

NIOSH UPDATES

Issue 21, Volume 12, 2019

KARNIVAL SEMINAR NIOSH

**25-28 NOVEMBER @ NIOSH
BANDAR BARU BANGI**



KARNIVAL SEMINAR NIOSH

**25-28 NOVEMBER @
NIOSH BANDAR BARU
BANGI**

DATE	TOPIC	VALUE
25 Nov 2019	Critical Aspects Of Mobile Elevating Work Platform (Sky, Lift, Boom Lift And Scissor Lift)	Dewan Teater, Bangunan Utama NIOSH, Bangi
26 Nov 2019	Fundamentals Of Confined Space Risk Assessment	Dewan Teater, Bangunan Utama NIOSH, Bangi.
27 Nov 2019	Protect Your Hands Today, So They Last A Lifetime	Dewan Rafflesia, Menara NIOSH, Bangi
28 Nov 2019	Noise Exposure At The Workplace	Dewan Rafflesia, Menara NIOSH Bangi

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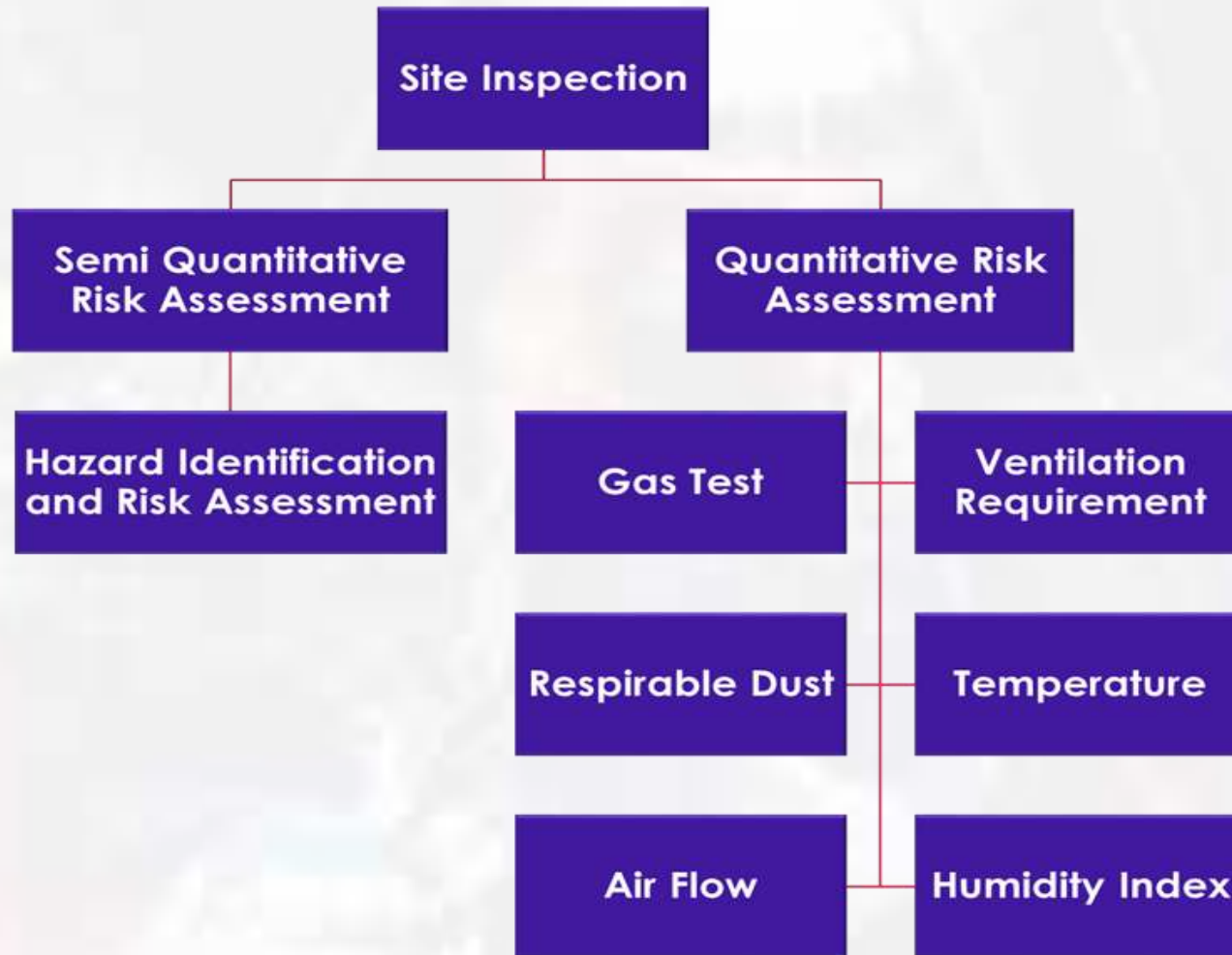
Phone: 03-8911 3877/ 3917 (Ms. Halimatulsaadiah/ Iza)

