to late marriages, reduction in the family size, more women in the workforce and urbanization are among factors accounting for changes in the population profile. Table below show the trend of current situation in Malaysia from 2012 to 2016 where it shows the increasing percentage of aging population in the country and the decreasing trend of crude birth rate. In Malaysia, average life expectancy is 72.3 years for male and 77.2 for female.



Criteria	2012	2013	2014	2015	2016	Trend
Percentage of aging population (%)	5.3	5.5	5.6	5.8	6.0	Increase
Crude Birth Rate (per 1,000 live births)	17.8	16.7	17.2	16.7	16.1	Decrease
Crude Death Rate (per 1,000 populations) 4.7		4.7	4.9	5.0	5.1	Increase
Total fertility rate	N/A	2.0	2.0	N/A	1.9	Decrease

Source: Department of Statistics and Ministry of Health



In Social Security Organisation (SOCSO), total number of registered active workers in 2011 was 5.8 million. Of these, 81.7 thousand (1.4%) aged between 60 - 64 years. The amount shows that, SOCSO's registered active workers aged 60 - 64 years were 26.2% of the total labour force and 26.6% of the total employed persons in the same age group. The remaining number of employed persons in the same age group (60 - 64 years) which is 225.6 thousand (73.4%) could be working in formal sector (private or government), informal sectors or employers. Meanwhile, SOCSO's registered active workers aged 60 years and above in 2011 were 121.1 thousand which is 5.1% of the same age category of people in Malaysia's population in year 2011 (2.36 million).

AGING WORKFORCE CHALLENGES

POSITIVE PERCEPTIONS	NEGATIVES PERCEPTION			
More reliable and committed to good work ethic.	Averse to change –inflexible and not likely to change their work habits.			
Older experienced workers are the 'institutional memory' (collective knowledge), which can be usefully intermixed with younger workers' up-to-date exposure to new thinking.	Lack technological skills – reluctant to embrace technology, less equipped with IT knowledge and may take longer to learn new technologies.			
Loyal and concerned for the overall success of the business.	Slow to do the job – physical and mental incapacity to do the job.			
They are more likely to stay longer in an organisation and leads to a stable workforce and low turnover.	Lack work commitment – do not want to progress in their professional development and more vulnerable to work-family conflicts.			
Older workers are technically qualified and experienced. They give credibility to their role. They can be the coach or mentor to the younger workers.	Less trainable to master new skill-sets – age-related inability.			
They perform their job with maturity due to their life and work experiences, resulting in a higher quality delivery.	Less willing to share job knowledge and skills – as a way of ensuring a degree of job security while blocking younger workers from advancing.			

AGING WORKFORCE IN MALAYSIA: WAY FORWARD

The new National Policy for Older Persons and Plan of Action for Older Persons were approved by the Government of Malaysia on January 5th 2011. The policy and plan of action were formulated based on the review made to the earlier National Policy for Older Persons (1995) and Plan of Action for the Older Persons (1998). The review was carried out by the Government to re-look into incorporating the developmental and reintegration of the older persons in the society, in order to instill older persons with a high sense of self-worth and dignity.



The Government of Malaysia is very committed towards providing conducive and enabling environment for older persons in the country. In view of this, various benefits are provided for the older persons to participate actively in the society. Among these benefits are:

- i. Employment (Part-Time Employees) Regulations 2010 was enforced by the Government effective from 1 October 2010. The main objective of the regulation is to encourage flexibilities in work place and more people, especially latent workforces such as housewives, the elderly, person with disabilities and students to enter into the labor market.
- ii. The mandatory retirement age for the public sector has been raised from 58 years to 60 years, effective from January 2012. As for the private sector, the Minimum Retirement Age Act 2012 was enforced effective July 2013. The act will ensure that 60 years is the earliest retirement age for employees in the private sector.

Other than that, the European Network for Workplace Health Promotion has proposed an Action Plan for Age-Appropriate Labour and HR Policy to help organization in providing the best solution to cater for the ageing workforce.

