



KIMIA MALAYSIA

KEMENTERIAN SAINS, TEKNOLOGI DAN INOVASI (MOSTI)

OSH BULLETIN

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- Anugerah Cemerlang Kebangsaan OSH
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ANUGERAH CEMERLANG KEBANGSAAN KESELAMATAN DAN KESIHATAN PEKERJAAN TAHUN 2005

Kimia Malaysia telah dianugerahkan “Anugerah Cemerlang Kebangsaan Keselamatan dan Kesihatan Pekerjaan Tahun 2005” bagi kategori “Perkhidmatan Awam dan Pihak Berkuasa Tempatan”. Anugerah ini telah disampaikan oleh Menteri Sumber Manusia, Y.B. Dato Seri Fong Chan Onn pada 20 Disember 2005. Anugerah tahunan ini dianjurkan oleh Majlis Kebangsaan bagi Keselamatan dan Kesihatan Pekerjaan dan ia merupakan sebahagian daripada dayausaha Kerajaan Malaysia untuk mewujudkan dan menggalakkan budaya kerja yang sihat dan selamat di Malaysia.

Anugerah Cemerlang Kebangsaan OSH ini merupakan pengiktirafan kepada Kimia Malaysia yang telah mempromosi dan menggalakkan dengan jayanya budaya kerja sihat, selamat dan produktif serta telah melaksanakan sepenuhnya sistem pengurusan keselamatan dan kesihatan pekerjaan.

Anugerah ini adalah hasil dari dorongan dan komitmen yang berterusan oleh pihak pengurusan dan juga kerjasama daripada semua kakitangan Kimia Malaysia di dalam mewujudkan dan mengekalkan suatu suasana kerja yang sihat dan selamat.



OCCUPATIONAL STRESS



Occupational stress has been defined as the reaction people have to excessive pressures or other types of demand placed upon them. Deadlines, competitions, confrontations and even our frustrations and sorrows add depth and enrichment to our stressed life. However, many employees undergo stress as a normal part of their jobs, but some experience it more severely than others to the point that they need time away from work.

HOW TO ELIMINATE STRESS?

Stress cannot be eliminated. We have to learn how to manage it and how to use it to help us. Insufficient stress acts as a depressant and may leave us feeling bored or dejected. On the other hand, excessive stress may leave us feeling "tied up in knots." What we need to do is to find the optimal level of stress which will individually motivate but not overwhelm each of us.

WHAT IS OPTIMAL STRESS?

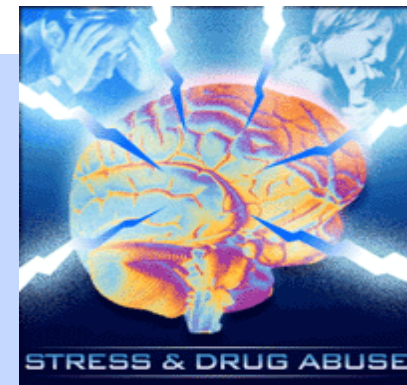
There is no single level of stress that is optimal for all people. We are all individual creatures with unique requirements. As such, what is distressing to one may be a joy to another. The person who loves to arbitrate disputes and moves from job site to job site would be stressed in a job which was stable and routine, whereas the person who thrives under stable conditions would very likely be stressed on a job where duties were highly varied.

WHAT ARE THE STRESS SYMPTOMS?

It has been found that most illness is related to unrelieved stress. If you are experiencing one or more of the stress symptoms, you have gone beyond your optimal stress level.



- Persistent irritability and anxiety.
- Bruxism and/or Insomnia.
- Occasional forgetfulness and/or inability to concentrate.
- Absenteeism or tardiness for work.
- Tired and fatigued for no reason.
- Procrastination and indecision.
- Social withdrawal with cynicism.
- Resentful, indifferent, defiant.
- Increased use of coffee, alcohol, tobacco, etc.
- Chronic sadness or depression.
- Chronic mental and physical fatigue.
- Chronic stress related illnesses (headache, stomach ache, bowel problems, etc.)
- Isolation, withdrawal, self-destructive thoughts.



