

NIOSH UPDATES

Issue 14, Volume 11, 2018

SEMINAR PENGURUSAN DAN ISU-ISU KESELAMATAN DAN KESIHATAN PEKERJAAN DI SEKTOR PERUSAHAAN KECIL DAN SEDERHANA (PKS) 2018



DE RHU BEACH RESORT,
KUANTAN, PAHANG
11 OGOS 2018

SAFE USE OF LIFT



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OBJEKTIF

- Memberi kefahaman dan kesedaran dalam bidang Keselamatan dan Kesihatan Pekerjaan seperti Perundangan, Sistem Pengurusan KKP, Jawatankuasa KKP, Polisi KKP dan perkara berkaitan KKP kepada Pengusaha Kilang, Pekerja dan Usahawan PKS.
- Mewujudkan persekitaran kerja yang selamat dan sihat kepada Pengusaha Kilang, Pekerja dan Usahawan PKS sepanjang berada di tempat kerja.
- Menyediakan dan menggalakkan pelaksanaan pengenalpastian *Hazard Identification, Risk Assessment and Risk Control (HIRARC)* serta penyediaan prosedur kerja selamat (*safe operating procedure*) bagi setiap aktiviti yang dijalankan di tempat kerja bagi menangani isu-isu seperti keselamatan bangunan dan di persekitaran tempat kerja.

KUMPULAN SASARAN:

- Usahawan PKS
- Pengusaha Kilang
- Pekerja Kilang PKS
- Pengamal OSH di Sektor PKS

**TERHAD KEPADA 50 ORANG PESERTA SAHAJA!
Daftar Sekarang!**

YURAN : PERCUMA!
**Mata CEP : 5 Mata (Tertakluk mengikut Garis
Panduan oleh JKPP)**

SIJIL KEHADIRAN DAN MAKAN MINUM DISEDIAKAN



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SEMINAR PENGURUSAN DAN ISU-ISU KESELAMATAN DAN KESIHATAN PEKERJAAN DI SEKTOR PERUSAHAAN KECIL DAN SEDERHANA (PKS) 2018

**DE RHU BEACH RESORT,
KUANTAN, PAHANG
11 OGOS 2018**

NO.	PROGRAM	MASA	PENCERAMAH	JAM
1	PENDAFTARAN PESERTA SEMINAR	08.00 – 09.00		1 J
2	KEPERLUAN PERUNDANGAN KESELAMATAN DAN KESIHATAN PEKERJAAN DI TEMPAT KERJA (OSHA 1994)	09.00 – 10.00	JKKP	1 J
	MINUM PAGI	10.00 – 10.30		30 MINIT
3	FAEDAH PERKESO DAN BUDAYA PENCEGAHAN KEMALANGAN DI TEMPAT KERJA	10.30 – 11.30	PERKESO	1 J
4	SISTEM PENGURUSAN KKP (OSH MANAGEMENT SYSTEM)	11.30 - 13.00	NIOSH	1 J 30 MINIT
	MAKAN TENGAHARI	13.00 - 14:00		1 J
5	PENGENALAN HAZAD, PENILAIAN DAN KAWALAN RISIKO (HIRARC)	14:00 -16:00	NIOSH	2 J
	MINUM PETANG DAN PENGAMBILAN SIJIL	16:00 – 16.30		30 MINIT

SAFE USE OF LIFT

INTRODUCTION

Lifts are transport equipment used to moved people or goods vertically using a lift car. Today, lifts transport residents of high-rise buildings up and down. Each lift requires scheduled care and maintenance to ensure that it functions properly and safety for users.

WHAT IS THE ROLE OF DOSH

According to Section 19 of the Factories and Machinery Act 1967 (Act 139), lifts are machines which require a Certificate of Fitness (CF). DOSH officers will inspect the lifts every 15 months to renew the CF.

SAFE USE OF LIFT

WHAT ARE YOUR RESPONSIBILITIES AS OWNERS/BUILDING MANAGEMENT

As a owner / building management, you must:

- Appoint a competent firm that is registered with DOSH to inspect and maintain the lifts.
- Ensure that the lifts are maintained according to schedule by a competent firm.
- Display the lift registration number issued by DOSH
- Prepared an emergency action plan in the event of any dangerous occurrence or accident
- Report any dangerous occurrence or accident to DOSH immediately

WHAT ARE YOUR RESPONSIBILITIES AS USERS

As a user, you must:

- Observe and adopt safe and orderly ways of using lifts
- Understand information relating to the safe use of lifts
- Report immediately to the building management in the event of any damage or problems related to the lifts such as vandalism and dangerous occurrence or accidents.

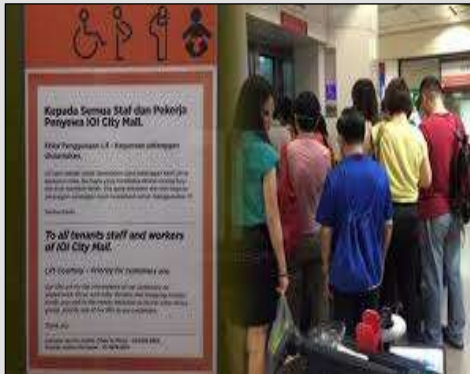


SAFE USE OF LIFT

SAFE AND ORDERLY USE OF LIFTS

1. To ensure the smooth running of the lifts, press the lift button only to the level required.
2. If the lift is full, please wait for the next lift. Observe the lift capacity (number of passengers and load) as displayed on the notice inside the lift.
3. Be careful when entering and exiting the lift. Make sure the floor of the lift is level with the landing.
4. Children should be accompanied by adults when using lifts.
5. Smoking is prohibited inside the lifts. Air circulation is limited inside the lifts.
6. Behave yourself when you are inside the lift. Jumping and plying inside the lift may activate the emergency mechanism and cause the lift to stop
7. Press the OPEN DOOR button continuously if you want to keep the door open or ask other passenger to do so for you. This allows users to enter or exit properly.
8. In the event of a fire or other emergency which disrupts the electricity supply, don't use the lifts. Use the stairs for your own safety.
9. Vandalism or destroying any part of the lift such as the lift floor, buttons, walls or playing with the alarm button are strictly prohibited.
10. Allow other users to exit the lift first before entering the lift.
11. Don't let the lift door remain open such as by obstructing it with an object. The safety features will be activated if the movement of the lift door is disrupted.

SAFE USE OF LIFT



May not exceed the maximum weight or load a shown from the lift panel



Do not smoking in the elevators



It is prohibited from doing vandalism in elevators.

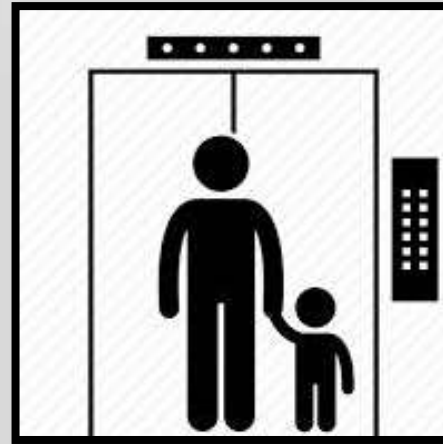


Allows the user step out first, before another user get in the elevator

SAFE USE OF LIFT



To ensure the lifts running smoothly, press the elevator button to the desired level only.



