

HSSE BULLETIN

NOVEMBER 2020

**HSSE
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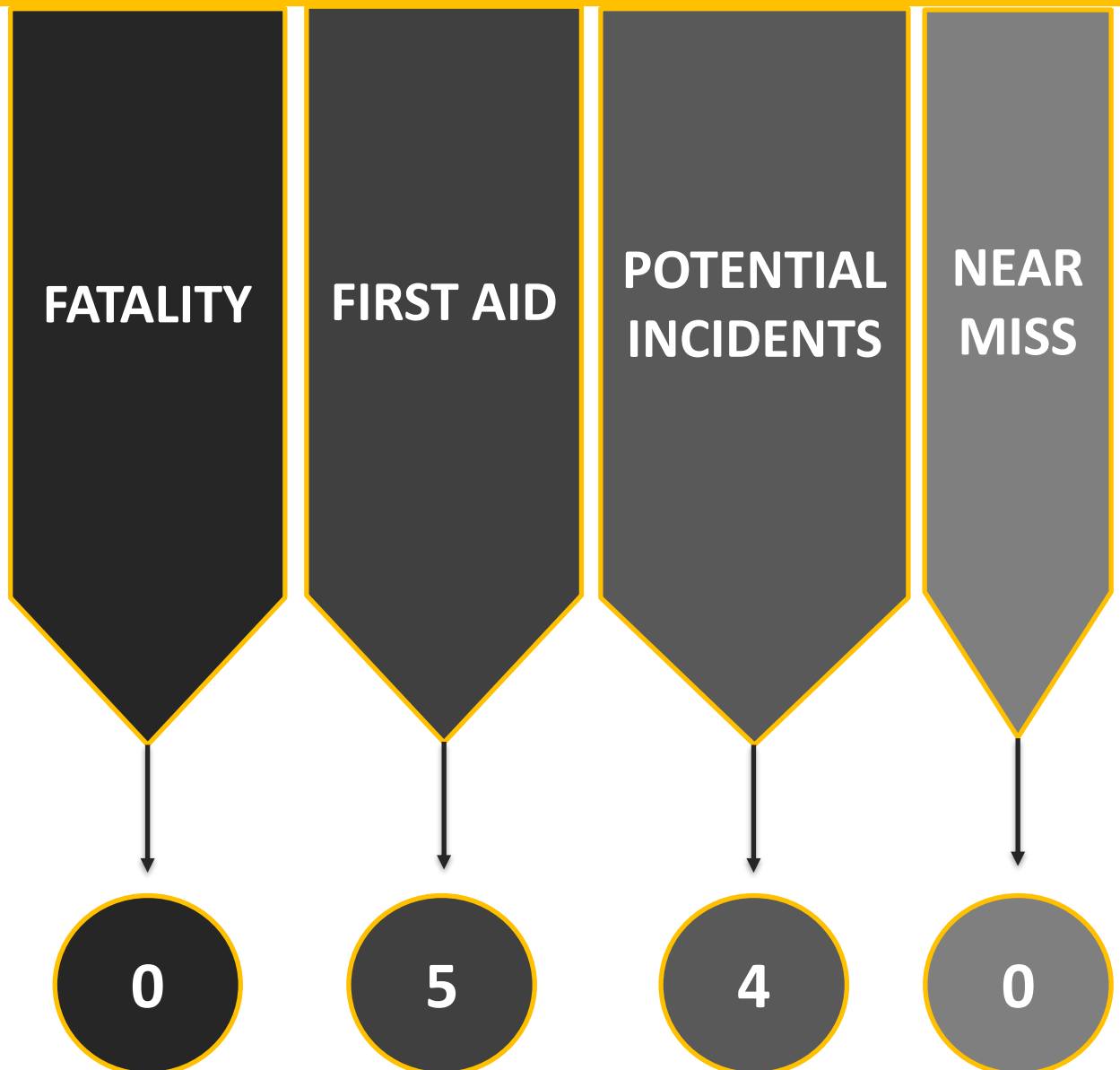
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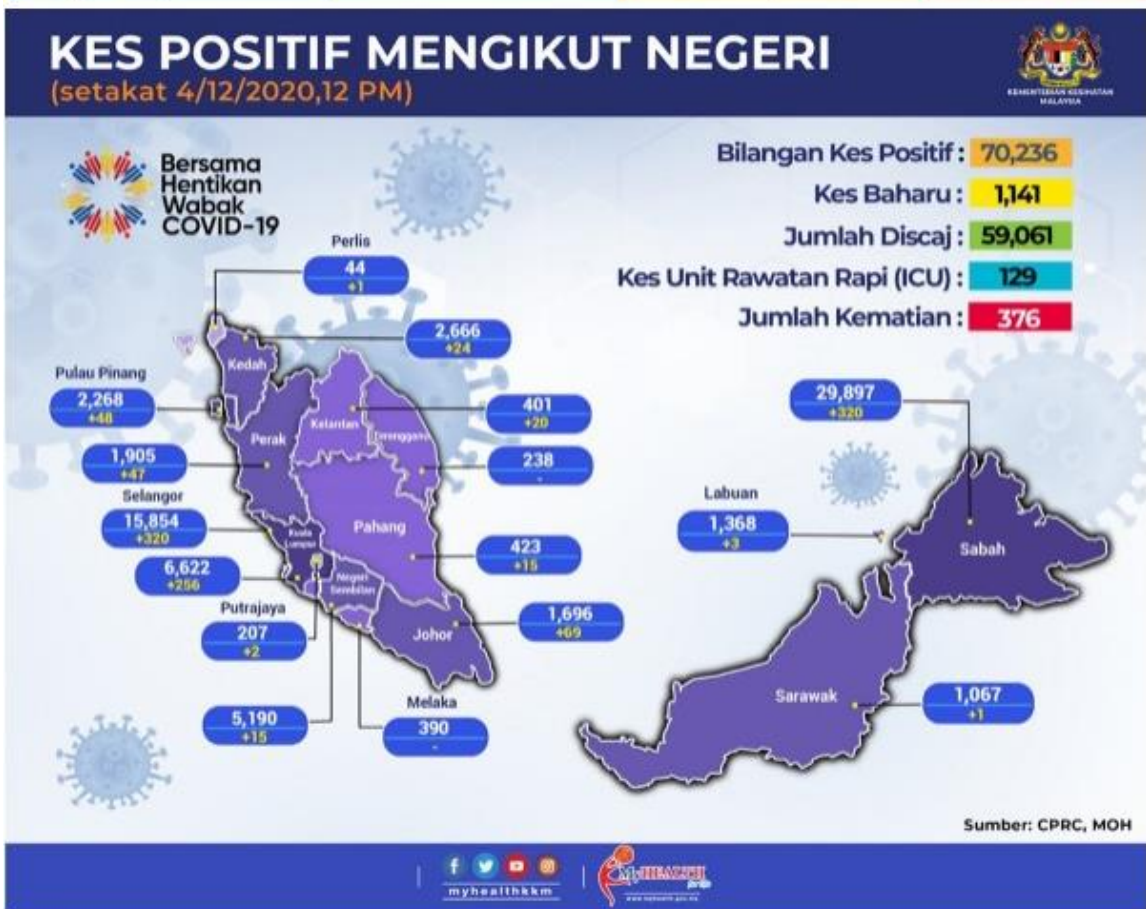
TOTAL NOVEMBER MANHOUR WITHOUT LTI

