

**HSSE
STATISTICS**

**HEALTH
UPDATES
COVID-19**

**JULY
CONTENTS**

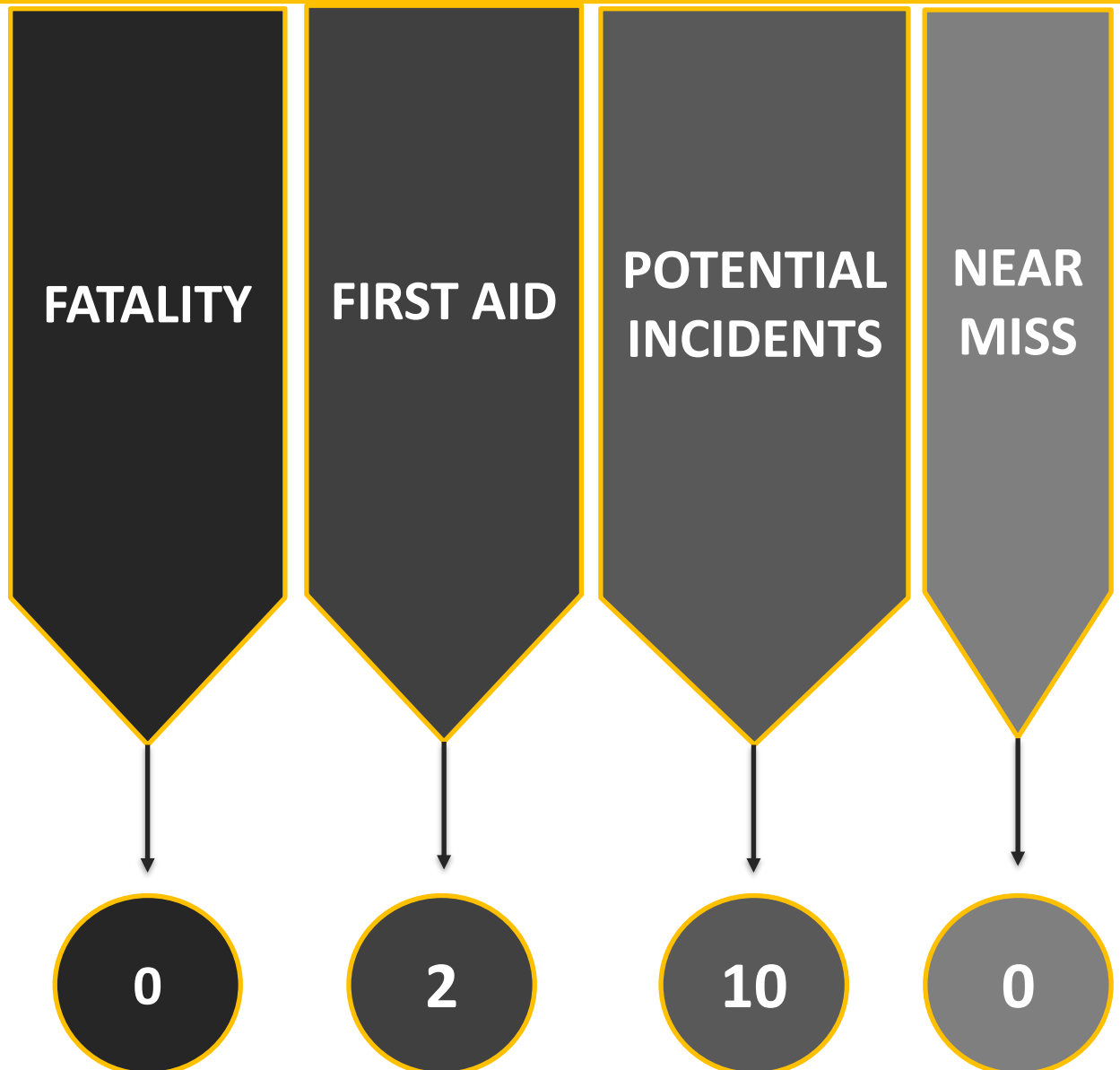
**HSSE
AWARENESS
TRAINING &
BRIEFING**

**HEALTH
ALERT
COVID-19**

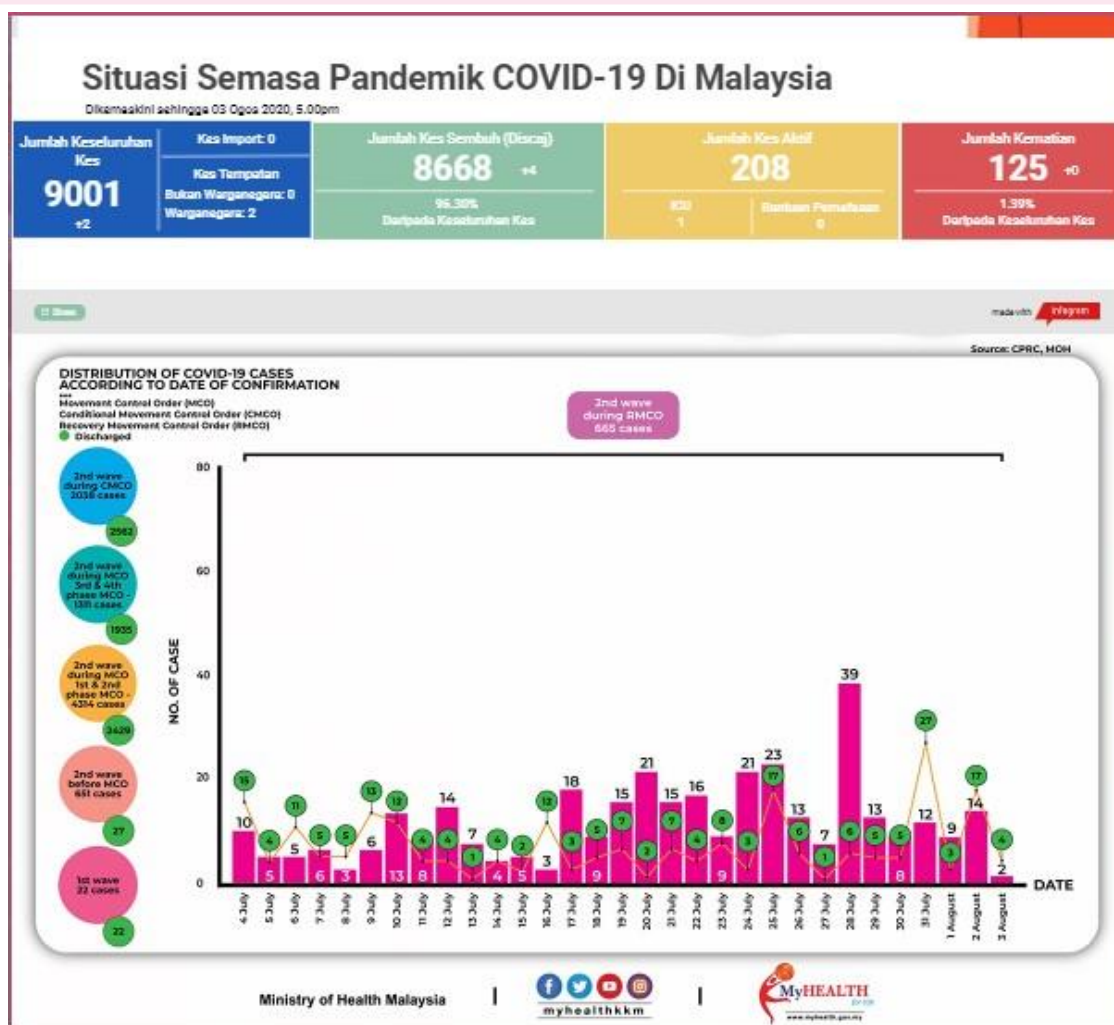
**HSSE
SHARING
SPACE**

TOTAL JULY MANHOUR WITHOUT LTI

1485



HEALTH: COVID-19 UPDATE



Data as of 3rd August 2020/www.moh.gov.my

Take action, do your part:

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

HEALTH: COVID-19 ALERT

Need to take care of people with suspected or confirmed COVID-19? Check for the safety measures to be taken

For caregivers

Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.



Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.



Frequently clean hands with soap and water or alcohol-based rub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet



Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash dishes, cups, eating utensils, towels, or bedlinens used by the ill person with soap and water.



Identify frequently touched surfaces by the ill person and clean and disinfect them daily.



Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.



-World Health Organisation

HEALTH: COVID-19 ALERT



MULAI 1 OGOS 2020

WAJIB PAKAI

Pelitup muka (face mask) dalam pengangkutan awam dan di kawasan sesak atau tumpuan umum.

Orang ramai boleh didenda RM1,000 di bawah Akta 342 (Akta Pencegahan dan Pengawalan Penyakit Berjangkit 1988) sekiranya gagal mematuhi peraturan terbaharu ini

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Pasar awam
Pasar tani
Pasar malam
Pasar raya

Tempat tumpuan
pelancongan
Panggung wayang

**Pengangkutan
Awam**

Bas
Teksi
MRT
LRT
Grab



TIDAK PERLU PAKAI
 ✗ Dalam kenderaan sendiri
 ✗ Di rumah
 ✗ Semasa melakukan aktiviti fizikal
 ✗ Kanak-kanak 2 tahun ke bawah

Dimana **WAJIB** Pakai
**PELITUP
MUKA?**

Pelitup Muka Wajib Dipakai Di Tempat Padat & Sesak

Starting 1st August 2020, it is mandatory for everyone to use face mask whenever they are on any public transports or when go to any crowded public places where physical distancing cannot be practised

