

NIOSH UPDATES

Issue 10, Volume 11, 2018

STROK HABA



INVITATION TO PRESENT AND PARTICIPATE AT 5th SCIENTIFIC CONFERENCE ON OCCUPATIONAL SAFETY AND HEALTH (SciCOSH2018)

Greetings from SciCOSH,

NIOSH Malaysia is pleased to organize the **5th Scientific Conference on Occupational Safety and Health (SciCOSH2018)** from **28th to 29th November 2018** at **Le Meridien Hotel, Putrajaya**.

This SciCOSH2018 aims is to bring together all professionals, academicians and researchers for networking, developing and sharing knowledge in research findings related to Occupational Safety and Health (OSH). This conference also will serve as a platform where the current and on going researches in OSH can be shared among the participants. The future OSH researchers and students are also welcomed to participate in the 5th Scientific Conference on Occupational Safety and Health (SciCOSH2018).

Therefore, it is truly our privilege and honour to extend an invitation to you and your respective organization to present Scientific Research Papers and participate in the conference. With theme “Engaging OSH in Industrial Revolution 4.0”, this conference will provide updated information, discussion and sharing on various challenging OSH issues in Industrial Revolution 4.0. We hope that you will take this as an opportunity to capture the interest and influence the decision of a highly targeted audience as well as impart your knowledge and sharing experiences with all participants.

The conference details will be available on our website - www.myscicosh.com

Should you need further information and clarification, please do not hesitate to contact:

Mr. Abu Hanifah Mohd Kamal at **+603-87692200** or email at scicosh@niosh.com.my.

We are looking forward to see you at the SciCOSH2018 and thank you for your support in advance.

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STROK HABA

Tanda-tanda awal STROK HABA

1 Kerap sakit kepala

2 Mudah hilang fokus

3 Lidah menjadi bengkak

4 Suhu badan melebihi 39°C

Strok haba atau dikenali sebagai 'Heat Stroke' berlaku apabila sistem tubuh badan tidak dapat mengawal secara normal. Badan akan mengalami kenaikan suhu mendadak selain turut mengalami kegagalan berpeluh. Suhu badan individu yang mengalami strok haba selalu akan naik sehingga 41°C atau lebih dalam masa 10 hingga 15 minit. Malah, strok sekiranya tidak dikawal boleh menyebabkan kematian atau hilang keupayaan kekal

5 Nadi berdenyut laju

9 Kulit kering dan kemerah-merahan

8 Badan tidak berpeluh

7 Badan lesu dan kerap pengsan

6 Tekanan darah rendah



STROK HABA

Cuaca panas undang musibah

Info

Langkah menyelamatkan mangsa strok haba:

- Bawa mangsa ke tempat teduh serta berangin.
- Longgarkan baju sekiranya ketat.
- Baringkan mangsa dengan mengangkat sedikit kaki, dalam kedudukan selesa.
- Letakkan pek ais pada leher, ketiak dan kelengkang mangsa. (Kawasan banyak kelenjar peluh, bila ada perbezaan suhu, haba akan keluar)
- Pasang kipas sekiranya ada.
- Beri minum air kosong kalau mangsa sudah sedar.
- Dapatkan bantuan kecemasan dan bawa ke hospital untuk rawatan lanjut.

STROK HABA

Langkah mencegah strok haba:

- Lakukan aktiviti riadah semasa suhu selesa.
- Minum air kosong antara 1.8 liter ke 2.5 liter sehari, berdasarkan berat badan.
- Kurangkan minum air manis dalam cuaca panas.(meningkatkan kadar gula dalam badan dan menyebabkan kencing lebih kerap).
- Minuman isotonik boleh menggantikan garam dalam badan.(pastikan ia tidak mengandungi kadar gula yang tinggi)
- Memakai pakaian yang sesuai untuk cuaca panas.



