

NIOSH UPDATES

Issue 21, Volume 11, 2018

Air kosong,
isotonik kurangkan
risiko **strok haba**



Air kosong, isotonik kurangkan risiko strok haba

Cuaca Panas :

Nasihat Kepada Orang Ramai

1. Cuaca panas memberi tekanan fizikal kepada tubuh manusia. Kesan terhadap kesihatan boleh jadi dari tahap sederhana (mild) kepada yang boleh menyebabkan maut contohnya akibat strok haba.

2. Semua orang berisiko menjadi mangsa cuaca panas. Walau bagaimanapun, terdapat kumpulan yang lebih berisiko:

- Mereka yang terbabit dengan kegiatan aktiviti fizikal di luar seperti buruh, peladang, ahli sukan, tentera, polis dan lain-lain.
- Orang dewasa (berumur 40 tahun ke atas mempunyai risiko 10 kali ganda berbanding dengan mereka yang lebih muda).

- Kanak-kanak berumur lima tahun ke bawah.
- Penghidap penyakit sistem pernafasan.
- Penghidap penyakit darah tinggi, jantung, kencing manis dan penyakit kelenjar tiroid.

Risiko bertambah jika mereka memakai pakaian tebal dan ketat yang menghalang haba keluar daripada penyejatan dan pengeringan peluh.



Air kosong, isotonik kurangkan risiko **strok haba**

3. Gejala cuaca panas melampau adalah :

- Sakit kepala
- Keletihan
- Lemah tumpuan
- Pening
- Lemah otot-otot atau kekejangan
- Mual dan muntah

Keadaan yang terlalu teruk boleh menyebabkan dehidrasi (kekeringan), kekeliruan dan tidak sedarkan diri (koma).

4. Cara mencegah atau mengurangkan kesan terhadap kesihatan akibat cuaca panas melampau:

Anda Perlu :

- Minum air kosong dengan banyak tanpa mengira tahap aktiviti fizikal yang anda lakukan. Jangan tunggu sehingga anda dahaga.
- Minum minuman isotonik kerana ia boleh menggantikan garam dan mineral yang hilang semasa berpeluh.
- Sejauh mana yang boleh, anda perlu berada di dalam rumah/bangunan
- Hadkan aktiviti luar
- Kerap berehat
- Mandi atau gunakan kipas angin untuk menyejukkan tubuh badan anda
- Pakai pakaian yang ringan, berwarna-terang dan longgar.
- Pakai topi atau payung yang besar



Air kosong, isotonik kurangkan risiko strok haba

Elak:

- Minum minuman yang mengandungi kafein, alkohol, atau kandungan gula yang tinggi.
- Membiarkan seseorang di dalam kereta yang tertutup.
- Bersenam dalam cuaca panas

5. Jika anda mempunyai tanda-tanda masalah berkaitan dengan suhu panas, ingat tip-tip di bawah;

- Keluar dari kawasan yang panas
- Tanggalkan pakaian yang ketat
- Letakkan kain yang basah dan sejuk pada badan
- Gunakan kipas untuk sejukkan badan
- Minum air setiap 15 minit
- Dapatkan bantuan jika keadaan tidak dapat dikawal.



TANDA - TANDA AWAL STROK HABA

- 1 Kerap sakit kepala
 - 2 Mudah hilang fokus
 - 3 Lidah menjadi bengkak
 - 4 Suhu badan melebihi 39°C
 - 5 Nadi berdenyut laju
 - 6 Tekanan darah rendah
 - 7 Badan lesu dan kerap pengsan
 - 8 Badan tidak berpeluh
 - 9 Kulit kering dan kemerah-merahan
- 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 selalunya akan naik sehingga 41°C atau lebih dalam masa 10 hingga 15 minit. Malah, strok haba sekiranya tidak dikawal boleh menyebabkan kematian atau hilang keupayaan kekal.

**Seandainya anda mengalami tanda-tanda ini, anda disarankan
berjumpa doktor bagi mendapatkan rawatan**

Contractor Health and Safety Compliance for Small to Medium-Sized Construction Companies. 1st Edition

by [Zakari Mustapha](#) (Author), [Clinton Aigbavboa](#) (Author), [Wellington Thwala](#) (Author)

This book explores the formation of small and medium-sized construction company's (SME) compliance with health and safety issues in developing countries. Little has been written about the formation of SME contractors' health and safety compliance for developing countries, especially, in the sub-sahara regions where construction and infrastructure development activities have significantly increased in order to serve the development mandate of those countries. Thus, this book will provides insight into construction safety for SMEs, as well as health and safety compliance, and its policy implementation trends and development.

