

# NIOSH UPDATES

## Issue 13, Volume 12, 2019



AUGUST 26TH - 27TH 2019

KUALA LUMPUR CONVENTION CENTRE, MALAYSIA

22<sup>ND</sup> CONFERENCE AND EXHIBITION ON OCCUPATIONAL SAFETY & HEALTH



OCCUPATIONAL LUNGS DISEASES





**AUGUST 26TH - 27TH 2019**

**KUALA LUMPUR CONVENTION CENTRE, MALAYSIA**

## **22<sup>ND</sup> CONFERENCE AND EXHIBITION ON OCCUPATIONAL SAFETY & HEALTH**

**"DRIVING OSH EXCELLENCE WITH INTEGRITY FOR THE FUTURE"**

### **About COSH**

The Conference and Exhibition on Occupational Safety and Health is an annual event organised by NIOSH in its aim to discuss the current issues and challenges in Occupational Safety and Health. This year marked 22th celebration of the Conference & Exhibition on Occupational Safety and Health which received encouraging response since its inception.

Since it first started in 1998, the conference had served as the premiere platform for OSH professionals in Malaysia to share and update their OSH knowledge and skills to meet the dynamic changes in the Malaysian working environment. COSH 2019 brings together regulators, practitioners, expert, researchers and suppliers towards a common aspiration which is to achieve a safer and healthier workplace for all.

The National Institute of Occupational Safety and Health (NIOSH) is a government institution established in 1992 with a mission to help industry and commerce to improve occupational safety and health (OSH) in their respective workplaces. NIOSH core activities are training, disseminating information, engaging in research and development (R&D) and carrying out consultancy services. As the national center for OSH, NIOSH is attracting many OSH professionals, practitioners and tertiary education students to participate in activities conducted by NIOSH.

For that reason, we are pleased to inform you that NIOSH will be organising its National Conference and Exhibition on Occupational Safety and Health (COSH2019) on 26th to 27th August 2019 at Kuala Lumpur Convention Centre (KLCC).

### **VISION**

To be the Leading Centre of Excellence in Occupational Safety and Health in Malaysia

### **MISSION**

To provide practical solution in the field of Occupational Safety and Health





**AUGUST 26TH - 27TH 2019**

**KUALA LUMPUR CONVENTION CENTRE, MALAYSIA**

## **22<sup>ND</sup> CONFERENCE AND EXHIBITION ON OCCUPATIONAL SAFETY & HEALTH**

### **COSH2019 THEME: DRIVING OSH EXCELLENCE WITH INTEGRITY FOR THE FUTURE**

In the global economy, occupational safety and health (OSH) issues are among the key determinants to a company's competitiveness through productivity enhancement and efficiency. Industries and employers must realize that four fundamental factors justify OSH management. These are, corporate social responsibility, integrity and moral obligation, good business sense and legal obligation. Common sense tells us that effective OSH management not only reduces the risk to safety and health but also ensure high returns to the company in terms of productivity and profitability. Managing OSH is not only essential for business competitiveness but also sustaining the well-being of the workforce.

In any business enterprise, the issue of preserving and retaining the employees is most urgent. The welfare of their human resources should be of utmost importance to employers and a pre-requisite to developing and maintaining a competent and highly skilled workforce. Therefore, OSH education and training is of paramount importance and employers should see it as an investment and not an expense.

#### **CONFERENCE FEE /**

**RM 1000 (Inclusive of SST)**

#### **Registration Fees**

1. NIOSH Membership / Government / Student /  
Speaker / Competent Person/Speaker  
RM 1000.00

#### **[REGISTER NOW](#)**

**Note : \*The above fees are subject to change to any amendment of law related to taxation.**

#### **[CONTACT US](#)**

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**AUGUST 26TH - 27TH 2019**

**KUALA LUMPUR CONVENTION CENTRE, MALAYSIA**

## **22<sup>ND</sup> CONFERENCE AND EXHIBITION ON OCCUPATIONAL SAFETY & HEALTH**

### **Excellent Accessibility and Connectivity**

Overlooking the iconic PETRONAS Twin Towers and the 50-acre KLCC Park, the Centre is strategically located in the heart of the Kuala Lumpur City Centre (KLCC) precinct, a 100-acre 'city within a city' development, where delegates and visitors attending events at the Centre are spoilt for choice given the varied and exciting range of recreational, entertainment, food & beverage and accommodation options, with over 25,000 hotel rooms (budget to 5-star properties) within walking distance.

The precinct infrastructure also provides excellent accessibility and connectivity, with the majority of attractions within a comfortable 5 to 10-minute walk via covered air-conditioned walkways from the Centre.

- Convenient
- Strategic Location
- Powerful Collective Offering
- Over 25,000 Hotel Rooms (Budget to 5-star Properties) within Walking Distance

### **Accommodation On-site**

Hotels next to the Centre

Mandarin Oriental Kuala Lumpur  
643 rooms • 41 suites • 51 apartments

Grand Hyatt Kuala Lumpur  
370 rooms • 42 suites

Traders Hotel Kuala Lumpur  
520 rooms • 51 suites

Impiana KLCC Hotel  
519 rooms • 21 suites • 1 royal suite





**AUGUST 26TH - 27TH 2019**

**KUALA LUMPUR CONVENTION CENTRE, MALAYSIA**

**22<sup>ND</sup> CONFERENCE AND EXHIBITION ON OCCUPATIONAL SAFETY & HEALTH**

## **PARKING RATE**

### **KL Convention Centre Parking Rate:**

Special Rate

Early Bird (Monday-Friday)

ENTRY between 5:00am-9:00am and EXIT

between 4:00pm-12:00am (Flat Rate RM 18.00)

\*Exit before 4:00pm or after 12:00am,  
normal rate will apply. KL Convention Centre Parking Rate:

Current Rate

1st Hour RM 5.00

2nd Hour & Every Subsequent Hour RM 4.00

\*Exit before 4:00pm or after 12:00am,  
normal rate will apply.



# OCCUPATIONAL LUNGS DISEASES

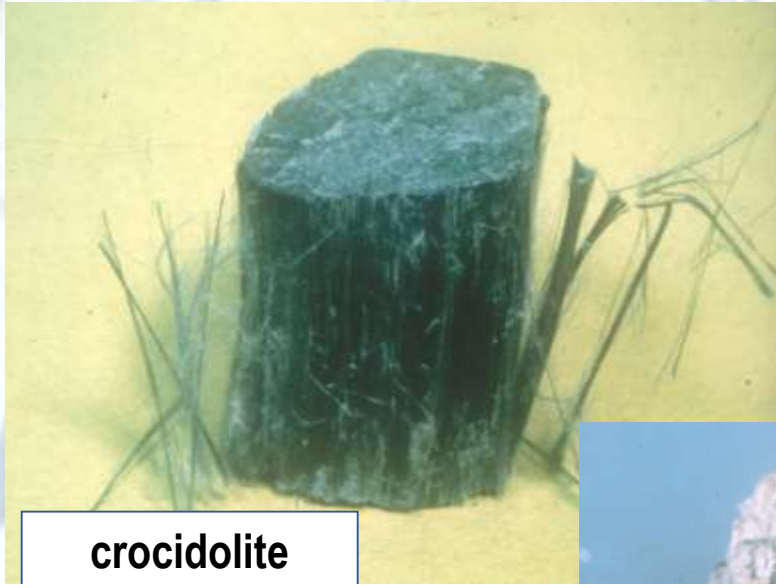
**PNEUMOCONIOSIS & ASBESTOS RELATED  
DISEASES**

# ASBESTOSIS



- Asbestosis – lung fibrosis due to inhalation of asbestos fibers.
- **Symptoms:** shortness of breath, non-productive cough
- **Diagnosis:** exposure history, physical exam, CT scan/chest X-rays and lung function tests