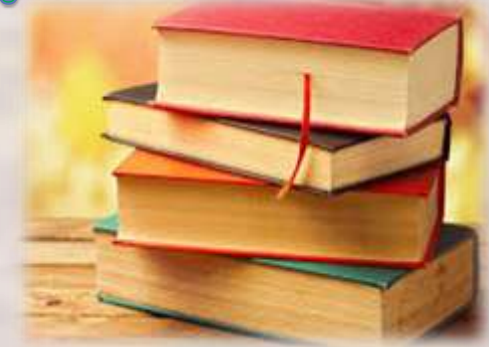
BOOK REVIEW

Personal Protective Equipment for Chemical, Biological, and Radiological Hazards : Design, Evaluation, and Selection 1st Edition

Personal protective equipment (PPE) is critical for those dealing with toxic, infectious, and radioactive materials. An easily accessible guide for professionals and researchers in all PPE fields, this book takes a fresh look at how PPE is designed, selected, and used in today's emergency response environment where users may need to be protected against deliberately used chemical, biological, or radiological agents in terrorism or warfare scenarios as well as more traditional hazards. Covering the physics, chemistry, and physiology of these hazards, the book explains how PPE protects from various forms of hazards as well as how to use this information to select PPE against these highly hazardous substances for first responder or military users. The design of PPE and components plus relevant performance and evaluation standards are also discussed.

Product details

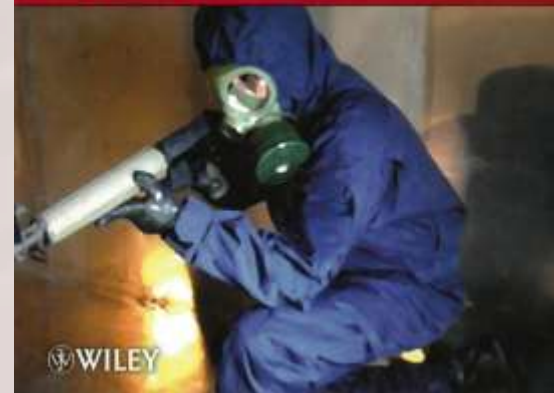
- **Hardcover:** 348 pages
- **Publisher:** Wiley; 1 edition (October 23, 2012)
- **Language:** English
- **ISBN-10:** 0470165588
- **ISBN-13:** 978-0470165584
- **Product Dimensions:** 6.3 x 1.1 x 9.3 inches
- **Shipping Weight:** 1.6 pounds ([View shipping rates and policies](#))
- **Average Customer Review:** [Be the first to review this item](#)
- **Amazon Best Sellers Rank:** #3,888,831 in Books ([See Top 100 in Books](#))
 - #1718 in [Books](#) > [Engineering & Transportation](#) > [Engineering](#) > [Industrial, Manufacturing & Operational Systems](#) > [Health & Safety](#)
 - #1725 in [Books](#) > [Science & Math](#) > [Technology](#) > [Safety & Health](#)
 - #663264 in [Books](#) > [Textbooks](#)



Personal Protective Equipment for Chemical, Biological, and Radiological Hazards

Design, Evaluation, and Selection

Eva F. Gudgin Dickson



WILEY

BOOK REVIEW

Personal Protective Equipment for Chemical, Biological, and Radiological Hazards : Design, Evaluation, and Selection 1st Edition

Editorial Reviews

From the Back Cover

Enables readers to understand how personal protective equipment is designed, evaluated, and selected to meet specific goals

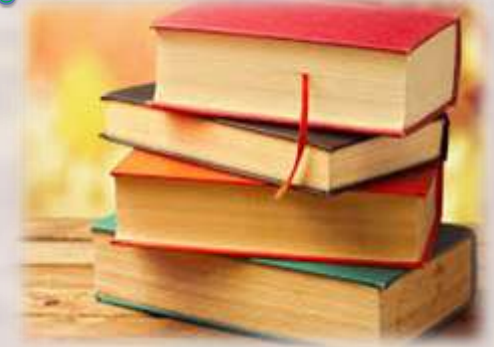
Personal protective equipment is critical for anyone who may come in contact with health- and life-threatening chemical, biological, radiological, or nuclear agents. This book sets forth the underlying physics, chemistry, and physiology of these hazards and then explains how personal protective equipment is designed to protect individuals from contamination. Readers will discover how personal protective equipment is assessed and evaluated to ensure its safety and effectiveness, including examples of standard testing methods. Finally, the author offers principles to guide the selection and use of personal protective equipment in order to safeguard individuals from specific hazards.

Personal Protective Equipment for Chemical, Biological, and Radiological Hazards begins with a review of chemical, biological, radiological, and nuclear agents and the need for personal protective equipment. Next, the book examines:

- Hazardous substances
- Setting high-level requirements
- Designing for appropriate protection and performance
- Protective equipment: concepts, components, and systems
- Performance evaluation and standard test methods
- Selection and use of personal protective equipment

Throughout the book, the author provides examples of available personal protective equipment and explores emerging concepts that are driving new research and product development. In addition, readers will find a listing and review of current standards governing personal protective equipment.

