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FYI WAH

WORKING AT HEIGHT





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EDITOR'S NOTE

Failure to use fall protection or using it improperly there are can result in serious injury or death. In fact, falls are the leading cause of death in the construction industry. According to DOSH statistic, out of 140 construction fatalities in 2015, 72 (51.8%) were the result of falls to a lower level.

Here, industry practitioner discuss any technic, training and new products in the fall protection field, as well as how workers can avoid fall-related incidents. To help prevent fall incidents, regular training is a must. It is always a challenge to ensure that all workers who may face potential fall hazards are not only initially trained on how to use a product, but continually trained, so that they are prepared and comfortable in what actions to take in the event of a fall. So in this month FYi May 2019 to provide the information regarding to fall protection safety.

Enjoy the issue, and see you in June 2019!

Regards,
Ayop Salleh
EXECUTIVE DIRECTOR

PUBLISHER

► NIOSH

Work at Heights : What is 100% tie-off?

It is compulsory to have at least 1 fall arrest attachment while performing any tasks at heights on a structure. The attachment from the harness to the point of anchorage must be at an adequate strength to accommodate any fall.

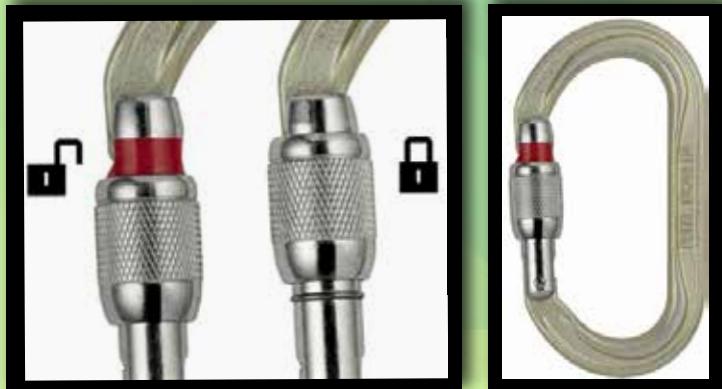
The attachment at the harness must be at the point of dorsal D-Ring or sternal D-Ring which will only be considered as a fall arrest at the event of any fall. Any other attachment at the harness during working at heights shall not be deemed safe without the fall arrest attachment.



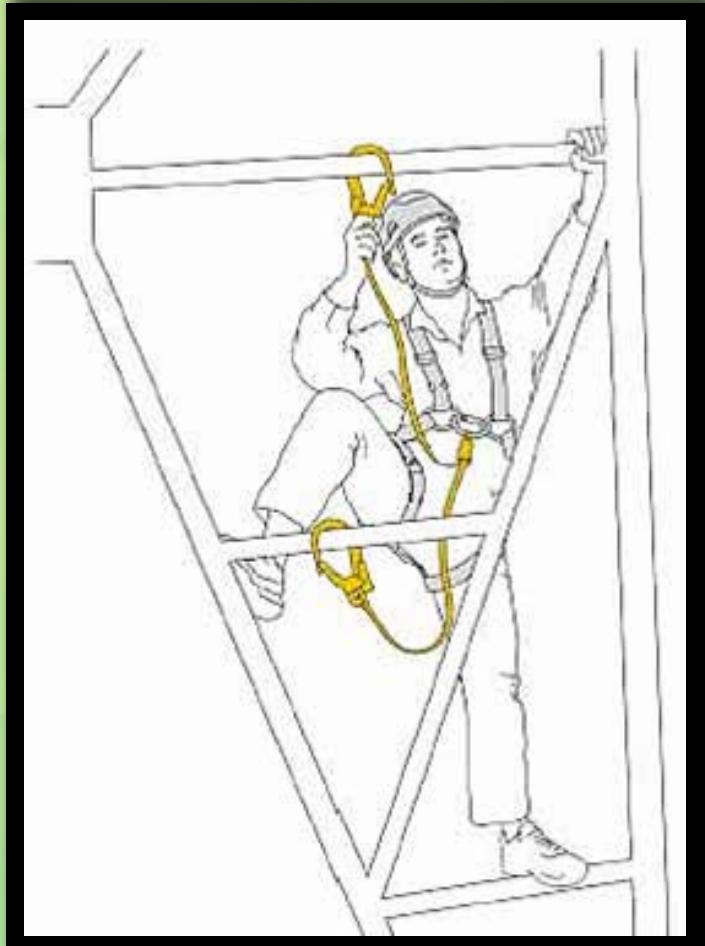
The most common equipment used to attach a harness to an anchorage point is a fall arrest lanyard. It is advised to use a double lanyard as it is more effective while manoeuvring and during work. It is also advised to use a fall arrest lanyard that is attached to an energy absorber. At any event of fall the energy absorber will reduce the impact of the fall by absorbing the force of fall.