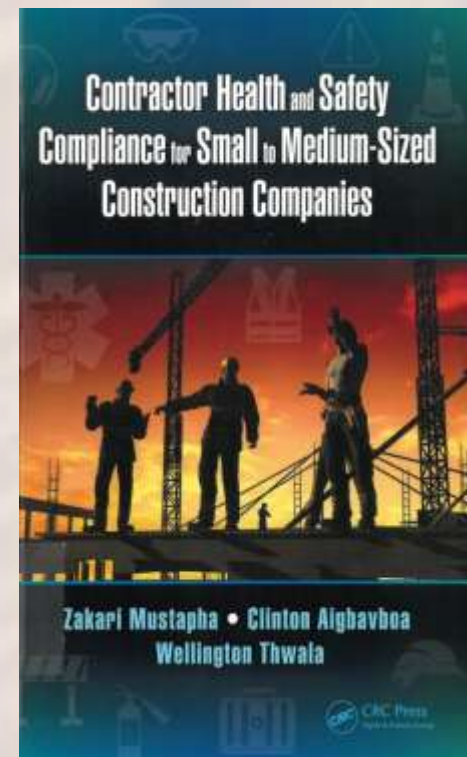
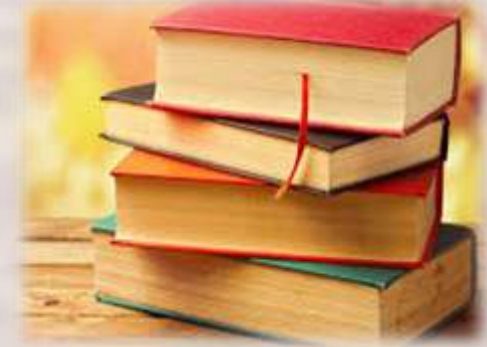
Editorial Reviews

Review

"Little has been written about small and medium sized contractors' health and safety compliance in developing contries, and this applies especially, in the sub-sahara regions where construction and infrastructure development activities have significantly increaed in order to serve the development mandate of these countries. Thus, this book is intended to provide insight into construction safety for SMEs."

—Jacky Steemson, *The RoSPA OS&H Journal*, 2018

BOOK REVIEW



Contractor Health and Safety Compliance for Small to Medium-Sized Construction Companies. 1st Edition

by [Zakari Mustapha](#) (Author), [Clinton Aigbavboa](#) (Author), [Wellington Thwala](#) (Author)

About the Author

Zakari Mustapha, is a lecturer at the Department of Building Technology, School of Engineering, Cape Coast Technical University, Cape Coast, Ghana. His research interest are in the fields of construction health and safety, environmental management and construction industry development (Education and training).

Professor Clinton Aigbavboa, PhD, is an Associate Professor at the University of Johannesburg, South Africa. His research interest are situated in the fields of sustainable human development, with the focus on: sustainable housing regeneration (urban renewal and informal housing), Life Cycle Assessment in the Construction Industry, remanufacturing, leadership in low-income housing, Biomimicry, post occupancy evaluation, construction project management, construction health and safety and green job creation.

Professor Wellington Thwala, PhD, He is one of the researchers rated by the National Research Foundation (NRF). He is a Professor of Construction Project Management and Masters Programme Coordinator at the Department of Construction Management and Quantity Surveying, University of Johannesburg. Professor Thwala has varied research interests, which include project management, construction health and safety, engineering design management, economic and social infrastructure delivery, operations and production management and business competitive intelligence.

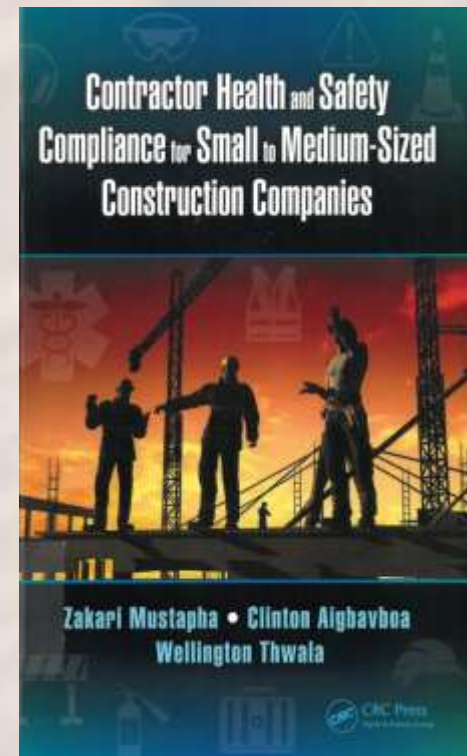
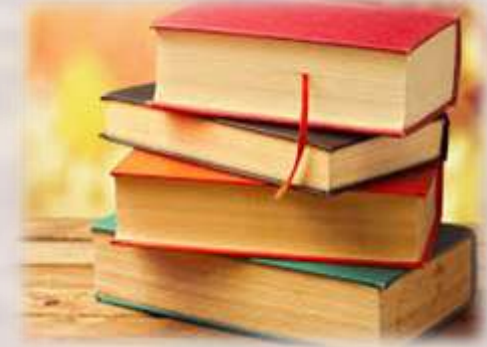
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BOOK REVIEW