# TYPES OF ASBESTOS



crocidolite



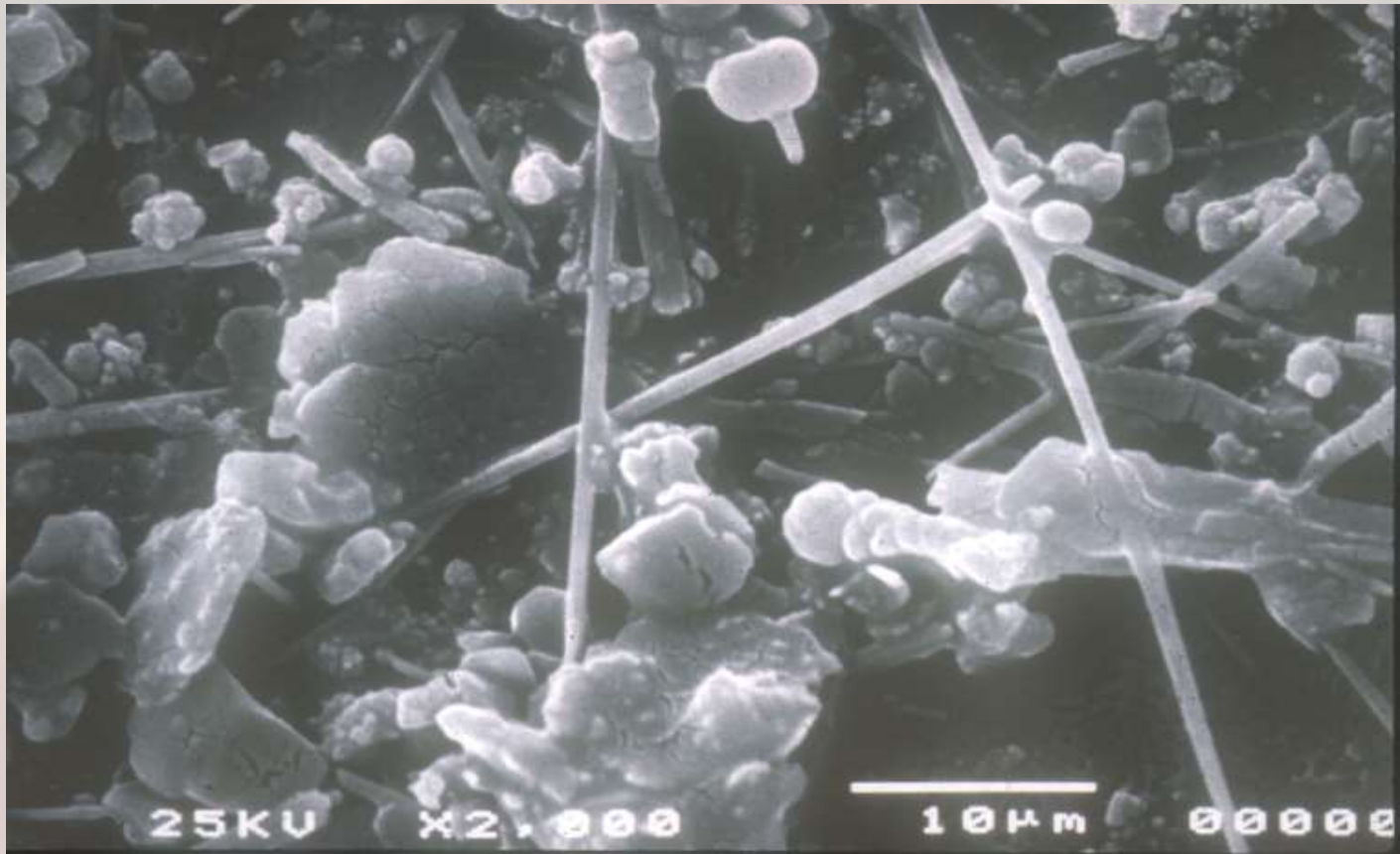
amosite



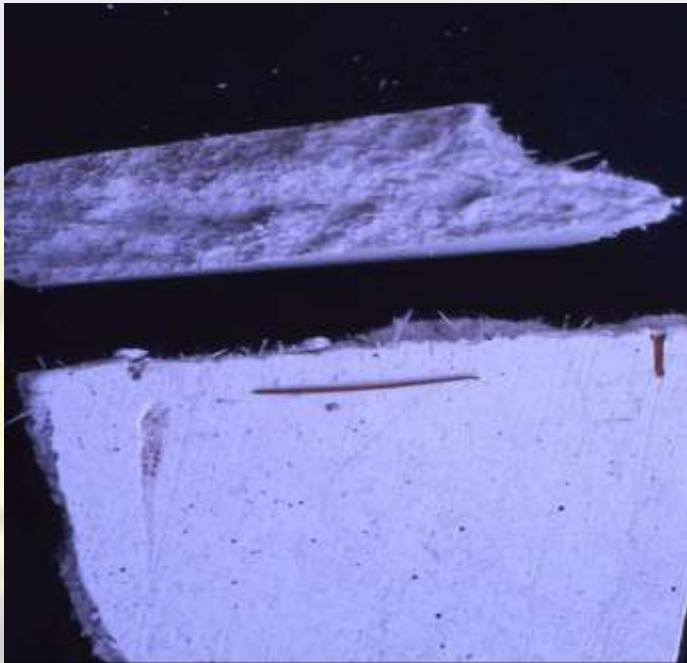
Chrysotile

CHRYSOTILE  
LAC D'AMIANTE DU QUEBEC, LTEE  
BLACK LAKE, QUEBEC

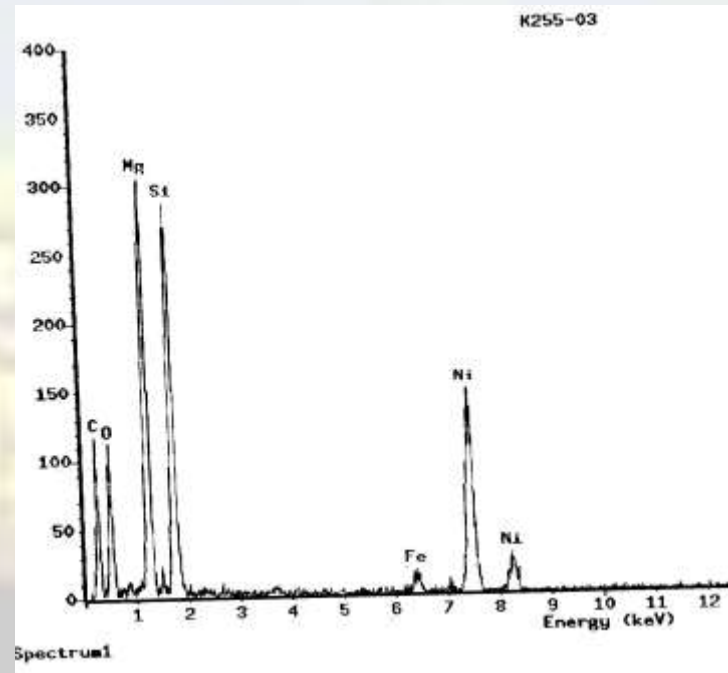
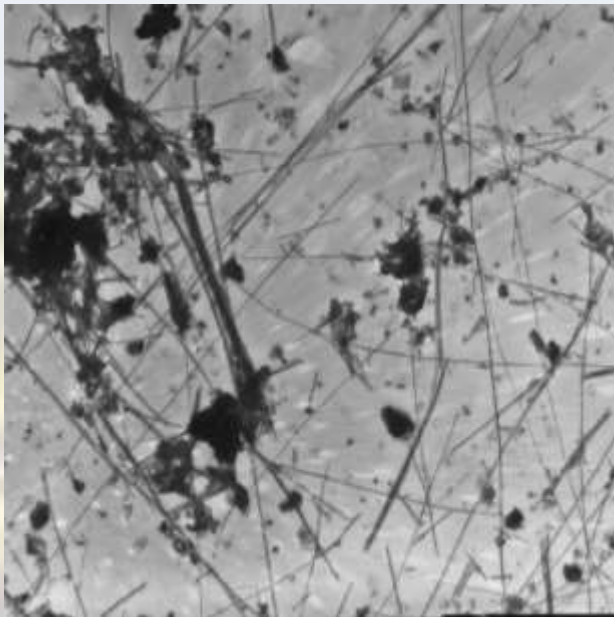
# ASBESTOS FIBRE



