

# oleh Tan Sri Dato' Lee Lam Thye

## Soft Launch COSH 2008

24 Januari 2008, Impiana KLCC Hotel & Spa, Kuala Lumpur



**NIOSH**

NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

NIOSH Malaysia Newsletter...bringing you OSH updates

# 1 JANUARY 2008

FYi  
your preferred partner to enhance OSH

Terlebih dahulu, saya ingin mengucapkan ribuan terima kasih di atas kesudian tuan-tuan dan puan-puan meluangkan masa dari jadual kerja masing-masing untuk menghadiri majlis pada petang ini.

Majlis ini dianjurkan bagi meraikan usaha, sumbangan serta sokongan yang telah diberikan oleh mereka yang telah terlibat semasa COSH 2007 secara langsung dan juga tidak lansung.

Tanpa kerjasama serta penglibatan daripada tuan-tuan dan puan-puan sekalian, COSH 2007 tidak mungkin dapat disempurnakan dengan jayanya. Berlandaskan kejayaan inilah pihak kami merasakan masa telah tiba bagi kita melancarkan suatu lagi persidangan iaitu COSH ke-11 2008 yang dijadualkan pada 26hb dan 27hb Ogos di Kuala Lumpur Convention Centre.

Tuan-tuan dan Puan-puan sekalian,

Bagi meneruskan ucapan saya ini, izinkan saya untuk menyampaikan di dalam Bahasa Inggeris.

The efforts of NIOSH in organizing an annual Conference on Occupational Safety and Health (COSH) should be applauded, as it is a most commendable initiative towards enhancing occupational safety and health awareness in Malaysia.

In this regard, it is important for NIOSH, as an organization entrusted to perform specific functions relating to Occupational Safety and Health (OSH), to provide a platform for employees, employers, academia, OSH practitioners, industries and members of the public to present their views and ideas on OSH issues and their further enhancement.

COSH 2008 would indeed be another ideal platform for such a purpose. It is the best avenue for those who are striving to upgrade the safety and health standards in their respective companies and organizations to raise their OSH concerns and to cooperate in formulating the best solutions and strategies to address those concerns.

Ultimately this will lead to improvements in the safety management systems in the workplace, the enhancement of safety standards in the country and in the long run it wil lead to increased productivity and profitability.

In line with the objective of the International Labour Organization (ILO), NIOSH Malaysia is proud to play its role to promote the right to productive work in conditions of human dignity, security and safety, in short, the right to decent work.

According to world body, work can only be decent if it is safe and healthy. All workers are entitled to safe and healthy working conditions, as articulated in international human rights instruments, regardless of whether they be involved in fieldwork, in the office or other workplace settings.

Occupational safety and health or OSH in short, is an integral part of the DECENT WORK AGENDA. If a job is well-paid but unsafe, it is not decent; if a job is done freely but exposes the worker to health hazards, it is not decent work; if the contract of employment is fair but the work impairs the workers' health and well-being, it is not decent work.

Progress towards decent work calls for action at the global, national and local levels. NIOSH would, therefore, like to call on all employers to put the elimination of workplace hazards at the top of their agenda by investing and creating the conditions to enhance OSH at all levels through decent work.

The CONFERENCE theme for COSH 2008, 'Enhancing OSH through Decent Work' is appropriate as it is proven that many industrialized countries have seen a clear decrease in serious injuries and fatalities, not least because of real advances in making the workplace healthier and safer.

After more than ten years, it is timely for us to remain committed to foster and promote a common preventive safety and health culture that would become a fundamental basis for improving OSH performance in this era of rapid development and globalization.

Nurturing and maintaining a preventive safety and health culture require making use of all available means to increase general awareness, knowledge and understanding of the concepts of hazards and risks and how they may be prevented or controlled.