Newspaper Cutting



Headline : Malaise of poor maintenance
Publication : The Star
Date : 01 November 2018
Page : 32V

Malaise of poor maintenance

STAR
32V
11/1/18

THOSE involved in the tourism industry should adopt good occupational safety and health (OSH) management practices and an excellent maintenance culture to help reduce the number of accidents and health problems in the sector.

The incident where 12 people were injured when part of a jetty in Pulau Anak Tikus, Langkawi, collapsed on Oct 29 once again highlighted the very poor maintenance and safety culture in our country.

In the 1.50pm incident, a group of 40 tourists, including from Universiti Malaysia Kelantan, were walking on the jetty when it suddenly gave way. They had just arrived in Pulau Anak Tikus, a popular destination known as Fossil Island.

The authorities responsible for the maintenance and upkeep of the said jetty must be held responsible for the incident.

I agree with the Langkawi Tourism Organisation pro tem chairman Ahmad Pishoi Ishak who said the incident is a wake-up call on the need to conduct proper maintenance of all tourism facilities and amenities throughout the island.

Jetties, especially wooden ones, must be frequently checked and safety audits carried out on such

facilities as their condition could deteriorate due to wear and tear, inclement weather and the corrosive sea water.

Looking at the latest incident, it is clear that safety and health was not taken seriously and there was a lack of constant checking and monitoring. It also shows that the safety audit was not carried out regularly to ensure that the structure was safe.

Both federal and state governments should direct all the relevant authorities to undertake safety audits of all jetties and other facilities and do something to address our poor maintenance culture to avoid preventable incidents or accidents.

What happened in Langkawi was a needless incident and could have been avoided.

At the same time, the government should also allocate funds to repair and upgrade existing facilities for tourists, including jetties that are in poor condition.

The maintenance culture should also be improved and this could be done with more funding for the relevant government departments, agencies and local authorities with dedicated staff to carry out maintenance works.

When preparing the annual budget, the government must take into account the maintenance

aspect and the cost must be included in the allocation to build tourism infrastructure and facilities.

Those responsible for the tourism facilities must provide sufficient annual allocation to maintain them since adequate funds and good maintenance culture would help ensure that the facilities provided are at an optimum level at all times.

Over the years, the government has spent billions on the development of infrastructure and facilities for the country but what is regrettable is the lack of maintenance and commitment to safety.

This has to be rectified and every effort must be made to inculcate the culture of maintenance and safety. Poor maintenance and safety can lead to accidents and injuries.

Various preventable incidents are also a reflection of a Malaysian malaise that is clearly manifested in inferior quality work, poor execution, inept management, poor maintenance and lack of ethics and integrity.

Everyone must curb this Malaysian malaise so that our country will no longer be deemed as "having a First World infrastructure but Third World mentality".

TAN SRI LEE LAM THYE
Kuala Lumpur



Headline	: Address poor maintenance culture
Publication	: New Straits Times
Date	: 03 November 2018
Page	: 16

SAFETY FIRST

NST 16 3/11/18

ADDRESS POOR MAINTENANCE CULTURE

THOSE in the tourism industry should adopt and implement good occupational safety and health (OSH) management practices to help reduce the number of accidents and health problems in the sector.

The recent incident where 12 people were injured when part of a jetty on Pulau Anak Tikus, Langkawi, collapsed on Oct 29 again highlighted our poor maintenance and safety culture.

In the 1.50pm incident, a group of 40 tourists, including from Universiti Malaysia Kelantan, were walking on the jetty when it suddenly gave way. They had just arrived at Pulau Anak Tikus, a popular destination known as Fossil Island. The authorities responsible for the maintenance and upkeep of the said jetty must be held accountable for the incident. The incident is a wake-up call on the need to conduct maintenance checks on all tourism fa-

ilities and amenities on Langkawi.

OSH for tourism industry must be practised for the safety of all. Jetties, especially wooden ones, must be frequently checked and safety audits done regularly. Such facilities are vulnerable to wear and tear due to frequent use, the weather and the corrosive sea water.

This latest incident clearly shows that safety and health procedures were overlooked. The relevant authorities were negligent. Safety audits were definitely not carried out, or this would not have happened. Both federal and state governments should direct all relevant authorities and agencies to undertake safety audits of all jetties and other facilities and address the poor maintenance culture to prevent a recurrence.