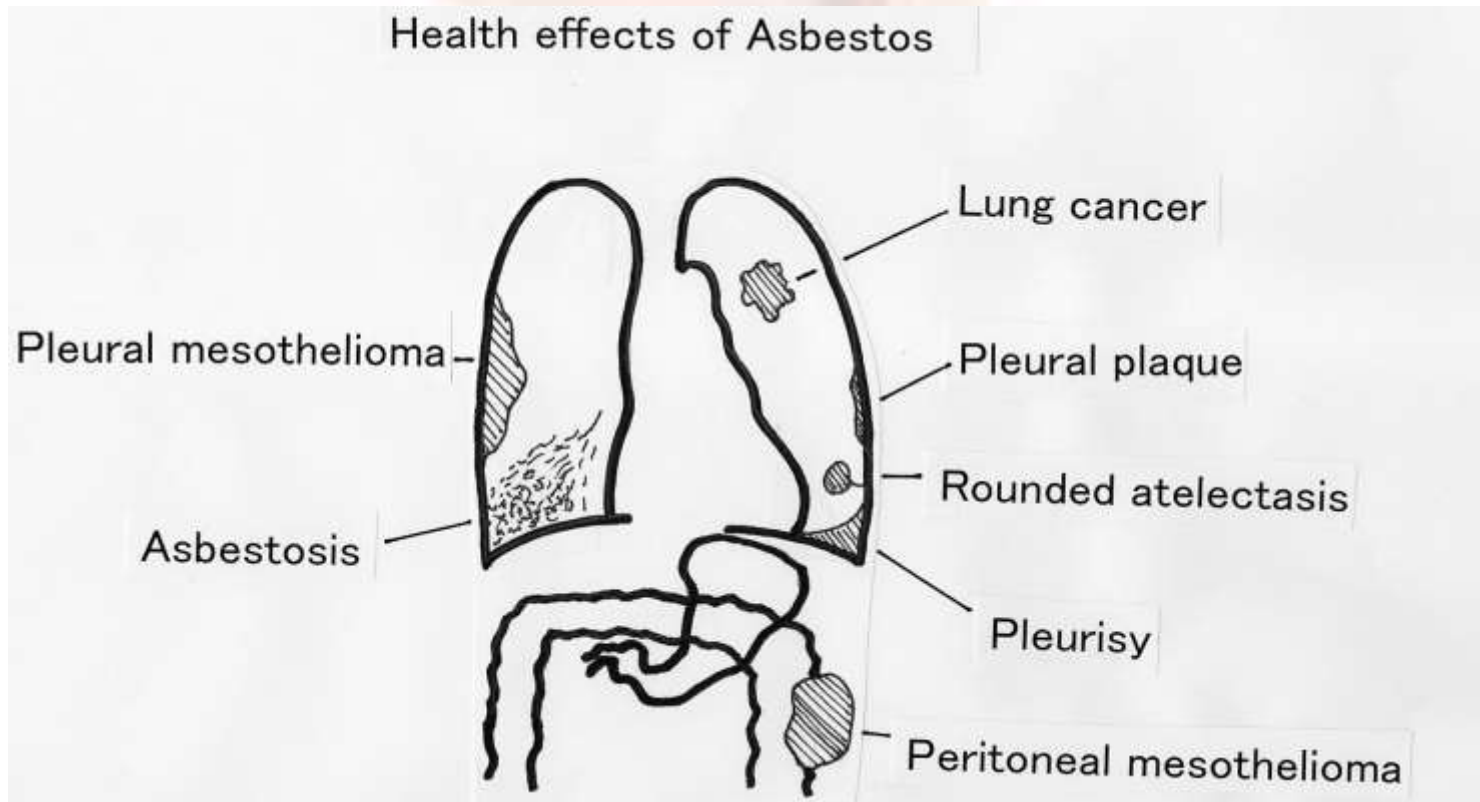
# CONSTRUCTION MATERIALS USING ASBESTOS



# CHRYSOTILE FIBERS DETECTED IN A DECAYED CORRUGATED ROOFING SHEET

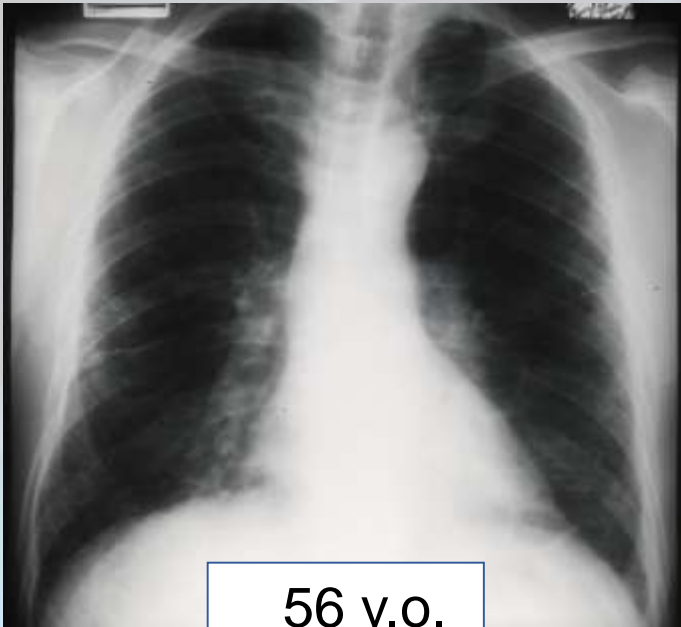


# HEALTH DISORDERS DUE TO ASBESTOS

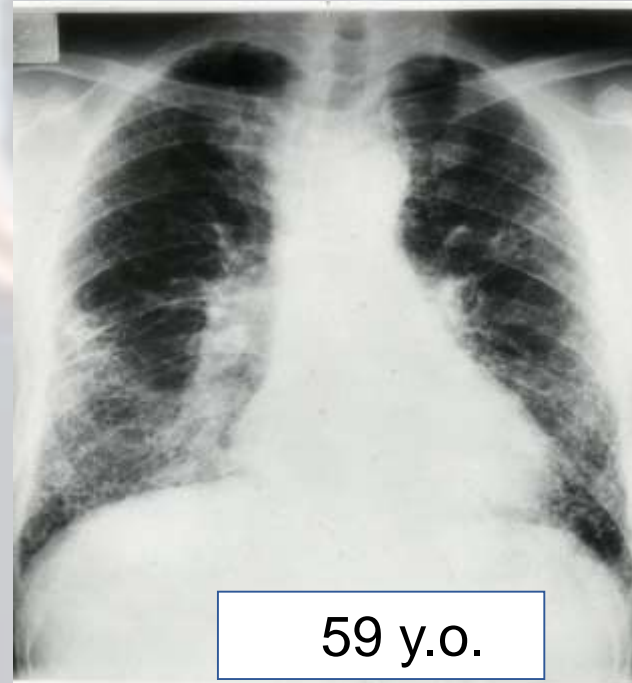


# ASBESTOSIS

Carpenter for 23 years

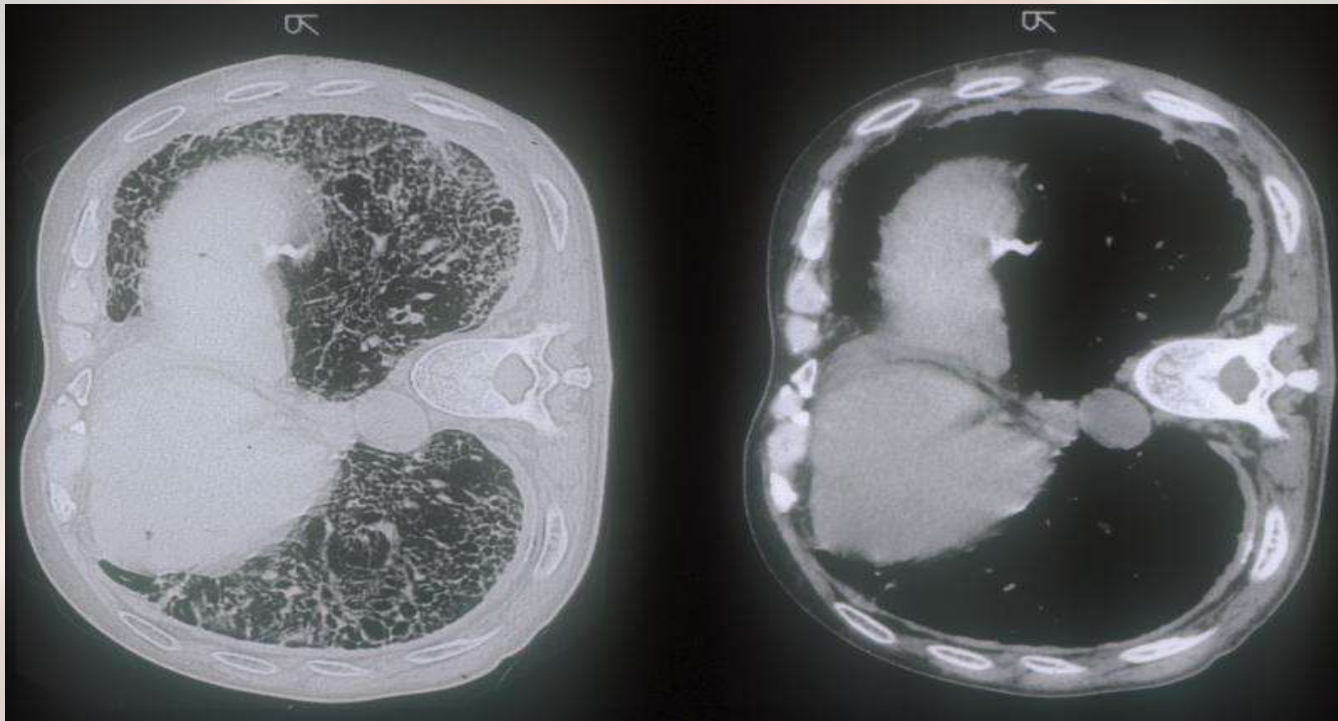


56 y.o.



59 y.o.

