



NIOSH

NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

NIOSH Malaysia Newsletter...bringing you OSH updates

2 FEBRUARY 2008

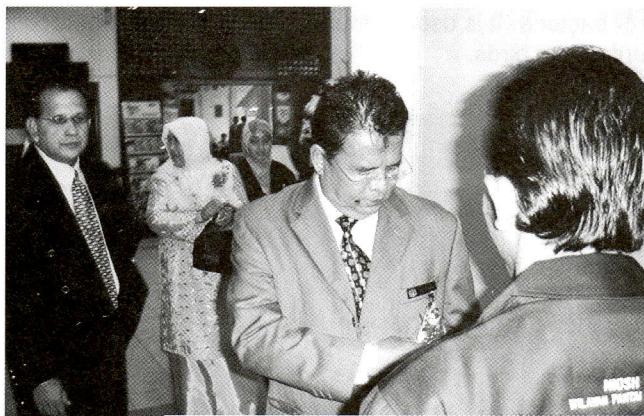
FYI
NIOSH
your preferred partner to enhance OSH

ISSN: 1675-5464

Majlis Perasmian Seminar Keselamatan dan Kesihatan Pekerjaan dalam Sektor Perladangan

oleh YB Datuk Abdul Rahman Bin Bakar

Program seminar keselamatan dan kesihatan pekerjaan (KKP) adalah suatu program latihan yang memberi kesedaran di kalangan para pekerja terhadap isu-isu KKP di tempat kerja. Seminar satu hari anjuran bersama NIOSH dan PERKESO ini telah dirasmikan oleh YB Datuk Abdul Rahman bin Bakar, Timbalan Menteri Sumber Manusia pada 8 Disember 2007 di Hotel Seri Malaysia, Marang, Terengganu.



Objektif seminar ini adalah untuk memberi informasi dan melatih para pekerja mengenali hazard-hazard yang wujud di tempat kerja mereka serta memberi pemahaman akan peranan PERKESO dalam sektor perladangan secara terperinci. Seminar ini juga diadakan untuk memberi kefahaman tentang langkah-langkah pencegahan kemalangan dan penyakit pekerjaan di tempat kerja.

Antara tajuk pembentangan kertas kerja pada seminar ini ialah PERKESO dan Industri Perladangan; Perundangan KKP dalam Sektor Perladangan; Pemerkasaan Pengurusan melalui Polisi dan Jawatankuasa Keselamatan dan Kesihatan; dan Masalah Keselamatan dan Kesihatan dalam Sektor Perladangan.

Seramai 112 orang peserta dan 4 buah syarikat pameran telah menyertai seminar ini. Di atas kehadiran yang ramai ke seminar ini, aktiviti yang sama akan diadakan pada tahun depan dan dijangka akan dijadikan sebagai salah satu aktiviti tahunan di NIOSH Wilayah Pantai Timur memandangkan permintaan dan sektor perladangan yang luas di wilayah ini.

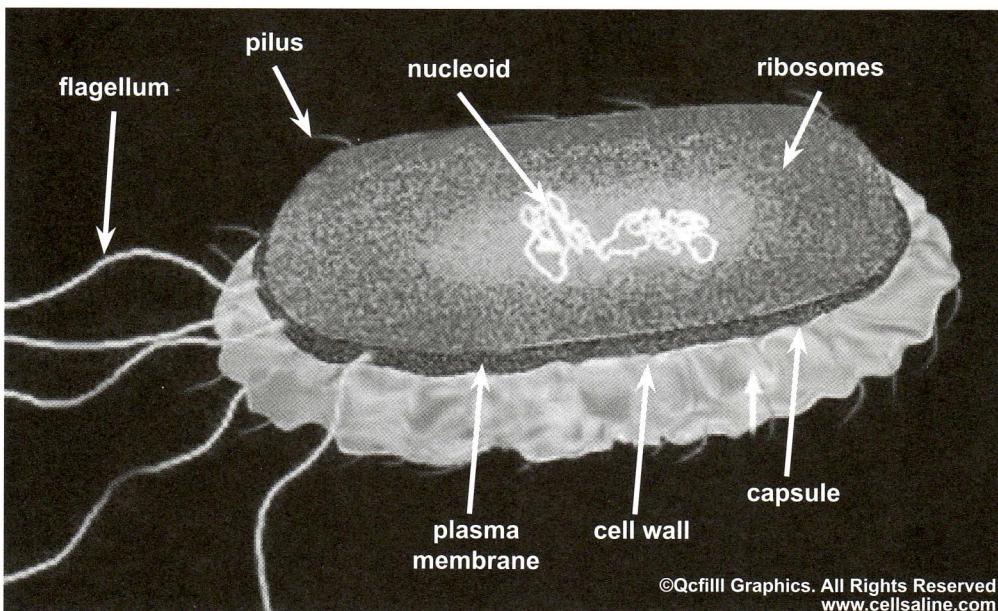
Selain daripada itu, pihak media juga telah membuat liputan mengenai seminar ini dan dilaporkan di suratkhabar Berita Harian. Dalam ucapan Timbalan Menteri Sumber Manusia yang juga Ahli Parlimen Marang, beliau menyatakan bahawa sikap sambil lewa majikan yang menyerahkan tanggungjawab sepenuhnya untuk menjaga kesihatan dan keselamatan pekerja kepada pengurusan punca utama kes kemalangan di tempat kerja berlaku.