Funds should be allocated to repair and upgrade existing facilities for tourists, including jet-



The jetty at Pulau Anak Tikus, Langkawi, which collapsed on Oct 29. Twelve people were injured in the incident. FILE PIC

ties. Allocate more funds to the relevant government departments and agencies so that they are able to carry out the necessary maintenance checks.

Over the years, the government has spent billions on the development of infrastructure and facilities for the country but what is regrettable is the lack of maintenance and commitment to safety. This has to be rectified and

every effort must be made to inculcate the culture of maintenance and safety.

Poor maintenance and safety culture in Malaysia can lead to unnecessary accidents which are a reflection of the Malaysian malaise, clearly manifested in inferior quality work, poor execution, inept management, poor maintenance and lack of ethics and integrity.

Malaysia should no longer be known as "having first-world infrastructure but with third-world mentality".

Improving a country's image and safety culture is not only the responsibility of the government, but also the duty of every citizen.

TAN SRI LEE LAM THYE
Kuala Lumpur

Malaysian Business

Headline : Lee: Mental health funding needed to tackle issue
Publication : New Straits Times
Date : 07 November 2018
Page : 13

HEALTH

13 7/11/18

Lee: Mental health funding needed to tackle issue

KUALA LUMPUR: The government should set aside allocation to support efforts in tackling mental health issues under the 2019 Budget, said National Institute of Occupational Safety and Health chairman Tan Sri Lee Lam Thye.

While commending the government's initiative to increase the allocation for health services by 7.8 per cent from RM27 billion to RM29 billion, Lee said the Health Ministry should also provide allocation for preventive programmes to combat stigma against those with mental illness.

"We have inadequate resource allocation for mental health.

"A special division should be established to beef up the mental health unit, and implement and monitor the strategy on mental health development.

"This includes coordinating the psychiatry and primary care services, increasing the number of counsellors at primary health clinics, improving training programmes, developing anti-stigma and health literacy campaigns and enhancing promotion of mental health.

"Pervasive stigma on mental illnesses exists and studies indicated that 40 per cent of Malaysians would suffer from mental health issues in their lifetime," he said yesterday.

Lee, who is also patron of the Malaysian Psychiatric Association (MPA), said the National Health and Morbidity Survey 2017 on mental health among youths revealed that 29 per cent of adolescents suffered from depression and anxiety disorder compared with 12 per cent in 2011.

"The survey showed that one out of five adolescents felt depressed, two out of five felt anxious, 11.12 per cent had suicidal thoughts and 10.1 per cent attempted suicide.



Mental illnesses are affecting our workforce, including teachers and government servants.

TAN SRI LEE LAM THYE
National Institute of Occupational Safety and Health chairman

"Another survey done by experts on the prevalence of depression among Malaysians also revealed a 50 per cent increase in the number of depressed patients from 2011 to 2015.

"Mental illnesses are affecting our workforce, including teachers and government servants.

"A study conducted by the Education Ministry last year, for example, showed that 4.4 per cent, or 2,123 teachers, experienced moderate stress level. Civil servants also had an average score in the Malaysia Psychological Wellbeing Index, which was conducted in August."

He said Malaysia spent only 1.3 per cent of the health budget on mental health compared with an international

average of 2.8 per cent, according to a report in 2015.

Lee, who is a member of the Mental Health Promotion Advisory Council, said mental health problems would become the second biggest health issue affecting people after heart disease by 2020.

Mental health at workplace should also be given due attention as it would affect the productivity of the employees, said Lee.

"This should not be taken lightly as, according to the Health Ministry's 2016 Malaysia Health Systems Research, mental health issues have a huge impact on the economy.

"The government and the community at all levels need to address mental illnesses, and develop preventive strategies and programmes in managing mental wellbeing.

"Mental health should not be ignored. On the contrary, it should be given adequate attention and allocation as it could cost the country and employers billions of ringgit if not addressed," he said.

Newspaper Cutting



Headline : Set budget for mental health
Publication : The Star
Date : 8 November 2018
Page : 32V

Set budget for mental health

AS health is an important item for all Malaysians, it is gratifying to note that funds for health services under Budget 2019 will increase by 7.8% to RM29bil from last year's allocation of RM27bil.

Of this, RM10.8bil would be allocated to restore clinics and hospitals and for the purchase of medicine and medical equipment. Through a private insurance company, the government would also introduce a National Health Protection Fund for the B40 group.

While all these initiatives are commendable, a substantial allocation must also be set aside to help support efforts to tackle mental health issues and promote mental wellness in the country.

Among others, the Health Ministry needs to provide allocations for preventive programmes and initiatives to combat the stigma of mental illness.