Children should be accompanied by an adult when using the elevator.



In case of fire or disaster, please do not use elevators. Use the stairs for safety



It is prohibited for placing items in front of the elevator door.

SAFE USE OF LIFT

EMERGENCY PROCEDURE TO FOLLOW WHEN TRAPPED INSIDE A LIFT

A. Actions of user who is trapped

- Be calm, don't panic. Press the alarm bell button repeatedly to attract the attention of people outside or rescuers.
- Talk through the intercom panel with the rescuers.
- Wait until help arrives.
- Don't try to get out of the lift by forcing open the lift door.

B. Actions of those who know that people are trapped inside a lift

- Contact the building management or lift maintenance company as soon as possible for assistance.
- If not possible contact the Fire and Rescue Department
- You are not allowed to save the victims who are trapped inside the lift.
- Don't try to open the door by force from outside

Safety Management in Small and Medium Sized Enterprises (SMEs)

by [George Boustras](#) (Editor), [Frank W. Guldenmund](#) (Editor)

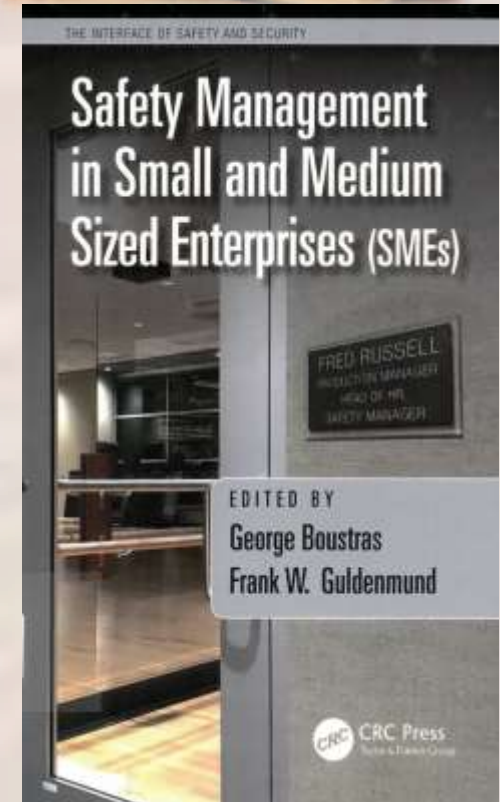
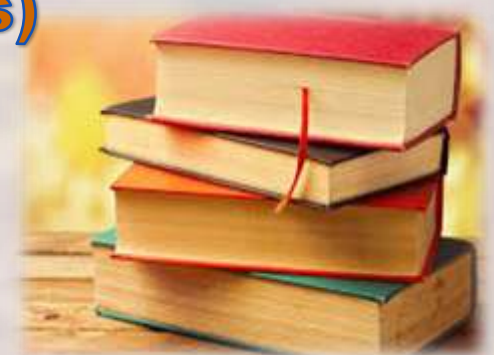
Safety is an important aspect of everyday business operations. It can have an impact on the operations of an enterprise as well as the wellbeing of the workers. Literature shows that SMEs face extra problems in this area due to limited resources and lack of knowledge. A potential accident on the premises, in many cases, has devastating consequences. SMEs make up the vast majority of private companies in the EU and beyond. Despite the importance of the issue, the information found in literature is scattered and often not aimed at SMEs. This book aims to gather the latest information and become the full reference point for designing and adopting an appropriate safety strategy for SMEs.

Editorial Reviews

About the Author

George Boustras is a PhD in Probabilistic Fire Risk Assessment from CFES at Kingston University London. George had been appointed as Honorary Research Fellow at CPSE at Imperial College London, and he was KTP Research Fellow at FSEG at the University of Greenwich. George is currently an Associate Professor at European University Cyprus, Dean of the Ioannis Gregoriou School of Business Administration. George is the Director of the Center for Risk, Safety and the Environment (CERISE) of EUC. He is Representative of the Republic of Cyprus in the Socio-Economic Committee of the European Chemicals Agency (ECHA). He sits at the Management Committee of Secure Societies - Protecting Freedom and security of Europe and its citizens of "HORIZON 2020". He was recently appointed by the President of the Republic in the Energy Strategy Council of the Republic of Cyprus. George is Associate Editor of Safety Science (Elsevier) and Member of the Editorial Board of Fire Technology (Springer).

BOOK
REVIEW



Safety Management in Small and Medium Sized Enterprises (SMEs)

by [George Boustras](#) (Editor), [Frank W. Guldenmund](#) (Editor)

Continue...

Frank Guldenmund studied psychology at Leiden University and majored (with distinction) in both cognitive psychology and methods & statistics. In February 1992 he joined the Safety Science Group at Delft University of Technology (DUT), primarily as a methodologist but later became a full staff member, joining in the research and educational tasks of the Group. His research gradually became focused on modelling and assessing (the quality of) safety management systems. Within this context his interest was raised in the topic of safety culture, which he has been pondering since the middle 90s. In January 2010 he defended (with distinction) his PhD thesis 'Understanding and exploring safety culture' at DUT. He has been providing trainings and presentations on safety culture both nationally and internationally for many years. In this capacity he operates as trainer for the International Atomic Energy Agency (IAEA) in their safety culture self-assessment program.

Product details

Series: The Interface of Safety and Security

Hardcover: 236 pages

Publisher: CRC Press; 1 edition (September 19, 2017)

Language: English

ISBN-10: 1498744729

ISBN-13: 978-1498744720

Product Dimensions: 6.2 x 0.8 x 9.2 inches

Shipping Weight: 1.1 pounds ([View shipping rates and policies](#))

Average Customer Review: [Be the first to review this item](#)

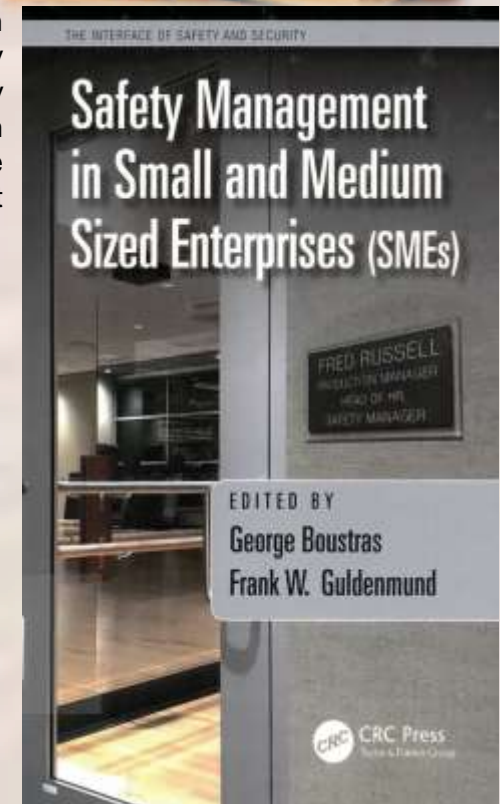
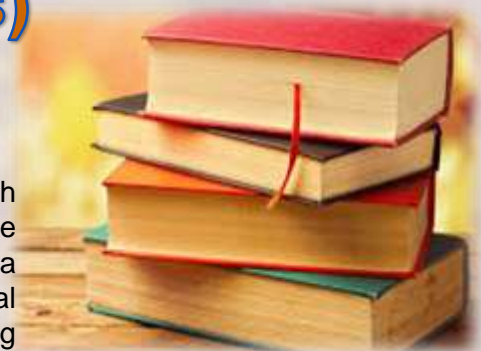
Amazon Best Sellers Rank: #9,413,251 in Books ([See Top 100 in Books](#))