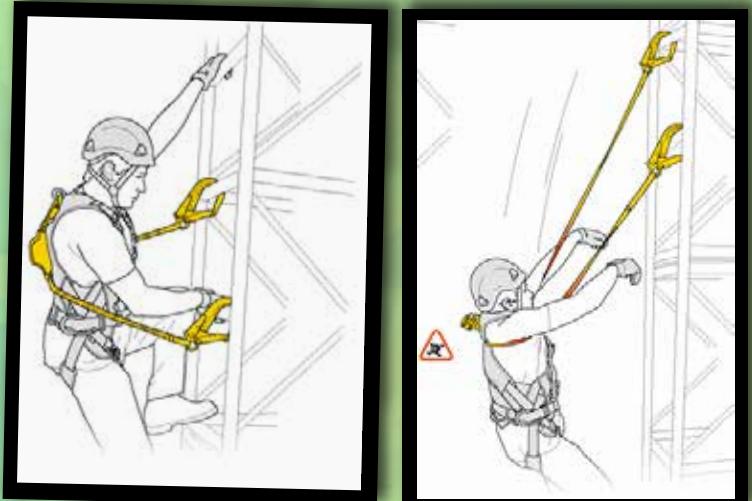
The connection from the fall arrest lanyard to the harness by means of a carabiner (connector) should it be a screw lock carabiner must be screwed down to the end at all times during manoeuvring or during work. This is to ensure that the connection would not be accidentally disengage at any event of fall.



The connection from the fall arrest lanyard to the anchorage point must also be secured properly to ensure with no unfasten connection.



The fall arrest lanyard, should it be connected to the dorsal D-ring, must be over the shoulder to avoid shoulder dislocation during fall.



During work, the fall arrest lanyard connection should be above the work position to reduce the length of fall and it is best to connect to 2 different anchorage points should be available.



During work, the fall arrest lanyard connection should be above the work position to reduce the length of fall and it is best to connect to 2 different anchorage points should be available.



The choice for points to anchor may differ according to places of heights at work. It is highly recommended that the strength of the points to be at 15kN as mentioned in the Guidelines for the Prevention of Falls at Workplaces (JKKP DP/G 127/379/4-35 : MARCH 2007),

9.2 Anchorages

“...Anchorages shall be capable of holding a minimum ultimate force of 15kN in all directions in which the anchor might be loaded in use....”

And in IRATA International code of practice for industrial rope access, Part 2 of 5: Detailed guidance

2.11.2 The anchor system (anchors and anchor lines)

2.11.2.6 To determine the minimum anchor strength recommendation, this code of practice uses a safety factor of 2.5. The maximum impact load on the user in the event of a fall should not exceed 6 kN; therefore, as a general rule, the static strength of anchors, with the exception of some deviation anchors, should be at least 15 kN.

As such, to achieve a 100% tie-off, there would be several factor to adhered to as below :

1. Attachment of fall arrest lanyard to harness
2. Attachment of fall arrest lanyard to points of anchorage
3. To use a fall arrest lanyard with energy absorber
4. To ensure connectors such carabiners, snap hooks are properly installed and locked
5. To ensure fall arrester lanyards are positioned on shoulder
6. The points of anchorage should be higher than the position of work
7. To install fall arrest system when in use of other systems such as work position system
8. Points of anchorage strength is advisably at 15kN



OSH HAZARD EVALUATION AND CONTROL TECHNOLOGY CENTRE (OSHECT)

FALL PROTECTION EQUIPMENT TESTING LABORATORY (FPETL)

WHAT SHOULD YOU KNOW?