# ASBESTOSIS AND PLEURAL PLAGUE

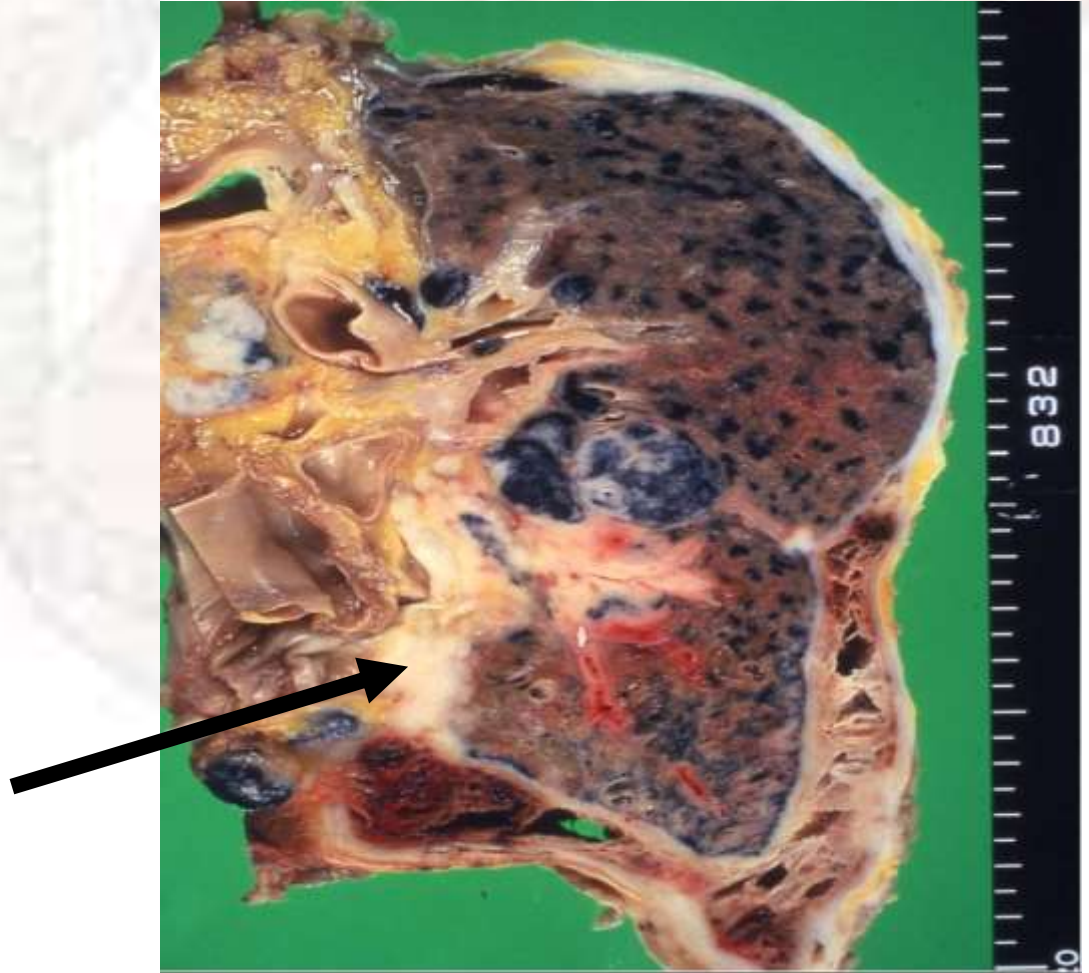


# PLEURAL PLAGUE

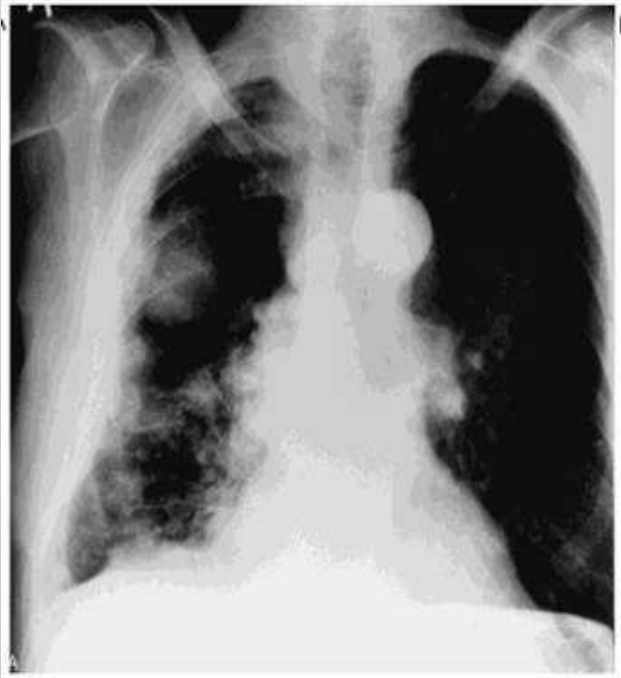


ASBESTOS

**LUNG CA  
DUE TO  
ASBESTOS**



# MALIGNANT MESOTHELIOMA



- Large mass at axillary region
- Pleural effusion – bloody, large amount, recur within a short period
- Marked irregular nodular thickening of the pleura of the whole right lung

# SILICA (SiO<sub>2</sub>)



# SILICOSIS



# PROGRESSIVE MASSIVE FIBROSIS



# WHAT IS SPIROMETRY

- Used to measure the rate at which the lung changes volume during forced breathing maneuvers
- Parameters : FVC,  $FEV_1$ ,  $FEV_1/FVC$ ,  $FEF_{25-75}$ , PEF
- Prediction equations based on age and height, and different equations based on gender and ethnicity
- Flow-Volume Curve and Time-Volume Curve

# WHY PERFORM SPIROMETRY?

- As an overall, general measurement of lung function
- Detects early lung dysfunction
- Identifies high risk smokers
- To classify the disease as restrictive/obstructive
- To determine the effects of drug treatment
- To monitor the progress of the disease
- Quantitative basis of lung impairment
- PEFr may underestimate the degree of airways obstruction; and cannot differentiate between obstruction and restriction

# WHEN TO PERFORM SPIROMETRY?

- As part of a general patient's health program
- As part of pre-employment screening
- For health insurance screening
- As a regular check for employees working in high risk environments for lung disease
- Clinical studies

# WHO SHOULD SUPERVISED?

- The Medical Practitioner
- The Occupational Health Doctor / Nurse
- The Hospital Respiratory Technician
- The Primary Healthcare Nurse
- The Physiotherapist

# Industrial Hygiene: Improving Worker Health through an Operational Risk Approach (Sustainable Improvements in Environment Safety and Health)

1st Edition

by [Frances Alston](#) (Author), [Emily J. Millikin](#) (Author), [Willie Piispanen](#) (Author)

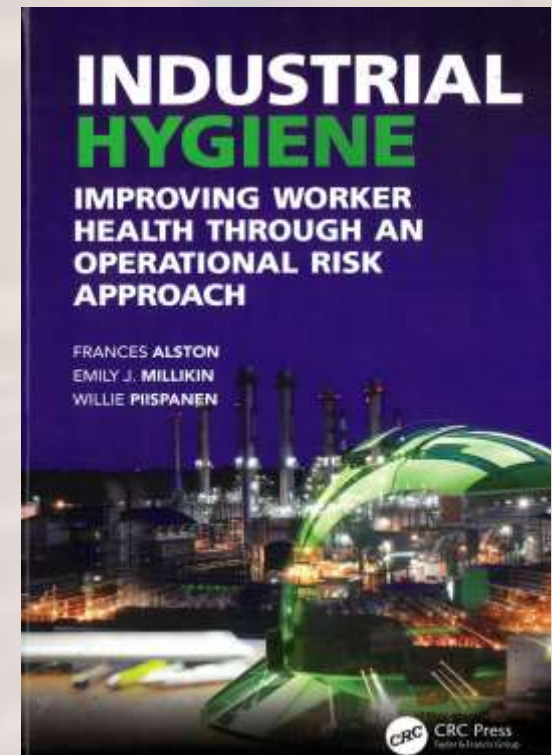
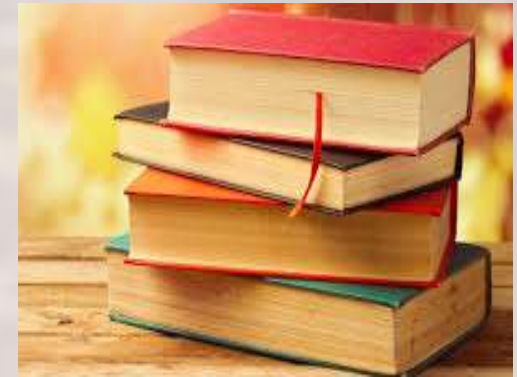
Over the past forty years, the Industrial Hygiene profession has significantly grown, and is expected to continue to grow as workplaces evolve in the development, management, and usage of hazardous materials. This growth in the profession is also related to the shift in public knowledge and perception regarding the acceptance of the health risk from activities performed at work and home. As time progresses, workplaces are being regulated to not only minimize the health impacts to the workforce, but also decrease the likelihood of negatively impacting the environment. Society has become more educated on the potential impacts on human health and the environment that hazardous materials, activities, and environments can pose. As such, there has been a noticeable decrease in the acceptance of risk by workers and the public. The accepted standard of performance for Industrial Hygiene has grown beyond compliance, but now also focuses on improving existing processes and practices to create a workplace free from work related injury and illness.

## Features:

- Shows application of risk mitigating techniques for industrial hygienists
- Explains the definition of risk and how it applies to health and safety management
- Defines the need for quality data management and continuous improvement in assessments
- Describes the role of the Industrial Hygienist and risk management when responding to emergencies

*Industrial Hygiene: Improving Worker Health through an Operational Risk Approach* focuses on the implementation of Industrial Hygiene, using a risk-based approach, in an operational environment. The approaches and methods described in this book are designed to assist the Industrial Hygienist in managing workplace risks, including risks associated with anticipation, recognition, evaluation, and hazard control processes.

