

# Public Health *Newsletter*

(For internal circulation only)

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## **Occupational Safety & Health and Environment (OSHE) Committee**

For the uninitiated, the OSHE Committee, or JKKPP (*Jawatankuasa Keselamatan & Kesihatan Pekerjaan dan Persekitaran*) as it is typically called, may seem like an alien concept. "Why was it formed? What can it do for me?". In this issue of PH Newsletter, we will delve deeper into the important world of JKKPP.

*cont'd p.6*

# THE WAR ON TOBACCO



Hospital Al-Sultan Abdullah (HASA) is committed in fighting the war on tobacco. In 2023, HASA officially launched its Tobacco-Free Hospital Policy which effectively bans any forms of tobacco, including e-cigarettes, from being smoked, used or consumed on hospital grounds.

**Smoking or Vaping** in healthcare facility is prohibited by law. Offence against this regulation is liable to a fine of up to **RM10,000** and/or **2 years imprisonment**.

*Peraturan-peraturan Kawalan Hasil Tembakau 2004,  
Akta Makanan 1983 (Akta 324)*

## Enforcement


The Environmental Health (EH) Unit, in collaboration with Polis Bantuan HASA are tasked with ensuring the Tobacco-Free Hospital Policy is enforced in the hospital. They do regular inspections on smoking hotspot areas and respond to any reports of smoking in HASA.

If you see someone smoking in the hospital, you can do your part by reporting the incident to the EH Unit by scanning the QR code below:






# SAY NO TO SMOKING, YOUR HEALTH MATTERS




**QUITTING  
SMOKING BEFORE  
THE AGE  
OF 40 REDUCES  
THE RISK OF  
DYING FROM  
SMOKING-  
RELATED DISEASE  
BY ABOUT 90%.**



**LIFE EXPECTANCY  
FOR SMOKERS IS  
AT LEAST 10  
YEARS SHORTER  
THAN FOR NON-  
SMOKERS.**

**TOBACCO KILLS  
MORE THAN  
6,000,000 PEOPLE  
EACH YEAR,  
TRANSLATING TO  
ONE SMOKING-  
RELATED DEATH  
EVERY 5 SECONDS.**



**LUNG CANCER IS NOT  
THE ONLY CANCER  
YOU CAN GET FROM  
SMOKING. OTHERS  
INCLUDE CANCER OF  
THE BLADDER, BLOOD,  
KIDNEYS, LIVER,  
STOMACH, THROAT  
AND MANY MORE.**

**References:**

1. Centers for disease control and prevention (CDC), 2023. Smoking and Tobacco Use, retrieved from <https://www.cdc.gov/tobacco/index.htm>
2. World Health Organization (WHO), 2023. Tobacco, retrieved from <https://www.who.int/news-room/fact-sheets/detail/tobacco>
3. Verywell mind, 2023. Reason why you should consider quitting smoking, retrieved from <https://www.verywellmind.com/nicotine-use-4157297>

# VIOLENCE AT THE WORKPLACE

On 22nd May 2023, the Public Health Medicine Department and Psychiatry Department successfully organized World OSH Day in HASA with a sharp focus on violence at the workplace.



Expert forum on violence at the workplace



Participants of World OSH Day 2023 in HASA



Launching of Guidebook on Handling Workplace Violence

## Are we at risk?

Jobs related to providing service and care such as healthcare workers, customer service officers and others, are among the likeliest group to encounter violence at the workplace.

In a recent survey conducted by OSH unit, many of our staff report having been victims of workplace violence at least once. Unfortunately, many of these same staff have mistakenly accepted the violence they experience in the workplace as simply part and parcel of their job.



## Sexual harassment is a serious form of violence too !!

Sexual harassment, which is any form of unwelcomed sexual conduct be it verbal, physical or written, is a form of violence that many workers are unaware of.

Since the OSH unit started its anti-violence at work campaign this year, there has been a surge in the number of sexual harassment reporting. Although this number is concerning, it demonstrates that people are becoming more aware of this issue. The ultimate goal is for all staff to know their rights and stand up against any form of workplace violence, including sexual harassment.



## What should I do ?

Since the start of the year, OSH Unit has been aggressively campaigning for zero tolerance toward workplace violence. A guidebook has also been launched to act as a reference for all staff in handling workplace violence.

If you experience any form of workplace violence, you must get yourself to safety first and get help. You should activate Code Grey (**call 5555**) if the violence gets out of control. Eventually, a report can be sent via the incident reporting system and OSH Unit will take appropriate actions to address the case.