Under the Eleventh Malaysia Plan (11th MP), NIOSH Malaysia was given the responsibility to develop a testing laboratory to be used to test and ensure fall protection equipment use by workers in Malaysia is accordance with relevant standards such as BS EN standard and MS standard. Hence, Fall Protection Equipment Testing Laboratory (FPETL) construction and renovation started on 3rd June 2017. To ensure competency of related NIOSH Malaysia personnel who will be operating the Fall Protection Equipment Testing Laboratory (FPETL), a training was conducted on 25 – 27 September 2017 in collaboration with Korea Occupational Safety & Health Agency (KOSHA) at their testing facilities in Ulsan, Republic of Korea. harness during working at heights shall not be deemed safe without the fall arrest attachment.

Currently, there are various types of fall protection equipment offered in Malaysia's market which are not being comprehensively controlled and monitored beforehand to the user. This has led to various perceptions among the users, especially on the marking and certification, quality and safety & health features of the fall protection equipment offered by different companies. This situation also makes it difficult for user to decide the appropriate fall protection equipment based on types, brands and standard compliance. Therefore, FPETL as one of the laboratory under OSHECT definitely can help you. FPTEL aim to be a leading laboratory in fall protection equipment testing in this region with 'Safety Mark' and in process of obtaining ISO 17025 accreditation.

WHAT NIOSH OFFERS?

- 1) Testing and certification for fall protection equipment and component.
- 2) Ensure and verify all fall protection equipment and component at workplace comply with recognised standards.
- 3) Collaborate with other interested parties for research, training & module development, teaching laboratory & method development and advisory services.
- 4) Support NIOSH other core activities such as research and training.

WHAT TESTING STANDARDS PROVIDED?

INTERNATIONAL STANDARDS	MALAYSIAN STANDARDS
BS EN 365 : 2004 – Test method BS EN 361 : 2002 – Full body harness BS EN 362 : 2004 – Connectors BS EN 354 : 2010 – Lanyards BS EN 355 : 2002 – Energy absorbers	MS 2314 : 2010 – Test method MS 2311 : 2010 – Full body harness MS 2312 : 2010 – Connectors MS 2308 : 2010 – Lanyards MS 2309 : 2010 – Energy absorbers

TYPE OF COMPONENT FOR TESTING?

Full Body Harness



Full Body Harness



Energy Absorber



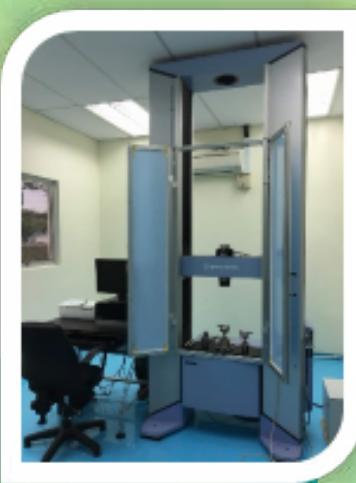
Lanyard



TYPE OF TESTING PROVIDED?

1. Static Strength Testing

- 1.1. Using Universal Testing Machine.
- 1.2. To test static strength of fall protection equipment and components.



2. Dynamic Performance Testing

- 2.1. Using test tower and force measurement equipment.
- 2.2. To test dynamic performance of fall protection equipment and components.



3. Climatic Testing

- 3.1. Using Climatic Chamber.
- 3.2. To put fall protection equipment and components under controlled condition such as heat, cold and humid before further testing.



For further information and assistance, please contact us our technical team
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PROGRAM SEMARAK RAMADAN NIOSH 2019

Sempena menyambut kedatangan bulan Ramadan 1440H, NIOSH Ibu Pejabat Bandar Baru Bangi, dengan kerjasama Kelab Kebajikan dan Sukan Institut (KKSI) dan PUSPANITA NIOSH telah menganjurkan Program Semarak Ramadan NIOSH 2019 bagi warga kerja NIOSH yang beragama Islam.

