



# SYSTEMATIC OCCUPATIONAL HEALTH ENHANCEMENT LEVEL PROGRAMME (SOHELP)

## Impact from SOHELP implementation



Grow a better tomorrow.

# Mastra Industries Sdn.Bhd

## Front View



Nufarm

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# Company Background

Established in 1992, serving local and international markets for 25 years.

Nufarm Australia Limited subsidiary

Located at lot 6, Jalan Sultan Mohamed 5, Kawasan Perindustrian Bandar Sultan Suleiman ,42000, Port Klang

Total headcount is 150

Agro chemicals business, OEM, toll manufacturing & repacking for MNC .



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# Impact from SOHELP Program.

## Briefing outline

Previous practices focus more on accident /injuries prevention

Management focus more on Ergonomic & Noise

Morale of employee towards management increased

Reduction of health risk exposure at workplace.

Provide additional resources for SOHELP implementation.

Introduce Life Saving Rules (LSR)

Good record keeping

Corporate Image

**Previous practices focus more on accident /injuries prevention.**

Emphasize more on safety hazards

Physical hazards

Housekeeping

Chemical handling



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# Management focus more on Ergonomic & Noise

Introduce ergonomic checklist

Upgrade equipments and tools to meet ergonomic requirements

Implement jobs rotation for line process

Conduct additional noise monitoring and mapping

Hearing conservation training

Established program for identifying equipment emitting high noise

# Morale of employees towards management increased

Employee appreciate improvements on occupational health.

Reduce absenteeism

Gain respect from workers

# Reduction of health risk exposure at workplace.

Proper handling and storage of chemical

Manual handling training

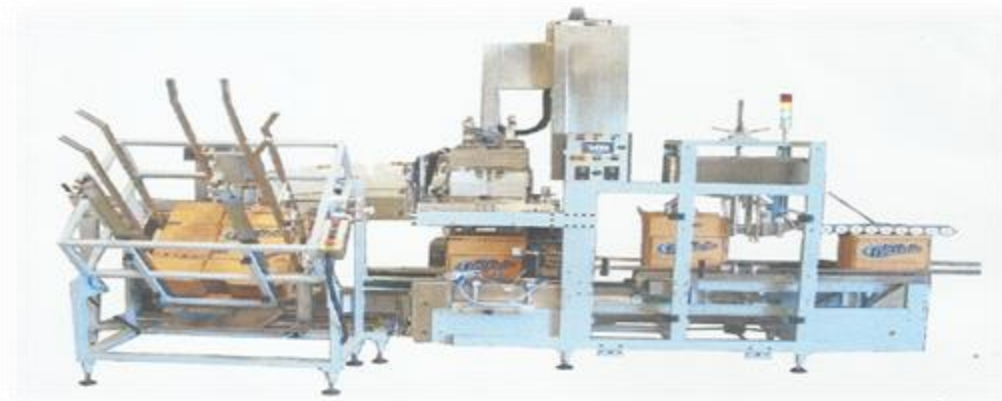
Improved work station ergonomic

Improved work process which reduced ergonomic hazard

# Provide additional resources for SOHELP implementation.

Allocate additional budget for training.

Special allocation for purchase of new equipments.



# Introduce Life Saving Rules (LSR)

Introduce 7 Life Saving Rules(LSR)

All employees briefed and provided a booklet as reference.

Daily toolbox talk on LSR.

Staff who knowingly violates a Life Saving Rule will be subject to disciplinary action or termination of employment

A supervisor or manager who tolerates or instructs a staff member to break a Life Saving Rule will be subject to disciplinary action or termination of employment.