No	Action plan	Description
1.	Corporate culture	Prerequisite and general condition for an HR (development) policy which no longer places priority on young workers but older workers to an equal extent and which is geared to healthy and productive ageing in the work process.
2.	Health programmes	Company health programmes with which healthy behaviour of the workers is to be promoted. E.g, Regular checks of the state of the workers' health, Wellness activities (fitness centre, factory sports).
3.	Reintegration	Integrative programmes and new concepts of reintegration in order to safeguard the employment of workers with health or constitutional limitations in their range of deployment to other operation with reduce workload.
4.	Organisation of working time	Location and duration of the working time and its distribution, organising healthy breaks and shift work, to limit the amount of night shift work and reduce it to a necessary minimum.
5.	Development planning / New staff development approaches	Aims at counteracting inner resignation of long-serving employees and supporting them to see where they stand professionally and, if necessary, set themselves new targets in the second half of their careers.
6.	Work organisation	Job rotation (After about 2 - 4 years a worker changes from one position to another. The rotation programmes are used both for career planning and for the acquisition of new qualifications in the industrial sector).
7.	Further training	To keep the professional, methodical and social know-how necessary for the work activities performed up to date (maintaining qualifications), be able to satisfy changed requirements in one's own field of work (adaptation qualifications), be able to pursue new work activities (future qualifications).
8.	Workplace design	Ergonomic design of the workplace and working Environment.



CONCLUSION

Since the impact of aging population will be experienced by most countries in the region, it is important that we should examined the current scenario towards strengthening policies and programmes which can assist older persons and their families with the changes, problems and challenges in the future.

Prepared bySITI FAEZA YANI JUMAT,
CRDD

NIOSH IN HELPING HANDS TO COMBAT COVID-19 PANDEMIC BY PRODUCING 3D MATERIALS (PERSONAL FACE SHIELD, BUCKLE & FACE MASK)





D & Rapid Prototype Section, Forensic Engineering Laboratory (FEL) of NIOSH Malaysia, one of the agencies under the Ministry of Human Resources (MoHR) took proactive steps to assist COVID-19 pandemic frontliners by producing personal face shield with fastened strap using 3D Printer Technology, ProJet MJP. The laboratory just fully operated in March 2020. Face shields are designed to offer protection from fluids that may contain the coronavirus, however they are designed to be worn with a face mask and other protective clothing.

The face shield was donated to front liner personnel at Tuanku

Jaafar Hospital, Seremban, Negeri Sembilan for the usage of the hospital's Health department staff in conducting health checks on their patients to prevent the spread of the disease or COVID-19 pandemic. The face shield was hand over by Tn Haji Ayop Bin Salleh, NIOSH's Executive Director to Puan Norizah, Head Assistant Director of Tuanku Jaa'far Hospital, Seremban, Negeri Sembilan on Thursday, 23rd April 2020.

There were nine boxes of personal face shield given which was produced by NIOSH within two weeks. It was made from M2R-WT VisionJet material. The donation made intended to cover the shortage of Personal Protective Equipment (PPE) stock in curbing the outbreak. At the same time, we are pursuing the goodwill of agencies and government bodies and other NGOs who

are also investing in providing assistance from all kinds of needs in Malaysia against the outbreaks that have plagued nearly 7,700 victims in Malaysia and 5.7 million positive cases worldwide. Insya Allah, the next contribution will follow shortly depending on the availability of 3D printed raw materials.

This year International Labour Organisation (ILO)'s World Day for Safety and Health at Work 2020 with theme, "Stop the pandemic: Safety and health at work can save lives" also using face shield as the symbol of the campaign. Recognizing the great challenge that governments, employers, workers and whole societies are facing worldwide to combat the COVID-19

pandemic, the World Day for Safety and Health at Work will focus on addressing the outbreak of infectious diseases at work, focusing on the COVID-19 pandemic including the importance of frontliner's protection.

The FEL also plan to produce other related PPEs product such as face mask fastener/ buckle and quarter face mask by using the 3D printer technology. The strength of the buckle will be tested in NIOSH's static strength test laboratory. Meanwhile the 3D face mask will be tested in NIOSH's Respiratory Protection Laboratory for penetration and fittings test.





Figure 1: Example of Buckle and 3D Face Mask

What is personal face shield?