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RISK ASSESSMENT FOR CONFINED SPACE (PARAMETER)



RISK ASSESSMENT – Semi Quantitative

No.	Agents	Condition	Estimated Level of Risk				
			Low	-----	> High		
			1	2	3	4	5
	Chemical agents :						
1	Harmful levels of hydrogen sulphide	YES			3		
2	Combustible gases or vapors	YES			1		
3	Potentiall y dusts	YES			2		
4	Oxygen deficiency from rusting processess	YES			4		
5	Presents of chlorine gas	YES			4		
	Physical agents :						
1	Flooding from failure of the outlet pipe and associated structure	YES			5		
2	Thermal extremes	YES			1		
3	Noise	YES			4		

RISK ASSESSMENT - Quantitative

Parameter	Description	Safe Limit
Carbon monoxide, CO (ppm)	<p>A highly toxic and rarely occurs naturally. It is always produced during the burning of carboniferous materials, especially in fire with restricted air supply. Its common source is from internal combustion engines.</p> <p><u>Reference:</u></p> <ol style="list-style-type: none"> 1. Occupational Safety and Health (Use and Standard Exposure To Chemical Hazardous To Health) Regulations 2000; 2. Industry Code Of Practice For Safe Working In A Confined Space 2010; and 3. MS 2363:2010 Working in Tunnelling – Code of Practice. 	<ul style="list-style-type: none"> • ≤ 25ppm (for TWA₈); & • ≤ 75 ppm (for MEL₁₅)
Methane, CH₄ (%LEL)	<p>A potentially explosive gas occurring naturally in coal seams and others carbonaceous strata, and in peat and can be found in porous reservoir rocks or dissolved in water.</p> <p><u>Reference:</u></p> <ol style="list-style-type: none"> 1. Industry Code of Practice for Safe Working In A Confined Space 2010; and 2. MS 2363:2010 Working in Tunnelling – Code of Practice. 	<p>$\leq 10\%$ of LEL (Lower Explosive Limit)</p>

RISK ASSESSMENT - Quantitative

Parameter	Description	Safe Limit
Oxygen, O ₂ (%Vol.)	<p>Only fresh air should be used for ventilation to improve the quality of air in the tunnel. Fresh air contains approximately 20.9% Oxygen.</p> <p><u>Reference:</u></p> <ol style="list-style-type: none"> 1. Industry Code of Practice for Safe Working In A Confined Space 2010; and 2. MS 2363:2010 Working in Tunnelling – Code of Practice. 	19.5% - 23.5% Vol.
Hydrogen sulphide, H ₂ S (ppm)	<p>A highly toxic and has characteristic smell (rotten eggs). Exposure to high concentrations of the gas can reduce the sensitive of olfactory nerves. It also flammable and can be explosive. It is naturally as product of decay of organic material containing sulphur.</p> <p><u>Reference:</u></p> <ol style="list-style-type: none"> 1. Occupational Safety and Health (Use and Standard Exposure To Chemical Hazardous To Health) Regulations 2000; 2. Industry Code Of Practice For Safe Working In A Confined Space 2010; and 3. MS 2363:2010 Working in Tunnelling – Code of Practice. 	<ul style="list-style-type: none"> • ≤10ppm (for TWA₈); & • ≤30 ppm (for MEL₁₅)