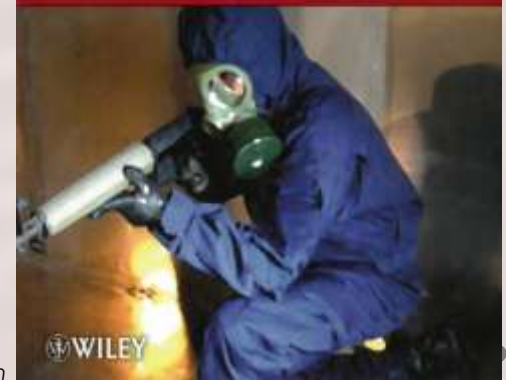
With this comprehensive review as their guide, readers will understand how personal protective equipment is designed and evaluated. Moreover, they'll know how to select personal protective equipment to protect themselves and others from a broad range of specific threats.



Personal Protective Equipment for Chemical, Biological, and Radiological Hazards

Design, Evaluation, and Selection

Eva F. Gudgin Dickson



WILEY

**Book for reference only : More details of this book, please refer NIOSH Library and to browse list of collection please visit; <http://www.niosh.com.my>

Newspaper Cutting



Headline : Early morning fire destroys two dorms in religious high school
Publication : The Star
Date : 21 May 2018
Page : 15N

Early morning fire destroys two dorms in religious high school

SEREMBAN: A fire destroyed two dormitories of the Sekolah Tinggi Islam As Sofa in Rembau early Sunday but luckily none of its 85 male students were injured.

Rembau Fire and Rescue station chief Mohd Fuad Majid said 27 firemen from Rembau, Senawang and Seremban stations put out the 2am blaze in almost 30 minutes after being notified.

The cause of the fire and damage had yet to be ascertained, he said when contacted.

Negeri Sembilan Fire and Rescue Department director Norazam Khamis said initial investigations revealed that the fire was not caused by faulty wiring.

"This year, this is the first fire case involving boarding school and tahfiz (in Negeri Sembilan).

"Last year, we had inspected all tahfiz schools including this one and everything was in good condition," he told reporters here. — Bernama



Gutted: The fire at Sekolah Tinggi Islam As Sofa in full rage in one of the two dormitories, (inset) Negeri Sembilan fire services director Norazam (left) and one of his officers inspecting the damage.

STAR 15N 21/5/18



Headline : Pelajar berpatah balik kejutkan rakan
Publication : Berita Harian
Date : 21 Mei 2018
Page : 15

ASRAMA LELAKI SEKOLAH TINGGI ISLAM AS-SOFA TERBAKAR

Pelajar berpatah balik kejutkan rakan

[FOTO HAZREEN MOHAMAD/BIH]

➔ Mangsa sedar selepas bau asap, nampak api bawah katil

Oleh Nur Aqidah Azizi dan Raja Noraina Raja Rahim
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► Rembau

Sebaik menyedari asrama didiaminya terbakar, Ahmad Mirza Khairudin berlari keluar untuk menyelamatkan diri. Tetapi dalam keadaan separuh sedar, dia berpatah balik mengajutkan rakannya yang masih tidur.

Awalnya, pelajar berusia 17 tahun yang juga seorang daripada 85 penghuni asrama lelaki Sekolah Tinggi Islam As-Sofa di Kampung Chengkau di sini itu, menyangka kejadian berkenaan hanya mimpi.

"Saya terjaga apabila terhidu bau asap dalam jam 1.30 pagi tadi (semalam).

"Selepas itu, saya temampak api di bawah katil dan berlari keluar sebelum memberitahu dua rakan yang mengulangi kaji di luar asrama.

"Kami bergegas masuk semula dan mengajutkan rakan lain.

"Pada masa sama, api semakin marak dan ada rakan cuba memadamkan kebakaran menggunakan alat pemadam api, tetapi gagal," katanya ketika ditemui di lokasi kejadian di sini, semalam.

Ahmad Mirza berkata, semua pakaian, buku dan dokumen peribadi milik penghuni asrama musnah dalam kebakaran itu.

Tiada nyawa terkorban

Bagaimanapun, dia bersyukur kerana tiada nyawa terkorban dan pulang ke rumah keluarganya di Semenyih, Selangor, selepas mendapat pelepasan oleh guru.

Seorang pelajar, Harith Akmal R Zahari, 13, terjaga selepas mendengar jeritan rakan yang memberitahu asrama mereka terbakar.