Pada sebelah pagi dimulakan dengan Majlis Khatam Quran yang turut disertai oleh Tuan Pengarah Eksekutif NIOSH iaitu Encik Ayop Salleh. Program ini dapat menyemarakkan rasa cinta kepada Al-Quran dan mempertingkatkan ibadat di bulan Ramadan di samping dapat menjalinkan ukhuwah antara kakitangan NIOSH. Peserta bacaan Al-Quran telah memulakan bacaan masing-masing seawal 1 Ramadan 1440M sepanjang bulan Ramadan berlangsung program tadarus yang melibatkan kakitangan yang berkelapangan. Pada pagi 24 Mei 2019, majlis khatam Al-Quran diadakan di Dewan Cempaka, Menara NIOSH di mana pada tahun ini seramai 65 orang peserta Tadarus telah menyertai program ini.



Pada pukul 10.30 pagi turut diadakan ceramah agama yang disampaikan oleh Dato' Ustaz Kazim Elias yang bertajuk "Kepimpinan Bertintegriti Tunjang Kecemerlangan" diadakan di Dewan Raflessia, Bangunan Menara NIOSH. Pihak KKSI juga menjemput daripada Pusat Zakat Selangor untuk menyediakan kaunter bayaran zakat. Kaunter pembayaran zakat turut dibuka pada hari tersebut bermula jam 3.00 pagi sehingga 4.30 petang bagi memudahkan warga kerja NIOSH menuaikan tanggungjawab masing-masing. Gerai-gerai jualan yang menjual pelbagai barang makanan, minuman dan pakaian turut diadakan bagi memeriahkan lagi suasana semasa majlis itu berlangsung.

Selesai ceramah agama pada pagi itu, Pertandingan karya Seni Khat diadakan bagi mencungkil bakat kakitangan. Beberapa kakitangan yang menyertai pertandingan seni khat dan hadiah diberikan kepada pemenang bagi pertandingan seni khat dan buat julung kalinya penampilan ahli kumpulan Nasyid NIOSH mempersembahkan nyanyian nasyid setelah selesai majlis sebelum pagi tersebut. Selain itu, NIOSH juga telah membuat sumbangan kepada anak-anak yatim serta waris kakitangan yang telah meninggal dunia. Turut diadakan pelancaran NIOSH Food Bank@Gerobok Rezeki. Semoga sumbangan ini dapat meringankan beban keluarga yang kehilangan ahli keluarga. Majlis berakhir pada sebelah petang dengan pengagihan bubur lambuk kepada para tetamu yang hadir. Semoga program yang dijalankan ini mendapat rahmat pada Bulan Ramadan Bulan yang penuh Keberkatan.

Majlis Iftar Ramadan Bersama Pengamal Media



Pada 17 May 2019, NIOSH telah menganjurkan Majlis Iftar Ramadan bersama pengamal media, bertempat di Hotel Le Méridien Putrajaya. Majlis Iftar Ramadan tersebut menjemput kakitangan media yang terdiri daripada wartawan media masa tempatan bagi meraikan sumbangan mereka kepada perkembangan NIOSH.

Majlis tersebut dihadiri Pengurus Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH) Tan Sri Lee Lam Thye, Pengarah Eksekutif NIOSH Encik Ayop Salleh serta beberapa kakitangan NIOSH.

Dalam ucapan Pengurus NIOSH berkata adalah penting untuk memastikan keselamatan pengamal media terutama ketika menjalankan tugas di lapangan. Semua organisasi media perlu mempunyai pegawai keselamatan dan kesihatan pekerjaan untuk memberi pengetahuan dan membantu pengamal media mengenai isu itu. Insiden Sungai Kim Kim di Pasir Gudang Johor baru-baru ini telah membangkitkan kebimbangan apabila lima pengamal media dimasukkan ke hospital akibat terkesan dengan udara yang tercemar.