RISK ASSESSMENT - Quantitative

Parameter	Description	Safe Limit								
Ventilation Requirement (CFM)	Ventilation compliance at the work area is satisfied by providing, at minimum, the outdoor air that represents the sum of the ventilation requirements at each space that it serves. <u>Reference:</u> 1. Factories and Machinery Act (Safety, Health and Welfare) Regulations 1970.	Minimum value of ventilation required depends on the volume of work area and type of work. Air change:								
		<table border="1"> <thead> <tr> <th>Type of Work</th> <th>Air change (times/hour)</th> </tr> </thead> <tbody> <tr> <td>Cold Work</td> <td>10</td> </tr> <tr> <td>Hot Work</td> <td>20</td> </tr> <tr> <td>Hot Work with fumes</td> <td>30</td> </tr> </tbody> </table>	Type of Work	Air change (times/hour)	Cold Work	10	Hot Work	20	Hot Work with fumes	30
		Type of Work	Air change (times/hour)							
		Cold Work	10							
Hot Work	20									
Hot Work with fumes	30									

Parameter	Description	Safe Limit
Respirable Dust (mg/m³)	Respirable dust is the fraction of airborne material that penetrates to the deep lung where gas exchange takes place. The particle sizes of respirable dust are up to 10 microns. <u>Reference:</u> 1. MS 2363:2010 Working in Tunnelling – Code of Practice.	<3 mg/m ³

RISK ASSESSMENT - Quantitative

Pressure (bar)	It must be ensure the pressure not in decompress or compress condition. MS 2363:2010 Working In Tunnelling – Code Of Practice.	>0.7 bar
Humidity (%RH)	High humidity will affect the air supply in tunnel.	-
Temperature (°C)	Ambient conditions in tunnel must be not in extremely hot. <u>Reference:</u> 1. MS 2363:2010 Working In Tunnelling – Code Of Practice.	<35 °C
Air Flow (m/s)	Fresh air in tunnel must be supplied by ventilation to ensure working in good condition to breathing. <u>Reference:</u> 1. MS 2363:2010 Working In Tunnelling – Code Of Practice.	0.5 m/s

The Fearless Organization: Creating Psychological Safety in the Workplace for Learning, Innovation, and Growth , 1st Edition

BOOK REVIEW

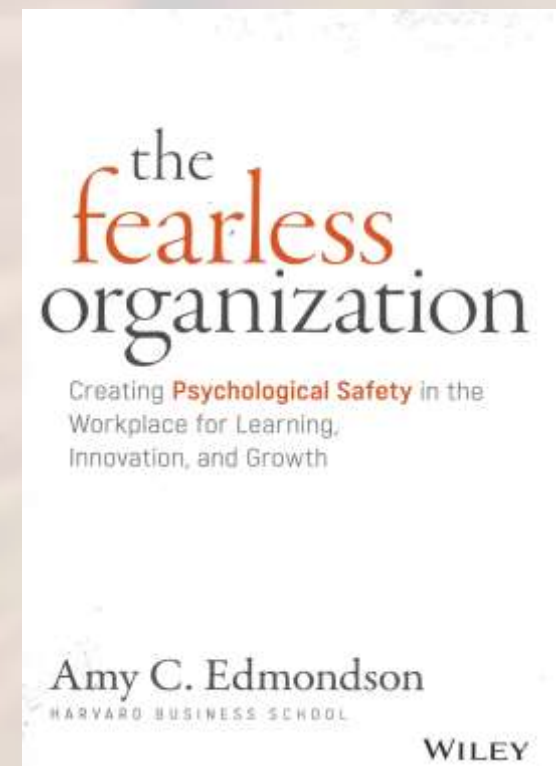
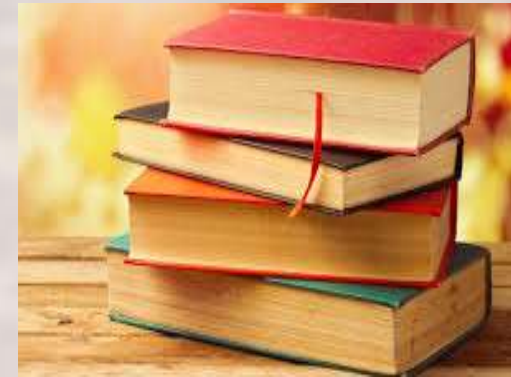
Conquer the most essential adaptation to the knowledge economy

