



## SEMINAR PENGGUNAAN PPE SECARA EFEKTIF

### TARIKH/TEMPAT

<b>TARIKH</b>	<b>: 22-23 FEBRUARI 2010</b>
<b>TEMPAT</b>	<b>: HOTEL SYUEN, IPOH</b>
<b>STATUS</b>	<b>: Diiktiraf CEP oleh JKKP</b>
<b>TUNTUTAN HRDF</b>	<b>: Skim SBL</b>

### PENGENALAN

PENGGUNAAN KELENGKAPAN PERLINDUNGAN DIRI (PPE) merupakan salah satu kaedah untuk melindungi pekerja daripada risiko kemalangan, kecederaan dan mendapat penyakit semasa bekerja. Namun begitu, penggunaannya bukanlah jalan penyelesaian yang terbaik. Ini kerana cara paling efektif untuk mengelakkan daripada berlakunya kemalangan adalah dengan mengurangkan hazard dan risiko di tempat kerja. Namun, dalam sesuatu keadaan, penggunaan PPE ini amat perlu dan merupakan cara terakhir untuk melindungi pekerja daripada mengalami kecederaan atau mendapat penyakit pekerjaan.

Oleh itu, NIOSH telah menggabungkan topik-topik berkaitan keperluan PPE dan penggunaan PPE secara efektif yang menjurus kepada semua industri, sama ada sektor perkilangan, perladangan mahupun bagi mereka yang bekerja di pejabat. Topik-topik ini merangkumi semua aspek pemakaian dan keperluan PPE termasuklah dari segi perundangan, piawaian, kesihatan, keselamatan dan lain-lain.

### OBJEKTIF SEMINAR

- Meningkatkan kefahaman pekerja mengenai pencegahan hazard dan risiko melalui penggunaan PPE secara efektif di tempat kerja mengikut industri masing-masing
- Menerangkan dengan lebih mendalam isu-isu perundangan dan standard yang berkaitan dengan penggunaan PPE
- Mengupas isu-isu terkini berkenaan hazard dan risiko – Fizikal, Psikologikal, Tingkahlaku dan lain-lain.



## PESERTA AKAN DIBERI PENDEDAHAN MENGENAI :

- Kaedah mengenalpasti hazard dan risiko yang wujud di tempat kerja
- Kaedah kawalan yang boleh diambil untuk mengurangkan kesan hazard dan risiko
- Kesesuaian penggunaan PPE mengikut situasi dan cara penggunaan yang betul
- Cara membersihkan, menyenggara, membaikpulih PPE
- Latihan praktikal

## YURAN SEMINAR

Pakej untuk 2 hari : RM 350.00 termasuk kit seminar, makan tengahari, & minum pagi/petang serta cenderahati dari NIOSH dan KIMBERLY CLARK PROFESIONAL.

Pembayaran hendaklah dijelaskan sebelum/pada hari pendaftaran dan semua pembayaran melalui cek dibuat atas nama **NIOSH**. Sila tuliskan nama, nombor telefon dan kod seminar di belakang cek. Alamatkan kepada:

**NIOSH**

**LOT 1, JALAN 15/1,SEKSYEN 15**

**43650 BANDAR BARU BANGI**

**SELANGOR**

**Tel : 03-8769 2203/2202/2206 Faks : 03-8926 5655/5900**

**Email : [siti.khadijah@niosh.com.my](mailto:siti.khadijah@niosh.com.my) / [nurmariah@niosh.com.my](mailto:nurmariah@niosh.com.my) / [nizwan.shah@niosh.com.my](mailto:nizwan.shah@niosh.com.my)**

**Untuk dihubungi :**

**Khadijah / Maya / Nizwan**



## PROGRAM TENTATIF

### Hari Pertama : 22 Februari 2010

0800-0900	Pendaftaran Peserta
0900-1030	<b>Topik 1</b> : OSHA 1994 dan Keperluan PPE JKKP
1030-1045	Minum Pagi
1100-1200	<b>Topik 2</b> : Pengenalan kepada Hazard & Risiko En Rafie
1200-1300	<b>Topik 3</b> : Perlindungan, Pengenalan dan Penggunaan PPE mengikut industri berkaitan. JKKP
1300-1415	Makan Tengahari
1415-1530	<b>Topik 4</b> : Ke Tempat Kerja dengan Selamat PERKESO
1515-1530	Minum Petang
1600-1715	<b>Topik 5</b> : Pengurusan Stress secara Berkesan Kementerian Kesihatan Malaysia