## BOOK REVIEW

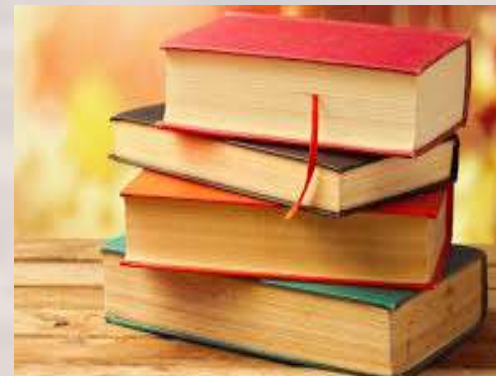


# BOOK REVIEW

## Industrial Hygiene: Improving Worker Health through an Operational Risk Approach (Sustainable Improvements in Environment Safety and Health)

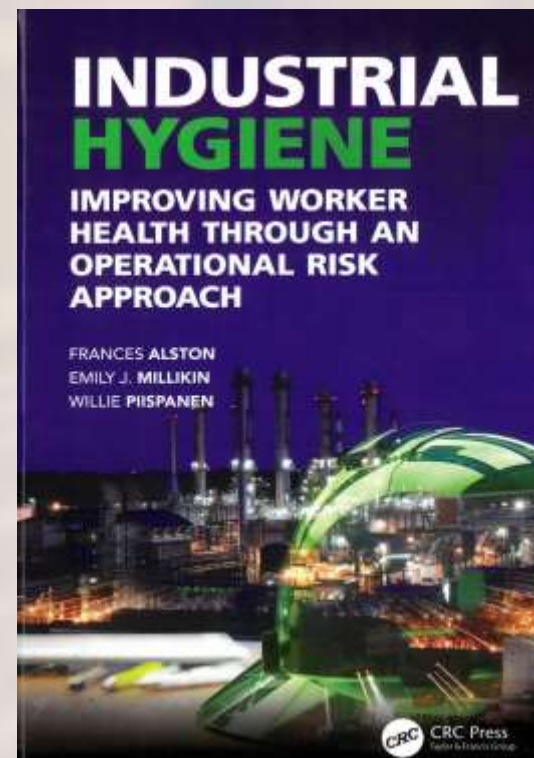
1st Edition

by [Frances Alston](#) (Author), [Emily J. Millikin](#) (Author), [Willie Piispanen](#) (Author)



### Product details

- **Series:** Sustainable Improvements in Environment Safety and Health
- **Hardcover:** 198 pages
- **Publisher:** CRC Press; 1 edition (February 27, 2018)
- **Language:** English
- **ISBN-10:** 1498773575
- **ISBN-13:** 978-1498773577
- **Product Dimensions:** 6.1 x 0.5 x 9.2 inches
- **Shipping Weight:** 1 pounds ([View shipping rates and policies](#))
- **Average Customer Review:** [Be the first to review this item](#)
- **Amazon Best Sellers Rank:** #2,704,122 in Books ([See Top 100 in Books](#))
  - #1064 in [Technology Safety & Health](#)
  - #947 in [Environmental & Natural Resources Law \(Books\)](#)
  - #1058 in [Industrial Health & Safety](#)



# Newspaper Cutting



**Headline** : Vision Zero pastikan persekitaran kerja selamat  
**Publication** : Berita Harian  
**Date** : 11 Julai 2019  
**Page** : 05

## Vision Zero pastikan persekitaran kerja selamat

**Putrajaya:** Pelaksanaan Vision Zero dalam aspek pengurusan Keselamatan dan Kesihatan Pekerjaan (KKP) oleh setiap organisasi dan syarikat di negara ini dijangka dapat mengurangkan kadar kemalangan di tempat kerja serta penyakit akibat pekerjaan.

Menteri Sumber Manusia, M Kulasegaran berkata, KKP sudah dilaksanakan di negara ini namun pendekatan baharu perlu dalam usaha berterusan mencegah kemalangan di tempat kerja dan penyakit akibat pekerjaan.

Katanya, Vision Zero iaitu gabungan tiga dimensi penting: keselamatan, kesihatan dan kesejahteraan adalah satu pendekatan transformasi yang bertujuan memastikan, persekitaran kerja selamat serta kondusif kepada pekerja dan majikan.

"Inisiatif Vision Zero ini dilihat dapat memberi nafas baharu dalam aspek KKP di negara ini dan diyakini kemalangan atau penyakit pekerjaan boleh dielakkan, malah setiap organisasi mesti meletakkan sasaran sifar bagi setiap perkara berkaitan.

"Vision Zero juga bersifat holistik kerana ia merangkumi aspek kesejahteraan di tempat kerja, sekali gus memberi peluang kepada institusi dan syarikat untuk sama-sama menyertai gerakan sedunia dalam mempromosi KKP dan mencapai tahap KKP lebih baik di organisasi masing-masing," katanya.

**Inisiatif Vision Zero ini dilihat dapat memberi nafas baharu dalam aspek KKP di negara ini dan diyakini kemalangan atau penyakit pekerjaan boleh dielakkan, malah setiap organisasi mesti meletakkan sasaran sifar bagi setiap perkara berkaitan.**

**M Kulasegaran,  
Menteri Sumber Manusia**

Beliau berkata demikian pada Persidangan Vision Zero Malaysia 2019, dekat sini, semalam.

Persidangan selama dua hari bertemakan 'Safety, Health, Well-being @ Work' itu dihadiri kira-kira 1,000 peserta bertujuan meningkatkan kesedaran serta pelaksanaan konsep Vision Zero oleh majikan.

Pada akhir persidangan, satu resolusi dihasilkan oleh rakan kongsi Vision Zero Malaysia yang akan dimuktamadkan untuk menjadi asas pelaksanaan inisiatif Vision Zero di negara ini.



**Kulasegaran menerima resolusi persidangan** daripada Ketua Bahagian Pencegahan, Perubahan dan Pemulihan Bahagian Operasi PERKESO, Dr Azian Datus (tiga dari kiri) pada Persidangan Vision Zero Malaysia 2019 di Putrajaya, semalam. (Foto Ahmad Irfan Mohd Noor)

Kulasegaran berkata, sembilan organisasi sudah berdaftar sebagai rakan kongsi Vision Zero, termasuklah Pertubuhan Keselamatan Sosial (PERKESO), Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP), Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), Universiti Malaya dan Persatuan Keselamatan dan Kesihatan Pekerjaan (MSOSH) manakala 23 syarikat

sudah mendaftar sebagai syarikat Vision Zero.

"PERKESO umpamanya, sudah melaksanakan beberapa aktiviti bagi mengamalkan inisiatif Vision Zero seperti Kempen Perjalanan Selamat, Commuting Safety Support Program (CSSP), seminar dan bengkel dengan kerjasama organisasi bukan kerajaan," katanya.

Vision Zero diperkenalkan

oleh Pertubuhan Keselamatan Sosial Antarabangsa (ISSA) dan sudah dilancarkan pada peringkat global bersempena Kongres Kesihatan dan Keselamatan Sedunia di Singapura pada 2017.

Sehingga kini, ia diguna pakai hampir 2,000 syarikat, 500 organisasi antarabangsa serta lebih 500 pengajar KKP di seluruh dunia.

**Headline** : **Kenal pasti tapak pembuangan sampah haram**  
**Publication** : **Harian Metro**  
**Date** : **04 Julai 2019**  
**Page** : **16**

## Kenal pasti tapak pembuangan sampah haram

**Johor Bahru:** Kerajaan menerusi pihak berkuasa tempatan (PBT) seluruh negara perlu mengambil langkah proaktif mengenal pasti semua tapak pembuangan sampah haram dan tapak pembuangan sisa kimia haram bagi mengelak pencemaran yang berlaku di Pasir Gudang, di sini, berulang.

Pengerusi Institut Keselamatan dan Kesihatan Pekerjaan Negara (Niosh) Tan Sri Lee Lam Thye berkata, sebagai aktivis beliau bergerak ke seluruh negara dan dapat melihat banyak tapak pembuangan sampah haram.

"Saya ibaratkan ia sebagai bom jangka yang menunggu masa untuk memberi kesan

“**Selain pelbagai agensi kerajaan dan PBT, penduduk perlu bekerjasama dan menyalurkan maklumat kepada pihak berkuasa sekiranya melihat kelakuan mencurigakan”**

*Lee Lam Thye*

buruk kepada alam sekitar dan orang awam. Apa yang berlaku di Pasir Gudang ketika ini boleh berlaku di mana-mana sahaja di seluruh negara.

"Setakat ini, tiada jumlah tepat tapak sampah haram



atau pembuangan sisa kimia namun sekiranya dibiarkan ia boleh menyebabkan bencana besar kepada penduduk.

"Selain itu, setiap negeri mempunyai kawasan industri sendiri dan PBT ma-

sing-masing perlu menjadikan kejadian di Pasir Gudang sebagai contoh serta mengambil langkah tegas," katanya selepas merasmikan Seminar World Day For Safety and Health at work di Niosh Wilayah Selatan di sini, semalam.