The Fearless Organization: Creating Psychological Safety in the Workplace for Learning, Innovation, and Growth offers practical guidance for teams and organizations who are serious about success in the modern economy. With so much riding on innovation, creativity, and spark, it is essential to attract and retain quality talent—but what good does this talent do if no one is able to speak their mind? The traditional culture of “fitting in” and “going along” spells doom in the knowledge economy. Success requires a continuous influx of new ideas, new challenges, and critical thought, and the interpersonal climate must not suppress, silence, ridicule or intimidate. Not every idea is good, and yes there are stupid questions, and yes dissent can slow things down, but talking through these things is an essential part of the creative process. People must be allowed to voice half-finished thoughts, ask questions from left field, and brainstorm out loud; it creates a culture in which a minor flub or momentary lapse is no big deal, and where actual mistakes are owned and corrected, and where the next left-field idea could be the next big thing.

This book explores this culture of psychological safety, and provides a blueprint for bringing it to life. The road is sometimes bumpy, but succinct and informative scenario-based explanations provide a clear path forward to constant learning and healthy innovation.

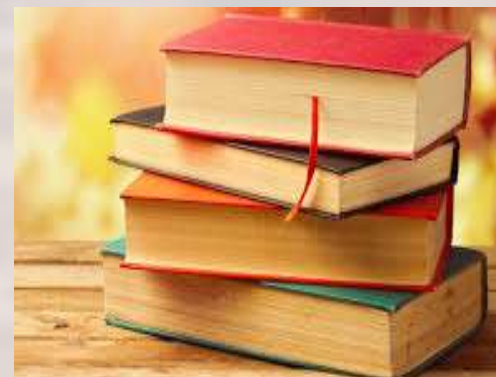
- Explore the link between psychological safety and high performance
- Create a culture where it’s “safe” to express ideas, ask questions, and admit mistakes
- Nurture the level of engagement and candor required in today’s knowledge economy
- Follow a step-by-step framework for establishing psychological safety in your team or organization

Shed the “yes-men” approach and step into real performance. Fertilize creativity, clarify goals, achieve accountability, redefine leadership, and much more. *The Fearless Organization* helps you bring about this most critical transformation.



The Fearless Organization: Creating Psychological Safety in the Workplace for Learning, Innovation, and Growth , 1st Edition

BOOK REVIEW



Editorial Reviews

From the Inside Flap

Written for leaders and teams, *The Fearless Organization* is a practical guide for creating cultures where knowledge and innovation flourish because people feel safe to contribute their ideas.

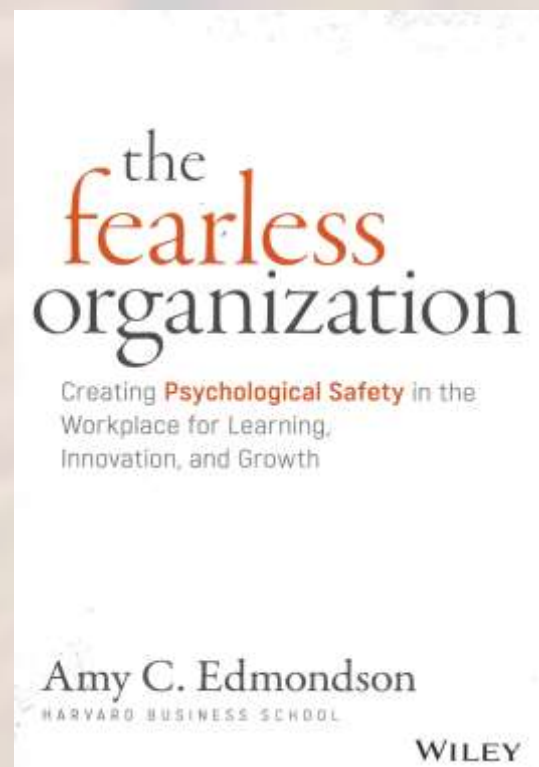
While many companies are investing in talent to compete in today's knowledge economy, the best talent is wasted if people are not able to speak up. The human instinct to "fit in" and "go along" works against the continuous flow of new ideas, new solutions, and critical thought necessary for companies to stay innovative. While not every idea will hit a home run, an organization's culture must not suppress, silence, ridicule or intimidate. Based on Amy Edmondson's 20 years of research, this invaluable book helps companies tackle the people side of the innovation equation to create workplaces that are safe, fearless and empowered to win with unbridled ideas.