### Hari Kedua : 23 Februari 2010

0900-1015	<b>Topik 6</b> : Ekonomi vs Ergonomik Raemy Md Zein ( NIOSH )
1015-1045	Minum Pagi
1045-1200	<b>Topik 7</b> : Hazard Fizikal : Keperluan PPE dan Perkara Berkaitan Ir Daud Sulaiman ( NIOSH )
1200-1300	<b>Topik 8</b> : Hazard Bahan Kimia : Keperluan PPE dan Perkara Berkaitan Bahagian Higen NIOSH
1300- 1415	Makan Tengahari
1415-1530	<b>Topik 9</b> : Hazard Biologi : Keperluan PPE dan Perkara Berkaitan NIOSH
1530-1545	Minum Petang
1545-1700	<b>Topik 10</b> : Pemanduan secara Berkhemat (Defensif) En Mohd Rawi
1700-1730	Penyerahan Sijil dan Resit



Tajuk : **SEMINAR PENGGUNAAN PPE SECARA EFEKTIF, Hotel Syuen, IPOH**

Tarikh : **22-23 Februari 2010**

**BORANG PENDAFTARAN (Fax to 03-89265655 / 5900)**

1) Nama penuh : .....

Nombor Kad Pengenalan: .....

Tel. : ..... (H/P).....

Alamat : .....

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2) Nama penuh : .....

Nombor Kad Pengenalan: .....

Tel. : ..... (H/P).....

Alamat : .....

.....

Nama syarikat : .....

Alamat : .....

.....

Tel. : ..... Faks : .....

Pegawai untuk dihubungi : .....

Tel. : ..... Faks : .....

.....

Tandatangan / Cop Syarikat

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Tarikh

**SEBARANG PERTANYAAN, SILA HUBUNGI KAMI...**

Ms. Ety (03-8769 2203) atau Ms. Maya (03-8769 2202) atau Mr. Nizwan (03-8769 2206)

## CURRICULUM VITAE

### 1) KHAIRUNNIZAM BIN MUSTAPA

#### Personal Information

Name : Khairunnizam bin Mustapa  
Date of Birth : 12 / 05 / 1976  
Nationality : Malaysian  
Office Address : NIOSH Safety Passport Division  
Higher Education and Training Department (HETD)  
National Institute of Occupational Safety and Health  
(NIOSH)  
Lot 1, Jalan 15/1, Seksyen 15  
43650 Bandar Baru Bangi  
Selangor Darul Ehsan  
Tel. No. : 603-8769 2100 / 012 – 666 2254 (H/P)  
Fax No. : 603-8926 3900  
E-Mail : khairunnizam@niosh.com.my

#### Education

Highest Qualification: Master of Science (Occupational Safety and Health  
Management)  
Universiti Utara Malaysia (2009)  
Bachelor of Business Administration (Hons)  
Majoring in International Business Management  
Universiti Utara Malaysia (1999)

#### Working Experience

1) Manager, NIOSH Safety Passport Division  
Higher Education and Training Department  
National Institute of Occupational Safety and Health (NIOSH) Malaysia  
February 2009 - Present

- 2) Manager, Quality Management Division  
National Institute of Occupational Safety and Health (NIOSH) Malaysia  
June 2008 – March 2009
- 3) Executive, Higher Education and Training Development Division  
National Institute of Occupational Safety and Health (NIOSH) Malaysia  
August 2002 – May 2008
- 4) Executive, Servicing Department (Group Insurance)  
BIB Insurance Brokers Sdn Bhd, Hong Leong Group  
February 2001 – July 2002
- 5) Financial Executive  
Malayan Banking Berhad, Jalan 222 Branch (P.Jaya)  
April 2000 – January 2001