Salmonella and Food Poisoning

Reviewed by Dr. Dan Rutherford, GP

What is salmonella?

Salmonella is a type of bacteria. It is usually found in poultry, eggs, unprocessed milk and in meat and water. It may also be carried by pets like turtles and birds.



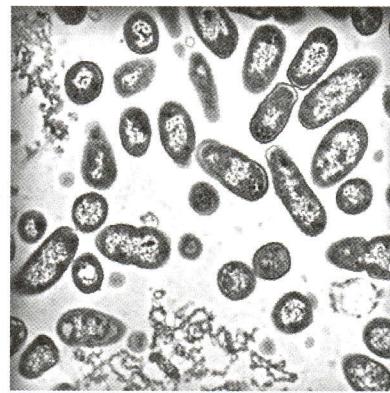
Salmonella Bacteria

What kind of infection does salmonella cause?

The salmonella bacteria attack the stomach and intestines. In more serious cases, the bacteria may enter the lymph tracts, which carry water and protein to the blood, and the blood itself. The bacteria attack all age groups and both sexes. Children the elderly and people who are already ill are much more likely to get a serious infection.

What are the symptoms of salmonella poisoning?

- Diarrhoea or constipation
- Headaches
- Stomach cramps
- Nausea and vomiting
- Fever
- Possibly, blood in the faeces



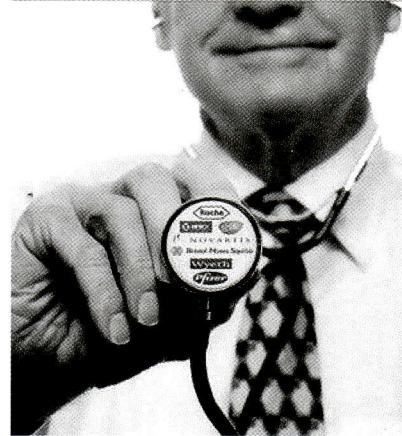
In the case of less serious infections there are fewer symptoms - usually only diarrhoea two or three times a day for a couple of days. Most mild types of salmonella infection clear up in four to seven days without requiring any treatment other than rest and plenty of liquid.

Article

A more severe infection may cause excessive diarrhoea, stomach cramps and general health problems. In such cases, treatment with antibiotics may be necessary and a doctor should be consulted.

When is it necessary to contact a doctor?

- If diarrhoea continues for more than 24 hours
- If the diarrhoea is frequent and intense
- If the patient has severe stomach cramps
- If there is blood in the faeces
- If the patient has fever of 38°Celcius or higher
- If there are signs of jaundice - a yellowish discolouration of the skin or eyes. This may indicate problems with the liver or the bile ducts that take the bile from the liver to the stomach.
- Dehydration

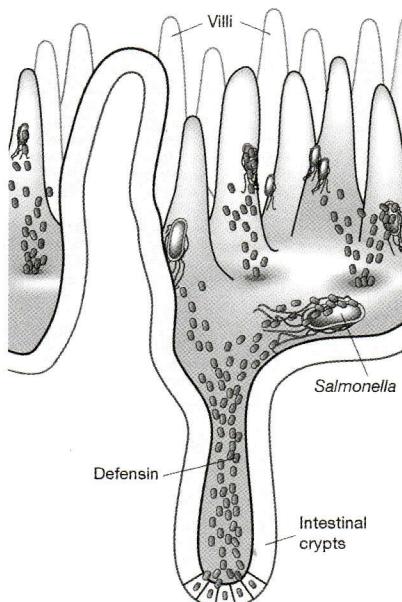


What is the danger of dehydration?