Pengurus NIOSH menyeru semua majikan agar melengkapkan wartawan mereka dengan pengetahuan peralatan perlindungan peribadi sekiranya keadaan yang sama berulang kembali. NIOSH bersedia bekerjasama dengan mana-mana organisasi media jika ada keperluan dari segi latihan dan nasihat. NIOSH merancang untuk membangunkan modul keselamatan bagi pengamal media, selain menganjurkan lebih banyak seminar untuk mewujudkan kesedaran dalam kalangan mereka. NIOSH telah menganjurkan program keselamatan dan kesihatan untuk pengamal media sejak 2017.

Majlis Menandatangani Memorandum Persefahaman (MoU) di antara NIOSH Malaysia Dengan Pelabuhan Tanjung Pelepas Sdn Bhd

Majlis Menandatangani Persefahaman (MoU) di antara NIOSH dan Pelabuhan Tanjung Pelepas Sdn Bhd telah diadakan dengan jayanya pada 21 Mei 2019 bertempat di Pelabuhan Tanjung Pelepas (PTP), Gelang Patah, Johor Bahru, Johor.

MoU ini telah ditandatangani oleh Pengarah Eksekutif NIOSH, Encik Ayop Salleh dan pihak Pelabuhan Tanjung Pelepas Sdn Bhd yang diwakili oleh Chief Executive Officer Marco Neelsen. Pertukaran dokumen tersebut telah disaksikan oleh Pengurus NIOSH, Tan Sri Datuk Seri Lee Lam Thye.

Institut Keselamatan dan Kesihatan Pekerjaan (NIOSH) dan Pelabuhan Tanjung Pelepas Sdn Bhd bersetuju untuk bekerjasama dalam melaksanakan program latihan Keselamatan dan Kesihatan Pekerjaan (KKP).



Lelaki maut terjatuh ketika selenggara dandang stim

LUMUT - Seorang lelaki maut selepas diperlakukan terjatuh ketika melakukau kerja-kerja penyelenggaraan di sebuah dandang kelapa sawit di Puncak Remis di sini semalam.

Pengerusi Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP) Perak, Ir. Zamzurin Muarof berkata, dalam kejadian pada jam 10.30 pagi iaitu minggu, V. Jovindras, 28, sedang menjalankan kerja-kerja penyelenggaraan pada bahagian kur di dandang stim.

"Mangsa ketika kejadian sedang berdiri di atas paip stim untuk menjalankan ker-

kerja pergelangan pada bahagian luar dinding dandang stim itu sebelum tergelincir dan terjatuh ke atas tanah pada ketinggian enam meter.

"Mangsa yang mengalami kecederaan parah pada kepala telah dibawa ke Klinik Kesihatan Chengkut, Kraung sehingga solihokan meninggal dunia," katanya.

Tentang Zamzurin, mangsa komuniti dibantarkan ke Hospital Seri Manjung untuk dibebaskan cedera.

Katanya lagi, pihaknya telah mengurangkan separa-satu pengalaman penyelenggaraan pada paip yang berteng-

hinggalah sekiranya didapati terdapat pelanggaran di bawah peruntukan Akta Keselamatan dan Kestabilan Pekerjaan 1994.

Dalam pada itu, Zamzurin berduka, sehingga semalam terdapat empat kes maut memiliki pelajar terjatuh dari tempat tinggi tahun ini.

"Justeru, dilahap semua maklumat memastikan semua aktiviti kerja di tempat tinggi mengikuti Garis Panduan Penegakan Jatah di Tempat Kerja yang dikeluarkan oleh JKKP pada tahun 2007 bagi mengendalikan kejadian tidak diingini," katanya.



PASUKAN penyelenggaraan JKKP memerlukan dandang stim lokasi Rawindor berjaya sebelum maut ketika melakukan kerja penyelenggaraan di sebuah mangkuk kelapa sawit di Lumut semalam.

LELAKI MAUT TERJATUH KETIKA SELENGGARA DANDANG STIM

Publication: Kosmo

Date of Publication: 11 May 2019

Page Number: 15

Dua lagi mangsa tidak sedarkan diri ketika bertugas dalam saluran paip gas

Pekerja maut hidu gas beracun

Oleh MUHAMAD TARMUZ MOHD NOR

POH — Seorang pelajar penyelenggaraan maut, menaula dia dan lagu rakan sekerjanya tidak sedarkan diri selepas melakukan kerja-kerja di dalam saluran paip gas beracun yang sebahas stesen minyak di Jalan Ipoh-Lumut di sini malam kemarin.