2700



HEALTH: COVID-19 UPDATE

Jumlah Keseluruhan Kes 70,236 +1,141	Kes Import: 3 Kes Tempatan: 1,138	Jumlah Kes Sembuh (Discaj) 59,061 +1,144 84.1% Daripada Keseluruhan Kes	Jumlah Kes Aktif 10,799 ICU: 129 Bantuan Pernafasan: 3	Jumlah Kematian 376 +0 0.5% Daripada Keseluruhan Kes
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Data as of 4th November 2020/www.moh.gov.my

Take action, do your part:

- Wash hand frequently with soap or use hand sanitizer
- Practice physical distance
- Practice cough and sneeze etiquette
- Avoid crowded places
- Wear face masks
- Keep updated on COVID-19

SAFETY BRIEFING

WAH Standdown 2020

On 20th and 21st November, WAH standdown has been conducted to all of the front lines. The standdown was regarding to working at height issue at 3 sites while working using ladder and scaffolding.

Pictures of the incidents were shown to all of them with briefing of the incident. All of them took lesson from the incidents and they were reminded that no matter how, safety requirement cannot be taken lightly and they must alert of the danger that they may be facing while working with certain equipment.

If they created ignorance while working, they will not just increasing risk to themselves but also to other people as well.



JHA Briefing



On Tuesday, 17th November 2020, a briefing on JHA was conducted to all of front lines where the section for name, date, and signature at the end of the JHA has been added. For that, they were all required to fill up the section for each subsequent day they continue working using the same JHA.

COVID-19 Reminder



On Monday, 23rd November 2020, all staffs were gathered to be reminded regarding COVID-19 issue. They were all asked to ensure their hygiene, proper use of face mask, and the etiquette of coughing and sneezing. Since the number of the case is still high, it is important to always take care of ourselves and others.



HSSE Sharing Space

Canned Food and Botulism

What is botulism?

Botulism is a rare but potentially deadly illness caused by a poison most produced by a germ called *Clostridium botulinum*. The germ is found in soil and can survive, grow, and produce a toxin in certain conditions, such as when food is improperly canned. The toxin can affect your nerves, paralyze you, and even kill you.

Botulinum toxin cannot be seen, smelled or tasted but taking even a small taste of food containing this toxin can be deadly.

Why is it found in canned goods?

The bacteria *Clostridium botulinum* releases the toxin that causes botulism as part of its natural anaerobic process, meaning it multiplies in an **oxygen-free environment**, like a sealed can.

FOOD SAFETY REMINDER: WHEN IN DOUBT, THROW IT OUT!

What are the symptoms of botulism?

- Double vision
- Blurred vision
- Drooping eyelids
- Slurred speech
- Difficulty swallowing
- A thick-feeling tongue
- Dry mouth
- Muscle weakness

Keep yourself & others safe

Throw the food if:

- the container is leaking, bulging, or swollen;
- the container looks damaged, cracked, or abnormal;
- the container spurts liquid or foam when opened; or
- the food is discolored, moldy, or smells bad.

Never taste the food to determine if it is safe!

Botulism is a medical emergency. If you or someone you know has symptoms of foodborne botulism, see your doctor immediately.