The Fearless Organization offers a step-by-step framework for establishing psychological safety within a team and an organization. It is filled with illustrative scenario-based examples and provides a clear path forward for implementing a culture that thrives on the free expression of ideas and nurturing engagement.

The Fearless Organization can give leaders the confidence they need to unleash individual and collective talent and create the type of work environments that helps everyone succeed and their organizations to thrive.

Product details

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Newspaper Cutting



Headline : Firemen free man with leg caught in escalator
Publication : The Star
Date : 04 November 2019
Page : 10N

Firemen free man with leg caught in escalator

KUALA LUMPUR: A man's leg got stuck in an escalator at a shopping mall here for about 45 minutes before he was released by a team from the Fire and Rescue Department.

The department's operations commander Mohd Zuhair Faisal Zulkifli said they dispatched six personnel from the Titiwangsa station to the scene five minutes after they received a call yesterday.

The incident occurred at around 10am at the mall along Jalan Tuanku Abdul Rahman.

"When we arrived, we found a 49-year-old man trapped on the escalator on the first floor of the mall," he said.

Zuhair added that they began work on securing the device before removing the man safely about 45 minutes later.

"He suffered a broken leg and was taken to Hospital Kuala Lumpur for treatment," he added.



STAR
10N
4/11/19

Helping hand:
A Fire and Rescue Department personnel working on removing the man who got his leg stuck in an escalator at a shopping mall in Kuala Lumpur.

MAULIDUR RASUL AWARD

JAKIM: LEE'S SERVICE EARNED HIM AWARD

His commitment, friendly approach should be emulated, says D-G

ADIS POMERA
KUALA LUMPUR
www.nst.com.my

TAN Sri Lee Lam Thee, in his 45 years of service to the community, has become a respected figure for his contributions to *farah al-falak* (communal responsibility), which transcends race and religion.

Malaysian Islamic Development Department (Jakim) director-general Datuk Muhamad Nordin Ibrahim said based on these criteria, the social activist was named as one of the four recipients of the annual national-level Maulidur Rasul award.

Lee, who is Ern World Foundation chairman, received the award in the social activism category at the national-level Maulidur Rasul celebration in Bukit Jalil on Saturday.

Nordin said Lee was the 16th non-Muslim to receive the award since 2000.

"Lee is a social activist who fulfilled all the criteria as a Maulidur Rasul award recipient."

"Apart from his ideas and commitment to community service, Lee's friendly approach in helping people should be emulated by everyone," he told the *New Straits Times*.

Lee is the only non-Muslim recipient of the award this year. Other recipients of the national-level Maulidur Rasul award were Hospital Mersa Bahau surgeon Datuk Dr Khalid Ibrahim, academician Professor Danik Dr Asma Ismail and humanitarian activist Mohd Azmi Abdul Hamid.

Syariah expert Datuk Seri Daud Muhammad was the recipient of the Maulidur Rasul Perdana Award.

"Previously, the award was given to the Orang Asli, Indians and Bumiputeras from Sabah and Sarawak," he said.

He added that the committee in charge of the awards this year comprised personnel from Jakim's Research Division.