# Record keeping

Improved in record keeping after implementation of SOHELP program



# Corporate Image

Gain confidence from business partners

Preferred working place



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# Chemical- Improvements

Manual charging to vacuum charging system



**BEFORE**



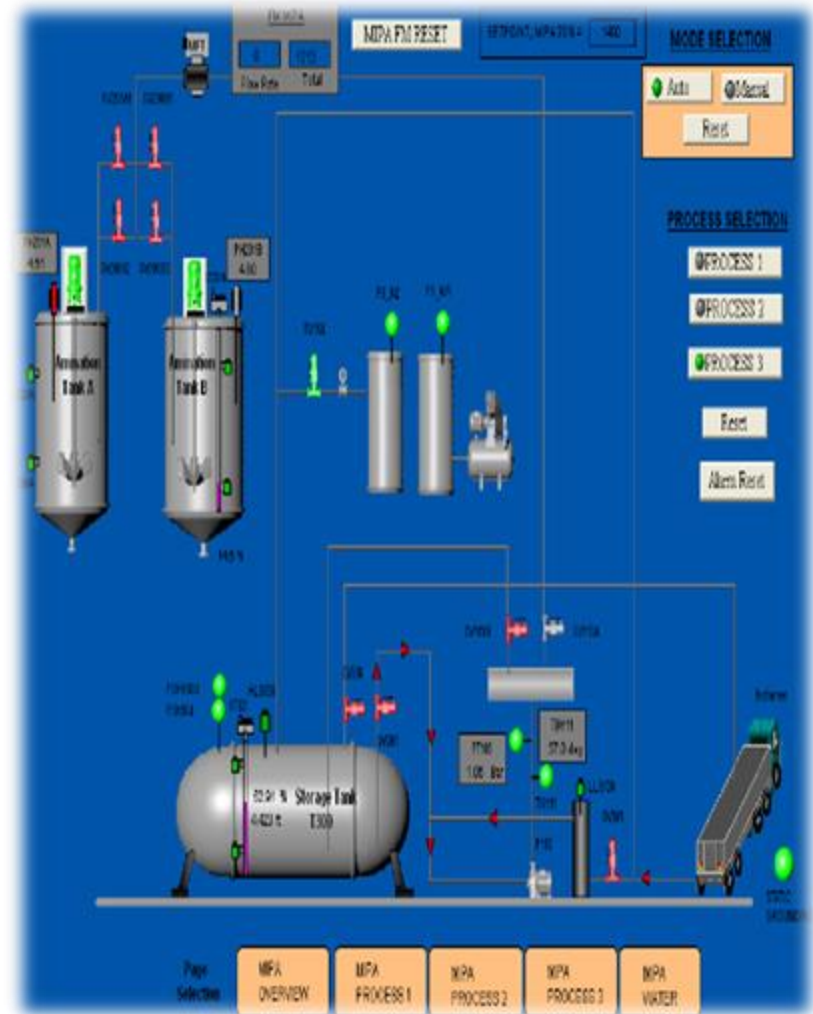
**AFTER**

# Chemical- Improvements

## Automation of MIPA charging process



**BEFORE**



**AFTER**

# Noise- Improvements

## Annual audiometric test



PROFESSION CONSULTANTS SDN BHD  
DESIGN & CONSTRUCTION RESULTS OF IMPAIRMENT

Company: earwright  
Address: 11, Jalan 1/11, Taman 1/11, 40100 Shah Alam, Selangor

Client: NUFARM  
Address: 11, Jalan 1/11, Taman 1/11, 40100 Shah Alam, Selangor

Project: Annual Audiometric Test  
Date: 11/11/2023

Tester: [Name]  
Subject: [Name]

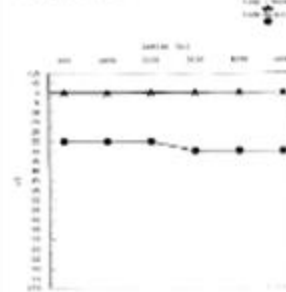
Frequency: 125 Hz, 250 Hz, 500 Hz, 1000 Hz, 2000 Hz, 4000 Hz, 8000 Hz

Results: [Table with columns for Frequency, Right Ear, Left Ear, and Average]

Conclusion: [Text]

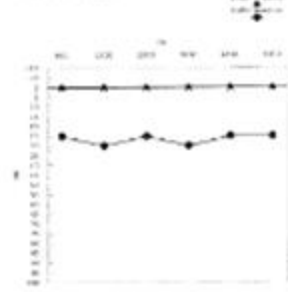
Signature: [Signature]  
Date: [Date]

Right Ear



Frequency	125	250	500	1000	2000	4000	8000
Right Ear	20	20	20	20	20	20	20

Left Ear



Frequency	125	250	500	1000	2000	4000	8000
Left Ear	20	20	20	20	20	20	20

Reviewed & Approved By: [Signature]

Checked By: [Signature]

NOISE ASSESSMENT REPORT

APPROVED FOR ALL ACTIVITIES AND CONSTRUCTION OF COLLABORATION HEALTH HOUSE (CHH)