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**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>





Headline	: 'Pengamal media kurang pengetahuan berkaitan KKP'
Publication	: Berita Harian
Date	: 19 Julai 2018
Page	: 21

'Pengamal media kurang pengetahuan berkaitan KKP'

SH
21
8/7/18

Johor Bahru: Di sebalik tugas mencabar dan berisiko, ramai pengamal media masih tidak mempunyai pengetahuan dan kemahiran yang mencukupi mengenai Keselamatan dan Kesihatan Pekerjaan (KKP).

Pengerusi Lembaga Pengarah Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), Tan Sri Lee Lam Thye, berkata amalan KKP yang baik dalam kalangan media masih di tahap minimum.

Katanya, setiap petugas media di negara ini perlu dididik mengenai cara menyesuaikan diri dengan semua situasi, termasuk kaedah terbaik bagi mereka menguruskan risiko ketika menjalankan tugas.

"Pihak majikan menganggap aspek KKP ini sebagai isu remeh-temeh dan tidak bersungguh-sungguh dalam menjadikan ia sebagai amalan di organisasi media masing-masing.

"Ada antara pihak pengurusan

atasan yang menyatakan dengan perasaan bangga bahawa 'wartawan dan jurukamera kami masih sihat dan selamat' walaupun mereka tidak mengikuti sebarang program KKP berkaitan.

4 faktor utama urus KKP

"Organisasi media dan majikan harus menyedari empat faktor utama yang menjustifikasikan pengurusan KKP adalah tanggungjawab sosial syarikat, kewajipan sosial dan moral, selain kriteria perniagaan yang baik serta kewajipan undang-undang," katanya.

Beliau berkata demikian pada sidang media selepas menyempurnakan program Kesedaran KKP bagi Pengamal Media, di sini, semalam.

Yang turut hadir, Pengurus Kanan (Bahagian Latihan, Pendidikan dan Pejabat Wilayah) NIOSH Wilayah, Saupi Nazri Mamat.

Lam Thye berkata, NIOSH ber-



[FOTO HAIKUL ANUAR RAHIM/BH]

Lam Thye bersama peserta melihat demonstrasi menyelamatkan pekerja yang terperangkap di ruang tertutup pada program Kesedaran KKP bagi Pengamal Media di Johor Bahru, semalam.

sedia bekerjasama dengan organisasi media bagi menganjur program latihan kepada pengamal media tempatan termasuk asas pertolongan cemas, penilaian risiko, teknik kemahiran hidup dan pakaian perlindungan diri.

Katanya, pihaknya sedang men-

apatkan maklum balas daripada pelbagai organisasi media dan kesatuan wartawan dalam merangka modul latihan induksi bersesuaian yang dikenali Pasport Keselamatan.

"Wartawan dan jurugambar perlu ditawarkan latihan terutama di

lokasi pemberitaan yang berisiko tinggi.

"Mereka juga perlu diberi maklumat dan dimaklumkan mengenai risiko terhadap kesihatan dan keselamatan mereka termasuk penyediaan peralatan perlindungan peribadi yang berkualiti," katanya.

Headline : Pelajar jadi dalang bom sekolah
Publication : Kosmo
Date : 20 July 2018
Page : 10

Warga emas dalam perjalanan ke hospital untuk dapatkan rawatan jangkitan **Pesakit maut ambulans terbabas**

Oleh NORLIDA AKMAR IDROS

ALOR SETAR - Seorang pesakit warga emas maut manakala lima yang lain cedera selepas ambulans yang dinaiki mereka terbabas dipercayai akibat tayar meletup di Kilometer 814, Lebuhraya Utara-Selatan arah utara berhampiran Gurun dekat sini kelmarin.

Kejadian kira-kira pukul 6.25 petang itu berlaku ketika ambulans tersebut dalam perjalanan menghantar mangsa, Hussain Lee Abdullah, 65, dari Hospital Sultan Abdul Halim (HSAH) di Sungai Petani ke Hospital Sultanah Bahiyah (HSB) di sini untuk mendapatkan rawatan lanjut ekoran masalah jangkitan yang serius.

Akibat kemalangan itu, semua penumpang termasuk isteri mangsa, Safiah Jasin, 60, serta empat lagi iaitu pemandu ambulans, pegawai perubatan, jururawat terlatih dan pembantu perawat kesihatan mengalami kecederaan dan dikejarkan ke HSB dan HSAH untuk rawatan.

Pengarah Kesihatan negeri, Datuk Dr. Norhizan Ismail berkata, keadaan pesakit itu merosot dan dia meninggal dunia pada pukul 8.40 malam hari yang sama.

"Lima mangsa lagi yang cedera berada dalam keadaan stabil," katanya dalam satu kenyataan di sini semalam.

Kata beliau, maklumat awal menyatakan kemalangan kemungkinan berlaku disebabkan

tayar meletup, namun punca sebenar kejadian masih dalam siasatan pihak berkuasa," ujarnya.

Sementara itu, adik ipar kepada Hussain Lee, Norhafizah Jasin, 50, berkata, abang iparnya yang merupakan seorang muafaf dimasukkan ke hospital akibat jangkitan kuman pada kepala dan dijadualkan menjalani pembedahan di HSB.

"Kali terakhir saya menemuinya adalah ketika melawatnya di HSAH sehari sebelum kemalangan dan pada ketika itu, dia sedar seperti biasa namun tidak boleh bercakap kerana sakit pada kerongkong," katanya.

Tambah beliau, adiknya yang merupakan isteri Hussain Lee hanya cedera ringan dan telah dibenarkan pulang ke rumah.



KEADAAN ambulans dinaiki mangsa yang terbabas di Lebuhraya Utara-Selatan berhampiran Gurun ketika dalam perjalanan ke HSB semalam. Gambar kecil, Hussain Lee.

"Allahyarham Hussain Lee Perkuburan Islam Sungai Daun, akan dikebumikan di Tanah Yan dekat sini hari ini," katanya.

*Masyarakat
Gurun*

Headline : Lam Thye: Journalists must learn to manage risk on the job
Publication : New Straits Times
Date : 19 July 2018
Page : 11

OSH AWARENESS FOR MEDIA

Lam Thye: Journalists must learn to manage risk on the job

JOHOR BARU: Despite having a challenging and risky occupation, many media practitioners are unclear about occupational safety and health (OSH).

National Institute of Occupational Safety and Health (NIOSH) chairman Tan Sri Lee Lam Thye said the level of OSH best practices by media practitioners was at a bare minimum.