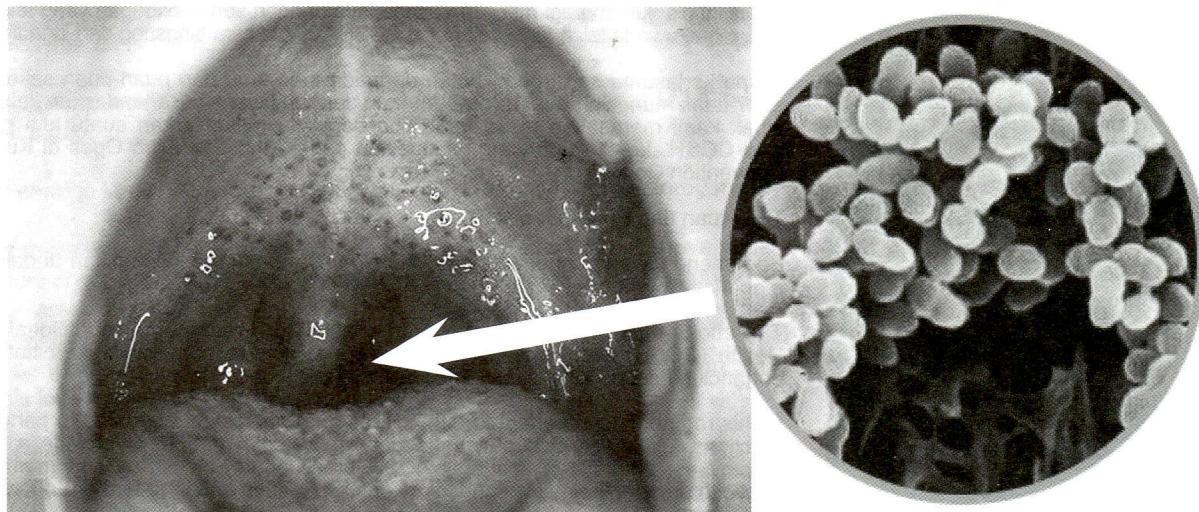
However, while the Government can put the necessary legislative framework in place, employers and employees themselves must play their part to ensure that their organizations accord the highest priority and commitment to building a safety culture at all levels. Only by working together will we achieve the high safety and health standards we aspire.

The challenge to improve OSH at the workplace never ends, as the nature of work is constantly evolving, and we need to ensure our OSH programmes and practices remain relevant. I urge every player in the OSH field to work harder to achieve our goals. After all, maintaining a safe and healthy workplace is a win-win proposition – organisation remains productive and competitive, while workers are protected and remain healthy.

Lastly I would also like to thank all those involved in making the event a success. And thank you ladies and gentlemen for your participation towards creating and promoting a safety culture at work.

ON THIS NOTE, IT IS MY PLEASURE TO LAUNCH THE COSH 2008 THEME AND LOGO ENTITLED "ENHANCING OSH THROUGH DECENT WORK".

## Antibiotics not for flu, sore throat



Antibiotics are powerful drugs that fight bacterial infections. They either kill bacteria or keep them from reproducing. Examples of illnesses caused by bacteria include strep throat, tuberculosis, urinary infections and many types of pneumonia.

Antibiotics do not work against infections caused by viruses, including colds, influenza, most coughs, bronchitis and sore throat (except strep throat, which is caused by the *Streptococcus* bacteria).

If a virus is making you sick, taking antibiotics may do more harm than good and contributed to the serious problem of antibiotic resistance. Bacteria become resistant more quickly if antibiotics are used too often or are not used correctly.

When an antibiotic is prescribed by doctor for any bacterial infection, make sure you follow the direction carefully:

1. Finish the entire course of antibiotics prescribed, even if you feel better.
2. Do not save some of the medicine for the next time you are sick.
3. Do not use someone else's antibiotics.

If you skip even one or two doses, some bacteria might be left in your body to develop future resistance to antibiotic treatment.

Do not take antibiotics for viral illnesses like colds and flu. The best thing you can do is to let colds and flu run their course. A cold usually lasts only a couple of days to a week, while tiredness caused by flu may continue for several weeks.