Personal protective equipment, or PPE, as defined by the Occupational Safety and Health Administration, or OSHA, is "specialized clothing or equipment, worn by an employee for protection against infectious materials. As for personal face shield, it protects face, mouth, nose, and eyes. Basically to protect the entire of face. The face shield should cover the forehead, extend below the chin, and wrap around the side of the face. Mask and goggles or a face shield should be used during patient care activities that are likely to generate splashes and sprays of blood, body fluids, secretions, or excretions.

How to don and manage the personal face shield properly?

There are four key points to remember about PPE use. First, don it before you have any contact with the patient, generally before entering the room. Once you have PPE on, use it carefully to prevent spreading contamination. Normally the personal face shield will be worn together with the other PPEs. The gown should be donned first. The mask or respirator should be put on next and properly adjusted to fit; remember to fit check the respirator. The goggles or face shield should be donned next and the gloves are donned last. Keep in mind, the combination of PPE used, and therefore

the sequence for donning, will be determined by the precautions that need to be taken. If eye protection is needed, either goggles or a face shield should be worn. Position either device over the face and/or eyes and secure to head using the attached ear pieces or head band. Adjust to fit comfortably.



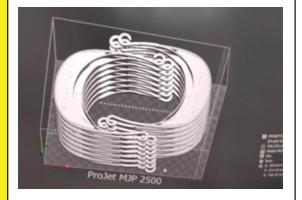
How to remove the personal face shield safely?

When you have completed the tasks or end of the work shift, firstly, grasp ear or head pieces with ungloved hands. Secondly, lift away from the face. Thirdly, place or discard it in designated receptacle for reprocessing or disposal. Then immediately perform hand hygiene before going on to the next patient or going home for the rest. Follow the proper hand washing as recommended by myHEALTH, Ministry of Health, Malaysia.

Note: NIOSH is also able for conducting a fitness test (including penetration test) that has been used by health officials involved in the investigation or operations to contain the COVID-19 outbreak.

Table 1: Flow of the personal face shield 3D printing





The picture shows the computer workstation, software (CREO Parametric 3D Modelling Software) and 3D Printer Technology, ProJet MultiJet Printing (MJP) at Forensic Engineering Laboratory, NIOSH Malaysia.

MJP used to build parts, patterns and molds with fine feature detail to address a wide range of applications. These highresolution printers are economical to own and operate and use a separate, meltable or dissolvable support material to make post-processing a breeze. Another big benefit is that removing support material is virtually a hands-free operation and allows even the most delicate features and complex internal cavities to be thoroughly cleaned without damage. The printer offers the highest Z-direction resolution with layer thicknesses as low as 16 microns. In addition, selectable print modes allow the user to choose the best combination of resolution and print speed, so it's easy to find a combination that meets the needs. Parts have smooth finish and can achieve accuracies. Recent material advances have improved the durability of plastic materials and are now suitable for some end-use applications. They are office compatible, using standard office electricity to provide convenient and affordable access to high-quality prototypes and indirect manufacturing aids.

The 3D personal face shield containing framework and support material produce by 3D printer. Maximum of 26 units of face shield can be produced in one plate of printing.

The CREO Parametric is imminent. To simplify it, the 7 advantages of the software can be listed as below:

- OPTIMISED FOR MODEL-BASED ENTERPRISES greater focus on authoring features such as ASME and ISO standard support, and the calculation of enterprise consumption with the STEP AP 242 and JT CREO View Printing features.
- INCREASED ENGINEER PRODUCTIVITY Geometry based selection, a new mini toolbar, WSYIWIG customisation will all help users design faster and users no longer have to wait a long time for images to be produced or have to work with poor quality renders.
- 3. BETTER ENABLED CONCEPT DESIGN allows users to import and export control mesh and add finer detail to designs, as well as enabling more drawing flexibility. So, the model images will be produced to a higher quality.







- 4. INCREASED ENGINEERING CAPABILITIES Users can model sheet metal directly, build accurate solid weld geometry in both parts and assemblies and reuse components through the intelligent mirror tool, also allow for greater 3D design ability, engineers can now use a 3D sweep to draw along 3D traject-ories.
- 5. INCREASED MANUFACTURING CAPABILITIES With faster, more intuitive mold splitting and integrated material removal simulation, CREO allows to gather more information and make model changes more easily.
- 6. BETTER SIMULATION The so-called 'Digital Twin' capability allows digital representations of unique occurrences of a physical product to take place. This allows users to gain greater insight into a product's state, performance and behaviour.
- 7. DESIGN CAPABILITIES FOR ADDITIVE MANUFACTURING
 The ability to model both 2.5D and 3D structures as well as analyse and optimise them along with increased design capabilities for 3D printing, users have much more additive manufacturing capability. Tools also allow for lattice thicknesses to be varied for the improvement of strength in any specific region of a model.