A special division should be established to beef up the existing mental health unit in the ministry and help implement and monitor the strategy on mental health development, which includes coordinating the psychiatry and primary care services, increasing the number of counsellors at primary health clinics, improving training programmes, developing inter-sectoral anti-stigma and health literacy campaigns and enhancing promotion of mental health.

It was reported that mental health disorders are on the rise in every country in the world and could cost the global economy up to US\$16 trillion between 2010 and 2030 if a collective failure to respond is not addressed.

The Lancet Commission report by 28 global specialists in psychiatry, public health and neuroscience, as well as mental health patients and advocacy groups, said the growing crisis could cause lasting harm to people, communities and economies worldwide.

In Malaysia, pervasive stigma of mental illnesses still exists even though studies indicate that 40% of Malaysians would suffer from mental health issues in their lifetime. The National Health and Morbidity Survey 2017 on mental health among youths also revealed that one out of five adolescents feels depressed; two out of five feel anxious; 11.2% have suicidal ideation and 10.1% had attempted suicide.

There are 5.5 million adolescents in Malaysia as of 2018. The survey also shows that 29% of Malaysians suffered from depression and anxiety disorder compared with 12% in 2011.

Another survey done by experts on the prevalence of depression among Malaysians also revealed a 50% increase in the number of patients suffering from the condi-

tion between 2011 and 2015, and that mental illnesses are affecting our workforce, including teachers and government servants.

A study conducted by the Education Ministry last year, for example, showed that 4.4% or 2,123 teachers were identified as experiencing moderate stress level. Civil servants also achieved an average score in the Malaysia Psychological Wellbeing Index, which was conducted last August.

Scientists in the United States have also warned that children as young as two years old are developing mental health problems because of smartphones and tablets. Their studies show that staring at a screen just an hour a day can be enough to make children more likely to be anxious or depressed.

Unfortunately, we have inadequate resource allocations for mental health. According to a Harvard report in 2015, Malaysia only spends 1.3% of its government health budget on mental health compared to an international average of 2.8%.

This is something that cannot be taken lightly as, according to the Health Ministry's 2016 Malaysia Health Systems Research, mental health issues leave a large impact on the economy.

It was also predicted that mental health issues would become the second highest health problem

affecting Malaysians after heart disease by 2020 unless proper measures are taken to address them. The government and community at all levels need to address mental illnesses and develop preventive strategies and effective programmes to manage mental wellbeing.

Mental health at the workplace should be given due attention as it is expected to be one of the main concerns in the new digital era, affecting the productivity of the staff in any organisation.

The government and employers must be aware that the neglect of mental health and psychosocial factors at the workplace is not only detrimental to the individual worker but also directly affects the productivity, efficiency and output of any organisation.

No workplace or segment of the community is immune to mental disorders and their deep impact in psychological, social and economic terms.

Mental health should no longer be ignored. On the contrary, it should be given adequate attention and allocation as it could cost the country and employers billions of ringgit if not properly addressed.

TAN SRI LEE LAM THYE
Patron
Malaysian Psychiatric
Association

Malaysian Psychiatric Association

Headline : Pemandu maut dihempap jentera berat
Publication : Kosmo
Date : 11 November 2018
Page : 10

Pemandu maut dihempap jentera berat

SERIAN - Seorang pemandu jengkaut maut apabila dihempap jentera berat yang dikendalikan dalam satu kejadian di sebuah ladang kelapa sawit di Rayang di sini tengah malam semalam.

Dalam kejadian kira-kira pukul 12.30 tengah malam itu, mangsa, Thian Shee Hiun, 70, disahkan mati selepas berjaya dikeluarkan daripada bawah jentera berkenaan pada pukul 3.22 petang.

Penolong Pengarah Operasi Jabatan Bomba dan Penyelamat Sarawak, Tiong Ling Hii berkata, pihaknya menerima panggilan berhubung kejadian itu pada pukul 12.31 tengah malam.

Katanya, sejourus menerima panggilan kecemasan daripada majikan mangsa, sepasukan anggota lima anggota bomba dari Balai Bomba dan Penyelamat (BBP) Serian telah diarah-

kan ke lokasi untuk melakukan operasi mengeluarkan mangsa.

Katanya, pihak bomba mengambil masa lebih daripada 15 jam untuk mengeluarkan mangsa yang dihempap jengkaut berkenaan.

"Anggota bomba mengalami kesukaran untuk mengeluarkan mangsa disebabkan terpaksa menunggu jentera berat lain bagi mengangkat jentolak berkenaan.

"Apabila berjaya mengangkat jengkaut tersebut, anggota bomba kemudian menemui mangsa dalam keadaan sudah tidak bernyawa lagi," katanya ketika dihubungi semalam.