Dalam kejadian pada pagi 7.30 pagi iaitu, mangsa berjumlah dua lagi rakan sekerjanya tidak sedarkan diri selepas melakukan kerja-kerja di dalam saluran paip gas beracun yang sebahas stesen minyak di Jalan Ipoh-Lumut, Ipoh kemarin.

dilawat ke Hospital Raja Permaisuri Bainun (HRPB) untuk rawatan lanjut.

Ketua Polis Daerah Ipoh, Asisten Komisioner Mohd. Ali Tamby berkata, siasatan awal mendapati mangsa yang dimana dia ketika itu mencuba untuk melaksanakan pembaikian dan penyelenggaraan kuartersan dalam bahagian tanah.

"Ketika melaksanakan kerja-kerja tersebut, ketiga-dua mangsa lemas selepas terhadap gas beracun yang masih belum dikurul pasti sebelum sedarkan diri."

"Sohar seorang, diantara mereka dilaksanakan meninggal dunia, manakala dia lagi dibawa

ke HRPB untuk rawatan lanjut," katanya, ketika dihubungi *Kronik* semalam.

Turutlah Mohd. Ali, perancaman di bahagian kejadian meradap polis tidak unsur-unsur jenayah ditemu.

"Mangsa mangsa turut dibawa ke HRPB untuk proses belah diri."

"Kes dilaksanakan sebagai mali mengejut," katanya.

ANGGOTA bomba mengetahui mangsa yang maut setelah mendekati lokasi kejadian dan melakukan kerja-kerja penyelenggaraan saluran paip gas di sebahas stesen minyak di Jalan Ipoh-Lumut, Ipoh kemarin.



PEKERJA MAUT HIDU GAS BERACUN

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Date of Publication: 27 May 2019

Page Number: 12

INDUSTRY ETHICS

Chemical companies must self-regulate, prioritise safety

RECENT chemical-related incidents have brought to the fore the subject of "responsible care" for the chemical industry. It has also brought more public attention and scrutiny to the industry.

The Chemical Industrial Council of Malaysia (CICM) should be congratulated for organising its Annual CICM Responsible Care Awards (RCA) to recognise companies and individuals that have contributed to achieving HSSE Excellence in the industry. CICM has organised RCA for 15 years.

The chemical industry was a major contributor of manufactured exports at 6.9 per cent last year. It contributes to various sectors such as pharmaceuticals, chemicals, basic industrial chemicals, fertilisers, pesticides, organic chemicals, industrial gases, as well as chemical traders, distributors and service providers.

More than 90 per cent of com-

panies in the industry are small and medium-sized enterprises, while the remaining are multi-national companies and large chemical companies.

The industry plays a vital role in the supply of raw materials and contributes to the manufacturing of finished goods (electrical and electronic products, plastic products, building materials and pharmaceuticals) and other economic sectors such as agriculture and construction.

Approved investments in chemical and chemical products are as follows: petrochemicals, including petrochemicals, amounted to RM20.8 billion and RM37.9 billion in 2017 and last year respectively.

While chemicals are important in our daily lives, safe and responsible use, handling and disposal are important and will go a long way in ensuring a safer and cleaner environment for the public and

employees to work and live in.

Nadaysia is rapidly developing but unfortunately, the increase in industrial and agricultural activities has led to environmental problems, especially pollution, due to hazardous chemicals and heavy metals.

Forming a Toxic Waste Management and Scheduled Waste National Committee is timely and must be supported by all parties as it can tackle indiscriminate disposal of hazardous waste.

I believe the outcome is the formation of a committee that can make decisions on how to better manage toxic waste so that incidents like Sungai Klim Klim would not occur.

There is a need to reflect on the fact that humans have destroyed most of nature's diversity, which is needed for the stability of the Earth.