The previous non-Muslim Maulidur Rasul award recipients



Tan Sri Lee Lam Thee is the 16th non-Muslim recipient of the national-level Maulidur Rasul award since 2000. PHOTO BY ADIS POMERA, NSTP

were Assistant Commissioner Ma Fozong, who was Kelantan Narcotics Investigation Department chief (2000); former Chemistry Department deputy director-general (operations) Chang Hon Fung (2002); and, former Putrajaya Site and Security Academy head Gan Hock Seong (2003).

Other non-Muslim award recipients included former deputy higher education minister Datuk Dr Mary Yag Kain Ching (2007) and author, lecturer and activist Dr Lim Siew Tin (2008).

Nordin said the theme *Negara Rahmah Ummah Sejahtera* (Blessed Nation, Prosperous Ummah) was chosen for this year's celebration to remind people that Islam was a blessed and merciful religion, which promoted respect, love, tolerance, forgiveness and compassion.

"Love and compassion are en-

couraged in Islam and observed in the concept of *rahmah umeroyi*, as highlighted in the Quran."

"By embracing *rahmah*, we can resolve disputes amicably, which will enable the community to live in harmony. *Rahmah* is proof of the community's moral praiseworthy and exceptional behaviour."

Lee said he was overwhelmed for being named the recipient of the award. He described his work as a national service.

"From the first day I started my 'national service', I am always guided by humanitarian principles."

"As a Malaysian, I am colour blind in my approach because I am committed to serving the country," said the former chairman of the National Institute of Occupational Safety and Health, who is continuing his work under the newly established Alliance of Safe Community non-governmental organisation.

Headline : JAKIM: Lee's service earned him award
Publication : New Straits Times
Date : 11 November 2019
Page : 02

Newspaper Cutting



JKKP catat 37 kes seluruh negara

Kuala Lumpur: Sepanjang 100 hari kerja tahun ini, Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP) merekodkan 37 kes merobek-robek operasi pengendalian kren menara tanpa lesen di seluruh negara.

Tindakan Menteri Sumber Manusia Derek Mahua Omin berkata, daripada jumlah ini, 21 kes merobek-robek operator impitan manakala 16 daripada kalangan Awaga asing.

"Selain pengalihan kuasa, JKKP menyorotkan kes-kes tersebut sebagai penapis projek di Pulau Pinang, Sabah dan Johor

serta kegunaan mereka mematuhi Perintah Khas Ketua Menteri kepada Pengurus Projek berkenaan Pengiraan dan Pengendalian Selamat Kren Menara di bawah Seksyen 27 (1) Akta Kilang dan Jentara (AKJ) 1962.

"Selama September lalu, terdapat 44 kes kementerian direkodkan merobek-robek nilai RM145,000 serta 14 kes pertambahan dengan nilai punca RM400,000. Jumlah

Memorandum kementerian mengenai JKKP juga menyediakan Garis Panduan bagi Keselamatan dan Kesihatan Awam di Tapak Pembangunan 2007 bagi memastikan majikan mematuhi kehendak perundangan.

Pengalihan kuasa operator kren menara dijalankan dengan pemeriksaan mengikut dan secara berkala ke tapak pembinaan yang menjalankan operasi kren menara.

"Semasa pemeriksaan, pegawai JKKP akan meminta pengurusan projek dan operator kren memajukan bukti perubahan operator kren yang sah.

"Selain ini, terdapat 1936 kren menara yang aktif dan bersedia dengan JKKP serta jumlah operator kren menara yang bersedia adalah 5,384 orang," katanya.

Bekas berkata, sebanyak 22 kes kemalangan kren menara dilaporkan untuk tempoh 2017 dengan dua daripadanya melibatkan kematian.

Ilmu kendali kren kejang kemalangan

Kuala Lumpur: Ilmu pengendalian kren menara bukan sahaja mampu merobek-robek operasi tetapi juga boleh mengurangkan risiko kemalangan di tapak pembinaan dan sekitarnya.

Tanpa pengawal kren menara Suhaimi Mohd Yunus berkata, seseorang itu memerlukan kepakaran daripada segi teknikal dan teori untuk memastikan kren menara yang ditendalikan berfungsi dengan baik tanpa mendatangkan risiko.