This upgrade is focused on increasing capabilities to suit modern engineering businesses, whether that be 3D design and printing, freestyle concept design or capabilities for model based enterprises. With more model information, simulation and design capabilities, users can create models that are much better suited to the needs of modern engineering.

The one plate of 3D face shield put in the oven to dilute the support material to left the head framework of 3D printing product.

NIOSH IN HELPING HANDS TO COMBAT COVID-19 PANDEMIC BY PRODUCING 3D MATERIALS (PERSONAL FACE SHIELD, BUCKLE & FACE MASK)



May this noble effort continue in the future as well as be a catalyst for frontline personnel who are willing to serve and fight for the country and beloved Malaysians in eliminating the dangerous of COVID-19 outbreak. Amiin.

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Prepared By: Hj Mohd. Esa Bin Baruji (Lab Advisor & Approved Signatory of FEL, GCL and FPETL)



SEMINAR NIOSH SECARA ATAS TALIAN SEPANJANG PERINTAH KAWALAN PERGERAKAN BERSYARAT (PKPB) 2020



ada 07 Mei 2020 (Khamis) telah berlangsung sesi 'live streaming' Seminar dalam talian (Online Seminar) khas buat anda yang terus komited untuk kekal #stayathome semasa Perintah Kawalan Pergerakan Bersyarat (PKPB) dalam usaha memutuskan rantaian wabak COVID-19 di Malaysia.

Tempoh Perintah Kawalan Pergerakan Bersyarat (PKPB) yang bermula pada 4 Mei telah memberi sedikit kelonggaran kepada operasi industri tertentu. Walaupun demikian, pergerakan setiap pekerja adalah tertakluk kepada syarat-syarat dan Prosedur Operasi Standard (SOP) yang ditetapkan pihak berkuasa serta yang diaturkan oleh majikan.

Seminar secara atas talian itu bertajuk "Introduction to NIOSH Safety Passport" yang disiarkan secara langsung menerusi FB NIOSH adalah Siri Seminar Online anjuran TSCD bertajuk Keperluan Passport Keselamatan di Industri yg disampaikan oleh En Mohd Asri Rdizwan, Resident Trainer NIOSH.

Encik Mohd Asri Ridzwan (NIOSH). Seminar tersebut bermula pada jam 11 pagi - 12.30 tengah hari secara atas talian di Facebook (FB) NIOSH. Semoga seminar secara atas talian yang dianjurkan oleh NIOSH itu dapat memberi manfaat berguna sambil memberi peluang kepada peserta untuk menimba pengetahuan dalam bidang Keselamatan dan Kesihatan Pekerjaan (KKP) melalui sesi perkongsian ilmu oleh tenaga pengajar NIOSH yang berpengalaman sepanjang Perintah Kawalan Pergerakan Bersyarat (PKPB) ini. Seminar yang dianjurkan boleh layari secara Live di https://www.facebook.com/nioshmalaysia/videos/1143109389375999/

"LUANGKAN MASA ANDA, STAY WITH US"

#staysafe #stayhealthy #stayathome #NIOSH #YourOSHpreferredpartner ertarikh pada 14 Mei 2020 (khamis) TSCD telah menganjurkan Online Seminar yang Berbayar (RM50) Kali Ke-2 melalui platform Jitsi.org bermula pada pukul 11a.m. - 1p.m.

Namun begitu, bagaimana pula dengan para pekerja yang ditugaskan untuk bekerja di tempat tinggi? Apakah amalan kerja yang selamat yang boleh dipraktikkan dalam pematuhan SOP khusus semasa bekerja di tempat tinggi? Seminar yang bertajuk **Safe Work Practices in Working At Height (WAH) Activites - Amalan Kerja Selamat untuk Aktiviti Bekerja di Tempat Tinggi (WAH)** telah disampaikan oleh Encik Mohd Razman Ismail (Trainer WAH NIOSH). Alhamdulillah, penyertaan peserta adalah seramai 50 orang.

