

# Overview of Systematic Occupational Health Enhancement Level Programme (SoHELP)



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# 01 What is SoHELP?

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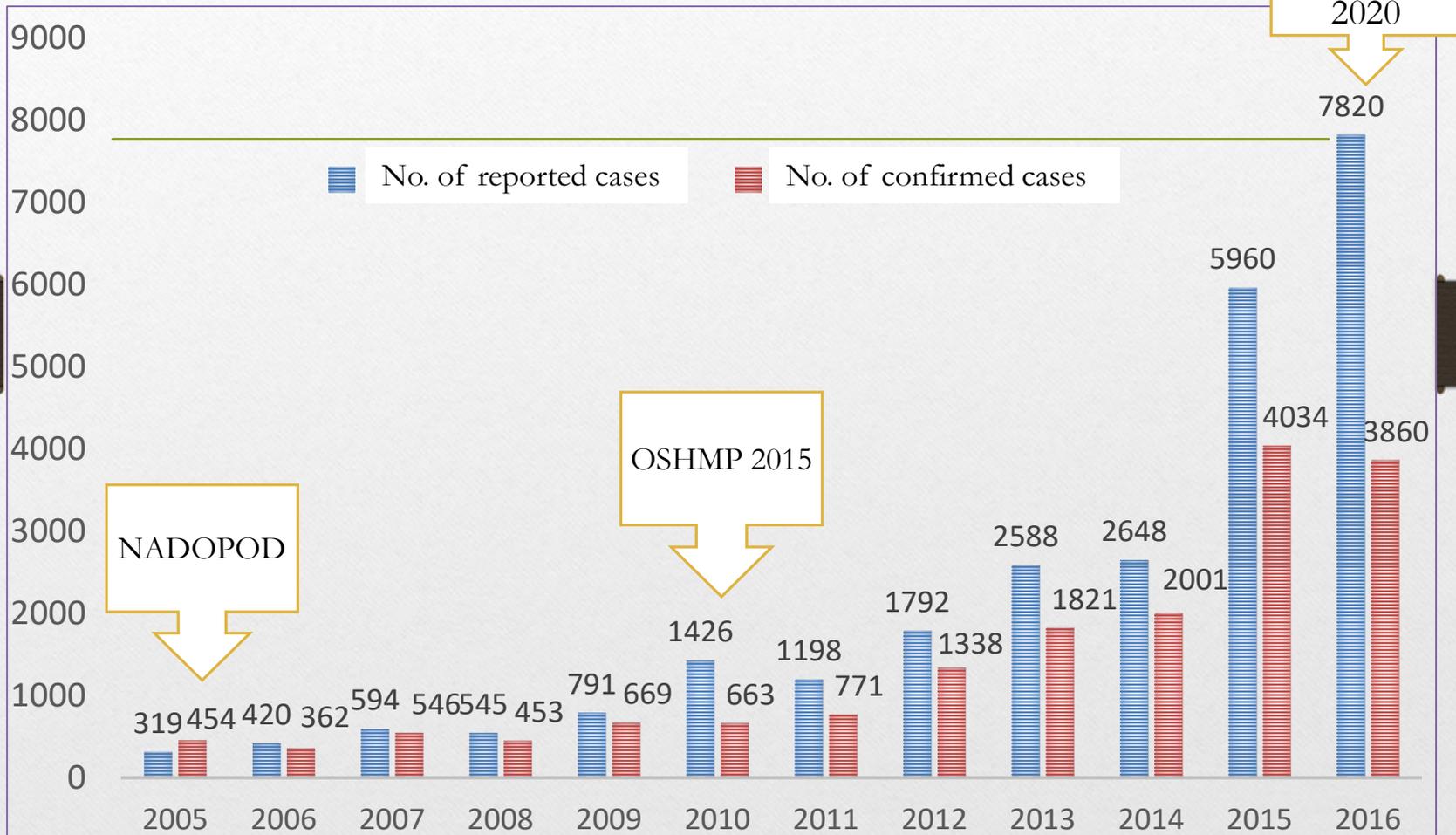
- A systematic intervention programme:
  - to help industries to enhance industrial hygiene standard in the workplaces
  - Meet regulatory requirements on industrial hygiene related regulations

## 02 Why SoHELP?

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- Increasing trend on reported occupational diseases in Malaysia mainly due to exposure to excessive noise, chemical and ergonomic risk factor
- Relatively low compliance to industrial hygiene related regulations in Malaysia
- Industrial hygiene related regulations seems as difficult and costly to comply

