

HSSE Training (Haze Awareness)

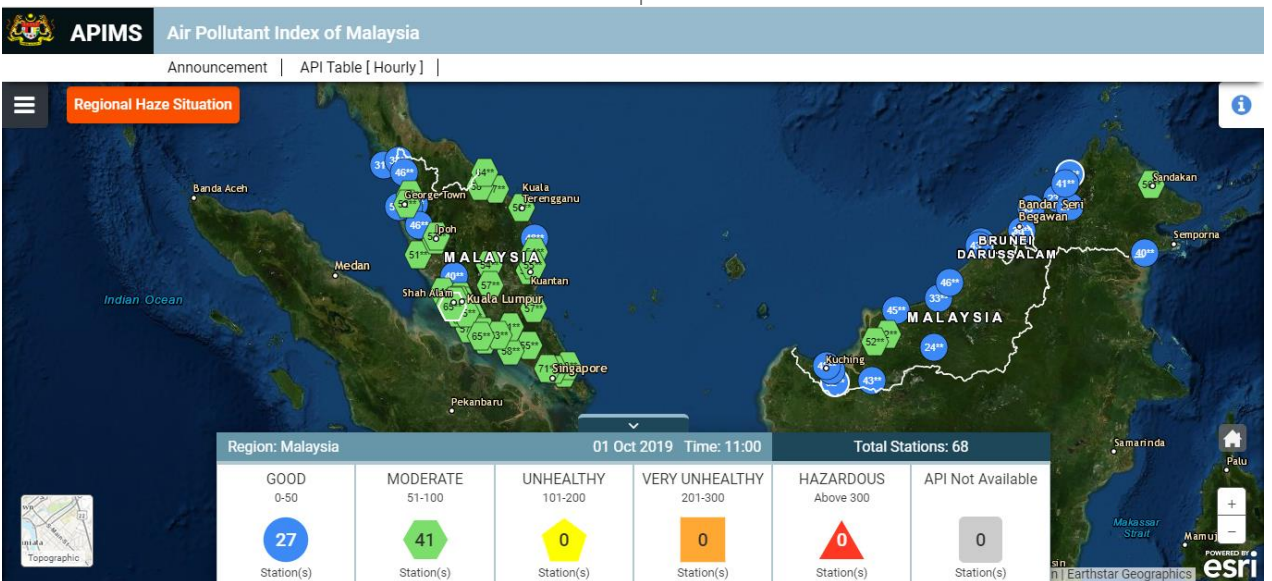
HAZE AWARENESS TRAINING

What is HAZE

The accumulation of dust, smoke and other pollutant particles in the air which leads to the un-clarity of the atmosphere, lower visibility level and detrimental effect on the human body.



On Monday, 14th September 2019, KY Mesra conducted Haze awareness to the front liners due to haze phenomenon happen from forest burning in Indonesia. Everyone was reminded of the effects in short-term and long-term period if they do not protect themselves from the hazardous micro particles.



Today, 1st October 2019, with rain and monsoon transition for a few days now, the air pollutant index has shown major difference with only good and moderate rates shown.

HSSE Training

- **(Asbestos, Dust & Refractory Ceramic Fibre Awareness)**
- **(Ergonomic & Manual Handling)**

On Thursday, 24th September 2019, two HSSE Trainings have been done for our front liners.

For Asbestos, Dust and RCF, It is important that the front liners know what to do and how to protect themselves if they need to handle work with asbestos or the RCF and what are the effects in prolonged exposure.

Meanwhile, for ergonomic & manual handling, training given were referred from the Manual Handling at Workplace 2018 Guidelines from DOSH. Here, front liners acknowledge of how important it is to work safely to prevent MSDs or Musculoskeletal disorders.



HSSE BULLETIN

SEPTEMBER 2019



Quarter 3 LCSC MY MEETING



Date: 25-27 September 2019
Venue: Mobiweb Sdn. Bhd.

KY Mesra has sent 4 representatives to join and participate the meeting. Many info were shared among everyone regarding HSSE matter.

A group discussion also was done where each group discussing issues from the latest LFI shared and how to tackle safety issues while increasing the business activity without interrupting it.

All L3 contractors also prepared and presented the Blue Zone implementation update and progress at their workplace. It was shown that the Blue zone has become a successful method in engaging front liners to understand the hazard and risk assessment better.

This meeting session was even more enjoyable and fun with the online game prepared by HSSE CBRE, Mr. Fazly.



CLIMATE CHANGE HURTS EVERYBODY

HEALTH IMPACTS FROM HEATWAVES

1 DEHYDRATATION

2 KIDNEY
DISEASES

3 MENTAL
HEALTH

4 RESPIRATORY
DISEASE

5 HEAT CRAMPS

6 HEAT STROKE

HOW TO PROTECT YOURSELF FROM HEATWAVES

1 KEEP YOUR
HOME COOL

2 STAY OUT OF
THE HEAT

3 STAY
HYDRATED

4 PROTECT YOURSELF
FROM THE SUN