He said journalists needed to be educated on how to carry themselves in every situation, including ways to manage risk while on the job.

"Employers seem to think that OSH is trivial and do not go all out to ensure that OSH practices are

adhered to in media organisations. Some employers seem proud to say that their journalists and photographers are healthy people, yet they don't adhere to proper OSH practices," he said at the opening of the OSH Awareness for the Media programme here.

Lee said NIOSH was ready to work with media organisations to host training programmes for journalists, including on emergency medical treatment, risk assessment and safety clothing.

He said NIOSH was getting feedback from organisations and media associations to come up with a training module to be named "Security Passport".



Tan Sri Lee
Lam Thye

Newspaper Cutting

Headline : NIOSH-media sedia jalin kerjasama erat
Publication : Utusan Malaysia
Date : 19 July 2018
Page : 06



LEE LAM THYE memaklumkan bahawa beliau akan berkolaborasi dengan NIOSH untuk meningkatkan keselamatan di ruang-ruang kerja. Beliau berkata, beliau akan mengemulakan program Keselamatan dan Kesihatan Pekerjaan untuk Pengamal Media di luar pejabat NIOSH Wilayah Selatan, Taman Telokkaji, Johor Bahru, semalam.

NIOSH-media sedia jalin kerjasama erat

JOHOR BAHRU 18 Julai - Institut Keselamatan dan Kesihatan Pekerjaan (NIOSH) bersedia menjalin kerjasama lebih erat dengan organisasi media di negara ini bagi meningkatkan kesedaran mengenai aspek keselamatan dan kesihatan pekerjaan (KKP).

Pengerusinya, Tan Sri Lee Lam Thye berkata, kerjasama tersebut termasuk memberikan latihan dan seminar mengenai amalan KKP khususnya bagi pengamal media yang bertugas di lokasi yang berisiko tinggi.

"Dalam kebanyakan kes, wartawan dan jurugambar kemungkinan tidak sedar tentang bahaya yang bakal dihadapi ketika bertugas di tempat kejadian seperti kebakaran, banjir, letupan kimia dan tanah runtuh.

"Justeru, antara latihan yang boleh diadakan adalah asas pertolongan cemas, pemalangan risiko, teknik kemahiran hidup, peralatan perlindungan diri serta informasi mengenai kawasan di mana mereka akan bertugas," katanya dalam program Occupational Safety and Health (OSHD) for Media, di sini hari ini.

Teks ucapan beliau dibacakan Pengurus Kanan (Bahagian Latihan, Pendidikan dan Pejabat Wilayah) NIOSH Wilayah, Saipul Nazri Manan.

Lam Thye berkata, berdasarkan maklum balas yang diperoleh pihaknya, amalan KKP yang baik dalam kalangan warga media masih berada pada tahap minimum dan banyak yang perlu dilakukan bagi meningkatkan kesedaran tersebut.

Beliau berkata, lebih mendukacitakan apabila pihak majikan menganggap aspek KKP ini sebagai hal yang remeh-temeh dan tidak bersungguh-sungguh untuk menjadikannya sebagai amalan di organisasi masing-masing.

Contohnya, insiden tragis yang melibatkan jurukamera Rina Rina TV, Allahyarham Noranfalzul Mohd. Nor yang meninggal dunia semasa bertugas memuat liputan di Somalia pada tahun 2011 menunjukkan kepentingan KKP dalam kalangan petugas media.

*Malaysian
Cutting*

Headline : CIBD sasar kurang kadar kematian 50 peratus menjelang 2020
Publication : Utusan Malaysia
Date : 30 Julai 2018
Page : 05



CIBD sasar kurang kadar kematian 50 peratus menjelang 2020

Oleh ROSMAWATI MION
 pengantar@utusan.com.my

KUALA LUMPUR 29 Julai - Aspek keselamatan di tempat kerja perlu diberikan perhatian lebih lagi di sektor pembinaan yang mencatatkan peningkatan kadar kematian sejak 2013 ekoran kemalangan yang berlaku di tapak pembinaan.

Mengikut rekod Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP), kadar kematian di tapak pembinaan terus meningkat sejak tahun 2013 sehingga 2017 iaitu daripada 84 kepada 187 kematian.

Malah, sehingga April 2018 juga dilaporkan sebanyak 32 kematian berlaku dengan 62 kemalangan di tapak pembinaan.

Selaras dengan itu, Lembaga Pembangunan Industri Pembinaan (CIBD) mempergiatkan usahanya melalui Program Transformasi Industri Pembinaan (CITP) untuk memantapkan kadar kematian dalam industri pembinaan dapat dikurangkan sebanyak 50 peratus iaitu daripada 10,94 kematian dalam setiap 100,000 pekerja binaan pada 2014 kepada 5.5 kematian menjelang 2020.

Ketua Eksekutifnya, Datuk H. Ahmad Aari Abdul Hamid berkata, CITP diarahkan untuk bagi mengubah dan menambatkan baik industri pembinaan sehingga mampu menjadi satu industri yang produktif, selamat dan berkeadilan.

"Tumpuan diberikan kepada aspek-aspek keselamatan khususnya dalam memberi latihan berkaitan pengurusan sistem keselamatan kepada kontraktor-kontraktor agar mereka menggunakan sistem tersebut apabila mereka berada di tapak pembinaan.

"Tetapi, melibatkan kadar kematian masih terus meningkat, CIBD menyasarkan industri industri binaan yang dapat membantu merealisasikan hasrat untuk mencapai sasaran pengurangan 50 peratus kadar kematian di tapak pembinaan," ujarnya.

Ahmad Aari berkata, antara pemecahan utama itu adalah melaksanakan konsep Peng-



Pendekatan CDM amat baik kerana ia memastikan semua pihak yang terlibat dengan projek pembinaan daripada pempaju hartanah, perunding dan kontraktor bertanggungjawab terhadap aspek keselamatan di tapak pembinaan."

AHMAD AARI ABDUL HAMID
 Ketua Eksekutif CIBD



ASPEK KESELAMATAN DI TAPAK PEMBIINAAN



urusan Raka Binauk Pembinaan (CDM) yang telah digunakan oleh United Kingdom dan Singapura dalam urusan keselamatan dan keadilan bagi industri pembinaan.

Jelasnya, pendekatan itu berbeza kerana ia menggariskan kadar kematian di kedua-dua negara tersebut.

"Pendekatan CDM amat baik kerana ia memastikan semua pihak yang terlibat dengan projek pembinaan daripada pempaju hartanah, perunding dan kontraktor bertanggungjawab terhadap aspek keselamatan di tapak pembinaan.

"Selama ini, tanggungjawab keselamatan banyak diletakkan di bahu kontraktor serta pegawai keselamatan dan keadilan keselamatan di adalah tanggungjawab yang perlu dipikul oleh semua pihak," jelasnya.

Beliau berkata, JKKP telah-pula memperkenalkan Garis Panduan Keselamatan dan Kesihatan Pekerjaan dalam Industri Pembinaan (Pengurusan) atau OSCHIM yang selaras dengan CDM. OSCHIM menggariskan tanggungjawab pempaju, kontraktor dan komuniti dalam aspek keselamatan.