### **Competencies**

- 1) Competent trainer for *NIOSH Workplace Training and Assessment Course (Competency Based Train the Trainer Course)*, since 2006
- 2) Competent trainer for selected topics in Certificate Program for Safety and Health Officer Course since 2004
- 3) Competent Trainer for *NIOSH-TM Safety Passport*:  
Mandatory OSH induction program for contractors of TM Group since 2006
- 4) Competent Trainer for *NIOSH-Oil & Gas Safety Passport*  
Mandatory OSH induction program for contractors of PETRONAS, Shell M'sia and Titan  
Chemicals since 2006
- 5) Internal Auditor for QMS ISO9001:2000 for NIOSH since 2004

### **Course Lead & Specialisation**

- 1) Basic Train the Trainer – Competency Based Training for NIOSH Malaysia
- 2) Advanced Train the Trainer – Competency Based Training for NIOSH Malaysia
- 3) Various Train the Trainer Course for NIOSH Safety Passport Programmes
- 4) Awareness Course on OHSAS18000 / MS1722 for NIOSH Certification Sdn Bhd
- 5) KYT: Hazard Prediction Tool for Workers

## **Significant Contributions**

- 1) Committee Member for *NIOSH-TM Safety Passport System* module development and examination, 2006
- 2) Committee Member for *NIOSH-Shell Safety Passport System* module development and examination, 2006
- 3) Committee Member for *KYT : Hazard Prediction Tool for Workers* module development, 2006
- 4) Committee Member for *NIOSH Train the Trainer* module review, 2005
- 5) Secretariat for *Safety and Health Committee* module review, 2005 & 2009
- 6) Committee Member for *Safety and Health Officer Course*, Module review 2004
- 7) Member of the Organising Committee for Annual National Conference & Exhibition on Occupational Safety and Health (COSH), since 2003

## **2) EDMUND CHEONG PECK HUANG**

### **EDMUND CHEONG PECK HUANG**

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Mr. Edmund Cheong Peck Huang is a Case Manager from the SOCSO Return to Work Unit of the Medical and Rehabilitation Department of SOCSO. He has been involved in developing the Return to Work program ever since the program was implemented as a pilot project back in 2005. Edmund Cheong comes from the rehabilitation background and was formerly attached to a rehabilitation company based in Helsinki, Finland. Edmund Cheong has also been involved in developing the Return to Work concept together with opinion leaders from Finland, Netherlands and the United Kingdom.

The 'Return to Work' concept is one of the latest services that was implemented by SOCSO which was launched by Yang Berhormat Datuk Seri Fong Chan Onn, the Minister of Human Resource, Malaysia in January 2007.

This program's objective is to assist injured workers or more precisely SOCSO's Insured Person who have suffered from any mishaps to return to their pre-injury duties, as fast as possible with the safest possible way. Return to Work programs have been implemented all around the world and has proven to be the way forward in increasing productivity and maintaining a healthy workforce.

Edmund Cheong will present a paper titled "RETURN TO WORK: A Step Forward to a More Productive Workforce".

### **3) Engr. DAUD SULAIMAN**

#### **BRIEF CV : Engr. DAUD SULAIMAN**

Engr. Daud Sulaiman is currently the Senior Manager for Higher Education and Training Development Division, NIOSH Malaysia. Prior to this appointment, he was the Manager of NIOSH Sarawak Branch Office, Director of the Department of Occupational Safety and Health (DOSH) for the state of Johor, and before that, for the state of Sarawak. He is a professional engineer with a degree of Bachelor and Master in Mechanical Engineering from Gajah Mada University in Yogyakarta, Indonesia. He started working in 1981 as a Factories and Machinery Inspector and has served in various divisions. While at DOSH, and later at NIOSH, he has conducted courses and presented papers at national seminars, workshops and conferences on various topics related to occupational safety and health.