The feel better while you are sick:

1. Drink plenty of water.
2. Get plenty of rest.
3. Use a humidifier to moisten the air.

# Article

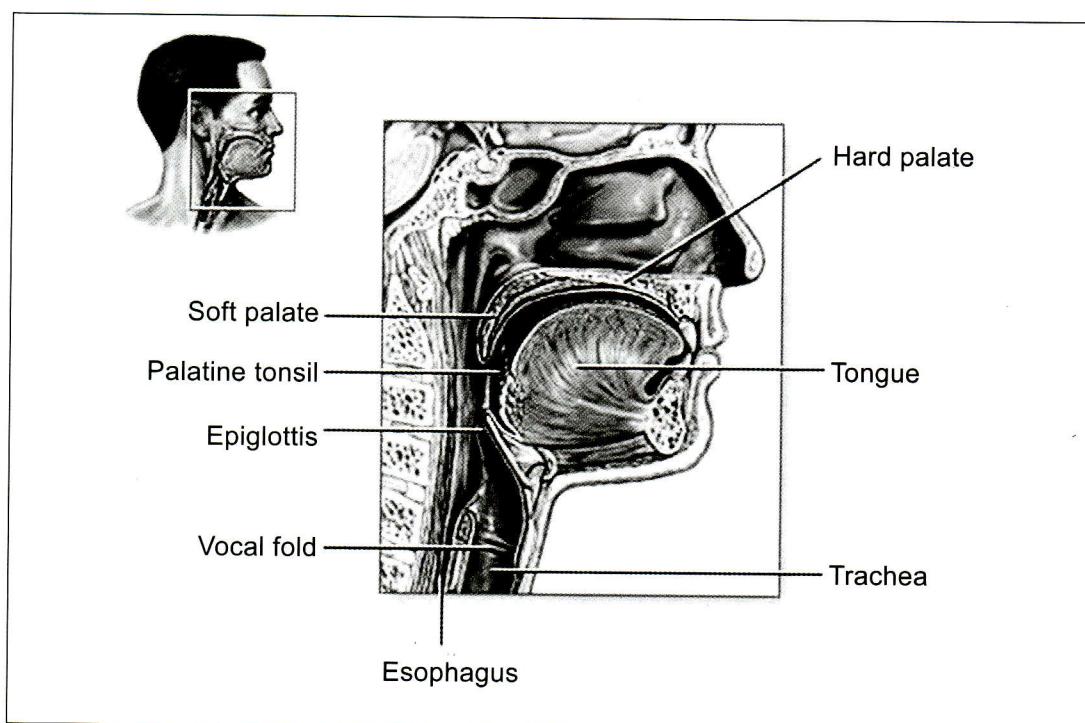
There are a variety of medications available from pharmacies and clinics to treat symptoms of cold and the flu. These include cough suppressants, expectorants, decongestants and antihistamines.

- Antihistamines reduces itchy and watery eyes, sneezing and stratchy throat.
- Decongestants reduce nasal congestion.
- Cough suppressants reduce coughing.
- Expectorants break up mucus (phlegm) in the chest.
- Pain relievers reduce aches and pain.
- Fever reducers lower body temperature.

Always read the label, especially the warnings, before taking any medication. If you are suffering from other medical conditions like high blood pressure, diabetes or heart disease, check with your doctor or pharmacist about which medication is best for you.

Contact your doctor if:

1. Your symptoms get worse.
2. Your symptoms persist over a long time.
3. After feeling a little better, you develop signs of a more serious problem. Some of these are vomiting, high fever, shaking chills and chest pain.

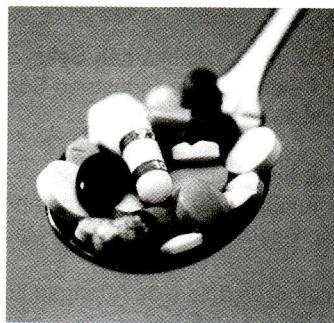


Most sore throats are caused by viruses and do not need antibiotics, and can be treated successfully at home. Generally , sore throats must run their course (except for strep throat). Some general treatments for temporary pain relief include:

1. Salt water gargles.
2. Medicinal lozenges.

# Article

Strep throat is caused by bacteria. Usually, a throat swab and a lab test are carried out before an antibiotic is prescribed.