Katanya, CIBD kini mendedahkan JKKP bagi mempromosikan OSCHIM kepada syarikat-syarikat pembinaan dan pempaju lebih bersedia apabila ia diwajibkan.

Kadar kematian di tapak pembinaan	
Tahun	Kematian
2013	84
2014	89
2015	140
2016	160
2017	187

Program Transformasi Industri Pembinaan (CITP) 2016-2020
 Sasar mengurangkan 50 peratus kadar kematian

nya pihak termasuk pekerja untuk menjadikan aspek keselamatan sebagai satu budaya yang harus diaplikasikan dalam setiap projek pembinaan," katanya.

Jelasnya, CIBD telah melaksanakan lebih 3,000 latihan pengurusan tapak pembinaan di seluruh negara dan akan terus mempergiatkan lagi aktiviti pengurusan bagi memastikan tapak pembinaan menerapkan aspek keselamatan sehingga negara maju.

Selain itu, beliau berkata, pengurusan Sistem Binaan Industri (BSI) dalam projek-projek pembinaan turut membantu mengurangkan kadar kemalangan dan kematian di samping teknikal lebih selamat serta memantapkan kos.

Oleh itu katanya, kerajaan akan mewujudkan semula pempaju perindustrian swasta menggunakan BSI sepenuhnya menjelang tahun 2020.

"Penggunaan BSI secara tidak langsung menyebarkan banyak kerja berprestasi ke seluruh negara kerana konsep ini menggariskan di dalam setiap projek memantapkan keselamatan pekerja berbanding di tapak pembinaan," ujarnya.

Masyarakat Berdaya
 Bermartabat

Headline	: Give Fire and Rescue Department its dues
Publication	: The Star
Date	: 30 Julai 2018
Page	: 26V

Give Fire and Rescue Department its dues

THE Government's willingness to study the proposal to raise the salary of the Fire and Rescue Department (JBPM) personnel is laudable and should be supported by all because their duties and responsibilities are as challenging and demanding as those in other important agencies.

Housing and Local Government Minister Zainida Kamaruddin recently said the Government would discuss the issue and might include the salary increment in next year's budget.

She also said the decision on the special monthly allowance of RM200 for each JBPM officer and member would be known soon.

I believe all JBPM staff are anxiously expecting good news as the paperwork on the matter has been presented to the Cabinet and is now waiting for approval from the Finance Ministry.

The monthly allowance was proposed by former Urban Wellbeing, Housing and Local Government Minister Tan Sri Noh Omar on March 11 to recognise the effort and work of fire-fighters who have to deal with various challenges during fires and natural disasters.

If approved, the allowance would benefit 14,761 JBPM employees and involve an allocation of RM35.4mil annually.

Many of us are still unaware of or do not understand how challenging the task and workload of JBPM members are, especially those who are involved in fire-fighting operations.

When I was an elected representative, I used to work closely with fire-fighters who were helping victims of floods and fires.

While they were busy dousing fires, I helped the victims to get temporary shelter and, later, to apply for documents destroyed in the fire or flood.

My friendship with the fire-fighters was cordial and became stronger as the years passed, and I understood their heavy responsibility.

Based on the information that I



received, JBPM is also responsible for enforcing laws relating to safety and fire prevention as well as providing efficient and effective humanitarian services. Its functions are spelled out in Section 5 (1) and (2) of the Fire Services Act 1988 (Act 341), and the responsibilities include ensuring the presence of fire exits, investigating the cause of fire and providing humanitarian services such as protecting the life and properties of victims.

JBPM also needs to perform other tasks entrusted to it by law or as directed by the minister.

Based on reports about their selfless acts, JBPM is the first choice to contact when the public need help for various situations, including accidents, floods and landslides.

Fire-fighters are frequently involved in search and rescue operations for those who are lost in the jungle and drowning cases.

The ability of JBPM members in such operations cannot be disputed as they have the appropriate equipment such as hydraulic cutting tools

to help extricate accident victims from badly-mangled vehicles. JBPM also has skilled personnel who can help to save pets, capture poisonous snakes and other animals or destroy hornets and their nests.

However, I believe more could be done to improve their services in the wake of new challenges, including being prepared for international missions such as the operation to rescue the young Thai football players and their coach who were trapped in a flooded cave in Chiang Rai province, north Thailand, recently.

At the same time, fire-fighters need to be trained to deal with fires in high-rise building as more and more skyscrapers with new materials are being built in our cities.

In this regard, the Government should provide sufficient allocation for human resource development so that they possess technical and effective skills to handle any cases of emergency or disaster.

The training modules need to be updated to meet the latest develop-

ments and selected JBPM members should be sent for training and actual operations overseas.

Sufficient allocation should also be given to JBPM for the purchase of advanced machinery and equipment and personal protective equipment (PPE) for JBPM members.

More community fire-fighting teams and professional and efficient emergency response teams should also be set up to react immediately when an emergency occurs, especially fires and floods.

I also hope that continuous efforts can be made to improve the workplace and housing of JBPM personnel and their families so that they can focus on work.

The time has come for a better deal for all our firemen who are willing to sacrifice their lives to ensure the safety of others. In many ways, they are our unsung heroes.

TAN SRI LEE LAM THYE
Kuala Lumpur

Malay Mail
Puttina

Headline	: Kulasegaran: Govt to overhaul foreign workers' intake system
Publication	: New Straits Times
Date	: 29 Julai 2018
Page	: 3

DISCUSSION

NST 3 29/7/18

Kulasegaran: Govt to overhaul foreign workers' intake system

IPOH: The government has pledged to overhaul the system for the importation of foreign workers to eradicate monopolies by companies, which are raking in massive profits at the expense of burdening potential workers.

Human Resources Minister M. Kulasegaran said the ministry was aware of problems in the system governing the intake of foreign workers, especially those involving middlemen.

The severity of the problem, he said, had led to Nepal suspending the outflow of workers to Malaysia.

This, said Kulasegaran, could have a negative impact on Malaysia.

"It is disappointing to note that Nepal has barred its workers from coming to Malaysia.

"We are drafting a policy on how to manage the intake of foreign workers from source countries.

"Apart from Nepal, this also involves Bangladesh, Cambodia and Indonesia, which are finding it increasingly difficult to send their people to work in Malaysia," he said.

He said this after the closing of the National Workers Occupational Safety and Health Week 2018 at Malay-Sino Chemical Industries Sdn Bhd here yesterday.

Kulasegaran said the ministry had held discussions with its Nepali counterparts two weeks ago, with the last meeting on Tuesday.

"I have also met with the Nepali High Commissioner to Malaysia, and we are establishing a new memorandum of understanding.

"A working paper on this is being prepared for tabling at the cabinet next week to obtain the necessary approvals.

"Following that, either I will go to Nepal, or a Nepali minister will visit Malaysia so we can resolve this matter as soon as possible," he said.

He also hoped the Nepali government would reconsider its directive concerning the suspension of its workers from coming to Malaysia.

"I will attempt to communicate with the Nepali High Commissioner here on Monday (tomor-

row) to further discuss the issue.

"Many industries in Malaysia rely on foreign labour... but there are problems with the intake process, which benefits third parties.