#### **CURRICULLUM VITAE**

##### **Biodata**

Name : Daud Sulaiman  
Born : 10<sup>th</sup> August 1950  
Place : Sri Menanti, Negri Sembilan.  
Age : 58 years  
I.C. No : 500810-05-5267  
Address : NIOSH, Lot 1, Jalan 15/1, Section 15  
43650 Bandar Baru Bangi,  
Selangor Darul Ehsan  
Tel : 03-8769 2179 ( Office )  
Fax : 03-8926 2629  
H/P : 013-3693392  
E-mail : daud@niosh.com.my

##### **Education and Qualifications:**

Universiti Gajah Mada, Yogyakarta, Indonesia  
- Sarjana Muda (Teknik Mesin), 1977  
- Sarjana (Teknik Mesin), 1981

## **Working Experience :**

1981 – 1983 : Factories and Machinery Inspector, FMD HQ Damansara Heights, KL

- Checking the design of Boilers, Pressure Vessels, Cranes and Lifts againsts design codes
- On the job training at Vickers Hoskins and IBAE, Shah Alam, (Boiler makers) and at Elmina Palm Oil Mill (Operation of a Palm Oil Mill)

### **Working under Ir Abd Rahim Othman**

1983 – 1985 : Factories and Machinery Inspector, FMD Selangor

- Inspection of factories and machinery, boilers, pressure vessels and lifts
- Accident investigation, court action
- Attended a 1 month Prosecution course at Kuala Kubu Bahru Police Training Centre in October, 1985.
- Oversee Pressure Vessel manufacturers, welders test and hydrostatic testing. Inspection and registration of MLNG 1 Bintulu

### **Working under Ir Zakaria Nanyan**

1986 – 1994 : Director of Factories and Machinery Department, Sarawak.

- Inspection and registration of Shell MDS, Bintulu
- Inspection factories and machinery, boilers, pressure vessels and lifts.
- Panel examiner for Steam and ICE Engineers, conducted in Kota Kinabalu, held twice yearly.
- Welding assessor for MLVK examinations at IKM Kuching.

### **Working under Ir Hj Abd Jalil Mahmud and Ir Harminder Singh.**

1994 – 2000 : Director of Department of Occupational Safety and Health, Sarawak

- Continue as panel for Engine Drivers and Steam and ICE (including Gas Turbine) Engineer examinations.
- Chairman to SHECCOM (Safety, Health and Environment Coordination Committee) comprising of representatives from various departments, including labour, health, environment and the town councils.

### **Working under Ir Harminder Singh, Ir Zakaria Nanyan, and Ir Hj Abu Bakar Che Man.**

May 2000 - May 2003: Director of DOSH Johor

- Chairman of the DOSH and KSM Johor Sports and Recreation Club, organized the first DOSH and the eighth KSM Malaysia sports event in 2002 at Batu Pahat.

### **Working under Ir Hj Abu Bakar Che Man and later under Dato' Ir Dr Johari Basri.**

## **Retired from DOSH and joined NIOSH**

May 2003 : Senior Consultant to NIOSH

- Consultancy for 2 emergency response planning projects.

June 2003 – December 2006

- Manager, NIOSH East Malaysia Region
- Organizing and lecturing on Occupational Safety and Health.

**Working under Ir Hj Abu Bakar Che Man and later under Dato' Ir Dr Johari Basri.**

January 2007 – now :

- Senior Manager, Higher Education and Training Development Division, NIOSH, Malaysia

### **Occupational Safety & Health Involvement / activities :**

- Conducted seminars on safety in the logging industry, with the help of the Sarawak Timber Industries Development Corporation and safety in the chemical industry under Institut Kimia Malaysia (IKM) from 1994 to 1998.
- Promotion of OSHA '94 to industries :
  - o Petronas, Shell, MLNG, ABF,
  - o The logging giants of Sarawak (Samling, Rimbunan Hijau, Shin Yang, KTS),
  - o The Port Authorities (Kuching, Rejang, Bintulu), all in Sarawak, and
  - o Various other industries in Johor such as MSE, IRM, BASF, Epson, Revertex, CCM, and the Pan Century group of industries.
- Conducted courses for NIOSH including Safety and Health Officer Courses in Bintulu, Miri, Kuching and Johor Bahru, as well as one day courses/seminars seminars for various industries such as Wearnes Pontian, and Sharp Roxy Batu Pahat.
- Conducted seminars and courses organized by
  - o IKM Kuching, Rotary Club Kuching, PKS JKKP Johor, Puspatri, MSOSH, Kumpulan Penawar, the Institute of Engineers Malaysia, and the PBT Pasir Gudang, on topics such as :
    - o Compliance with OSHA,
    - o Setting up an Effective Safety and Health Committee,
    - o Developing an Emergency Response Plan,
    - o Safe Use of Chemicals,
    - o OSH Management System and
    - o Accident Investigations.
- Involved as consultant to help kick-start NIOSH Sri Lanka, 27<sup>th</sup> November – 17<sup>th</sup> December 2005

