

NIOSH UPDATES

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AUGUST 26TH - 27TH 2019

KUALA LUMPUR CONVENTION CENTRE, MALAYSIA

22ND CONFERENCE AND EXHIBITION ON OCCUPATIONAL SAFETY & HEALTH

ROAD SAFETY





AUGUST 26TH - 27TH 2019

KUALA LUMPUR CONVENTION CENTRE, MALAYSIA

22ND 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

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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

22ND 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

22ND 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.



ROAD SAFETY

- Every year estimated 1.2 million death cause by road accident around the world.
- 3 thousand death cause by road accident per day.
- Road accident will be expected to become 3rd highest contributing source of death in 2020

source from WHO



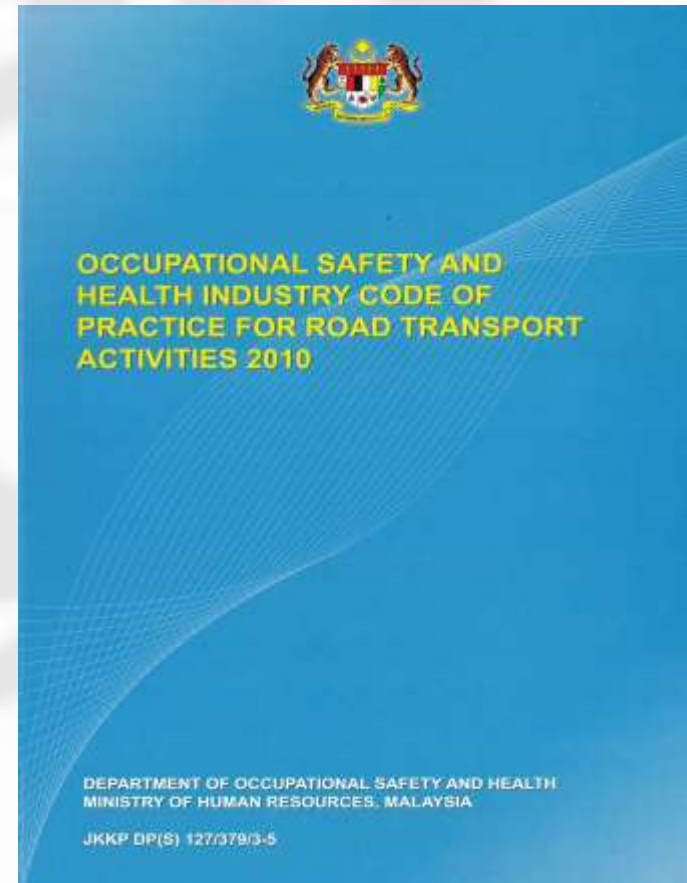
DEFINITION OF TRANSPORTATION

To transfer and to transport goods including human or animal from one location to another by using vehicle



RELATED LEGAL REQUIREMENT

- Occupational Safety and Health Act 1994
 - Underline the allocation in general to the **duties of employer** as to ensure the safety of transportation
 - To take action and consideration on storage, usage, transportation of plant and material
- Occupational Safety and Health Industry Code of Practice for Transport Activities 2010
- Road Transport Act 1987 1999 revision and Traffic Ordinance 1959



ROLE OF DEPT / AGENCY / INSTITUTE

DEPT/AGENCY	ACT	SCOPE/FUNCTION
DOSH / JKPP	OSHA 1994 & Factories and Machinery Act 1967	Enforcement on OSH and welfare of the workers. Enforcement on machinery and their installation.
SOCESO / PERKESO	Social Security Act 1969	Prevention, Rehabilitation and Compensation
NIOSH / IKKPN	-	Conduct Training, Promotion, Consultation & RnD
RTD/PDRM	Road Transport Act 1987 Traffic Ordinance 1959	Enforcement, Road user licensing
LPKP	Akta Lembaga Pelesenan Kenderaan Perdagangan 1987	Commercial Vehicle Licensing
DOE/JAS	Environmental Quality Act 1974	Vehicle Noise Level and Smoke emission
JKJR / MKJR	-	Planning, RnD, Development, Promotion Advocacy
MIROS	-	SAFETY CODE of PRACTICE – Research
PUSPAKOM	LPKP Road Transport Act 1987	Inspection of Commercial Vehicle