Frequent diarrhoea and vomiting may drain the body of fluids, salts and minerals. Dehydration occurs when the patient loses more liquid than they can take in. Cases of dehydration should always be checked by a doctor and can be very dangerous in babies and the elderly.

Signs of dehydration are:

- the tongue or the mucous membranes in the mouth are dry
- dry, chapped skin
- increased thirst
- dark urine
- lack of, or decreased, urine output
- weakness



How can salmonella infections be prevented?

- Pay attention to cleanliness
- Make sure that all food is thoroughly cooked

Article

What are the basic rules for preparing food hygienically?

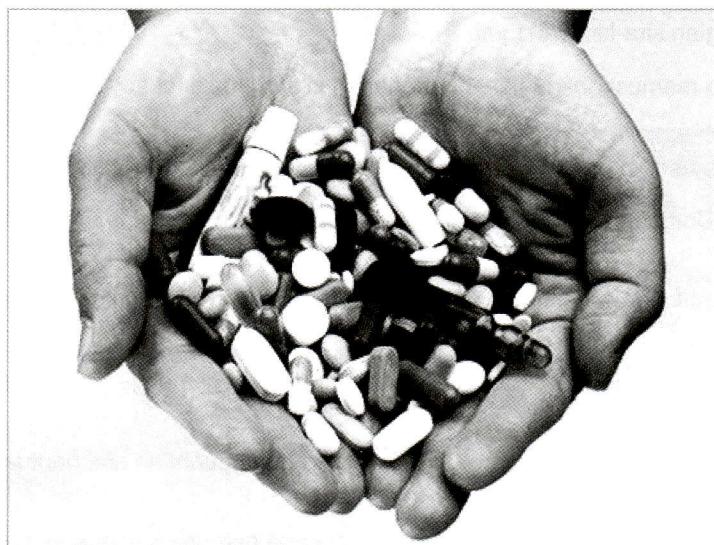
- Always wash your hands with soap after going to the toilet and before preparing food. Dry them on a dry towel.
- Wash your hands when you switch from preparing one type of food to another, For example: vegetables to meat. This helps prevent the exchange of bacteria between different ingredients.
- Kitchen utensils must be properly washed with soap and water before use with another type of food. Again, this stops bacteria being exchanged.
- Use different cutting boards and knives for preparing different foods.
- Change the dishcloth every day. Wash dishcloths in water that is at least 60°Celcius.
- Store food in the refrigerator. Meat, poultry and fish must not be left out of the fridge for long periods.

How should food be cooked to avoid salmonella poisoning?

- The only effective way to kill salmonella bacteria is with heat. For this reason it is essential to cook food thoroughly.
- Poultry must always be thoroughly cooked or boiled.
- Minced meat must always be thoroughly cooked or boiled.
- Never crack a raw egg on a bowl containing other foods - use a knife to crack the shell.
- In most eggs, the salmonella bacteria exist only on the shell. Eggs should be scalded in boiling water for five seconds before use.

Based on a text by Christel Bech, nurse.

http://www.netdoctor.co.uk/health_advice/facts/salmonella.htm



OSH in the news

30 FALL ILL AFTER MEAL IN SCHOOL

New Straits Times, 01/02/08

ALOR STAR: Thirty pupils of Sekolah Kebangsaan Seri Ampang Muda were down with food poisoning after eating mixed rice during recess.

The outbreak in Belantek, Sik about 150km from here, was the third case of food poisoning in schools in the state this week.

Unlike the other two cases, in Pendang on Tuesday and Anak Bukit on Wednesday, the food was served to the children under the school supplementary food programme.

The Sik district Health Department has taken samples to test for contamination.

It was learnt that pupils in one class began complaining of headache and stomach ache soon after the morning recess.

At the same time, another group of students in a different class complained of being ill.

The children were taken to a nearby government clinic by teachers and staff where they received outpatient treatment.