Menurutnya, mayat mangsa kemudian diserahkan kepada pihak polis untuk tindakan lanjut dan operasi tamat sejourus mayat mangsa dibawa ke Hospital Serian untuk bedah siasat.



ANGGOTA bomba membantu mengeluarkan mangsa yang terperangkap di bawah jengkaut di sebuah ladang kelapa sawit di Rayang, Serian semalam.

Headline : Media firms urged to have budget for safety
Publication : New Straits Times
Date : 02 November 2018
Page : 81

OSH

Media firms urged to have budget for safety

KUALA LUMPUR: Employers, including those from the media, should come up with a budget to boost their workers' knowledge on occupational safety and health (OSH).

National Institute of Occupational Safety and Health (Niosh) chairman Tan Sri Lee Lam Thye said awareness on OSH among media practitioners was low, despite many of them being exposed to accidents and injuries.

He said employers should not consider the extra allocation on safety as a financial burden.

"A lot of companies, when asked about what they are doing about OSH, said they had no budget (for it).

"We understand that the economy is not so good now and companies are embarking on cost-saving measures.

"But we must never take the safety of our workers (for granted).

"If one of them has an accident, the company will lose a trained asset.

"In some cases, this can lead to the decline in the company's productivity.

"Don't consider this as a bur-



National Institute of Occupational Safety and Health chairman Tan Sri Lee Lam Thye (second from right) at an OSH programme in Bangli yesterday. PIC BY LUQMAN HAKIM ZUBIR

den but part of your effort in caring for them," he said after launching an OSH programme with the media in Bandar Baru Bangli yesterday.

About 50 media personnel took part in the seminar.

Lee said it was important for media companies to invest in equipment that could assist their staff in their duties.

"For example, drones can be used at disaster areas without having to send reporters to high-risk locations."

He added that reporters needed to know their rights when it came to their safety.

"Say they are assigned to cover dangerous and high-risk areas. If the company does not provide equipment that can ensure their

safety, they have the right to decline the job."

Lee said Niosh was planning to introduce a free induction programme on safety to media practitioners next year.

He hoped that the one-day programme would help participants familiarise themselves with the importance of staying safe while on duty.

Newspaper Cutting

Headline : Media urged to adopt safety-first approach
Publication : StarMetro
Date : 10 November 2018
Page : 9E



Lee (second from right) at the opening of an occupational safety and health programme for media personnel in Bangor, Bani.

Media urged to adopt safety-first approach

Organisations need to train their staff on staying safe while on duty, says Niosh chairman

By SIMON RHOD
srhod@khsstar.com.my

WANT to prevent fires, different media organisations took part in an occupational safety and health (OSH) programme in Bangor, Bani, Bani, recently.

Present to launch the event was National Director of Occupational Safety and Health (OSHA) Chairman Tan Sri Lee Lay Chye.

In his speech, Lee said Niosh was to cling to work with media organisations to hold training programmes for their staff.

During the programme, he offered his basic first-aid skills, fire safety, the use of fire extinguishers, personal protective equipment (PPE) and how to get accurate information on the areas where they will be assigned.

"Based on our feedback, great OSH practices among media practitioners was still low and the awareness level must be sustained," he said.

Lee urged media organisations and their staff to refer to the Guidelines for Media Practitioners in relation to safe work practices, published by the Department of Occupational Safety and Health under the Human Resources Ministry.

He said the guidelines tracked a safe work procedure, which stressed that media practitioners must have sufficient information and preparation when carrying out coverage in risky areas and environmentally hazardous areas.

"It is frustrating when some employees consider great OSH practices a trivial issue and do not seem to implement them in their respective media organisations."

"Large employers, including those from the mining, oil and gas sectors to improve workers' knowledge of OSH as safety should be a priority to maintain production," he said, adding that such awareness should not be seen as a "checkbox" despite the present economic slowdown.

Lee also called upon the media to play their part to help Niosh, the ministry's parent agency, in creating a safe working environment so that a "zero accident" target could be achieved.

Under the OSH Master Plan 2016-2020, the ministry has set the target to reduce industrial accidents to 2.3 per 1,000 workers and industrial injury rate to 4.36 per 100,000 workers by 2020.

Lee said environmental pollution, more frequent natural disasters and the emergence of new diseases and zoonotic diseases were among the new challenges faced by media practitioners.

"Technology changes related to OSH can enable media organisations to protect their employees and help their partners as well."

"The example, high-tech PPE can provide protection for non-practitioners working in risky situations such as landfills, gas leak or collapsed buildings," he said.

Lee added that the usage of drones and remote sensing devices could be helpful for prevention in high-risk areas.