ACCIDENT CAUSE FACTOR

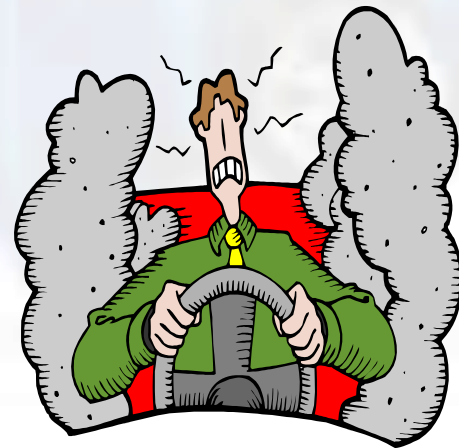
- Research conducted at Road Safety Research Centre UPM has found that accident contributing factor are mostly from Driver (57%) and the rest are from the road condition, vehicle engineering aspect and driving environment

Source from Road Safety Research Centre - UPM

ACCIDENT CAUSE FACTOR

DRIVER FACTOR (HUMAN FACTOR)

- Mental and emotional **Stress**
- **Lack of** experience and knowledge
- **Lack of** skill and training
- **Lack of** physical ability



ACCIDENT CAUSE FACTOR

DRIVER FACTOR (HUMAN FACTOR)

- Driving over speed limit
- Overtake in a dangerous way
- Continue the journey in fatigue condition
- Cut queue in a dangerous way
- Driving using emergency lane
- Driving through red light

ACCIDENT CAUSE FACTOR

ROAD CONDITION FACTOR

- Slippery road
- Dark road
- Narrow road
- Uneven road
- Sharp bend

ACCIDENT CAUSE FACTOR

VEHICLE ENGINEERING FACTOR

- Usage incompatibility
- Safety device not adequate
- Mechanical Failure (ex: brake system)
- Usage of “retread” tyre or tyre that not suitable to use (expired, snow tyre etc)
- Design or construction of the vehicle that not strong or safe



ACCIDENT CAUSE FACTOR

ENVIRONMENT FACTOR

- Bad weather (raining, fog etc)
- Pedestrian or wild animal crossing
- Foreign object / obstruction on the road (tree fell on the road, piece of tyre etc)

ACCIDENT PREVENTION METHOD

Planning and Implementation

- Operational Procedure and Standard
 - Driver Management
 - Vehicle Management
 - Journey Management
 - Document Management
- Training



ACCIDENT PREVENTION METHOD

Driver Management

- **Selection of driver** that competent
- **Driver Training** including external driver
- **Only authorized driver** to drive
- **Encourage feedback / reporting** on vehicle damage/failure or any incident happen to the vehicle
- Regular **medical check-up** for the driver
- Award and Punishment
- Driving hours and working hours arrangement
- Driver Rotation



ACCIDENT PREVENTION METHOD



Vehicle Management

- Vehicle purchasing
- Conduct **vehicle maintenance**
- **Vehicle Inspection, license and permit**
- Install safety **device/reverse sensor** for **reversing movement**
- Install **device** for **vehicle speed limit**
- Select **vehicle that suitable** and capable to perform it task
- Designated vehicle for selected driver
- Replacement and Discontinuation

ACCIDENT PREVENTION METHOD

Journey Management:

- Install **reflecting/convex mirror** on the sharp corner or junction (blind spot) at work premise
- Install **warning light** at vehicle route area
- **Isolate the route** between pedestrian and vehicle
- Provide **adequate lighting** for dark passage area
- **Report any hazardous condition** to the related parties/authorities
- **Conduct hazard assessment program** to the route that will be use



ACCIDENT PREVENTION METHOD

Administrative control



- Rules on Loading and Unloading
- Install **speed limit signage**, **No Entry** etc
- **Supervise** on critical transportation work
- **Supervise** the implementation of procedure / system of work that already introduce
- Develop and **enforce road traffic rules at** work premises

ACCIDENT PREVENTION METHOD

Record Management

- Incident/Accident Reporting System
- HSE Driver's Training and Competency
- Contractor Management
- Driver Management Record
- Vehicle Management Record
- Journey Management and Risk Record
- Monitoring System
- Self Assessment



ACCIDENT PREVENTION METHOD

Review and Improve

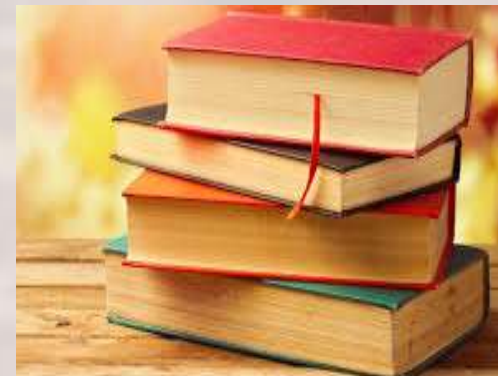
- Monitoring and Performance Assessment
- Internal Audit
- External Audit
- Licensing and Grading
- Prevention and Correction
- Continuous Improvement