EMPAT CEDERA TANGGA KAPAL TLDM JATUH

Berita Harian, 06/02/08

Kuantan: Empat anggota Tentera Laut Diraja Malaysia (TLDM) yang berpangkalan di Tanjung Gelang, di sini cedera termasuk seorang parah apabila tangga kapal yang menjadi penghubung jeti pangkalan itu jatuh ke dalam air kelmarin.

Menurut jurucakap TLDM Tanjung Gelang, keempat-empat anggota terbabit dikenali sebagai Abang Rosian Abang Sulaiman, Norhisham Arshad, Mohd Helmi Mohd Daud dan Mohamad Bahari. Semuanya berusia dalam lingkungan 20-an.

Norhisyam yang parah akibat dihempap tangga besi itu, kini dirawat di unit rawatan rapi (ICU) Hospital Tengku Ampuan Afzan (HTAA) di sini manakala dua lagi rakannya dirawat di wad biasa dan seorang lagi dibenarkan pulang.

Kejadian dilapor berlaku pada jam 1 petang ketika semua anggota terbabit selesai memeriksa sebuah kapal yang dikatakan mengalami kebocoran dan menuruni tangga itu untuk ke pelantar.

"Ketika ingin melangkah keluar, tangga kapal berkenaan dikatakan terjatuh secara tiba-tiba menyebabkan Norhisyam dihempap tangga itu, seorang lagi anggota tersepit dan dua jatuh ke dalam air," katanya ketika dihubungi di sini, semalam.

Sementara itu, seorang daripada mangsa yang ditemui pemberita di HTAA berkata kejadian itu berlaku ketika mereka hendak melangkah keluar dari kapal berkenaan. - Bernama

KAJANG TERBAKAR RUGI RM1 JUTA

Kosmo, 10/02/08

KAJANG - Sebuah kilang memproses makanan ringan musnah dalam kebakaran di Jalan Mega Bandar Teknologi, Bangi di sini semalam dengan anggaran kerugian kira-kira RM1 juta.

Dalam kejadian pukul 7 pagi itu ia memusnahkan tiga lot bangunan kilang dua tingkat yang turut menempatkan mesin memproses makanan ringan.

Jurucakap bomba berkata, pihaknya menerima panggilan kebakaran itu pada pukul 7.40 pagi.

"Empat jentera bomba dari Balai Bomba dan Penyelamat Kajang, Bangi dan Seri Kembangan dikehaskan ke tempat kejadian untuk mengawal api yang marak."

"Operasi memadamkan api agak sukar kerana keadaan kilang yang sempit menyebabkan banyak asap terkumpul di dalam bangunan."

"Keadaan itu memaksa anggota memecahkan dinding, syiling dan tingkap bagi mengeluarkan asap tersebut," katanya ketika ditemui di tempat kejadian di sini pagi ini.

Tambah jurucakap itu, seramai 20 anggota yang terlibat juga terpaksa menggunakan alat bantuan pernafasan disebabkan asap tebal dan dapat dikawal setengah jam kemudian.

"Bagaimanapun tiada kemalangan jiwa dilaporkan kerana semua pekerja bercuti sempena Tahun Baru Cina ketika kejadian kecuali seorang pengawal keselamatan," ujarnya.

Punca kebakaran masih dalam siasatan.

OSH in the news

Avoid wash your hands with soap after going to the toilet and before preparing food. Dry them on a dry towel.

Wash your hands with soap when preparing food, especially raw food, or when you have been in contact with raw food. This will help prevent cross-contamination between different types of food.

Properly wash your hands with soap and water before and after eating another type of food. Again, this will help prevent cross-contamination between different types of food.

When preparing different foods, wash your hands again before preparing the next food. This will help prevent cross-contamination between different types of food.

Chill food quickly after cooking. If you are not going to eat it straight away, do not leave it out of the fridge for long periods.

Keep raw meat separate from other food. Raw meat must not be left out of the fridge for long periods.