NOISE TEST (GLOBAL BALANCE) REPORT

# Noise- Improvements

Acoustic insulation cover for noisy motor



**BEFORE**



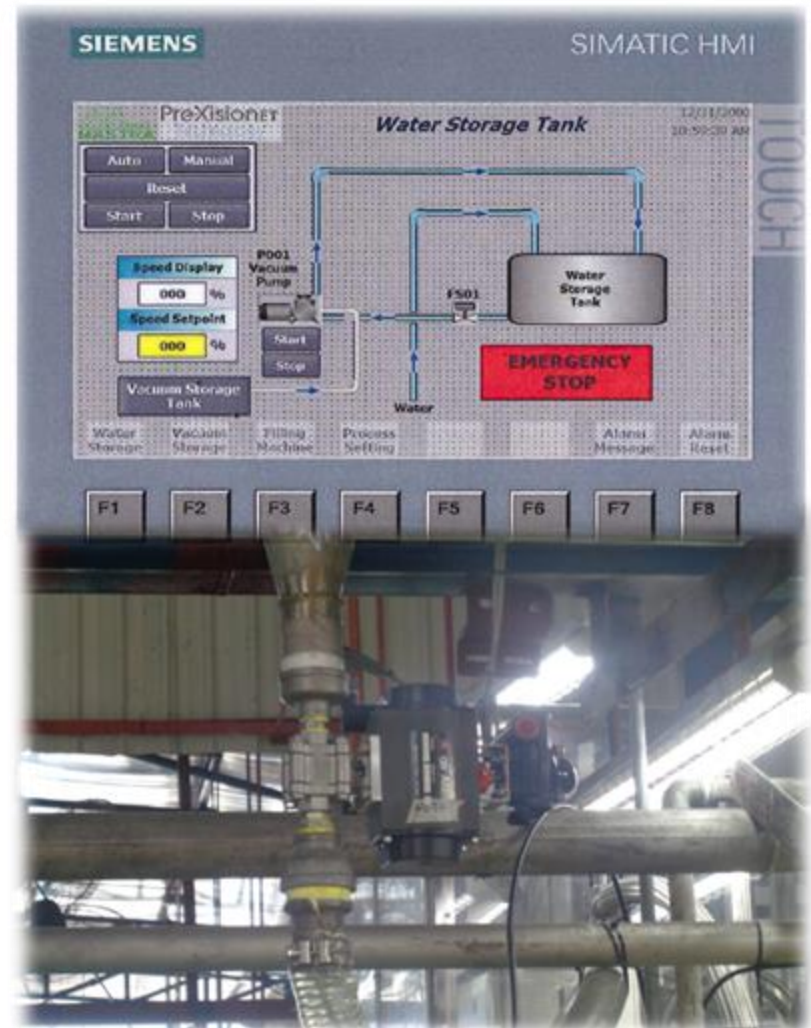
**AFTER**

# Noise- Improvements

Upgrade pump to PLC system



**BEFORE**



**AFTER**

# Ergonomic- Improvements

## Assessment

Check point	Description	Page No.	Action			Action Taken	
			No	Yes	Priority	No	Yes
A.	Materials Storage and Handling						
1	Clear and mark transport routes.	2	√				
2	Keep aisles and corridors wide enough to allow two-way transport.	4		√			
3	Make the surface of transport routes even, not slippery and without obstacles.	6	√				
4	Provide with a small inclination of up to 5 to 8 per cent instead of small stairways or sudden height differences within the workplace.	8		√			
5	Improve the layout of the work area so that the need to move materials is minimized.	10	√				
6	Use carts, hand-trucks and other wheeled devices, or rollers, when moving materials.	12	√				
7	Use mobile storage racks to avoid unnecessary loading and unloading.	14	√				
8	Use multi-level shelves or racks near the work area in order to minimize manual transport of materials.	16	√				
9	Use mechanical devices for lifting, lowering and moving heavy materials.	18	√				
10	Reduce manual handling of materials by using conveyers, hoists and other mechanical means of transport.	20	√				
11	Instead of carrying heavy weights, divide them into smaller lightweight packages, containers or trays.	22	√				
12	Provide handholds, grips or good holding points for all packages and containers.	24		√			
13	Eliminate or minimize height differences when materials are moved manually.	26	√				
14	Feed and remove heavy materials horizontally by pushing and pulling them of raising and lowering them.	28	√				
15	Eliminate tasks that require bending or twisting while handling materials.	30		√			
16	Keep objects close to the body when carrying.	32	√				
17	Raise and lower materials slowly in front of the body without or deep bending.	34	√				
18	When carrying a load for more than a short distance, spread the load evenly across the shoulders to provide balance and reduce effort.	36	N/A				
19	Combine heavy lifting with physically lighter tasks to avoid injury and fatigue and to increase efficiency.	38	√				
20	Provide conveniently placed waste containers.	40	√				
21	Mark escape routes and keep them clear of obstacles.	42	√				
B.	Hand Tools						
22	Use special-purpose tools for repeated tasks.	46	√				
23	Provide safe power tools and make sure that safety guards are used.	48	√				
24	Use hanging tools for operations repeated in the same place.	50	√				

Part II : Improvements Record			
Improvement No.	Check Point No.	Picture / Sketch	Picture / Sketch
		BEFORE	AFTER
1	5		
		Remarks : The workers need to manually tighten the cap.	Remarks : Automation capping system introduced.
2	5		
		Remarks : Workers need to manually stacked each drums onto the pallets.	Remarks : Hoisting system introduced whereby manual lifting has been eliminated.
			
		Remark : Cartons were lifted and stacked manually.	Remark : Carton lifting machine has been installed to avoid the manual handling risk.

# Ergonomic- Improvements

Spring Loaded table has been introduced to avoid bending and twisting.



**BEFORE**



**AFTER**

# Ergonomic- Improvements

Carton lifter used to reduced manual lifting.



**BEFORE**



**AFTER**

# Ergonomic- Improvements

Hoisting system introduced to avoid manual lifting



**BEFORE**



**AFTER**

# Ergonomic- Improvements

Auto capping machine introduced



**BEFORE**



**AFTER**

# Way Forward Improvements

Automation of liquid filling line

Current packing line

Future packing line



# SOHELP Enhancement Suggestion

Sustainability for SOHELP program

Create more awareness among stake holders

Mentor mentee program

# The End

Thank You



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