BOOK REVIEW

New Paradigms in Ergonomics 1st Edition

by [Neville A. Stanton](#) (Editor), [Paul M. Salmon](#) (Editor), [Guy H. Walker](#) (Editor)



The systems in which we work continue to evolve, creating emergent problems and often strengthening intractable issues. In order to remain relevant and impactful, the discipline of ergonomics needs its paradigms to evolve too. The aim of this book is to provide researchers and practitioners with new paradigms in the form of ideas, concepts, theories, methods, practices and values. The chapters take the reader on a journey through underlying theories, new ways to apply those theories and emerging domains in which ergonomics is expected to play a greater role. Readers of this book will be inspired by these new paradigms in ergonomics and seek to push the boundaries even further. The lifeblood of the science depends on continual evolution and developments to take on the challenges we face in complex sociotechnical systems design and evaluation. Perhaps the most significant take-home message from this book is the demonstration of how theory maps onto practice. As such, the only remaining paradigm shift is for these ideas, concepts, methods and practices to be taken up more widely and the discipline advanced, until the next paradigm shift occurs.

The chapters were originally published as a special issue in the journal *Ergonomics*.



BOOK REVIEW

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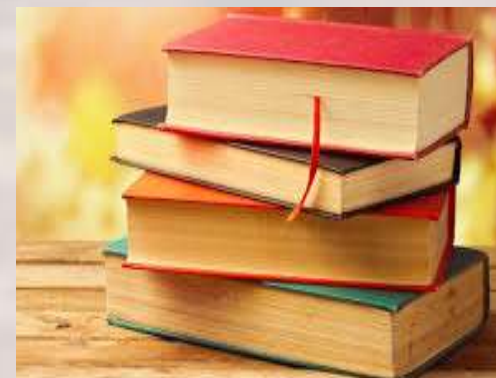
Editorial Reviews

About the Author

Neville A. Stanton is a Chartered Psychologist, Chartered Ergonomist and Chartered Engineer. He holds the Chair in Human Factors Engineering in the Faculty of Engineering and the Environment at the University of Southampton, UK. His research interests include the development and validation of Ergonomics and Human Factors methods.

Paul M. Salmon is Professor of Human Factors and Director of the Centre for Human Factors and Sociotechnical Systems at the University of the Sunshine Coast, Australia. He has a PhD in Human Factors from Brunel University London, UK, and currently holds a prestigious Australian Research Council Future Fellowship.

Guy H. Walker is an Associate Professor within the Institute for Infrastructure and Environment at Heriot-Watt University, Edinburgh, UK. He has a PhD in Human Factors from Brunel University London, UK, is a Fellow of the Higher Education Academy and is a member of the Royal Society of Edinburgh's Young Academy of Scotland.



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Newspaper Cutting



Headline : Vision Zero concept can cut workplace accidents, says Lam Thye
Publication : The Star
Date : 23 Julai 2019
Page : 15N

OSH MASTER PLAN 2016-2020

Vision Zero concept can cut workplace accidents, says Lam Thye

TAIPIING: Organisations are urged to build a stronger prevention culture through the Vision Zero concept to reduce accidents and the spread of diseases at the workplace.

National Institute of Occupational Safety and Health (Niosh) chairman Tan Sri Lee Lam Thye said this preventive approach would ensure employers provided safe and healthy work systems.

At the same time, workers would give priority to their safety and health, and that of their colleagues too, he added.

"Vision Zero integrates the three dimensions of safety, health and wellbeing at all levels of work.

"It is not a new target, but a new mindset that all injuries and ill health arising from work are preventable, and a strong belief that zero harm is possible," he said, at the Chuan Sin Sdn Bhd (Spritzer) Safety and Health Day here yesterday.

Present were Spritzer Bhd group chief executive officer Kenny Lim, executive director Dr Chuah Chaw Teo, financial controller and company secretary Sow Yeng Chong, and safety and health executive Looi Kee Cheong and Niosh Certification Sdn Bhd general manager Sitamsul Zahrin Zaimudin.

The global launch of Vision Zero was held at the World Congress of Safety and Health in Singapore in 2017 by the International Social Security Association (ISSA) and the International Labour Organisation (ILO).

"It's the first-ever global campaign to improve safety, health and wellbeing at work. The campaign aims to engage companies worldwide to cut down on occupational accidents and diseases by investing in a healthy and motivated workforce," said Lee.

"Safe and healthy working conditions are not only a legal and moral obligation, but could also pay off economically, he added.

"International research on the return on investments in prevention proves that every US\$1 (RM4) invested in safety and health generates a potential benefit of more than US\$2 in positive economic effects. It shows that healthy working conditions contribute to healthy business."