NIOSH Malaysia Newsletter...bringing you OSH updates

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 information 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	MAR	APR	MAY
Certificate / Competency Programmes								
1	* Certificate Programme for Safety & Health Officer (Modular)	22	4,000.00	SHOM	SBL			
	Module 1	6					14 - 19	
	Module 2	5				24 - 28		05 - 09
	Module 3	6					14 - 19	
	Module 4	5						19 - 23
* Certificate Programme for Safety and Health Officer will be conducted bilingually unless stated as follows:								
CEP	2 Legislative Requirements for Hazardous Chemicals (CHRA Module 1)	3	1,200.00	LRHC	SBL	03 - 05		
CEP	3 Control of Chemicals Hazardous to Health (CHRA Module 2)	3	1,200.00	CCHH	SBL	06 - 08		
CEP	4 Chemical Health Risk Assessment (CHRA Module 3)	5	2,500.00	CHRA	SBL	10 - 14		
CEP	5 High Pressure Water Jetting Competency Programme	3	1,280.00	HPWJ	SBL	11 - 13		
CEP	6 Indoor Air Quality for Assessor	5	3,000.00	IAQ	SBL			
Industrial Hygiene Technician								
CEP	7 Monitoring of Chemical Hazardous to Health	5	3,000.00	IHT1	SBL		14 - 18	
CEP	8 Inspection, Testing & Examination of Engineering Control Equipment	5	3,000.00	IHT2	SBL			
CEP	9 Monitoring of Noise Exposure	4	1,600.00	MNE	SBL		19 - 22	
CEP	10 Safe Handling of Forklift Truck Competency Programme	3	1,000.00	SHFT	SBL	04 - 06		
Scaffolding 3 in 1								
CEP	11 Scaffolding 3 in 1 (Frame / Tubular / Modular) - Basic	8	2,500.00	BSC	SBL	10 - 19		19 - 28
CEP	12 Scaffolding 3 in 1 (Frame / Tubular / Modular) - Intermediate	10	3,700.00	ISC	SBL			
CEP	13 Scaffolding 3 in 1 (Frame / Tubular / Modular) - Advanced	10	5,000.00	ASC	SBL			
CEP	14 Occupational Health Doctor (OHD) - Module 1 (Workshop)	3	600.00	OHD1	SBL		25 - 27	
OHD - Module 2								
CEP	14 Occupational Health Doctor (OHD) - Module 2 (Workshop)	3	1,500.00	OHD2	SBL			23 - 25
CEP	14 Occupational Health Doctor (OHD) - Module 3 (Workshop)	3	1,500.00	OHD3	SBL	28 - 30		
CEP	15 Occupational Health Nurse (OHN)	13	6,100.00	OHN	SBL			
OHN Module 1								
CEP	15 Occupational Health Nurse (OHN) - Module 1	6					10 - 15	
CEP	15 Occupational Health Nurse (OHN) - Module 2	5						07 - 11
CEP	15 Occupational Health Nurse (OHN) Refresher	2						TBA
Trainer's Programmes								
CEP	16 Safety and Health Induction For Construction Workers	4	2,000.00	SICW	SBL			
CEP	17 Trainer's Competency Programme (Modular)	10	4,050.00	TTT	SBL			
CEP	17 Trainer's Competency Programme (Modular) - NEW EDITION	4	1,200.00	TTT1	SBL	24 - 27		26 - 29
CEP	17 Trainer's Competency Programme (Modular) - NEW EDITION	4	2,100.00	TTT2	SBL		21 - 24	25 - 28
CEP	17 Trainer's Competency Programme (Modular) - NEW EDITION	2	1,080.00	TTT3	SBL			
CEP	18 Trainer's Competency Programme (Part Time - Saturday & Sunday)	10	4,050.00	TTT	SBL			
CEP	18 Trainer's Competency Programme (Part Time - Saturday & Sunday) - NEW EDITION	4	1,200.00	TTT1	SBL		19 - 27	
CEP	18 Trainer's Competency Programme (Part Time - Saturday & Sunday) - NEW EDITION	4	2,100.00	TTT2	SBL			17 - 25
CEP	18 Trainer's Competency Programme (Part Time - Saturday & Sunday) - NEW EDITION	2	1,080.00	TTT3	SBL			
NIOSH Safety Passport								
CEP	19 NIOSH - Petronas Safety Passport	1	250.00	NPSP	N/A	Every Tuesday, Wednesday & Thursday		
CEP	20 Contractor Safety Passport System For Workers (Fee per Trade)	1	75.00	CSPS	N/A	(Available for Sunday upon client's request)		



NIOSH Malaysia Newsletter...bringing you OSH updates

www.niosh.com.my