Sadly, reflection seems to be

rare. Humanity has reached the strange position where, although people across the Earth are crying out to protect the environment, it is impossible to achieve it if the root problem is not addressed.

As trustees of our planet's resources and biodiversity diversity, we must use our natural resources in a manner that ensures conservation. We are compelled to temper our actions with moderation and balance.

I believe the outcome is the formation of a committee that can make decisions on how to better manage toxic waste so that incidents like Sungai Klim Klim would not occur.

There is a need to reflect on the fact that humans have destroyed most of nature's diversity, which is needed for the stability of the Earth.

Sadly, reflection seems to be

chemical industry, which has been adopted by Malaysia since 1994, with CICM as its sole custodian. Under the initiative, chemical companies pledge their commitment to the Guiding Principles and Implement the Codes of Management Practices, which go beyond legislative and regulatory compliance.

Responsible Care is an ethical commitment by the chemical industry that builds confidence and trust in the global chemical industry.

A good safety track record will not only ensure the licensee can operate, but will also contribute to the productivity of businesses, thus making the chemical industry more responsible and sustainable.

Chemical companies, as the key actors in the chemical value chain, must self-regulate and ensure workplace safety and health of employees and the public.

Globally, the Responsible Care

initiative was introduced by the

Audit berjadual bantu kekal keselamatan sepanjang masa

Kota Kinabalu: Audit keselamatan berjadual dan budaya penyelenggaraan baik penting bagi membantu mengekalkan keselamatan sepanjang masa termasuk di institusi pengajian tinggi (IPT) dan kolej kejadian.

Pengerusi Institut Keselamatan Kesihatan Pekerjaan Negara (NIOSH), Tan Sri Lee Lam Thye, berkata kedua-dua aspek itu dapat membantu menghalang kemalangan dan penyakit, khususnya premis lama seperti kediaman pelajar Universiti Malaya (UM), Universiti Kebangsaan Malaysia (UKM) dan Universiti Sains Malaysia (USM).

Katanya, bagi premis berumur lebih 10 tahun, audit wajib dijalankan setiap tahun bagi menilai tahap keselamatannya.

"Ada keperluan untuk menjalankan audit keselamatan di semua bangunan kolej kejadian bagi menilai tahap keselamatannya supaya semua kelemahan dapat diperbaiki."

Tiada pelan tindakan kecemasan

"Berdasarkan kajian sebelum ini, pelbagai kelebihan ditemui di beberapa kolej kejadian, termasuk kurang atau tiada Pelan Tindakan Kecemasan (ERP), pintu kalias api, pemadam api berkeadaan baik, kawasan berkumpul dan papan tanda keluar selain latihan kebakaran," katanya.

Beliau berkata demikian dalam ucaptama Seminar Keselamatan dan Kesihatan Pekerjaan (OSH) untuk kolej kejadian Universiti Malaysia Sabah (UMS), di sini, semalam.

Yang turut hadir ialah Timbalan Naib Canselor (Hal Ehwal Pelajar dan Alumni) UMS, Prof Dr Ismail Ali dan Pengarah Pusat OSH UMS, Prof Dr Khamisah Awang Lukman.

Lee Lam Thye berkata, Akta OSH yang diwujudkan pada 1994 mewajibkan OSH yang baik dan NIOSH mahu ia turut membantu sekolah dan universiti.

"Itu penting kepada pelajar untuk menjadi sebahagian daripada mata dan telinga berita tentang kelebihan dan kelemahan."

"Mereka mungkin tahu mengenai aspek ini jika dilengkap dan didedahkan melalui pengetahuan seperti dalam forum hari ini," katanya.



Ada keperluan untuk menjalankan audit keselamatan di semua bangunan kolej kejadian bagi menilai tahap keselamatannya supaya semua kelemahan dapat diperbaiki."

*Tan Sri Lee Lam Thye,
Pengerusi NIOSH*

AUDIT BERJADUAL BANTU KEKAL KESELAMATAN SEPAJANG MASA

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CHEMICAL COMPANIES MUST SELF-REGULATE, PRIORITISE SAFETY

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