Knowing these symptoms and your optimal stress level, you need to reduce the stress in your life and/or improve your ability to manage it.

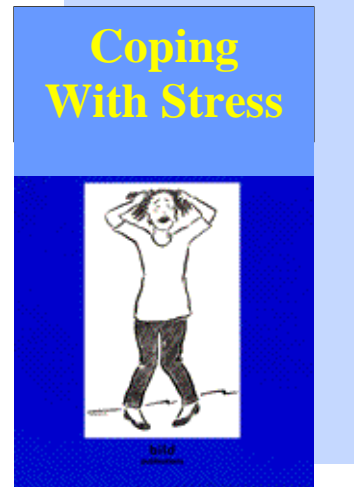
HOW TO MANAGE STRESS BETTER?

Identifying unrelieved stress and being aware of its effect on our lives is not sufficient for reducing its harmful effects. Just as there are many sources of stress, there are many possibilities for its management. However, all require work toward change. Changing the source of stress and/or changing your reaction to it. How do we proceed?

1. Become aware of your stressors and your emotional and physical reactions.
 - Notice your distress. Don't ignore it. Don't gloss over your problems.
 - Determine what events distress you. What are you telling yourself about meaning of these events?
 - Determine how your body responds to the stress. Do you become nervous or physically upset? If so, in what specific ways?

2. Recognize what you can change.

- Can you change your stressors by avoiding or eliminating them completely?
- Can you reduce their intensity (manage them over a period of time instead of on a daily or weekly basis)?
- Can you shorten your exposure to stress (take a break, leave the physical premises, be it the office or the laboratory)?
- Can you devote the time and energy necessary to making a change (goal setting, time management techniques and delayed gratification strategies may be helpful here)?



3. Reduce the intensity of your emotional reactions to stress.

- The stress reaction is triggered by your perception of danger; physical danger and/or emotional danger. Are you viewing your stressors in exaggerated terms and/or taking a difficult situation and making it a disaster? Are you expecting to please everyone?
- Are you overreacting and viewing things as absolutely critical and urgent? Do you feel you must always prevail in every situation?
- Work at adopting more moderate views. Try to see the stress as something you can cope with rather than something that overpowers you.
- Try to temper your excess emotions. Put the situation in perspective. Do not labor on the negative aspects and the "what if's."

4. Learn to moderate your physical reactions to stress.

- Slow, deep breathing will bring your heart rate and respiration back to normal.
- Relaxation techniques can reduce muscle tension. Electronic biofeedback can help you gain voluntary control over such things as muscle tension, heart rate, and blood pressure. Medications, when prescribed by a physician, can help in the short term in moderating your physical reactions. However, they alone are not the answer. Learning to moderate these reactions on your own is a preferable long-term solution.

5. Build your physical reserves.

- Exercise for cardiovascular fitness three to four times a week (moderate, prolonged rhythmic exercise is best, such as walking, swimming, cycling, or jogging).
 - Eat well-balanced, nutritious meals.
 - Maintain your ideal weight.
 - Avoid nicotine, excessive caffeine, and other stimulants.
 - Mix leisure with work. Take breaks and get away when you can.
 - Get enough sleep. Be as consistent with your sleep schedule as possible.
- ## 6. Maintain your emotional reserves.



- Develop some mutually supportive friendships/relationships.
- Pursue realistic goals which are meaningful to you, rather than goals others have for you that you do not share.
- Expect some frustrations, failures, and sorrows.

- Always be kind and gentle with yourself. Be a friend to yourself.

CONCLUSION

Job stress has multiple causes and so has to have multiple solutions. We need to know what make us stressed out, be able to control and even reduce this kind of stress from our life. In addition, top management has to make a serious and sustained commitment to healthy organizational change. By reducing unhealthy job stressors, employees have a sense of control, connectedness, where they are challenged and motivated, where they have a sense of support and security. This change takes time, lots of time...

AKTIVITI OSH DI MAKMAL PERAK

Sepanjang tahun 2005 beberapa program yang berkaitan dengan OSH telah dijalankan dengan jayanya oleh Jabatan Kimia Malaysia, Cawangan Perak. Diantara aktiviti yang dijalankan ialah :-



- Pasukan Pertolongan cemas (PPC) Jabatan yang telah mengadakan kursus Ulangkaji (*Refresher Course*) sebanyak 5 kali dalam setahun.