My Newspaper Cutting

Headline : OSHCIM bantu kurangkan risiko kemalangan pekerja
Publication : Berita Harian
Date : 13 November 2018
Page : 43

OSHCIM bantu kurangkan risiko kemalangan pekerja

BH 43 13/11/18

Petaling Jaya: Kementerian Sumber Manusia bercadang untuk memandatorikan garis panduan *Occupational Safety and Health in Construction Industry-(Management)* (OSHCIM) untuk setiap pemaju industri menjelang 2020.

Timbalan Menteri, Datuk Mahfuz Omar, berkata langkah itu bertujuan menurunkan risiko kadar kemalangan dan kematian pekerja, dari peringkat awal projek pembinaan, membabitkan semua pihak.

Beliau berkata, berdasarkan peruntukan undang-undang sedia ada, tanggungjawab Keselamatan dan Kesihatan Pekerjaan (KKP) digalas sepenuhnya oleh kontraktor, manakala penguatkuasaan oleh Jawatankuasa Keselamatan dan Kesihatan (JKKP) hanya terhad kepada kontraktor.

Katanya, kementerian itu kini sedang dalam fasa meminda Akta Keselamatan dan Kesihatan Pekerjaan (AKKP) 1994, bagi me-

wujud dan menambah baik peruntukan berkaitan tanggungjawab kontraktor, pemaju atau pemilik dan pereka untuk membuat penaksiran risiko.

Syor pemaju patuhi piawaian OSHCIM

"Sehubungan itu, kita menyarankan setiap pemaju industri mengikut syor atau piawaian dalam garis panduan OSHCIM, yang ditetapkan JKKP sebelum ia dilaksanakan sebagai mandatori kelak," katanya.

Beliau berkata demikian ketika berucap pada Majlis Pelancaran Projek Rintis Pematuhan Garis Panduan OSHCIM di tapak projek pembinaan Sunway Serene di sini, semalam.

OSHCIM adalah konsep penyingkiran punca bahaya melalui reka bentuk sebelum fasa pembinaan bermula.

Ia juga berkaitan dengan pembangunan mampan, kebertanggungjawaban dan ketahanan, kepada perubahan yang akan menyemarakkan inovasi dalam KKP, khasnya dalam



Mahfuz Omar

sektor pembinaan.

Mahfuz berkata, melalui reka bentuk atau *safe-by-design* yang terkandung dalam garis panduan OSHCIM, ia perlu diberi perhatian oleh pihak terbabit dari permulaan cadangan projek pembinaan.

Pada majlis itu, beliau turut menyampaikan sijil penghargaan kepada enam pemaju sektor pembinaan, yang terbabit dalam projek rintis pematuhan garis panduan OSHCIM, antaranya Dewan Bandaraya Kuala Lumpur (DBKL), IJM Corporation Berhad dan Mah Sing Group Berhad.

Mahfuz Omar
Petaling

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→ KESELAMATAN PEKERJA

Garis panduan OSHCIM tangani kemalangan di tempat kerja

● Elak kecederaan, kehilangan nyawa jamin persekitaran selamat

Diah Harjani Ngah
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• Bangi

Sepak keselamatan di Malaysia semakin sering dipengaruhi dengan berita kemalangan di tempat kerja beritanya di tapak pembinaan yang membahayakan nyawa.

Kredensiti ini memandikan keselamatan dan kesihatan masyarakat berhubung dengan keselamatan di tempat kerja. Pada tahun 2017, ada lebih 2.01 juta setiap 1,000 pekerja, manakala kadar kemalangan maut sebanyak 4.96 bagi setiap 100,000 pekerja.

Ketua Pegawai Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP), Dr Omar Abdul Fakh, berkata, berdasarkan perincian kemalangan di tapak pembinaan, kadar kemalangan adalah 3.40 bagi setiap 1,000 pekerja, manakala kadar kemalangan maut ialah 4.57 bagi setiap 100,000 pekerja.

"Secara keseluruhannya, tahap keselamatan dan kesihatan pekerjaan di Malaysia masih lagi berprestasi baik berbanding dengan negara-negara lain, manakala kadar kemalangan di negara-negara lain dari 1994 hingga 2009."

"Ia dianggarkan pada 2007, kadar kemalangan di Malaysia adalah 4.77 bagi 1,000 pekerja dan kadar maut adalah 2.34 bagi 100,000 pekerja."

"Bagaimanapun, untuk terjamin bahawa tapak pembinaan ini adalah penunjangannya, bandar dan JKKP perlu mengambil langkah mengatasi masalah ini. Langkah terbaik adalah dengan memastikan Sektor Keselamatan dan Kesihatan Pekerjaan untuk Pembangunan Kecil dan Sederhana, berprestasi tinggi."