Sore throats that need medical care have the following symptoms:

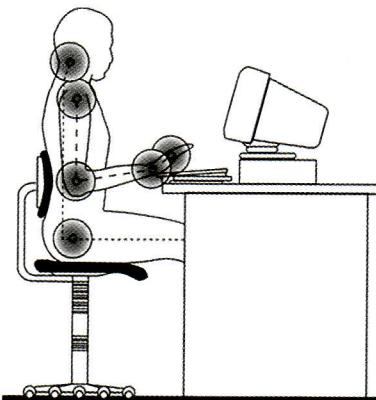
1. Rapid onset, with fever or tenderness at the front of the neck.
2. Difficulty swallowing or breathing.
3. Lasting more than a week.
4. One that is not associated with other cold symptoms (running nose, watery eyes and sinus congestion).
5. Fever, swollen 'glands' (lymph nodes) or white patches at the back of the throat.



*Health Today, November 2007*

## Key Principles

To promote safety and comfort, follow these principles whenever you use your computer.



### ADJUST

- ◆ Adjust your body position and your work equipment.
- ◆ There is no one "right" position. Find your comfort zone, as described in this Guide, and when working at your computer, frequently adjust within this zone.

### MOVE

- ◆ Vary your tasks so that you can move around; avoid sitting in one posture all day.
- ◆ Perform tasks that require walking.

### RELAX

- ◆ Build positive relationships at work and home. Relax and strive to reduce sources of stress.
- ◆ Stay aware of physical tension such as clenching your muscles and shrugging your shoulders. Continually release tension.
- ◆ Take frequent, short breaks.

### LISTEN

- ◆ Listen to your body.
- ◆ Pay attention to any tension, discomfort, or pain you may feel, and take immediate action to relieve it.

### REMEMBER

- ◆ Exercise regularly and maintain general fitness; this will help your body withstand the rigors of sedentary work.
- ◆ Respect any medical conditions you may have or other known health factors. Adjust your work habits to accommodate them.

# OSH in the news

## KILANG GETAH FELDA LEPASKAN SISA KIMIA

Utusan Malaysia, 03/01/08

SEREMBAN 2 Jan. – Mahkamah Seksyen di sini hari ini menjatuhkan hukuman denda RM12,000 atau penjara tujuh bulan terhadap pengurusan Felda Rubber Industries Sdn. Bhd. di Gemas kerana kesalahan melepaskan air buangan mengandungi kimia ke dalam perairan darat.

Syarikat yang beralamat di Kilang Getah Palong 8, Gemas itu telah melakukan kesalahan pada 6 Ogos 2007 apabila melepaskan air buangan di mana kandungannya melebihi kepekatan yang ditentukan di bawah Peraturan 14(1), Peraturan Kualiti Alam Sekeliling (Premis Yang Ditetapkan) (Getah Asli Malaysia), 1978.

Antara pencemaran dalam air buangan itu termasuklah mengandungi lebihan ammoniakal nitrogen serta kepekatan oksigen kimia.

Kesalahan yang dilakukan itu juga dibaca di bawah Seksyen 16(1) Akta Kualiti Alam Sekeliling 1974 dan boleh dihukum di bawah Seksyen 16(2) akta yang sama.

Semasa kejadian, pada 6 Ogos tahun lalu dua pegawai Jabatan Alam Sekitar telah membuat pemeriksaan penguatkuasaan ke atas premis terbabit dan sewaktu diperiksa pekilang melepaskan effluent (sisa buangan) di takat pelepasan akhir loji pengolahan effluent dan dua contoh telah diambil oleh pegawai terbabit.

“Semua contoh itu telah dihantar ke Jabatan Kimia di Melaka pada hari yang sama dan pada 3 September 2007 mendapat keputusan analisis kimia menunjukkan bahawa pelepasan air buangan itu mengandungi lebihan kepekatan yang ditetapkan.

Keputusan hukuman dibuat oleh Hakim Nik Nasimah Nik Mohammad.

Pihak pengurusan kilang yang diwakili pengurusnya, Sarwodi Abdul Ghani membayar denda.

## SHAH ALAM: KERACUNAN MAKANAN

Berita Harian, 05/01/08

Lapan murid dan seorang guru di sebuah sekolah swasta, di sini dimasukkan ke Hospital Tengku Ampuan Rahimah (HTAR), Klang semalam, dipercayai akibat keracunan makanan selepas makan di kantin sekolah itu.