Terima kasih diucapkan kepada Team IT, Finance dan Pejabat Regional Office (RO) di atas bantuan. Seminar seterusnya yang akan dianjurkan adalah bertajuk NADOPOD. Sertai kami secara Live di https://www.facebook.com/nioshmalaysia/untuk menimba pengetahuan OSH melalui sesi perkongsian ilmu oleh tenaga pengajar NIOSH yang berpengalaman.

"LUANGKAN MASA ANDA. STAY WITH US"

#NIOSH
#onlineseminar
#yourOSHpreferredpartner
#stayathome
#staywithus

ada 21 May 2020 (Khamis) NIOSH kembali lagi secara 'live streaming' Seminar atas talian (Online Seminar) khas buat anda yang terus komited membantu dan bekerjasama dalam usaha memutuskan rantai wabak COVID-19 di Malaysia. Seminar secara atas talian itu bertajuk "Introduction to NIOSH"



Confined Space (CS) Program" disampaikan oleh Encik Mohamad Anizan Mohammed Amin iaitu Pakar Teknikal III (ETDRO), NIOSH Wilayah Sarawak (Bintulu). Sesi seminar berlangsung pada pukul 11 pagi – 12.30 tengah hari secara atas talian di Facebook (FB) NIOSH.

Ayuh bersama kami secara live di https://www.facebook.com/nioshmalaysia/ untuk menimba pengetahuan OSH melalui sesi perkongsian ilmu oleh tenaga pengajar NIOSH yang berpengalaman.

"LUANGKAN MASA ANDA, STAY WITH US"

#staysafe #stayhealthy #staywithNIOSH #onlineseminar #NIOSH #YourOSHpreferredpartner

'LIGHT IT BLUE' SIMBOL SOLIDARITY PENGHARGAAN KEPADA PETUGAS BARISAN HADAPAN MEMERANGI COVID-19



empen 'Light It Blue' yang mendapat sambutan masyarakat dunia termasuk Malaysia merupakan satu simbol solidariti penghargaan kepada petugas barisan hadapan yang berkorban dalam 'peperangan' melawan Covid-19.

NIOSH juga tidak terkecuali untuk turut serta menyokong program ini bermula 30 April sehingga 3 Mei 2020. Justeru itu, Bangunan Utama di ibu pejabat NIOSH Bandar Baru Bangi, Selangor akan dipancarkan lampu berwarna biru untuk menyokong kempen solidariti ini.

Pancaran lampu biru Bangunan Utama Ibu pejabat NIOSH Bandar Baru Bangi bagi kempen #LightItBlue. #LightItUpBlue #kualalumpur

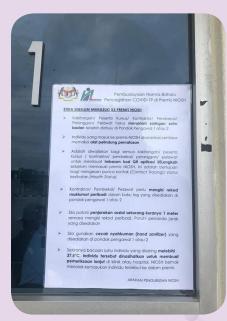


BUDAYA KERJA NORMA BAHARU NIOSH BAGI PERINTAH KAWALAN PERGERAKAN BERSYARAT (PKPB) 2020

Persiapan pembudayaan norma baharu bagi mencegah covid-19 di premis NIOSH.