Menurutnya, beliau mencadangkan satu program agresif untuk kenal pasti kawasan pembuangan sampah dari sisa toksik haram termasuk di kawasan berhampiran sungai.

Katanya, selain pelbagai agensi kerajaan dan PBT, penduduk perlu bekerjasama dan menyalurkan maklumat kepada pihak berkuasa sekiranya melihat kelakuan mencurigakan.

**Headline** : Besi kren hempap kereta  
**Publication** : Harian Metro  
**Date** : 04 July 2019  
**Page** : 04



KEADERAAN yang rosak selepas dihempap besi kren tumbang berhampiran tapak pembinaan di Taman Century, semalam.

## Besi kren hempap kereta

**Johor Bahru:** Mujur tiada mangsa yang parah atau mati apabila besi kren seberat puluhan tan tumbang dan menghempap kawasan berhampiran tapak pembinaan di Taman Century di sini, semalam.

Dalam kejadian jam 12.20 tengah hari itu, besi kren terbabit memusnahkan kereta Proton Wira yang diletakkan di kawasan jalan berhampiran.

Kejadian turut menyebabkan pengunjung sebuah pusat beli-belah dan penghuni hotel di kawasan itu gempar susulan bunyi dentuman kuat.

Ketua Polis Daerah Johor Bahru Selatan, Asisten Komisyoner Shahrudin



KEADAAN kren yang jatuh menghempap sebuah kereta.

jais berkata, pihaknya menerima maklumat daripada orang ramai berhubung ke-

jadiannya itu di tapak pembinaan bersebelahan Hotel Holiday Villa tumbang.

**Headline** : 'Journalists, photographers must have safety gear'  
**Publication** : New Straits Times  
**Date** : 04 July 2019  
**Page** : 10

# 'Journalists, photographers must have safety gear'

**JOHOR BARU:** Parties involved in operations to curb the toxic pollution in Pasir Gudang must comply with safety and health regulations, including the use of appropriate personal protective equipment (PPE).

National Institute of Occupational Safety and Health (NIOSH) chairman Tan Sri Lee Lam Thye said employers, including media

organisations, covering the polluted areas, should provide appropriate PPE before sending journalists and photographers to the affected sites.

"It is unfortunate when some officials, including those from media organisations, become victims in the polluted area.

"Such cases should be a warning to them (media organisa-

tions) about the risks faced by their employees while on the ground," he said here yesterday.

He advised individuals who wanted to go to the polluted area to get expert advice, including from the Fire and Rescue Department, the Department of Occupational Safety and Health and NIOSH, on the appropriate PPE to use, including the type of safe-

ty and respiratory masks.

On Tuesday, Lee visited a New Straits Times Press (M) Bhd photographer at a hospital in Pasir Gudang.

Mohd Azren Jamaludin, 33, who had been covering the toxic pollution in Pasir Gudang, was hospitalised on Saturday after experiencing breathing difficulties, fever and vomiting. **Bername**

*Newspaper Cutting*



**Headline** : Lantai bas berlubang, budak maut digilis  
**Publication** : Utusan Malaysia  
**Date** : 05 Julai 2019  
**Page** : 08

# Lantai bas berlubang, budak maut digilis

Oleh **TOREK SULONG**  
pengarang@rubus.net.my

■ PASIR PUTEH 4 JULAI

**T**ERJATUH dari lantai bas yang berlubang sebelum maut digilis tayar kenderaan tersebut yang sedang bergerak. Itu kejadian malang yang menimpa murid tahun enam Sekolah Kebangsaan (SK) Tok Bok, Machang, Wan Muhammed Adam Mohd. Suria, 12. Kejadian kira-kira pukul 11.50 pagi di Kilometer 12, Jalan Pasir Puteh-Machang-Grik, dekat Kandis, Bukit Yong di sini hari ini itu menyebabkan mangsa

dari Taman Desa Bakti, Labok, Machang meninggal dunia di tempat kejadian akibat cedera parah di seluruh badan. Difahamkan, bas sekolah dinaiki 31 murid Tahun Enam itu dalam perjalanan dari SK Tok Bok ke Bukit Keuang, Besut, Terengganu untuk menyertai Bengkel Menjawab Soalan Bahasa Inggeris bersama pihak Universiti Teknologi Mara (UiTM). Ketua Polis daerah, Deputy Superintenden Mohd. Azmir Damiri berkata, sebelum kejadian mangsa dikatakan bermain di bahagian hadapan sebelah kiri pemandu. "Secara tiba-tiba mangsa melompat ke bahagian hadapan

pintu masuk bas dan terus terjatuh ke bahagian bawah kerana bahagian lantai kenderaan itu reput. "Dia terjatuh dari bas sebelum digilis menyebabkannya cedera parah dan maut di lokasi kejadian," katanya ketika dihubungi di sini hari ini. Mengulas lanjut Mohd. Azmir menjelaskan, bas berkenaan tidak sepatutnya digunakan kerana keadaan lantainya didapati sudah reput. "Pemandu bas mempunyai lesen, namun siasatan masih dijalankan untuk mengetahui sama ada bas sekolah itu mempunyai permit atau tidak," katanya.



LOKASI seorang murid tahun enam maut selepas terjatuh daripada bas yang dinaiki akibat lantai reput sebelum digilis kenderaan tersebut di Kampung Kandis, Pasir Puteh, Kelantan, semalam. - UTUSAN/TOREK SULONG

*Newspaper Cutting*



<b>Headline</b>	: Patuhi peraturan keselamatan ketika buat liputan
<b>Publication</b>	: Berita Harian
<b>Date</b>	: 03 Julai 2019
<b>Page</b>	: 05

# Patuhi peraturan keselamatan ketika buat liputan

BH  
5  
3/7/19

**Johor Bahru:** Semua pihak termasuk petugas media yang terbabit membuat liputan pencemaran gas atau toksik, perlu mematuhi peraturan keselamatan dan kesihatan.

Pengerusi Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), Tan Sri Lee Lam Thye, berkata peraturan berkenaan terutama menggunakan peralatan perlindungan diri (PPE) yang sesuai.

Beliau berkata, kejadian kakitangan pihak berkuasa yang menyertai operasi atau wakil media menjadi mangsa pencemaran, ketika bertugas di kawasan tercemar perlu dielakkan.

"Ini perlu diambil perhatian semua pihak, termasuk organisasi media, bahawa petugas di lapangan sentiasa menghadapi risiko.

"Jadi majikan perlu menyediakan PPE yang sesuai, sebelum menghantar petugas termasuk wartawan dan jurugambar ke lokasi pencemaran," katanya.

Lam Thye berkata demikian selepas melawat jurugambar The New Straits Times Press (M) Bhd (NSTP), Mohd Azren Jamaludin di sebuah hospital swasta di sini, malam tadi.

Mohd Azren, 33, dimasukkan ke hospital pada Sabtu lalu kerana muntah, demam, sesak nafas dan pitam, yang kemudian disahkan sebagai Influenza B selepas beberapa hari membuat liputan pencemaran udara di Pasir Gudang.

Lam Thye berkata, ketika tragedi Sungai Kim Kim pada Mac lalu, lima petugas media turut menerima rawatan kesan pencemaran.



Lam Thye melawat Mohd Azren di hospital swasta di Johor Bahru, malam tadi. (Foto Zain Ahmed/BH)

Newspaper Cutting

**Headline** : Occupational safety for Industry 4.0  
**Publication** : The Star  
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**Page** : 17V

# Occupational safety for Industry 4.0

STAR  
17V  
37/19

THE world's three past industrial revolutions evolved from the invention of the steam engine followed by the electrification and expansion of industries for mass production and then the digital revolution produced by computers and information technologies.

The 4th Industrial Revolution (Industry 4.0) is being driven by the convergence of advanced technologies such as robotics, artificial intelligence, the Internet of Things, autonomous vehicles, 3-D printing, nanotechnology, biotechnology, materials science, energy storage and quantum computing.

Industry 4.0 includes the digitisation of the manufacturing sector with embedded sensors in virtually all product components and manufacturing equipment, ubiquitous cyber-physical systems and analysis of all relevant data, and has the potential to disrupt almost every industry in every country.

Furthermore, it is evolving much faster and with greater impact than any of the three previous industrial revolutions.

Those in soon-to-be defunct jobs would need complete reskilling in terms of problem-solving, design thinking, leadership and collaboration, conflict resolution, and empathy.

Businesses would need to retrain their staff to pre-empt them for what's coming, and educational

institutions would need to change the way they deliver their curricula.

A recent report by Dell Technologies pointed out that 85% of jobs of the future don't even exist yet. Ten years ago, we had not heard of a cybersecurity analyst but it is probably one of the hottest jobs around now.

A 2017 study by McKinsey Global Institute on the impact of artificial intelligence (AI) and automation on global economies, such as the United States, China and India, highlighted almost universal employment concerns.

Most jobs would be affected, particularly in sectors that rely on automation such as automotive, manufacturing and the fast food industry.

The spread of AI and automation would also require workers to quickly adapt to different roles within their current sector or risk facing unemployment.

This is a digital-first economic system, built for and powered by a young workforce.