Omar berkata, sebagai langkah awal, ia adalah untuk memastikan keselamatan serta memastikan keselamatan di tapak pembinaan.



Hulu bersemaran
Garis Panduan OSHCIM



Keselamatan dan kesihatan pekerjaan dalam sektor pembinaan perlu diambil perhatian oleh semua pihak bagi menjamin keselamatan di tempat kerja.



Omar Abdul Fakh
Ketua JKKP

Kita juga menyediakan standard, garis panduan, pelan strategik berkaitan keselamatan dan kesihatan pekerjaan

perlu memastikan setiap projek di atas dan di bawah.

Memudahkan KKP

"Apakah itu dan ia diwujudkan untuk memastikan projek-projek pembangunan, pembinaan, keselamatan dan kesihatan pekerjaan (KKP) melalui Akta Keselamatan dan Kesihatan Pekerjaan (AKKPP) 1994 serta Akta Keluaran dan Kerja (AKK) 1967 ke atas tempat kerja yang berisiko tinggi menggunakan kepada keselamatan di tempat kerja."

"Kita juga menyediakan standard, garis panduan, pelan strategik berkaitan keselamatan dan kesihatan pekerjaan, contohnya Carta Panduan Keselamatan dan Kesihatan Pekerjaan dalam Industri Perumahan (Perumahan) 2017 atau lebih dikenali sebagai OSHCIM."

"KKP juga membolehkan pihak-pihak yang terlibat dalam projek-projek pembangunan, keselamatan dan kesihatan pekerjaan untuk memastikan keselamatan dan kesihatan pekerjaan di tapak pembinaan."

Berdasarkan perincian ini,

daripada AKKPP 1994 dan AKK 1967 sedia ada, tanggungjawab KKP di bawah kontraktor sebagai majikan untuk melindungi pekerja dan orang lain yang bukan pekerja, dan pada halnya daripada akta-akta sebelumnya.

Bagi memastikan kontraktor melaksanakan tanggungjawab ini, undang-undang yang berkaitan seperti Perlembagaan Persekutuan (PEP), Jawatan Profesional (PJ), peraturan keselamatan dan kesihatan (OSHC), prosedur keselamatan (SOP) dan individu ditugaskan (DP).

Rekod JKKP menunjukkan pada 14,000 jumlah kejadian per-membinaan dan oleh kontraktor atau majikan 380 dan 500 bagi masing-masing berkaitan pembangunan KKP.

Selain itu, undang-undang yang berkaitan kontraktor bertandatangan membentuk pekerja dalam industri KKP melalui perubahan undang-undang keselamatan dan kesihatan (OSHC) di tapak kerja.

Sono daripada Akta JKK, dipertingkatkan peraturan yang dibuat dan ditandatangani oleh majikan dan pekerja adalah untuk memastikan keselamatan, sudi, keselamatan dan kesihatan pekerjaan di tapak kerja.

Dasar strategik masalah KKP

"Sebaliknya itu, Kementerian Sumber Manusia (KSM) dalam masa-masa AKKPP 1994 lagi mewujudkan dan memandikan baik perundangan berkaitan tanggungjawab kontraktor, penjaminan dan pekerja untuk membuat perubahan pada dan meningkatkan 'safety culture' memandikan pekerja KKP daripada awal fasa projek pembinaan."

Keselamatan dan kesihatan pekerjaan

"Bagaimanapun, masalah ini berlaku terutamanya KKP di awal fasa pembangunan atau lebih berkesan memandikan baik di tapak pembinaan," katanya.

Selain itu, JKKP mengambil inisiatif memandikan kadar kemalangan dan kematian pekerjaan segera ini.

"Perubahan keselamatan adalah reka bentuk yang berbanding dengan Garis Panduan OSHCIM per-kuasa di tapak kerja setiap 'safety culture' dan awal fasa projek pembangunan kerana ia berfokus memandikan pekerja kemari melalui reka bentuk sebelum fasa pembangunan bermula."

Omar berkata, OSHCIM sangat berkesan, pengurangan kemalangan kemalangan dan kesihatan pekerjaan yang memandikan projek-projek pembangunan, manakala dalam KKP, khususnya di sektor pembinaan."

"Kita berharap jabatan ini memandikan projek-projek pembangunan dan projek pembangunan OSHCIM sebagai panduan yang memandikan projek-projek pembangunan, manakala dalam KKP, khususnya di sektor pembinaan."

"Kita berharap jabatan ini memandikan projek-projek pembangunan dan projek pembangunan OSHCIM sebagai panduan yang memandikan projek-projek pembangunan, manakala dalam KKP, khususnya di sektor pembinaan."

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Malaysian Building