- Seramai 26 orang peserta yang terdiri daripada Penolong Pegawai Sains dan Pembantu Makmal dari seluruh Kimia Malaysia telah menghadiri Kursus Keselamatan Dan Kesihatan Pekerjaan yang diadakan pada 8 – 10 Ogos 2005 .



- Semua kakitangan yang berumur 40 tahun ke atas pula telah menjalani pemeriksaan perubatan di Hospital Besar Ipoh.
- Sistem pencegahan kebakaran di bilik-bilik instrument telah dipertingkatkan kepada Inergent gas berbanding menggunakan air sebelum ini sekiranya kebakaran dikesan



MERCURY SPILL FROM BROKEN THERMOMETER

Mercury (Hg) is a hazardous material that can result in severe health effects. All mercury "spills," including droplets of mercury from a broken laboratory thermometer, therefore need to be cleaned up following safe and environmentally sound procedures.

When liquid mercury (also known as elemental or metallic mercury) is spilled, it forms droplets that can accumulate in the tiniest of spaces and then emit vapors into the air. Mercury vapor in the air is odorless, colorless, and very toxic. Most mercury exposures occur by breathing vapors, by direct skin contact or by eating food or drinking water contaminated with mercury.

Health problems caused by mercury depend on how much has entered your body, how it entered your body, how long you have been exposed to it, and how your body responds to the mercury. All mercury spills, regardless of quantity, should be treated seriously.

WHAT NEVER TO DO WITH A MERCURY SPILL

- **Never** use a vacuum cleaner to clean up mercury. The vacuum will put mercury into the air and increase exposure. The vacuum appliance will be contaminated and have to be thrown away
- **Never** use a broom to clean up mercury. It will break the mercury into smaller droplets and spread them
- **Never** pour mercury down a drain. It may lodge in the plumbing and cause future problems during plumbing repairs. If discharged, it can cause pollution of the septic tank or sewage treatment plant.
- **Never** wash mercury-contaminated items in a washing machine. Mercury may contaminate the machine and/or pollute sewage.

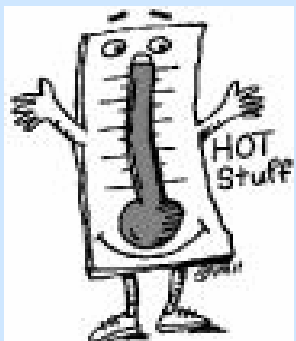


- **Never** walk around if your shoes might be contaminated with mercury. Contaminated clothing can also spread mercury around.

WHEN A SPILL OF ELEMENTAL MERCURY OCCURS:

1. Alert others in the area that a spill has occurred.
2. Isolate the area to prevent people from entering the spill area and spreading the contamination.
3. Determine whether the spill is a simple or complex spill:
 - A **simple** spill is one caused by a laboratory thermometer or other small device involving less than 15 milliliters, where all the mercury is accessible on a non-porous surface
 - A **complex** spill is one that involves more than 15 milliliters, and is located on a porous surface (carpet, etc.) or is widely spread
4. Prior to starting cleanup procedures, remove all gold or silver jewelry.
5. Wear a pair of chemical resistant gloves (nitrile or silver shield), a lab coat and eye protection.
6. Starting at the outside perimeter and using a scraper, push the scattered mercury droplets together into larger droplets.
7. Aspirate the larger mercury droplets and place them into a zip-lock bag or screw top container. A disposable syringe or a dropper can be used to aspirate the mercury droplets.
8. **DO NOT USE A REGULAR VACUUM AS THIS DISPERSES DROPLETS, INCREASES THE AIRBORNE LEVEL OF MERCURY VAPOR AND CONTAMINATES THE EQUIPMENT USED**
9. Use a flashlight to illuminate smaller beads of mercury. Mercury droplets can be pinhead size or smaller. Clean the spill area and perimeter if necessary. Pay close attention to cracks and crevices that may hide small beads of mercury.
10. Use duct tape to collect smaller hard-to-see beads. Place the duct tape in the zip lock bag.
11. Place any other materials used for the cleanup procedures into the zip lock bag for disposal. Make sure to label the bag.