Employers in all sectors must bring more automation to safety management compliance and make safety equipment smarter in line with Industry 4.0.

To support the transformation process under Industry 4.0, all parties would need to embrace the latest technology on occupational

safety and health (OSH) and slowly discard the traditional ways of doing things, such as the paper-based process of manually inputting OSH data.

The latest advancements in connected safety technology would enable businesses to protect workers more effectively and help them achieve a competitive advantage by reducing many safety management-related costs.

For example, embedding personal protective equipment (PPE) with sensors or radio-frequency identification (RFID) technology could help speed up data gathering and improve accuracy and efficiency.

In response to these challenges, the National Institute of Occupational Safety and Health (NIOSH) organised COSH 2018 and SciCOSH 2018. For COSH 2018, the theme was "Enhancing OSH in the New Digital Era" while for SciCOSH 2018 it was "Engaging OSH in Industrial Revolution 4.0".

The themes were appropriate as we helped the participants discuss and share ideas on how to address the challenges posed by Industry 4.0.

Both programmes are the best platform for research discussion and implementation sharing on issues and promotion of Safety, Health and Environment as this biennial event would focus on the latest scientific researches on OSH

including those that are relevant to Industry 4.0.

Participants also got the opportunity to learn from other countries including Japan, which has agreed to send experts from its National Institute of Occupational Safety and Health (JNIOSH).

Participants also learnt how the latest technology is able to help protect employees more effectively through the use of unmanned aerial vehicles (UAV) to check accident sites and laser scanners for investigations that require accurate three-dimensional reconstruction of workplace accidents.

Large companies like Petronas also shared their experience using the latest technology and comprehensive data to improve OSH and preserve the environment.

Last year, Malaysia unveiled its National Policy on Industry 4.0, known as "Industry 4WRD", in response to the call for digital transformation of the manufacturing sector and its related services.

Industry 4WRD is a pivotal step as Malaysia seeks to strengthen its on-going structural reforms to become a developed nation that is equitable, sustainable and inclusive by 2025 or even earlier.

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

Newspaper Cutting



<b>Headline</b>	: <b>Badan hancur dihempap batu</b>
<b>Publication</b>	: Kosmo
<b>Date</b>	: 02 Julai 2019
<b>Page</b>	: 08

Pemandu jengkaut temui ajal ketika melakukan kerja-kerja memungkah di kuari

# Badan hancur dihempap batu

Oleh MUHAMAD TARMIZE MOHD. NOR

**POH** - Seorang pemandu jengkaut maut dalam keadaan mengerikan apabila dia dihempap runtuhan batu ketika sedang melakukan kerja-kerja memungkah di kawasan kuari di Sungai Raia, Keramat Pulau di sini semalam.

Dalam kejadian kira-kira pukul 9.30 pagi itu, anggota bomba terpaksa mengambil masa selama 45 minit untuk mengeluarkan mangsa, Loi Thiam Fatt, 56, yang tertimbus di bawah runtuhan.

Kejadian dikatakan berlaku ketika mangsa sedang melakukan kerja-kerja memungkah batu untuk dimasukkan ke dalam lori.

Ketua Polis Daerah Ipoh, Asisten Komisioner Mohd. Ali Tamby berkata, siasatan mendapati mangsa telah menggen-



ANGGOTA bomba memegang cebisan tangan mangsa yang hancur dihempap batu di kawasan kuari Sungai Raia, Ipoh semalam.

dalikan sebuah jengkaut untuk kerja-kerja pembersihan batu kuari yang dipecahkan pada Khamis lalu.

"Mangsa juga telah mengisi



PASUKAN penyelamat mengikat tali besi untuk mengalihkan jengkaut yang terbalik dihempap runtuhan batu di kawasan kuari Sungai Raia, Ipoh semalam.

batu-batu kuari ke dalam dua buah lori untuk dibawa keluar sebelum berlakunya runtuhan dari atas bukit.

"Bongkah batu yang runtuh itu kemudian menghempap

dan menimbus jengkaut yang dikendalikan mangsa," katanya ketika dihubungi *Kosmo!* semalam.

Tambah Mohd. Ali, impak kejadian itu menyebabkan mangsa

mengalami kecederaan teruk selepas dihempap batu besar.

"Mangsa yang berpengalaman lebih 20 tahun mengendalikan jengkaut disahkan meninggal dunia di lokasi kejadian dan mayatnya dibawa ke Hospital Raja Permaisuri Bainun untuk proses bedah siasat," katanya.

Tambah beliau, kes diklasifikasikan sebagai mati mengejut.

Sementara itu, Ketua Zon 1 Jabatan Bomba dan Penyelamat Malaysia (JBPM) Perak, Mohd. Khairul Jamil berkata, pihaknya menerima panggilan kecemasan pada pukul 9.47 pagi sebelum sepasukan anggota bergegas ke tempat kejadian.

"Anggota dimaklumkan terdapat seorang mangsa tertimbus dan anggota menggunakan peralatan menyelamat untuk memotong besi jengkaut sebelum mengeluarkan mangsa dalam tempoh masa 45 minit.

Newspaper Cutting

Headline : Kaji semula dasar KKP  
Publication : Utusan Malaysia  
Date : 01 Julai 2019  
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Headline : KKP semua hospital perlu dikaji semula  
Publication : Berita Harian  
Date : 01 Julai 2019  
Page : 07

# KKP semua hospital perlu dikaji semula

**Kuala Lumpur:** Kementerian Kesihatan disaran mengkaji semula Dasar Keselamatan dan Kesihatan Pekerjaan (KKP) di semua hospital bagi mengenal pasti kelemahan serta penyelesaian terhadap isu terbabit.

Pengerusi Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), Tan Sri Lee Lam Thye, berkata antara isu KKP yang perlu ditangani adalah kurangnya kesedaran dan minat untuk belajar serta menjadikan amalan yang baik sebagai budaya di tempat kerja.

Katanya, sebahagian ahli jawatankuasa KKP juga tidak benar-benar mema-

hami peranan mereka di tempat kerja, manakala segelintir kakitangan tidak mengetahui dasar KKP organisasi mereka.

"Selain itu, terdapat kes kakitangan tidak mematuhi prosedur operasi standard (SOP), termasuk keperluan memakai peralatan perlindungan diri yang sesuai (PPE) dan kecederaan akibat tercucuk jarum, masih dilaporkan dalam kalangan kakitangan perubatan.

"Bekerja di hospital amat berbahaya dan mengikut statistik Biro Buruh Amerika Syarikat, kemungkinan kecederaan atau penyakit lebih tinggi di hospital berbandingsek-

tor pembinaan dan pembuatan," katanya dalam satu kenyataan di sini, semalam.

Beliau berkata, kecederaan dan penyakit ketika bekerja membabitkan kos yang tinggi kerana pihak hospital perlu membayar pampasan serta kos perubatan, malah ia akan menjadi serius jika berlaku kes kematian.

"Keselamatan di tempat kerja turut memberi kesan kepada pesakit kerana petugas yang keletihan, sakit atau tertekan mempunyai risiko lebih tinggi untuk melakukan kesilapan termasuk salah memberi ubat selain menyebabkan jangkitan," katanya.

# Kaji semula dasar KKP

Oleh HAWA ALI  
@hawalialy

KUALA LUMPUR 30 JUN

KEMENTERIAN Kesihatan disarankan supaya mengkaji semula dasar sedia ada dan melihat pelbagai isu keselamatan dan kesihatan pekerjaan (KKP) di semua hospital yang boleh mempengaruhi kakitangan dan pesakit mereka.

Pengerusi Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), Tan Sri Lee Lam Thye berkata, ini akan membolehkan Kementerian mengenal pasti kelemahan dan mencari penyelesaian KKP untuk semua kecederaan dan penyakit yang berkaitan dengan pekerjaan di hospital awam dan swasta.

"Saya dimahukan antara isu KKP yang perlu ditangani adalah kurang kesedaran dan minat untuk belajar dan menjadikan amalan KKP yang baik sebagai budaya di tempat kerja.



LEE LAM THYE

Sebahagian daripada ahli jawatankuasa KKP juga tidak benar-benar memahami peranan mereka sementara segelintir kakitangan langsung tidak tahu dasar KKP organisasi mereka.

"Terdapat juga kes di mana kakitangan tidak mematuhi prosedur operasi standard (SOP), termasuk keperluan memakai peralatan perlindungan diri yang sesuai (PPE), sementara kecederaan akibat tercucuk jarum masih dilaporkan dalam kalangan kakitangan perubatan," katanya dalam kenyataan di sini hari ini.

Tan Sri Lee Lam Thye, mengikut statistik Biro Buruh Amerika Syarikat (AS), kemungkinan kecederaan atau penyakit lebih tinggi di hospital berbanding sektor pembinaan dan pembuatan.

"Kita perlu memsoroka hakikat bahawa hospital mempunyai bahaya sedia ada ketika kakitangan mengangkat dan menggerakkan pesakit. Mereka juga terdedah kepada tusukan jarum, tergelincir dan jatuh selain berpotensi diseterang pesakit atau pegawai yang agresif.