"Saya melihat api marak lalu berlari keluar dengan berkaki ayam," katanya yang dibawa pulang ke rumah di Gemenech oleh ibu bapanya.

Kejadian menyebabkan asrama menempatkan 85 pelajar lelaki sekolah berkenaan musnah.

Ketua Balai Bomba dan Penyelamat Rembau, Mohd Fuad Majid, berkata tiga jentera termasuk dari Balai Bomba dan Penyelamat Senawang serta Seremban 2 dengan kekuatan 20 anggota bergegas ke lokasi kejadian sejurus menerima panggilan pada jam 1.58 pagi.

"Kebanyakan penghuni tidur ketika kejadian dan disedari apabila terhidu bau asap sebelum warden asrama menghubungi bomba.

"Bomba mengambil masa setengah jam untuk mengawal kebakaran daripada merebak dan operasi memadam kebakaran berakhir sepenuhnya pada jam 4.05 pagi.

"Kebakaran memusnahkan 90 peratus bangunan asrama," katanya ketika dihubungi, semalam.

Sementara itu, Pengarah Jabatan Bomba dan Penyelamat Negeri Sembilan, Norazam Khamis, ber-



Norazam (kiri) bersama pegawai melihat keadaan asrama lelaki Sekolah Tinggi Islam As-Sofa terbakar di Kampung Chengkau, Rembau, semalam.

kata siasatan awal mendapati kebakaran bukan berpunca daripada sistem pendawaian.

Menurutnya, pemeriksaan dilakukan di sekolah berkenaan tahun lalu dan mendapati sistem pendawaian berada dalam keadaan baik manakala pihak pengurusan mengikut peraturan ditetapkan.

"Kita akan menyalas punca kebakaran dengan bantuan Unit Anjing Pengesanan (K9) dan mengarahkan sekolah tidak menggunakan asrama bagi membolehkan siasatan dilakukan dalam tempoh 14 hari," katanya di sini, semalam.

Kejadian kebakaran kedua di sekolah itu selepas insiden awal pagi memablitkan asrama perempuan menempatkan 37 pelajar, 28 September tahun lalu.



Sebahagian pelajar lelaki meninggalkan asrama.

Wawancara
Daring

Headline : 5 jari hancur
Publication : Harian Metro
Date : 16 Mei 2018
Page : 19

HARIAN METRO

■ **Tangan pekerja hotel 'dibaham' mesin pengisar daging**

Hwy
19
16/5/18

Mohd Rizal Abdullah
mohdrizal@nstp.com.my

Miri

Tangan kanan seorang lelaki hancur selepas tersepit pada mesin pengisar daging dalam kejadian di sebuah hotel di Jalan Pos di sini, kelmarin.

Mangsa berusia 29 tahun ketika itu bekerja di bahagian dapur hotel sebelum tangannya tiba-tiba 'terperosok' ke dalam mesin itu pada jam 9.50 malam.

Ketua Jabatan Bomba dan Penyelamat Zon Miri Law

5 jari hancur



ANGGOTA bomba berusaha mengeluarkan jari mangsa yang tersepit.

Poh Kiong berkata, pihaknya menerima panggilan kecemasan mengenai kejadian itu pada jam 10.03 malam.

Menurutnya, beberapa anggota dari Balai Bomba dan Penyelamat Miri kemudian dikerahkan ke lokasi.

"Sebaik tiba di lokasi, anggota dari balai terbabit mendapati jari hingga ke pergelangan tangan kanan mangsa tersepit.

"Semua jari mangsa hancur dan hampir putus akibat kejadian itu," katanya ketika dihubungi di sini, semalam.

Poh Kiong berkata, pihaknya meleraikan beberapa komponen mesin berkenaan bagi mengeluarkan tangan mangsa.

"Bagaimanapun, jari mangsa masih sukar dikeluarkan dari salah satu komponen mesin itu.

"Atas nasihat pasukan perubatan, mangsa dikejarkan ke unit kecemasan Hospital Miri untuk tindakan lanjut," katanya.

*Mempaparkan
Berita*

Headline : Fully occupied for disaster
Publication : New Straits Times
Date : 30 May 2018
Page : 02



The Fire and Rescue Department is conducting annual checks on all premises under the 'high-risk' category to ensure that they comply with fire safety requirements at all times. S.T.T.