Many industries in Malaysia rely on foreign labour... but there are problems with the intake process, which benefits third parties.

M. KULASEGARAN
Human resources minister

"For example, the visa processing fee for Nepali workers is only US\$20 (RM80). But, it is understood that thousands of ringgit are charged for other costs, such as medical check-up, which are managed by companies or individuals approved by the previous government."

He said the government was studying the matter and was looking for other mechanisms to simplify the intake of foreign workers.

This, he said, included the possibility of reverting to the old "government-to-government" system, without the need for a third party.

"By eliminating the middlemen, we are also eliminating the opportunity for corruption."

Newspaper Cutting

Headline : 2 kematian, 116 kes kemalangan setiap hari
Publication : Harian Metro
Date : 77 July 2018
Page : 76

2 kematian, 116 kes kemalangan setiap hari

Ipol: Dua kematian dan 116 kes kemalangan di tempat kerja yang dilaporkan setiap hari tahun lalu mendorong kerajaan mengambil pelbagai langkah dalam mewujudkan tempat kerja yang selamat, sihat selain bebas kemalangan dan penyakit.

Menteri Sumber Manusia M Kulasegaran berkata, berdasarkan statistik berkenaan ia bersamaan dengan 42,513 kes kemalangan di tempat kerja setahun. manakala kematian pula adalah 711 kes yang jika mengikut penilaian antarabangsa belum berada pada tahap serius.

"Justeru, dalam usaha menjadikan tempat kerja selamat, sihat dan bebas daripada kemalangan dan penyakit, kerajaan menyeru semua pihak sama ada pekerja, majikan dan badan bukan kerajaan (NGO) untuk bersama-sama menjalankan program dan aktiviti yang menyumbang ke arah pengurangan kemalangan.



KULASEGARAN (dua dari kiri) melawat gerai pameran selepas merasmikan majlis Penutup Minggu Keselamatan dan Kesihatan Pekerjaan 2018, semalam. *HM 76 20/7/18*

"Inisiatif bagi mengurangkan kemalangan ini selari dengan prinsip peraturan sendiri yang menjadi teras Akta Keselamatan dan Kesihatan Pekerjaan 1994 (OSHA 1994)," katanya dalam sidang media selepas merasmikan majlis Penutup Minggu Keselamatan dan Kesihatan Pekerjaan (OSH Week) 2018, semalam.

Selain itu, katanya, pihak berkuasa tempatan (PBT) juga perlu memainkan peranan dalam menjamin keselamatan penduduk sekitar kawasan industri yang mempunyai risiko bahaya.

"Kebanyakan industri pada asalnya beroperasi di kawasan jauh daripada penempatan, namun pembangunan pesat menyebabkan

kawasan kediaman semakin dekat dengan kawasan industri hingga ada yang langsung tiada zon penampakan.

"Zon ini sangat penting demi keselamatan rakyat yang mana jika berlaku sebarang insiden di kawasan industri berisiko, ia boleh membahayakan hingga jutaan nyawa," katanya.

*Majalah
Peningkatan*

Headline : TNB kukuhkan amalan keselamatan
Publication : Harian Metro
Date : 28 Julai 2018
Page : 19

TNB kukuhkan amalan keselamatan

19
28/7/18



KUALA LUMPUR - Tenaga Nasional Berhad (TNB) terus memperkukuh kepatuhan amalan keselamatan dalam kalangan warga kerja dan kontraktornya menerusi inisiatif baharu berkaitan budaya keselamatan iaitu Budaya Keselamatan Tenaga (TSC).

Presiden dan Ketua Pegawai Eksekutif TNB, Datuk Seri Ir. Azman Mohd. berkata, TSC menekankan empat elemen utama iaitu menilai, patuh, tegur dan prihatin.

Menurutnya, inisiatif membudayakan keselamatan di tempat kerja adalah antara usaha TNB untuk memastikan matlamat kemalangan



LAM THYE (empat dari kiri) dan Azman (dua dari kiri) melawat pameran selepas majlis pelancaran TSC sempena Hari Keselamatan Tenaga di Kuala Lumpur pada Isnin lalu.

sifar di tempat kerja tercapai di samping meningkatkan pematuhan terhadap peraturan kesihatan, keselamatan

dan persekitaran.

"Ia juga diyakini dapat mengukuhkan reputasi TNB selain meningkatkan lagi budaya

saling mengambil berat antara warga kerja," katanya dalam satu kenyataan semalam yang dikeluarkan selepas pelancaran TSC yang diadakan sempena Hari Keselamatan Tenaga pada Isnin lalu.

Menurut kenyataan sama, Pengerusi Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), Tan Sri Lee Lam Thye memberitahu, majikan dan pengurusan bertanggungjawab untuk memastikan keselamatan bukan sekadar menjadi keutamaan, malah menjadi budaya dalam organisasi mereka.

Katanya, kerjasama TNB dan NIOSH sejak 2007 menjadikan TNB antara syarikat berkaitan kerajaan yang menjadi penyumbang terbesar kepada perkembangan dan pencapaian NIOSH.

Wang Khas
Puting

Headline : Safety at work and at home
Publication : New Straits Times
Date : 29 Julai 2018
Page : 11

'GET HOME SAFE' CAMPAIGN

Safety at work and at home

TNB promotes health, safety and environmental awareness in its second Tenaga Safety Day

BERTINE HETA LAY
 KUALA LUMPUR
 Business and economy

TAKING a step to ensure safety remains the top priority of its workers, Tenaga Nasional Berhad (TNB) introduced 'Tenaga Safety Culture' (TSC) as its core initiative for this year's edition of its Tenaga Safety Day.

Tenaga Safety Day, which is in its second year, is TNB's effort to promote health, safety and environmental awareness at all levels to achieve zero accidents in the workplace.

The day is also an effort to support this objective, which is that safety not only a priority in the workplace, but also a lifestyle.

The theme, 'Get Home Safe', is in line with the company's desire to make sure its employees and contractors get back home safe.

TNB chief executive officer Datuk Seri Azman Mohd, in his opening speech, said TSC was fundamental in building a safety culture in TNB.

"We are practising TSC, it would not only increase our safety culture, but also boost the overall performance of every TNB employee," he said.

The four main aspects that TNB



Tenaga Nasional Berhad chief executive officer Datuk Seri Azman Mohd (right), National Institute of Occupational Safety and Health chairman Tan Sri Lee Lam Tye (middle) and TNB chief/branch, safety and environment officer Yusofwan Razman at the launch of the Tenaga Safety Culture Initiative of Tenaga Safety Day.

focused on for TSC were access, compliance, intervention and actively caring.

"The four aspects will help our employees to identify if a certain environment or situation is safe to work in."

"We want our workers to realise that their safety is everything. Not only for us, but also for their families who are waiting for them at home," he said.

On the efforts to make it into a culture, Azman said it would require

going into the "hearts and minds" of the people.

"We will try a softer approach to get our employees to do the right thing. We want to make it into a lifestyle."

"When you draw up a rule, they will follow for the sake of it. But when a reason is given, in our case, which is for them to go back safely to their families, they will try and incorporate it in their daily lives," he said.

TNB wishes to extend its effort at the community level, beginning from schools.