Lee said the adoption of Vision Zero was timely since the Human Resources Ministry, under the OSH Master Plan 2016-2020, had set a target of reducing industrial accidents to 2.53 per 1,000 workers, and industrial fatalities to 4.36 per 100,000 workers by 2020.

However, he said, the Department of Occupational Safety and Health (DOSH) records showed that the accident rate at workplace per 1,000 workers had slightly increased to 2.93 in 2017, compared with 2.88 in 2016 and 2.81 in 2015. In 2006, the rate was 4.77 accidents per 1,000 workers.

"The industrial fatality rate has also increased to 4.90 per 100,000 workers in 2017 compared with 4.84 per 100,000 workers in 2016 and 2015," he added.

If the trend continued, Lee said



National Institute of Occupational Safety and Health chairman Tan Sri Lee Lam Thye (right) and Spritzer Bhd executive director Dr Chuah Chaw Teo at the Chuan Sin Sdn Bhd (Spritzer) Safety and Health Day in Taiping yesterday. BERHAMA TV

the target set for industrial accidents and fatalities would not be achieved by next year.

He added ISSA had developed resources to support the campaign.

These include introducing the seven rules that cover leadership aspects, hazard identification, targets, safe and healthy systems, safety of machines, equipment and workplaces, competency and

human resource development.

Lee urged organisations, companies and individuals who wished to learn more about the campaign to get the information from the ISSA website.



Headline : 185 majikan culas jaga keselamatan pekerja
Publication : Harian Metro
Date : 30 Julai 2019
Page : 30

185 majikan culas jaga keselamatan pekerja

Chukai: Seramai 185 majikan culas menjaga keselamatan pekerja di seluruh negara didakwa di mahkamah oleh Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP), tahun ini.

Ketua Pengarah JKKP Omar Mat Piah berkata, denda RM2 juta dikenakan terhadap majikan terhadap pelbagai kesalahan antaranya tidak menyediakan pakaian dan peralatan keselamatan seperti topi, jaket, kasut serta tali pinggang untuk pekerja.

Katanya, JKKP turut mengeluarkan 612 kompaun atas pelbagai kesalahan dilakukan majikan di bawah Akta Keselamatan dan Kesihatan Pekerja 1994.

"Jumlah kutipan kompaun diperoleh atas pelbagai kesalahan dilaku-

kan majikan adalah sebanyak RM997,500.

"Ketika operasi mengejut dilakukan mulai awal Januari hingga Jun lalu, JKKP juga mengeluarkan notis pembaikan sebanyak 8,747 dan notis larangan berjumlah 6,106," katanya ketika ditemui selepas merasmikan Majlis Sambutan BP Petronas Acetyls Sdn Bhd (BPPA) 20 Years Without Loss Time Injury (LTI) di Mesra Mall, di sini, semalam.

Hadir sama Ketua Pengarah Eksekutif BP Petronas Acetyls Sdn Bhd, Mohd Roslan Ismail, Pengarah Bahagian Dasar Antarabangsa dan Pembangunan Penyelidikan JKKP, Ir Dr Majahar Abdul Rahman dan Pengurus Besar Petronas Pantai Timur, Datuk Wan Hasnan Abdullah.

Omar berkata, operasi dan pemeriksaan secara mengejut akan terus dilakukan ke atas semua sektor terutama membatik pembinaan.

FAKTA

JKKP keluar 612 kompaun atas pelbagai kesalahan

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.

Newspaper Cutting

Headline : Badan hancur dihempap batu
Publication : Kosmo
Date : 02 Julai 2019
Page : 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 runtutan batu ketika sedang melakukan kerja-kerja memungkah di kawasan kuari di Sungai Raia, Keramat Pulai di sini semalam.

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

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 runtutan batu di kawasan kuari Sungai Raia, Ipoh semalam.

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

"Bongkah batu yang runtuh itu kemudian menghempap

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 : Occupational safety for Industry 4.0
Publication : The Star
Date : 03 July 2019
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

Headline : Patuhi peraturan keselamatan ketika buat liputan
Publication : Berita Harian
Date : 03 Julai 2019
Page : 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 : Lantai bas berlubang, budak maut digilis
Publication : Utusan Malaysia
Date : 05 Julai 2019
Page : 08

Lantai bas berlubang, budak maut digilis

Oleh **TOREK SULONG**
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■ PASIR PUTEH 4 JULAI

TERJATUH 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 Superintendent 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

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.

Newspaper Cutting



Headline : Mental health in the workplace
Publication : The Star
Date : 15 July 2019
Page : 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, 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 18 (MHDEC2019) 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 stumble 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 Printing

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