Menurutnya, di negara ini, beberapa ahlinya kerosakan kerosakan dan kerosakan merobek-robek kerosakan kerosakan kren menara dengan jangka masa hidup sehingga dua bulan.

"Mereka yang beryoga memerlukan kerosakan kerosakan kren menara dengan baik kerana didedahkan ilmu teori dan amali sepanjang kuliah.

"Di negara ini, prosedur untuk seseorang itu mengendalikan kren menara serta kerosakan kerosakan kren menara yang ditunjukkan oleh kerosakan kerosakan kren menara sebagai jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP) katanya.

Bekas berkata, seseorang peminat

itu bukan sahaja diarahkan untuk mengendalikan kren menara tetapi ilmu keseluruhan mengenai jentara itu perlu dikuasai sepenuhnya agar sebarang masalah yang berlaku dapat diatasi dengan baik.

Suhaimi berkata, seseorang operator kren menara bertanggungjawab bukan hanya pada beban yang diangkat malah mereka perlu tahu sebarang masalah khususnya berkaitan elektrik dan mekanikal jentara.

"Jika mereka mahu untuk kesan kerosakan kerosakan, ia lebih mudah untuk proses pembaikan segera ditubuhkan sekiranya mengurangkan risiko kemalangan," katanya.

Menurutnya, talak ramai yang mahu menyertai kursus pengendalian kren menara kerana kurangnya peluang pekerjaan yang ditawarkan kontraktor walaupun Malaysia mempunyai pelbagai projek pembangunan berskala besar.

Katanya, masalah ini kerana kemahiran kren menara menggunakan operator kren menara tidak bersedia menyebabkan peluang anak tempatan untuk bekerja dalam sektor ini terancam.

Headline : JKKP catat 37 kes seluruh negara
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Date : 04 November 2019
Page : 11

Newspaper Cutting



Headline : Anugerah suntik semangat berkhidmat untuk masyarakat
Publication : Berita Harian
Date : 14 November 2019
Page : 11

Anugerah suntik semangat berkhidmat untuk masyarakat

Tan Sri
Lee Lam Thye

Aktivis masyarakat

Saya amat terharu apabila terpilih menerima anugerah sempena Majlis Sambutan Maulidur Rasul tahun ini.

Merjunjung kasih ke bawah Duli Yang Maha Mulia Seri Paduka Baginda Yang di-Pertuan Agong, Al-Sultan Abdullah Rfayatu-din Al-Musta' Billah Shah Ibn Almarhum Sultan Haji Ahmad Shah Al-Musta'in Billah dan ucapan terima kasih tidak terhingga kepada Jabatan Kemajuan Islam Malaysia (JAKIM) di atas pemilihan saya untuk menerima anugerah istimewa ini.

Saya percaya anugerah ini diberikan atas sumbangan yang saya berikan lebih 45 tahun kepada negara dan masyarakat. Mungkin ramai yang tidak tahu bagaimana gementar perasaan apabila pihak JAKIM menghubungi saya untuk memaklumkan hasrat mereka

memberikan anugerah sempena Majlis Sambutan Maulidur Rasul tahun ini.

Perasaan keterujaan turut menyelubungi hati saya kerana sebagai seorang bukan Islam, tidak pernah terlintas di fikiran bahawa saya akan terpilih menerima anugerah yang amat penting bagi umat Islam itu.

Namun, saya akhirnya bersetuju menerima anugerah itu apabila rakan, terutama beragama Islam, memberikan sokongan dan berkata saya layak menerima anugerah itu atas sumbangan diberikan kepada masyarakat selama ini.

Sumbatan Maulidur Rasul juga amat signifikan kerana ia memulakan keputeraan Nabi Muhammad yang seharusnya menjadi contoh kepada semua insan kerana mengamalkan dan mempromosi sifat terpuji seperti amanah, berbudi bahasa dan menghormati penganut agama lain.

Dalam kerangka negara majmuk, pendekatan sebegini mampu meningkatkan perpaduan dan menjamin koharmonian secara berterusan. Ia juga mampu mengatasi sikap ekstrem yang boleh mengugat keamanan dan perpaduan kaum.