"For the second year, we have continued with the safety day celebration by visiting schools and universities to join us in interactive sessions."

Through various sessions conducted by organisations, students are exposed to the importance of working and staying in a safe and healthy environment.

Through collaborations with organisations, like the Fire and Rescue Department and Malaysia Institute of Road Safety, they are taught ways to keep an environment safe and healthy," he added.

National Institute of Occupational Safety and Health (NIOSH) chairman Tan Sri Lee Lam Tye congratulated TNB for being proactive in enhancing safety at workplace.

"The effort proves that the management is concerned about its employees."

"I believe this effort will also influence our community to reduce accidents in workplaces," he said.

Lee said the effort was one which should be practised and implemented in all corporations and workplaces in Malaysia.

He said TNB was one of the biggest government-linked companies, which contributed to the development and advancement of Negeri.



TNB employees looking at display of safety equipment.

He said TNB was ready to cooperate with TNB to enhance its safety and health management aspect, especially in facing challenges in the era of the Industry Revolution 4.0.

"We have to embrace the latest technology and slowly discard the traditional ways of doing things. And employees need bring more automation to safety management compliance and ensure safety equipment compliance."

Through its consultancy, research and development services, Misch is

ready to assist those who are willing to invest and to bring their occupational safety health (OSH) management to a higher level.

He said it was the responsibility of employers and management to ensure that safety was a culture at their organisation and not just a priority.

"OSH engineering is not the answer, we must work a situation where human and the OSH barriers and equipment. The workplace hazards are not addressed and controlled."



Tenaga Nasional Berhad chief executive officer Datuk Seri Azman Mohd (second from left), TNB vice president of grid Datuk Ir Ho Peng Chuan (third from left) and Tan Sri Lee Lam Tye (far right) at the launch of a TNB grid after the launch of the Tenaga Safety Day event.

Newspaper Cutting

Headline : TNB sasar sifar kemalangan
Publication : Utusan Malaysia
Date : 30 July 2018
Page : 07



LEE LAM THYE (depan, lima dari kanan), Azman Mohd. (depan, enam dari kanan) bersama para pegawai dan kakitangan TNB menyuarakan semangat Tenaga Safety Culture pada majlis pelancaran Tenaga Safety Culture sempena program Tenaga Safety Day 2018 di Kompleks Sukan TNB Bangsar, Kuala Lumpur, baru-baru ini. - UTUSAN/MOH. FARIZWAN HASBULLAH

TNB sasar sifar kemalangan

Oleh MOHD. AZRAIE MD. YUSOF
 (berpangkas)

■ KUALA LUMPUR 29 JULAI

TENAGA Nasional Berhad (TNB) melalui pelancaran inisiatif terbaharunya iaitu Tenaga Safety Culture (TSC) menyasarkan tiada lagi kemalangan iaitu membahayakan warga kerjanya sewaktu bertugas di lapangan.

Presiden dan Ketua Pegawai Eksekutif TNB, Datuk Seri Ir. Azman Mohd. berkata, warga kerja TNB tidak boleh lagi bersandarkan kepada peraturan keselamatan yang dikeluarkan organisasi itu semata-mata, sebaliknya perlu mengamalkan atau budaya yang dapat mewujudkan suasana selamat di tempat kerja.

"Sebagai sebuah syarikat yang mempunyai 36,000 warga kerja, TNB sentiasa mengambil berat tentang keperluan keselamatan dan kesihatan pekerja kerana mereka sentiasa berdepan dengan pelbagai risiko ketika melakukan kerja.

"Selain berpedunkan peraturan keselamatan sedia ada, kemalangan boleh dielakkan jika semua warga kerja TNB mengamalkan budaya keselamatan.

"Hasrat saya agar sasaran sifar kemalangan iaitu menjadi kenyataan. Kita mahu kemalangan mustahab yang berlaku sebelum ini sebagai kemalangan terlarut dalam TNB," katanya ketika berucap dalam Majlis Pelancaran TSC di Kom-



LEE LAM THYE (diri) dan Azman Mohd. menyuarakan rajai pelancaran Tenaga Safety Culture sempena program Tenaga Safety Day 2018.

pleks Sukan TNB, di sini baru-baru ini.

Majlis itu yang diadakan sempena pengumuman Tenaga Safety Day telah disempurnakan oleh Pengerusi Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), Tan Sri Lee Lam Thye.

Tenaga Safety Day merupakan program kesihatan, keselamatan dan alam sekitar (HSE) untuk warga kerja TNB dan anak syarikatnya yang bertujuan mempromosikan HSE serta menyokong

objektif TNB bagi memupuk budaya HSE.

Bersempakan Get Home Safe, TNB mahu warga kerjanya melaksanakan tugas seluaran dengan selamat agar mereka dapat pulang ke pangkuan keluarga tersayang.

Pelbagai acara diadakan sempena program tersebut iaitu pameran oleh agensi-agensi keselamatan, pemeriksaan kesihatan, persembahan video serta pertandingan keselamatan untuk pelajar-pelajar sekolah serta universiti.

Mengulas lanjut mengenai TSC, Azman berkata, budaya keselamatan itu menekankan empat tingkah laku utama iaitu menilai, patuh, tegur dan prihatin.

Jelas beliau, menilai merupakan amalan yang penting kerana situasi yang dihadapi pekerja mungkin berbeza-beza dan memerlukan mereka untuk menggunakan kebijaksanaan masing-masing untuk memastikan keselamatan terjamin.

Selain contoh, sekiranya berdepan situasi luar biasa seperti cuaca tidak baik atau bencana banjir, pekerja haruslah mengambil keputusan dengan mempertimbangkan untuk menggunakan prosedur sedia ada atau mengubahsai prosedur itu mengikut situasi semasa.

"Kemudian kita ada amalan patuh iaitu mematuhi peraturan yang telah dikuatkuasakan. Situasi berdepan sebarang situasi tidak selamat, pekerja perlu bintakan kerja tersebut dan rujuk kepada penyelia atau pegawai bertanggungjawab.

"TSC juga menerapkan amalan tegur. Jika tertangkap pekerja lain melakukan tingkah laku atau keadaan tidak selamat, kita haruslah menegur kerana kadangkala mungkin mereka terlepas.

"Yang terakhir adalah prihatin. Sikap ini memberikan impak yang positif dan baik sekiranya dapat mewujudkan suasana selamat di tempat kerja di samping mengiktirafkan lagi buaian-baian sesama pekerja," ujarnya.

Contohi TNB wujud budaya keselamatan

KUALA LUMPUR 29 Julai - Syarikat-syarikat korporat serta syarikat milik kerajaan (GLC) wajar mencontohi Tenaga Nasional Berhad (TNB) yang melancarkan Tenaga Safety Culture (TSC) bagi menerapkan budaya kerja selamat dan sihat dalam kalangan warga kerjanya.

Pengerusi Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), Tan Sri Lee Lam Thye berkata, adalah menjadi tanggungjawab majikan dan pihak pengurusan untuk memastikan pengutusan keselamatan dan kesihatan pekerjaan (KKP) bukan hanya menjadi keutamaan, malah dijadikan sebagai budaya korporat di organisasi masing-masing.