### **Investigations :**

- Gas Explosion of a Bank situated in a shophot in Miri, due to leakage of natural gas from an unused gas line; 1 dead, several injured with severe burns
- Furnace explosion of a crude oil heater at Shell Lutong, caused by failure of the UV photocell to detect flame out condition during changing of fuel from oil to gas;
- Furnace explosion of a 130 ton boiler at Shell MDS, Bintulu, caused by wrong design of a centre gun to be used in lieu of main burners during idling;

- Explosion of an Air Separation Unit at Shell MDS, possibly due to the infiltration of haze particles in huge quantities which came into contact with 30 tons of pure oxygen;
- Explosion in a ship under repair at MSE Pasir Gudang, due to the infiltration of combustible gas from the Crude Oil Washing Line through a worn out drain valve, killing 9 people.

#### **Courses Attended :**

- "Safety and Health Seminar", a 6 – week course sponsored by JICA in Tokyo, Japan in October/November 1987.
- "Accident Investigation and Court Procedures" from 6<sup>th</sup> – 9<sup>th</sup> August 1997, at Century Plaza Hotel Johor Bahru conducted by DOSH
- "Strategic Planning" from 16<sup>th</sup> – 18<sup>th</sup> December 1998, conducted by INTAN
- "Executive Loss Control Management" on 24<sup>th</sup> November 1999, conducted by DNV
- "Understanding of Quality Management System" from 25<sup>th</sup> – 26<sup>th</sup> January 2000 conducted by AOQC Moody (Malaysia) Sdn Bhd.
- "ILO OSH Management System" from 24<sup>th</sup> – 26<sup>th</sup> October, 2002 conducted by ILO/DOSH at Awana Hotel, Genting.
- "Crisis Management" from 5<sup>th</sup> – 7<sup>th</sup> March 2003, conducted by British Petroleum at NIOSH, Bangi.
- "OSH MS Lead Auditor" from 29<sup>th</sup> March – 2<sup>nd</sup> April, 2004, conducted by QAS JAS/NZ, at Equatorial Hotel, Bangi.
- "KYT : Kiken Yochi Training" or "Danger Prediction Training" from 6<sup>th</sup> – 17<sup>th</sup> February 2006, at JISHA, Tokyo, Japan

#### **4) RAEMY MD ZEIN**

Raemy Bin Md. Zein  
21-1B, Jalan Hentian 4,  
Pusat Hentian Kajang  
43000 Kajang, Selangor  
MALAYSIA

#### **OBJECTIVE**

**To obtain a position as a work physiologist that can provides challenging environment where my knowledge, skills and working experience will be utilized and to promote occupational safety and health awareness through ergonomics intervention at the workplace.**

#### **AREAS OF EXPERTISE**

**Physiology of Work, Physical Work Capacity Assessment, Anthropometrical Measurements, Body Composition, Fitness Profiles**

#### **WORKING EXPERIENCE**

*April 2003 – February 2005*

*Acting Manager (Ergonomics Division)*  
*National Institute of Occupational Safety and Health (NIOSH)*  
Bandar Baru Bangi MALAYSIA

*May 2000 – April 2003*

*Assistant Manager (Ergonomics Division)*  
*National Institute of Occupational Safety and Health (NIOSH)*  
Bandar Baru Bangi MALAYSIA

**July 1997 – May 2000**

Exercise Physiologist  
*National Sports Institute,*  
*National Sports Council of Malaysia*  
Bukit Jalil MALAYSIA

**EDUCATION**

1986 - 1988  
Sekolah Menengah Jementah,  
Johor, MALAYSIA  
Lower Certificate of Education  
Grade A  
LCE Certificate of Academic Excellence

1989 – 1990  
Sekolah Menengah Sains Muar  
Johor, MALAYSIA  
Malaysia Certificate of Education