Dalam soal keselamatan di se-

kolah tahfiz, saya mula membangkitkan perkara ini apabila program keselamatan dan kesihatan pekerjaan (KKP) di sekolah mendapat sambutan menggalakkan.

Apabila berlaku insiden kebakaran di Pusat Tahfiz Darul Quran Ittifaqiyah di Jalan Datuk Keramat pada 14 September 2017, saya mengambil peluang itu untuk membangkitkan isu keselamatan di sekolah tahfiz seluruh negara.

Dalam insiden yang berlaku pada pukul 5.15 pagi itu, 21 pelajar

dan dua guru terbunuh apabila mereka terperangkap di tingkat tiga asrama yang terbakar. Seperti yang kita sedia maklum, kejadian itu juga bukanlah yang pertama meragut nyawa di sekolah agama kerana pada 22 September 1969, Sekolah Agama Rakyat Taufiqiah Al-Khairiah Al-Halimiah atau lebih dikenali sebagai 'Fondok Pak Ya' di Kampung Padang Lumut, Yan, Kedah turut terbakar yang mengorbankan dua puluh tujuh pelajar perempuan.

Selapas kejadian di Pusat Tahfiz Darul Quran Ittifaqiyah, Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH) membangunkan program keselamatan dan kesihatan pekerjaan di institusi pendidikan agama yang dikenali sebagai KKP untuk Sekolah Tahfiz serta menerbitkan buku panduan berkaitan.

Saya amat mengambil berat soal keselamatan dan sangat berbesar hati apabila dapat membantu meningkatkan tahap keselamatan sekolah tahfiz ketika menjadi Pengerusi NIOSH sebelum ini.

Sepanjang berkhidmat untuk masyarakat, saya sering mengangap diri saya sebagai warga Malaysia yang memberikan perkhidmatan dan bantuan kepada orang ramai tanpa mengambil kira latar

belakang agama dan bangsa.

Saya buta warna dalam memberi khidmat kepada masyarakat. Saya akan meneruskan usaha mempromosi aspek keselamatan di setiap lapisan masyarakat dan akan terus berkhidmat untuk orang ramai.

Sesungguhnya anugerah Maulidur Rasul Peringkat Kebangsaan itu memberi suntikan semangat untuk saya terus berkhidmat terutamanya menerusi Pertubuhan Ikatan Komuniti Selamat (IKATAN) yang saya tubuhkan bersama rakan yang mengambil berat aspek keselamatan dan kesihatan komuniti.

Melalui pertubuhan bukan kerajaan (NGO), Ikatan Komuniti Selamat, saya akan terus menyumbang kepada masyarakat, termasuk meningkatkan tahap keselamatan di sekolah agama dan pusat tahfiz memandangkan masih banyak kes kemalangan yang berlaku.

Melalui pertubuhan ini, saya akan mengemblem tenaga pakar bersama-sama menyampaikan ilmu dan pengalaman kepada pengendali institusi tahfiz di negara ini kerana percaya kita perlu memastikan tempat belajar dan tinggal yang selamat untuk anak yang tidak berdosa.

Perasaan keterujaan turut menyelubungi hati saya kerana sebagai seorang bukan Islam, tidak pernah terlintas di fikiran bahawa saya akan terpilih menerima anugerah yang amat penting bagi umat Islam itu.

Newspaper Cutting

THANK YOU VERY MUCH
БАЯРЛА
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GF
MULTUMESC
THANK YOU VERY MUCH
QUYANAQ
SAAGHAXALDAHWA
MULTUMESC
MULTUMESC
MATON
МНОГО ВИБ
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MOCHCHAK
WELALIN
WELALIN
GRAZIE
CHOKRANE
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MULTUMESC
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ASANTE
CIACHO
SPASIBO
MOCHCHAK
WELALIN
NIRRINGRAZZJAK
MOCHCHAKKERAM
MATUR NUW

THANK YOU

MATONDO
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RRINGRAZZJAK
YOU VERY MUCH
MULTUMESC
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MAAAA MATUR NUWUN
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THANK YOU VERY MUCH
SAAGHAXALDAHWA
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