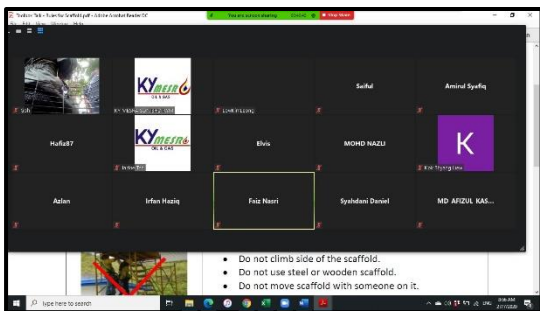
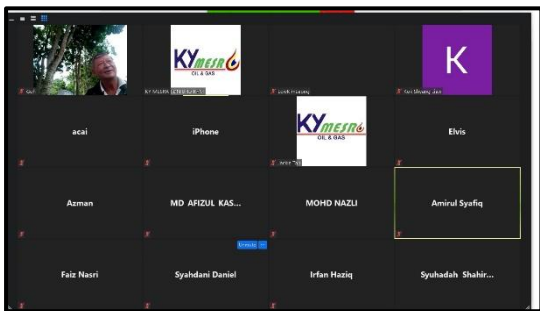
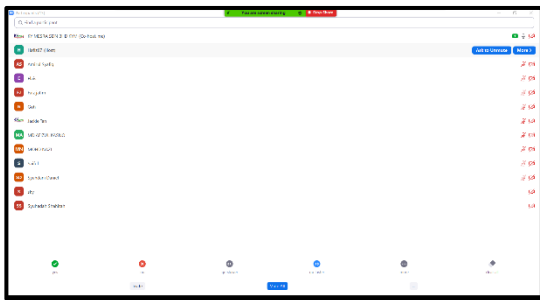
On July, there were two HSSE awareness briefing conducted for the front lines- Malaria and Asbestos and Dust & Refractory Ceramic Fibre.

Another safety briefing also been given to them regarding Rules for Scaffold, Slips, Trips, and Falls and Alcohol & Drugs. Along with that, they were required to answer quiz given to them regarding the trainings and briefings.

HSSE ONLINE AWARENESS TRAINING & SAFETY BRIEFING



HSSE ONLINE AWARENESS TRAINING & SAFETY BRIEFING



KY MESRA OIL & GAS Toolbox Talk

SLIPS, TRIPS and FALLS

Slips and trips are the most common cause of injury at work. On average, they cause 40 per cent of all reported major injuries and can also lead to other types of serious accidents, for example falls from height. Slips and trips are also the most reported injury to members of the public.

Main Causes of Slips, Trips and Falls

- Unseen floor surfaces
- Unsuitable floor coverings
- Wet floors
- Changes in level
- Trailing cables
- Poor lighting
- Poor housekeeping

How To Prevent Slips, Trips and Falling

- Conduct frequent hazard spotting. Check there are no trailing cables, obstructions or damaged floors.
- Report potential incident and immediately correct situation (e.g. untidy floor, wet & slippery floor)
- Wear correct PPE.
- Ensure availability of first aid box, emergency call numbers, and first aid kit on site.
- Practice good housekeeping (remove any obstructions in walkways, passageways and fire exits).
- Use warning signs and barricade to keep pedestrians away from wet/troubled floors.

Housekeeping is important – A messy floor can cause falls

KY MESRA OIL & GAS Toolbox Talk

Rules for Scaffold

Typical Aluminium Mobile Scaffold

- Do not climb side of the scaffold.
- Do not use steel or wooden scaffold.
- Do not move scaffold with someone on it.
- Do not put additional ladders on a scaffold.
- Do not exceed maximum allowed load.
- Do not use faulty scaffold.
- Keep the wheels locked.
- External ladders are not allowed.
- Only competent person can erect a scaffold.
- Do not use scaffold when wind exceeds 10km/h.
- Scaffolding height cannot exceed 3/4 of the shorter base dimension.
- Use base gates and mudsills on soft ground.
- A barricade shall be set up 1.5m from the base.
- Use only approved scaffold.

KY MESRA OIL & GAS TOOLBOX TALKS (HEALTH)

Topic: Alcohol & Drugs

Working under the influence of alcohol/drugs is strictly prohibited as both impact on brain function reducing levels of awareness and decision making and slowing down reaction times which could cause accidents and injuries at work sites.

Dangers of alcohol consumption & drug use:

- Slowed rate of reaction
- Decreased level of attention
- Decreased judgement skills
- Decreased motor skills

Effects:

- Comedown
- Clumsy accident

Signs & symptoms of substance use:

- **Eye** (redness, irritation and blood)
- **Speech** (slurred, slow, breathy, voice slow to start)
- **Behavior** (irregular, erratic)

You Should...

- Always inform your Supervisor or the Person in Charge if you are taking medicine that may influence your performance.
- Not eat, buy, sell or distribute illegal drugs.
- Refrains if you are a user of alcohol or drugs abuse.



HSSE Sharing Space Safety Signage



Safety signs are classified as **regulatory signs**, **hazard sign** and **emergency information signs**. For areas where dangerous equipment is stored, should be clearly labelled and the walkways should be highlighted with the necessary signage..

It also helps to mark the hazardous area with tape or black and yellow stripes painted on the floor. This will keep employees or public aware of the danger surroundings and avoiding accidents to happen.

MIND YOUR SURROUNDINGS, STAY SAFE, STAY ALERT