Ibu seorang murid, Nor Aizah Nordin berkata, lebih 20 murid dan beberapa guru dibawa ke HTAR dan sebuah pusat perubatan di sini, tetapi sebahagiannya dibenarkan pulang selepas menerima rawatan pesakit luar.

Anak lelakinya, Khairul Ilham Shukor, berumur sembilan tahun adalah antara mereka yang dihantar ke HTAR dengan ambulans.

“Empat ambulans dipanggil untuk membawa murid ke hospital, manakala yang lain dibawa guru mereka dengan kereta,” katanya ketika ditemui di sini.

## DRIVERS, 12 STUDENTS HURT IN ACCIDENT

New Straits Times, 07/01/08

IPOH: A bus driver and 12 students were injured when the vehicle they were travelling in crashed into the concrete barrier on the south-bound side of the Ipoh Selatan toll plaza yesterday.

They suffered minor injuries and were sent to the Ipoh hospital for treatment.

The bus, believed to have a brake problem, managed to avoid a string of vehicles at the toll plaza in the 6.15pm accident here.

The bus, carrying 37 members of Universiti Sains Malaysia's Pahang Students Association, was on the way back to Penang from a hiking trip up Gunung Brinchang in Cameron Highlands.

Student Khairul Anuar Samsudin, 22, claimed he heard the bus driver telling the co-driver that the brakes were not working as the bus was approaching the plaza toll.

“It was quite scary and I was praying that nothing bad happens to us. It was also quick thinking on our driver's part.”

He added that he saw the driver pulling the handbrake several times before swerving towards the concrete barriers, hitting a car in the rear bumper in the process.

# OSH in the news

## 11 SHOPHOUSES DESTROYED IN BLAZE

New Straits Times, 12/1/08

CHANGLUN: A row of 11 semi-wooden shoplots at Pekan Lama Changlun was razed to the ground in a fire here yesterday.

Nobody was injured in the 5.30pm accident since most of the outlets were closed as Friday is a rest day in Kedah.

State Fire and Rescue Department deputy superintendent Zainuddin Md Alip said 21 firemen in three engines took about an hour to put out the blaze.

He said a change in the wind direction spared a clinic among double-storey row of shoplots from being gutted.

Losses from the fire, believed to have been caused by a short circuit, have yet to be ascertained. A victim, Lee Kok Wah said he was at his sundry shop with two relatives when the fire broke out at another shop, to shoplots away from his.

He said they rushed out of the store when they heard cries of "fire, fire".

"It all happened so fast. Almost immediately, the entire row was engulfed in smoke due to the strong wind," said the 71-year-old who claimed his loss was about RM70,000.

Another victim, newspaper P. Rameshran, 39, said he was at one of his outlets in nearby Sintok when he was informed of the fire. "By the time I got to the scene, my outlet was already up in smoke."



NIOSH Malaysia Newsletter...bringing you OSH updates

[www.niosh.com.my](http://www.niosh.com.my)

## Editorial

WE APPRECIATE YOUR CONTRIBUTION  
Articles, views, Suggestions, Comments and feedback may be sent to :

The Editor  
For Your Info

NIOSH  
Lot 1, Jalan 15/1, Section 15,  
43650 Bandar Baru Bangi,  
Selangor.  
Tel: 8769 2100  
Fax: 8926 5900  
oshinfo@niosh.com.my

FYI is published monthly by the Information Services Unit. Information and recommendations contained in this publication are compiled from sources believed to be reliable. NIOSH makes no guarantee as to and assumes no responsibility for the correctness, sufficiency or completeness of such informations and recommendation.