## THE 5S

**S**enyum

**S**apa

**S**abar

**S**opan

**S**elamat

## How can I prevent workplace violence?

The majority of incidents of violence at the workplace are actually preventable. Poor communication skills and a non-conducive environment greatly contributes to violence at the workplace.

Service and care providers such as hospital staff are encouraged to practice good personality and communication skills to avoid such situations. A handy trick is by using the 5S strategy when dealing with clients and customers, as this may help in defusing any potential incidents of violence.

# CASTING A SPOTLIGHT ON JKKPP

*JKKPP was established in Hospital Al-Sultan Abdullah, UiTM in January 2022.*



## OSHA OCCUPATIONAL SAFETY & HEALTH ACT

## WHAT DOES THE LAW SAY?

The establishment of JKKPP is a mandatory requirement by law for any workplace consisting of 40 or more workers. This is outlined in the [Occupational Safety and Health Act 1994 \(Act 514\)](#).



JKKPP consists of representatives from workers and management who meet regularly to:

- cooperate in identifying, evaluating and controlling hazards at the workplace.
- participate in the development, implementation and evaluation of safety and health programs.
- act as an effective channel of communication to discuss and propose resolutions to any OSHE problems.



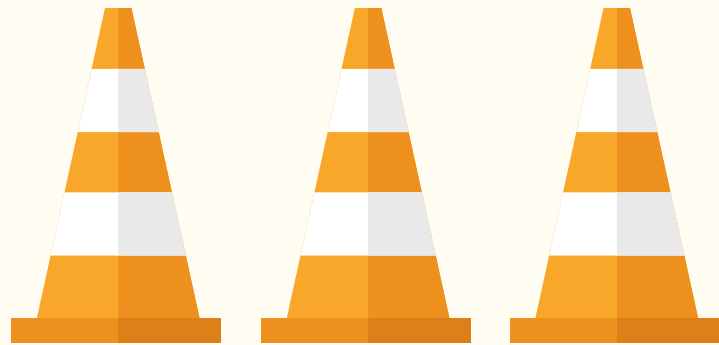
# Employer's GENERAL OSHE RESPONSIBILITIES

The hospital management is responsible to:

- ensure and maintain a healthy and safe environment at the workplace
- provide information and training related to safety and health
- be aware of all hazards in the workplace
- implement appropriate control measures for all hazards
- regularly evaluate effectiveness of control measures that are in place

## NOTICE

Employers who do not comply with OSHA 1994 are liable to a fine not exceeding **RM50,000** or **imprisonment** for a term not exceeding **two years** or both.



REPORT ALL  
OCCUPATIONAL SAFETY  
AND HEALTH INCIDENTS  
TO OSH UNIT VIA THE  
ONLINE INCIDENT  
REPORTING SYSTEM

<http://incident.uitm.edu.my>

# OSH AUDITS

Occupational Safety and Health Audits are carried out by the OSH Unit to ensure compliance to relevant laws and legislations. The audits involve all departments within the hospital.

Below are pictures showing some OSH audit activities.

Anaesthesiology  
Department



Otorhinolaryngology  
Department



Ophthalmology  
Department



Rehabilitation  
Department



Respiratory  
Unit



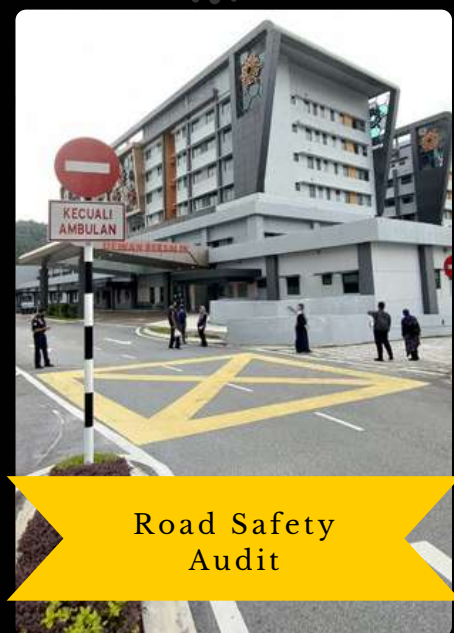
Daycare



Radiology  
Department



Road Safety  
Audit





# FOOD SAFETY

The primary goal of food safety is to safeguard food consumers from foodborne illnesses or injuries caused by the consumption of food. The Environmental Health Unit takes food safety in the hospital very seriously and conducts regular inspections on food premises and kitchens to ensure compliance to set legislations and standards.

Regular inspection of food premises in HASA



Grading of food premises in HASA

Central kitchen inspection (Bukit Cerakah)



HASA central kitchen inspection (Dietetics Department)

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