"Kecederaan dan penyakit melibatkan kes yang tinggi kerana pihak hospital perlu membayar pampasan dan kos perubatan apabila pesakit cedera ketika bekerja. Kes semakin tinggi manakala setiap hospital akan terkesan jika terdapat kes maut," katanya.

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NewsPaper  
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<b>Headline</b>	: Mental health in the workplace
<b>Publication</b>	: The Star
<b>Date</b>	: 15 July 2019
<b>Page</b>	: 20

# Mental health in the workplace

NO workplace is immune to mental health issues – and their impact in psychological, social and economic terms is high.

Globally, it was reported that an estimated 264 million people are suffering from depression, one of the leading causes of disability. The cost of mental illness has been estimated at US\$2.5 trillion (RM10.252trillion) in 2010 and is projected to reach US\$4.7 trillion (RM24.7trillion) in 2030.

In Malaysia, there has been a three-fold increase in mental health problems among the population over the past 20 years. If we apply the same projection, than the estimated loss for Malaysia would be US\$10 and RM43 billion for 2010 before it will rise to US\$24.356 (RM99.964) by 2030.

A study conducted by the Education Ministry in 2017 showed that 4.4% – or 2,123 – teachers were identified as experiencing moderate stress levels while civil servants also scored badly in the Malaysia Psychological Wellbeing Index survey was conducted in August 2018.

According to the Malaysian Health System Research report (March 2016), mental illness is a leading cause of economic loss at the individual, family, employer, health system, and national levels due to direct and indirect health costs, absenteeism, lost productivity while at work, and decreased income – all of which can result in a reduced national economic output.

As I stressed when addressing participants at Malaysia's first Mental Health Experiential Conference (8 MyMHEC2019) in Petaling Jaya on June 19, mental health in the workplace should no longer be ignored as it could cost employers and the country billions of ringgit if not properly addressed.

The government and employers must be aware that neglecting mental health and psychosocial factors in the workplace is not only bad to the individual workers but also directly affects the productivity and output of any organisation.

Accidents in workplaces are not only caused by poor work safety practices but are also due to mental health issues. Such issues are caused by a combination of factors such as work loads, work environment, and the organisational factor.

Workplace stress is defined by the World Health Organisation (WHO) as "the response people may have when presented with



work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope".

There are many types of such stress: job insecurity, low control over work, low support from co-workers, dissatisfaction with work, and problems associated with depression and anxiety.

Studies show that workplaces that promote good mental health and support people with mental disorders are more likely to reduce absenteeism, increase productivity and benefit from associated economic gains.

More young workers nowadays are stressed out or experiencing symptoms of stress-related illnesses such as anxiety or depression due to life experiences or environmental factors. Struggling to cope with work, new financial commitments, family expectations and relationships are among the topics of concern among young adults.

It is not only happening here but all around the globe as the demands of living in current times add to stress.

It is normal for fresh graduates to wish for a permanent job with a handsome salary and a dream car and house but life is not always smooth sailing. While some young working adults might suffer on through trials and tribulations, others struggle with emotional and physical issues as soon as they

leave university, sometimes even before entering the working world.

Though each generation faces its own set of problems, dilemmas faced by young adults in the present time appear to have wide-ranging social and economic implications, with a rising number being diagnosed with depression, anxiety or other mental health problems.

A healthy workplace can be described as one where workers and managers actively contribute to the working environment by promoting and protecting the health, safety and well-being of all employees.

Mental health interventions should be delivered as part of an integrated health and wellbeing strategy that covers prevention, early identification, support and rehabilitation. Key to success is involving stakeholders and staff at all levels when monitoring the effectiveness of such efforts.

All parties should also strive to stop the stigmatisation of mentally ill persons who are often regarded as "orang gila" or crazy people.

Instead of insulting them, the community members should help those with mental disorders to get counselling services or psychiatric treatment.

Prevention in the early stage can certainly reduce the likelihood of people with mental problems turning violent or doing extreme things including murder and consuming

suicide.

Family members, office colleagues and the local community should know how to identify the symptoms and ways to help those who are suffering from mental illness. Most are not prepared to cope with learning that loved ones or office mates have a mental illness.

As for the sufferers, life can become physically and emotionally trying, and their illness can make them feel vulnerable to the opinions and judgments of others.

WHO has stressed that organisations have a responsibility to support individuals with mental disorders in either continuing or returning to work.

Some of the initiatives that may help such individuals include flexible hours, job redesign, addressing negative workplace dynamics, and supportive and confidential communication with the management.

Research has also shown that unemployment, particularly long term unemployment, can have a detrimental impact on mental health.

As the country's leading institute for occupational safety and health, the National Institute of Occupational Safety and Health (NIOSH) has introduced several programmes to help employers and their staff manage mental health in the workplace in addition to organizing various health promotional programmes.

One programme is the mental health module, which was introduced in collaboration with the Health Ministry. It is part of NIOSH's Total Wellness and Health Promotion Programme, in which employers and their employees will learn about mental health issues and adopt the best strategies to manage the problem.

Apart from that, they will also be exposed to healthy lifestyles and learn about obesity and other non-communicable diseases such as diabetes and hypertension which can also contribute to mental health problems.

It is important to know that early diagnosis and treatment greatly increases the chances of individuals affected by mental illness will regain a reasonable state of health and wellbeing, and a satisfying quality of life.

There is a need to implement the Employee Assistance Programme (EAP) which can provide both prevention and early intervention for employees affected by stress or emotional and mental health issues that jeopardise job performance.

Funds spent on EAPs have documented investment returns in such areas as productivity and work performance. Companies are finding that investing in employees' emotional wellbeing can mean a healthier bottom line.

It was predicted that mental health problems will become the second largest health problem affecting Malaysians after heart disease by 2020, unless proper measures are taken to address the issue.

Because of the stigma associated with mental disorders, employees need to ensure that individuals feel supported and able to ask for support in continuing with or returning to work and are provided with the necessary resources to do their job.

Article 27 of The United Nations Convention on the Rights of Persons with Disabilities provides a legally-binding global framework for promoting the rights of people with disabilities, including psychosocial disabilities. It recognises that every person with a disability has the right to work, should be treated equally and not be discriminated against, and should be provided with support in the workplace.

**TAN SRI LEE LAM THYI**  
Chairman  
National Institute of Occupational Safety and Health (NIOSH)

Newspaper Cutting

**Headline** : Lam Thye terima anugerah pencapaian CSR  
**Publication** : Berita Harian  
**Date** : 12 Julai 2019  
**Page** : 21

# Lam Thye terima anugerah pencapaian CSR

BH 21/7/19

**Kuala Lumpur:** Aktivis sosial, Tan Sri Lee Lam Thye menerima anugerah pencapaian seumur hidup (tanggungjawab sosial), sempena Karnival Anugerah Tanggungjawab Sosial Korporat (CSR) Malaysia 2019 di sini, semalam.

Beliau yang juga Ahli Lembaga Pengarah The New Straits Times Press (Malaysia) Bhd (NSTP) menerima anugerah itu daripada Timbalan Menteri Pembangunan Wanita, Keluarga dan Masyarakat, Hannah Yeoh, pada majlis yang dianjurkan bersama oleh Pertubuhan Amal Tanggjawab Kemapanan dan Korporat Malaysia (CSR Malaysia) dan Komuniti Lestari Global.

Lam Thye, 73, dipilih menerima anugerah terbabit atas sumbangannya dalam meningkatkan kesedaran berhubung aktiviti CSR, selain usahanya mempromosikan keselamatan dan kesi-

hatan pekerjaan menerusi pelbagai agensi serta pertubuhan bukan kerajaan (NGO) yang diterajunya.

"Saya gembira dan mendedikasikan anugerah ini kepada semua rakyat Malaysia yang bekerja keras melaksanakan program CSR mereka.

"Anugerah ini juga mendorong saya bekerja lebih kuat, bagi merealisasikan impian membentuk rakyat Malaysia lebih prihatin.

"Program CSR sebenarnya memberi harapan kepada golongan kurang bernasib baik, bahawa masih ada orang yang bersedia untuk membantu mereka," katanya.

Selain menjadi Pengerusi Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), Lam Thye juga aktif sebagai Pengerusi Yayasan EcoWorld dan Yayasan Sukarelawan Siswa (YSS); Naib



*Yeoh menyampaikan anugerah kepada Lam Thye sempena Karnival Anugerah Tanggungjawab Sosial Korporat (CSR) Malaysia 2019 di Kuala Lumpur, semalam.*  
[Foto Supian Ahmad/BH]

Pengerusi Kanan Yayasan Pencegahan Jenayah Malaysia (MCPF), Penaung Persatuan Pencegahan Penganiayaan Haiwan (SPCA) Selangor serta Persatuan Psikiatri Malaysia.

Beliau juga adalah Ahli Majlis Keselamatan Aktiviti Air Negara (MKA), Majlis Penasihat Promosi Kesihatan Mental serta Pemegang Amanah Yayasan Perpaduan Malaysia.

*Newspaper Cutting*



THANK YOU VERY MUCH  
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THANK YOU VERY MUCH  
QUYANAQ  
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YOU VERY MUCH  
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