#Staysafe #stayhealthy #stayathome



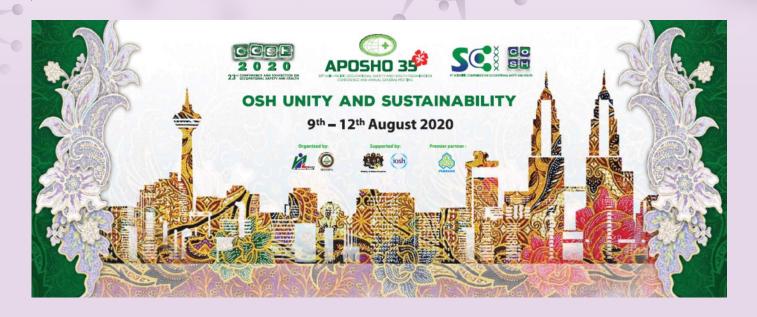












MAKLUMAN PENANGGUHAN

Berikutan pandemik yang berlaku di seluruh dunia berikutan wabak COVID-19 pada ketika ini, Urus Setia Jawatankuasa Induk bagi 35th ASIA PACIFIC OCCUPATIONAL SAFETY AND HEALTH ORGANISATION CONFERENCE AND AGM (APOSHO 35), 23rd CONFERENCE AND EXHIBITION ON OCCUPATIONAL SAFETY AND HEALTH (COSH2020) dan 6th SCIENTIFIC CONFERENCE ON OCCUPATIONAL SAFETY AND HEALTH (SciCOSH2020) ingin mengumumkan penangguhan penganjuran ketiga-tiga persidangan ini ke tahun hadapan (2021). Tarikh baharu akan diumumkan kemudian.

Persidangan ini dijadualkan berlangsung pada 9 hingga 12 Ogos 2020. Namun pada 18 Mac 2020, kerajaan Malaysia telah mengeluarkan larangan untuk mengadakan sebarang bentuk perjumpaan, persidangan dan pameran yang melebihi 20 orang peserta dalam usaha untuk memerangi penyebaran wabak COVID-19. Kerajaan Malaysia telah menguatkuasakan Perintah Kawalan Pergerakan (PKP) untuk menghentikan wabak ini daripada terus merebak.

Untuk makluman lanjut, sila layari laman sesawang persidangan, NIOSH dan laman rasmi persidangan di Facebook.

Terima kasih.

Urus Setia, Jawatankuasa Induk

POSTPONEMENT ANNOUNCEMENT

In light of the recent global COVID-19 outbreak, the Organizing Committee of the 35th ASIA PACIFIC OCCUPATIONAL SAFETY AND HEALTH ORGANISATION CONFERENCE AND AGM (APOSHO 35), the 23rd CONFERENCE AND EXHIBITION ON OCCUPATIONAL SAFETY AND HEALTH (COSH2020) & the 6th SCIENTIFIC CONFERENCE ON OCCUPATIONAL SAFETY AND HEALTH (SciCOSH2020) would like to announce the postponement of the concurrent conferences to next year (2021). The new dates will be announced in due course.

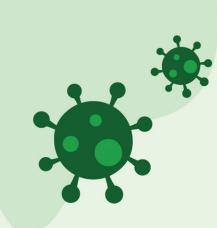
The conferences were originally planned from 9th to 12th August 2020. On 18th March 2020 however, the Malaysian government issued a ban on all meetings with more than 20 participants till the end of this year in an effort to combat the widespread of the deadly COVID-19. Malaysia has since enforced the Movement Control Order (MCO) to stop the pandemic from spreading further.

Please check the NIOSH, conferences' website and official pages on Facebook for the latest updates.

Thank you.

Secretariat of the Main Organizing Committee

CET TO KNOW







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DML, please scan the above QR

N95 RESPIRATOR WITH VALVE

3-PLY FACE MASK



AYER 1

Hydrophobic non-woven layer to repel water, blood & body fluids

AYER 2

Electrostatic melt-blown layer as fluid resistance & barriers for large particles

AYER 3

Soft absorbent non-woven layer to absorb water, sweat, & spit of the wearer



NOT RECOMMENDED TO BUY 2-PLY FACE MASK **DUE TO LACK OF PROTECTION**



1. FILTER

Removes 95% of 0.3 micron-particles & provide barriers to large droplets

2. VALVE

Optional, reduces breathing resistance during exhalation

3. MATERIAL

Electrostatic non-woven polypropylene fibre to capture particles



MAY EXPOSE THE SURROUNDING PEOPLE TO THE WEARER'S VIRUS N95 RESPIRATOR WITH VALVE IS NOT SUITABLE FOR SICK PEOPLE AND PEOPLE WHO ARE IN A STERILE ENVIRONMENT AS IT





Selamat Hari Raya Aidilfitri

Kepada seluruh Umat Islam walau di mana jua anda berada, kami warga kerja NIOSH ingin mengucapkan

Selamat Hari Raya Aidilfitri, Maaf Zahir dan Batin.

Sentiasa utamakan Keselamatan dan Kesihatan anda sepanjang masa, walau di mana jua anda berada.



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