Other additional safety measures may be required under particular circumstance. Articles may be reproduced with the permission from the Editor.

| NO   | COURSES  | NO OF DAYS | COURSE FEE (RM) | COURSE CODE | HRDF SCHEME | JAN                 | FEB     | MAR     |
|--|--|------------|-----------------|-------------|-------------|---------------------|---------|---------|
| <b>Public Programmes</b>   |  |            |                 |             |             |                     |         |         |
| 1  | Lung Function Testing & Analysis   | 1          | 570.00          | LFIA        | SBL         |                     |         |         |
| 2  | Occupational Safety & Health Act 1994  | 1          | 300.00          | OSHA        | PROLUS      |                     | 13      |         |
| 3  | OSH for Supervisors  | 2          | 800.00          | OSH-SV      | SBL         | 14 - 15             |         |         |
| CEP 4  | OSH in the Office  | 2          | 800.00          | OSHO        | SBL         |                     |         |         |
| CEP 5  | Planning & Managing OSH for Construction Activities  | 4          | 1,600.00        | CSHS        | SBL         |                     |         |         |
| CEP 6  | Safety & Health Committee <b>NEW EDITION</b>   | 2          | 800.00          | SHC         | SBL         | 16 - 17             |         |         |
| CEP 7  | Safety & Health Officer Examination Workshop   | 1          | 75.00           | SHOW        | N/A         |                     | 06      |         |
| CEP 8  | Safety in the Use of Chemicals   | 2          | 800.00          | STUC        | SBL         |                     |         |         |
| 9  | Transportation & Handling of Hazardous Materials   | 2          | 1,600.00        | THH         | SBL         |                     |         |         |
| 10   | Understanding & Implementing OSHA & Its Regulations  | 2          | 840.00          | UIOR        | SBL         | 27 - 28             |         |         |
| 11   | Working Safely At Height   | 2          | 800.00          | WAH         | SBL         | 16 - 17             |         |         |
| <b>Certificate / Competency Programmes</b>   |  |            |                 |             |             |                     |         |         |
| CEP 12   | Authorised Entrant & Stand-by Person For Confined Space <b>NEW EDITION</b>                               | 2          | 740.00          | AESP        | SBL         | 12 - 13             |         |         |
| 13   | Authorised Entrant & Stand-by Person For Confined Space (Refresher)                                      | 1          | 240.00          | AESPR       | N/A         |                     |         |         |
| CEP 14   | Authorised Gas Tester & Entry Supervisor For Confined Space <b>NEW EDITION</b>                           | 3          | 1,200.00        | AGT         | SBL         |                     | 04 - 06 |         |
| 15   | Authorised Gas Tester (AGT) & Entry Supervisor For Confined Space (Refresher)                            | 2          | 700.00          | AGTR        | N/A         |                     |         |         |
| 16   | Basic Occupational First Aid   | 2          | 850.00          | OFA         | SBL         |                     |         |         |
| 17   | Basic Offshore Occupational First Aid  | 4          | 1,000.00        | OSFA        | SBL         |                     |         |         |
| 18   | * Certificate Programme for Safety & Health Officer (Full Time)  | 22         | 4,000.00        | SHO         | SBL         | 14 Jan - 15 Feb     | 03 - 28 |         |
|  |  |            |                 |             |             | 11 Feb - 07 Mar     |         |         |
| 19   | * Certificate Programme for Safety & Health Officer (Part Time)<br>(Weekend Class - Saturday & Sunday)   | 22         | 4,000.00        | SHOP        | SBL         | 19 Jan - 06 Apr     |         |         |
|  |  |            |                 |             |             | 16 Feb - 27 Apr     |         |         |
|  |  |            |                 |             |             | 08 Mac - 18 May (E) |         |         |
| 20   | * Certificate Programme for Safety & Health Officer (Modular)  | 22         | 4,000.00        | SHOM        | SBL         |                     | 18 - 23 |         |
| Module 1   |  | 6          |                 |             |             |                     |         |         |
| Module 2   |  | 5          |                 |             |             |                     |         |         |
| Module 3   |  | 6          |                 |             |             |                     |         |         |
| Module 4   |  | 5          |                 |             |             |                     |         |         |
| * Certificate Programme for Safety and Health Officer will be conducted bilingually unless stated as follows:<br>(M) - Bahasa Malaysia Session (E) - English Session |  |            |                 |             |             |                     |         |         |
| CEP 21   | Chemical Health Risk Assessor (CHRA)<br>Legislative Requirements for Hazardous Chemicals (CHRA Module 1) | 3          | 1,200.00        | LRHC        | SBL         |                     |         | 03 - 05 |



NIOSH Malaysia Newsletter...bringing you OSH updates

[www.niosh.com.my](http://www.niosh.com.my)