FIRE HAZARD

FULLY OCCUPIED FOR DISASTER

Around half of 8,638 'high-risk' buildings, with a lot of people inside on any given day, have failed fire safety certification

ALIZA SHAH
 KUALA LUMPUR
 www.nst.com.my

THOUSANDS of buildings, many housing no fewer than 1,000 people at any one time, may be unlit for occupation.

The bigger shock is that many of these premises, which are considered by the authorities as "disasters just waiting to happen", include government and private hospitals, hotels, factories and office blocks.

The Fire and Rescue Department, in an alarming revelation to the *New Straits Times*, said about half of the 8,638 buildings nationwide listed under its "high-risk" category had failed to meet fire safety standards.

Buildings of this category must apply for the department's Fire Certifications (FC) after being issued with the Certificate of Completion and Compliance, Certification of Fitness (CF) or Tempo-

rary CF by the local authorities. Under existing laws, buildings can only be issued with the FC and declared safe once they meet the requirements laid out by the Fire and Rescue Department, and are free from fire hazards.

Others in the department's list of buildings that are susceptible to "potential disaster" include dormitories, hostels, shops, public halls, schools, nursery homes and apartments.

It is learnt that in just the past two months, 565 building owners have been slapped with 1,485 notices for violating various fire safety requirements.

Department deputy director-general (operations) Datuk Seiman Jabel, in an exclusive interview with the NST, said many of these buildings simply could not be issued with the FC because they did not meet the fire safety requirements.

"We have a category for buildings which are considered 'high risk' due to certain factors... we label them as 'designated premises'. This category, which includes hospitals and offices, must comply with certain requirements before they can be issued with the FC.

"Apart from having a function-

ing and robust fire-suppression system, these buildings must also have their own fire safety management plans.

"However, many of them have either failed inspections, or are still in the process of trying to meet the requirements."

Seiman said his men would conduct annual checks at all premises under this category to ensure that they complied with fire safety requirements at all times.

"Our focus is not to punish the owners. We want to make sure that every building is safe. The checklist for them to comply is long, so we will give ample time. But if it involves a critical structure, or if serious hazards are found, then we will insist that action be taken promptly."

He said the department was monitoring around 4,000 buildings to make sure that the owners obtain the FC certification. It is understood that many of these premises need major renovations before they can even begin to apply for FCs.

"There have been cases where we penalised owners of these premises because they failed to comply with our requirements. (Building) Owners could be fined or jailed, or we will issue an order for the building to be vacated," Seiman added.

He said the department had also served notices to many building owners because of poorly-maintained fire equipment.

"Many more buildings were found to be without any fire-suppression and fire-fighting equipment.

The department also had issues with owners who blocked out illegal renovations that blocked fire escape routes.

But, how is it that these premises are allowed to operate in the first place?"

Seiman said many building owners had circumvented his department's requirement by submitting the original floor plans for FC approval.

Once the original plans have been approved, they will carry out massive renovations later on. "During the application process (for FCs), they will make sure that their premises meet all our requirements. After that, they will start renovating and ignore the fire safety requirements."

Fire safety violations also happen when the building is used for other purposes. "As an example is when the owner of an office building turns his

property into a hostel," said Seiman.

"It will be difficult for them to meet the fire safety requirements of a hostel. This is because to meet the requirements, they have to incur additional costs."

Building owners who carry out illegal renovations that violate the department's regulations, or who fail to adhere to the notices issued, can face imprisonment.

"They need to follow the requirements as this is about people's safety in the building,

which is non-negotiable. We cannot compromise on this as lives are at stake. This is something that we monitor closely to ensure the safety of the public."

Seiman said the department had drawn up its fire safety requirements based on its years of experience in dealing with various types of premises.

"For instance, if a fire breaks out at a hospital, where do we put the patients we rescue, or the medical equipment we save?"

"Therefore, for hospitals, it is a requirement for the management to prepare an area big enough to safely put patients and equipment while we fight the fire," he said.



Datuk Seiman Jabel

The Malaysian Daily
 The Newspaper
 Putting
 the Public First

Headline : Iftar NIOSH bersama media
Publication : Utusan Malaysia
Date : 28 Mei 2018
Page : 29



IFTAR NIOSH BERSAMA MEDIA *UM 29 28/5/18*

PENGERUSI Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), Tan Sri Lee Lam Thye (kanan) bersama sebahagian petugas media yang hadir dalam Majlis Iftar NIOSH di Hotel Pullman, Kuala Lumpur, semalam. -UTUSAN/MUHAIMIN MARWAN

*Utusan
Malaysia
Cutting*