"Syabas kepada TNB atas usahanya melancarkan TSC sempena pengumuman Tenaga Safety Day. Ini mesej yang jelas bahawa TNB begitu menitikberatkan KKP serta prihatin kepada warga kerjanya.

"Saya harap bahawa usaha seperti ini boleh membantu masyarakat dan negara mengurangkan kejadian kemalangan di tempat kerja terutama dalam kalangan warga kerja TNB yang diketahui umum sentiasa berdepan risiko tinggi," katanya.

Besau berkata demikian kepada pemberita selepas menyempurnakan Majlis Pelancaran TSC di Kompleks Sukan TNB, di sini baru-baru ini.

Yang turut hadir, Presiden dan Ketua Pegawai Eksekutif TNB, Datuk Seri Ir. Azman Mohd.; Pengerusi Jabatan Keselamatan dan Kesihatan Pekerjaan Negara Selangor, Mohd. Anuar Embi; Ketua Pengarah Jabatan Alam Sekitar Malaysia, Datuk Dr. Ahmad Kamardin; dan Pengarah Kawal Selia Keselamatan Elektrik Suruhanjaya Tenaga, Mohd. Elmi Anas.

Menurut Lam Thye, keseriusan TNB dalam aspek KKP juga jelas dapat dilihat melalui komitmen organisasi itu menghantar warga kerjanya menjalani latihan di NIOSH.

Malah, kata beliau, TNB sendiri menghantar pegawai-pegawainya sebagai tenaga pengajar dalam kursus-kursus yang ditawarkan di NIOSH seperti NIOSH-TNB Safety Passport (NSTP).

"Selain itu, NIOSH turut menjalin kerjasama dengan TNB melalui TNB Integrated Learning Solution (ILSAS) dalam menjalankan kursus-kursus KKP selain beberapa projek perubidangan KKP seperti program Behaviour Based Safety (BBS) yang dijalankan secara bertulis.

"NIOSH sentiasa bersedia untuk membenarkan kerjasama bagi memantapkan lagi aspek pengurusan KKP di TNB terutama dalam menghadapi cabaran baharu dalam era Revolusi Industri 4.0 (IR4.0)," katanya.



LEE LAM THYE (diri) dan Azman Mohd. (dua dari kiri) melawat garis persembahan sempena program Tenaga Safety Day 2018 dan pelancaran Tenaga Safety Culture di Kompleks Sukan TNB Bangsar, Kuala Lumpur, baru-baru ini.

Menerangkan
 Penting

Headline : History of Heat waves in Malaysia
Publication : New Straits Times
Date : 29 Julai 2018
Page : 10

History of HEAT WAVES IN MALAYSIA

MALAYSIANS will not have to endure a temperature any higher than 34°C this year, despite intense heatwaves in some parts of Asia and Europe. **TEH ATIKHA YUSOF**, speaks to Malaysian Meteorological Department director-general **Adi Bahari**, who explained how the country would be spared from scorchingly high temperatures this time.

Adi said the highest temperatures — 32°C-33°C — usually occurred in the three months between July and September.

"Fortunately, the weather is not forecast to be harsh this year," he told the *New Sunday Times*.

Adi said based on past weather patterns, Malaysia would face its driest and most humid months during the Equinox phenomenon in late March and late September. However, this year's Spring Equinox in March brought about moderate temperatures, unlike two years ago when the El Niño phenomenon caused a sweltering dry spell that damaged crops and reduced water levels in dams.

2018

Malaysia is experiencing its highest temperature of **34°C**

WARMEST TIMES OF THE YEAR IN MALAYSIA

CURRENT WEATHER IN MALAYSIA (UP TO JULY 2018)

Normal, no severe weather forecast. (Maximum temperature of 34°C)

ADDITIONAL INFORMATION
 Malaysia typically experiences the Equinox Phenomenon twice a year, starting from March 20 or 21, and again from Sept 22 or 23.

MONTHS
 July, August, September

HEALTH EFFECTS OF PROLONGED EXPOSURE TO HOT WEATHER

- Hyperthermia (heatstroke)
- Heat edema (swelling of hands, feet and ankles due to dilation of blood vessels)
- Heat rash (prickly heat)
- Organ damage
- Heat cramps
- Heat syncope (fainting)
- Heat exhaustion

2018
 The start of the Spring Equinox phenomenon on March 21 this year brought about slightly longer daylight hours, as per usual. But the highest temperature forecast will be 34°C, thus sparring Malaysians from dangerously higher temperatures seen recently in East Asia and Europe.

2017
 The Natural Resources and Environment Ministry, through the Forestry Department, issued a freeze on the issuance of open-burning permits due to dry weather in June. Highest temperature recorded that year was 38°C.

2016
 Malaysia recorded its second worst dry spell in history between March and April due to the El Niño phenomenon. The worst dry spell in Malaysia had occurred 18 years prior to that, when temperatures reached 40.1°C in Chipping, Perlis, on April 9, 1998. But the 2016 incident stood out as it claimed the lives of two 23-year-old youths who suffered from heatstroke.

Temperatures reached 38.5°C in 2016 in six worst-hit areas in the north and east coast of the peninsula — Chipping, Perlis, Alor Star, Kuala Lipat and Lulusi Merbau, Perak; and Batu Kaman and Temerloh, Pahang.

Police training centre in Alor Arah, Kedah, and Kolej Universiti Teknikal student Wan Mohd Amir Faizal Wan Ismail, 23, both died in separate incidents at the height of the dry spell.

250 schools were closed. Cased seeding was conducted to increase water levels at dams and water catchment areas.

The government disbursed aid to farmers affected by the prolonged dry weather. The Agriculture and Agro-based Industry Ministry allocated up to RM1,000 for fruit farmers and RM2,000 for vegetable and cash farmers affected by the dry spell in June.

2015
 A dry spell caused low water levels in certain dams in Johor, but the most visible effect was seen in the more than 500 hush and forest fires in Sabah throughout March.

2014
 A dry spell in February, with temperatures reaching 36°C, affected several areas in the peninsula, with the northern region being the worst hit. More than 3,400 palm farmers in Kedah and Perlis suffered from damaged crops.

TIPS TO STAY HYDRATED IN HOT WEATHER

- Drink lots of cold plain water, of 15- to 20-minute intervals during exercise.
- Take fluids before and after exercise.
- Maintain the colour.
- Avoid caffeine and sweet drinks.
- Exercise with loose or light-weight clothes.
- Avoid sunlit areas.
- Difficulty in breathing
- Increased sweating
- Increased and painful heart rate
- Confusion
- Fatigue

HEALTH WARNING SIGNS

- Very high body temperature
- Increased dizziness
- Vomiting
- Seizure
- Confusion
- Dehydration
- Fatigue

MAP: HIGHEST RECORDING TEMPERATURES IN SOUTHEAST ASIA

Malaysia	47.2°C
Brunei	42°C
Indonesia	42.7°C
Philippines	42.2°C
Thailand	44.6°C
Vietnam	42.6°C
Malaysia	40.1°C
Brunei	35°C
Singapore	37°C
Indonesia	39.5°C

Newspaper Cutting