DO NOT MIX THESE MATERIALS WITH ANY FREE MERCURY YOU MAY HAVE COLLECTED



KURSUS KESELAMATAN DAN KESIHATAN PEKERJAAN (PEGAWAI SAINS)

Seramai 41 orang peserta yang terdiri dari Pegawai-pegawai Sains baru di Ibu Pejabat Jabatan Kimia Malaysia Petaling Jaya telah menghadiri kursus tersebut. Kursus selama 2 hari itu bertujuan untuk mempertingkatkan pengetahuan dan mendedahkan peserta berkaitan pelaksanaan program-program Keselamatan dan Kesihatan Pekerjaan di Jabatan ini.

Di antara topik-topik yang dibincangkan dalam kursus ini ialah :

- An Overview of Laboratory Safety
- An Overview of Occupational Health and Safety Management System OHSAS 18001
- Chemical Waste Management
- Occupational Safety and Health (Use and Standard of Exposure of Chemicals Hazardous to Health) ,(USECHH) Regulations 2000
- Hazard Identification, Risk Assessment and Risk Control (HIRARC)
- Briefing and Demonstration on Use of Personal Protective Equipment(PPE) and Emergency Response Equipment
- Material Safety Data Sheets (MSDS)/CHEMWATCH



Diharapkan kursus ini telah memberikan banyak manfaat kepada peserta-peserta kursus bagi membolehkan pelaksanaan yang efisien dan efektif di makmal masing-masing selaras dengan Dasar dan Objektif-objektif Keselamatan dan Kesihatan Pekerjaan Jabatan Kimia Malaysia.

LAWATAN KE MALAYSIAN OXYGEN SDN. BHD (MOX)

16 Disember 2005

Seramai 10 orang ahli Pasukan Penukaran Silinder Gas dari Kimia Malaysia, Ibupejabat telah mengadakan lawatan ke MOX Gases Sdn. Bhd. di Kawasan Perindustrian Bukit Raja, Kelang. Syarikat ini adalah salah satu pengilang gas di negara ini. Tujuan lawatan ini ialah untuk menambah pengetahuan dan kemahiran ahli pasukan tentang aspek keselamatan pengendalian silinder gas

Lawatan sambil belajar ini bermula dengan taklimat tentang keselamatan pengendalian dan penjagaan silinder gas yang disampaikan oleh Safety Engineer Mr. Shukra Shasthi. Ini diikuti dengan 'site tour' untuk melihat kelengkapan dan kemudahan serta cara menyimpan dan mengendali gas silinder di kilang.

Disediakan oleh:
Ahmad Fuad Abdullah



KURSUS ASAS PENCEGAH KEBAKARAN BANGUNAN TINGGI

Pada 21 – 25 November 2005, seramai 35 orang Ahli Jawatankuasa kecil Pasukan Mencegah Kebakaran Jabatan Kimia Malaysia telah menghadiri kursus tersebut di Akademi Bomba dan Penyelamat, Malaysia, Kuala Kubu Bharu.

Objektif kursus tersebut adalah untuk:

- 1) Memberi pengetahuan tentang aspek keselamatan kebakaran dibangunan khususnya di tempat kerja.
- 2) Kemahiran menggunakan peralatan kebombaian dan sistem menentang kebakaran di bangunan.
- 3) Memahami tugas dan tanggungjawab individu kepada jabatan/majikan dalam aspek keselamatan dan pencegahan kebakaran.
- 4) Dapat meningkatkan ilmu pengetahuan kebombaian dan penyelamatan dengan lebih mendalam serta dapat diralisasikan setelah kembali ketempat bertugas masing-masing.



Dalam menjalankan kursus tersebut AJK telah didedahkan aktiviti kebombaian, teori dan partikal. Antara subjek yang telah didedahkan ialah pengawasan kebakaran, kimia kebakaran, good house keeping, menyelamatkan di dataran, perlindungan pasif/aktif, perkongsian bangunan dan teori/praktikal padam api.



Disediakan Oleh : Apri Beyan