# Occupational Diseases and Poisoning Reported to DOSH (2005 – 2016)

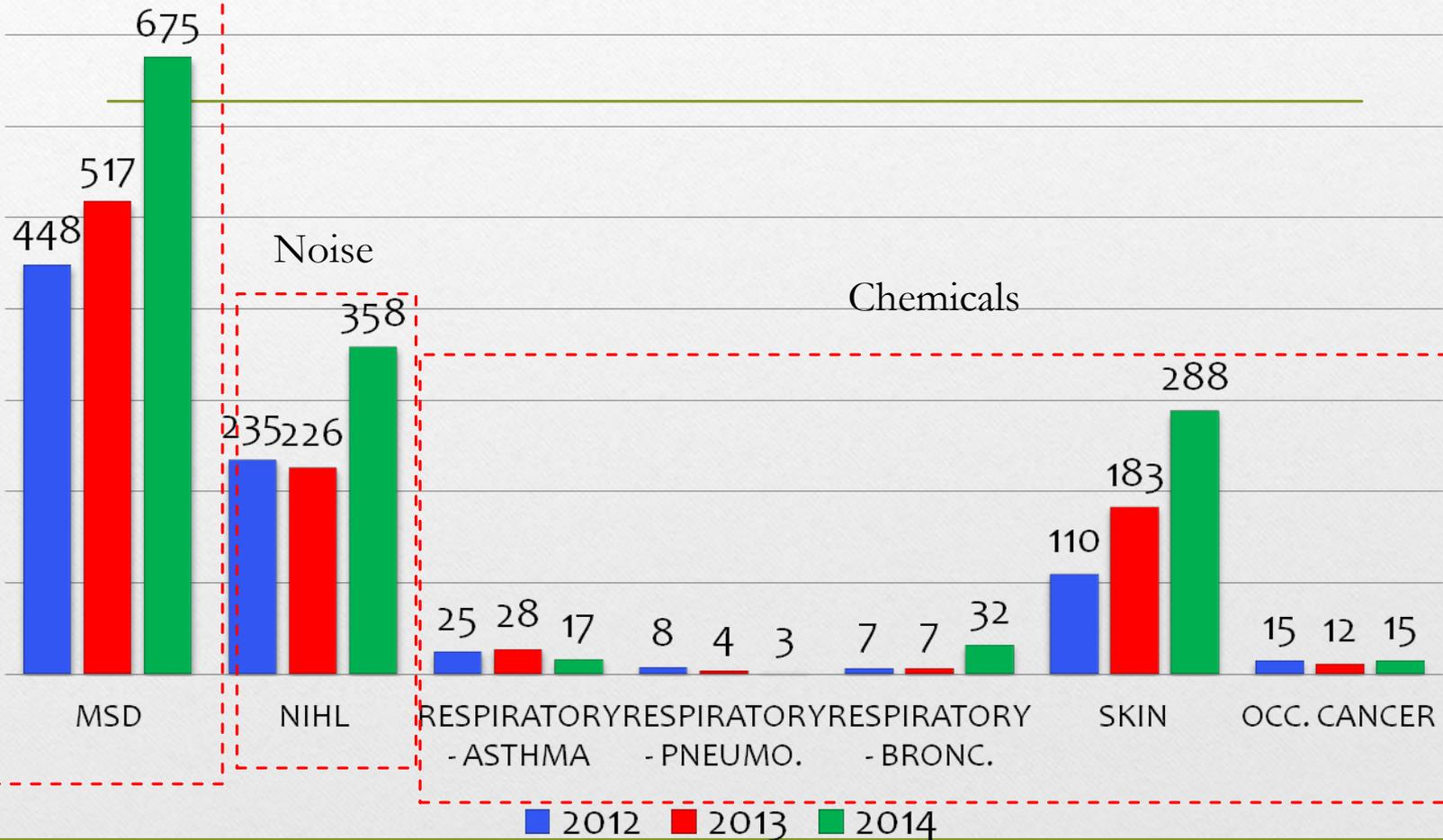


# Compensated Occupational Diseases Statistics 2012 – 2014 (SOCSCO)

Ergonomic

Noise

Chemicals



# Critical Area

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- Electronic/Electrical
- Wholesale
- Metal
- Chemical

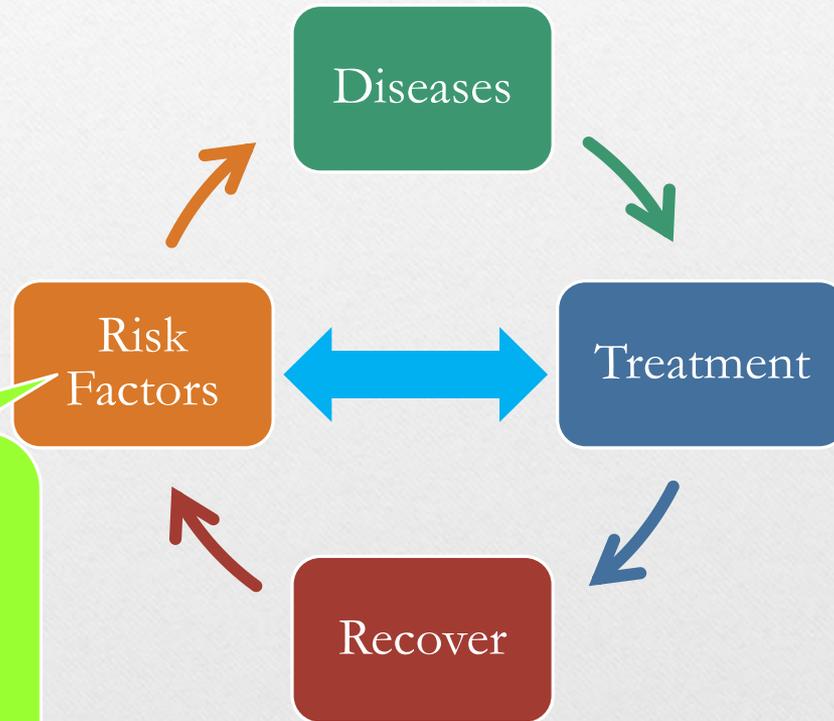
# HSE UK 2015/2016

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- Around 13,000 (**98.9%**) fatalities per year due to lung and occupational cancer vs 144 (**1.10%**) fatalities due to workplace accident.
- Estimated 1.3 million workers believed they suffer from occupational related diseases
- 80% of self reporting report of occupational related diseases due to musculoskeletal disorder (MSD), stress, depression and anxiety
- 25.9 (**85.20 %**) loss time due to work related diseases compare with 4.5 (**14.80%**) million days due to workplace accident.

# Occupational Related Diseases Cycle

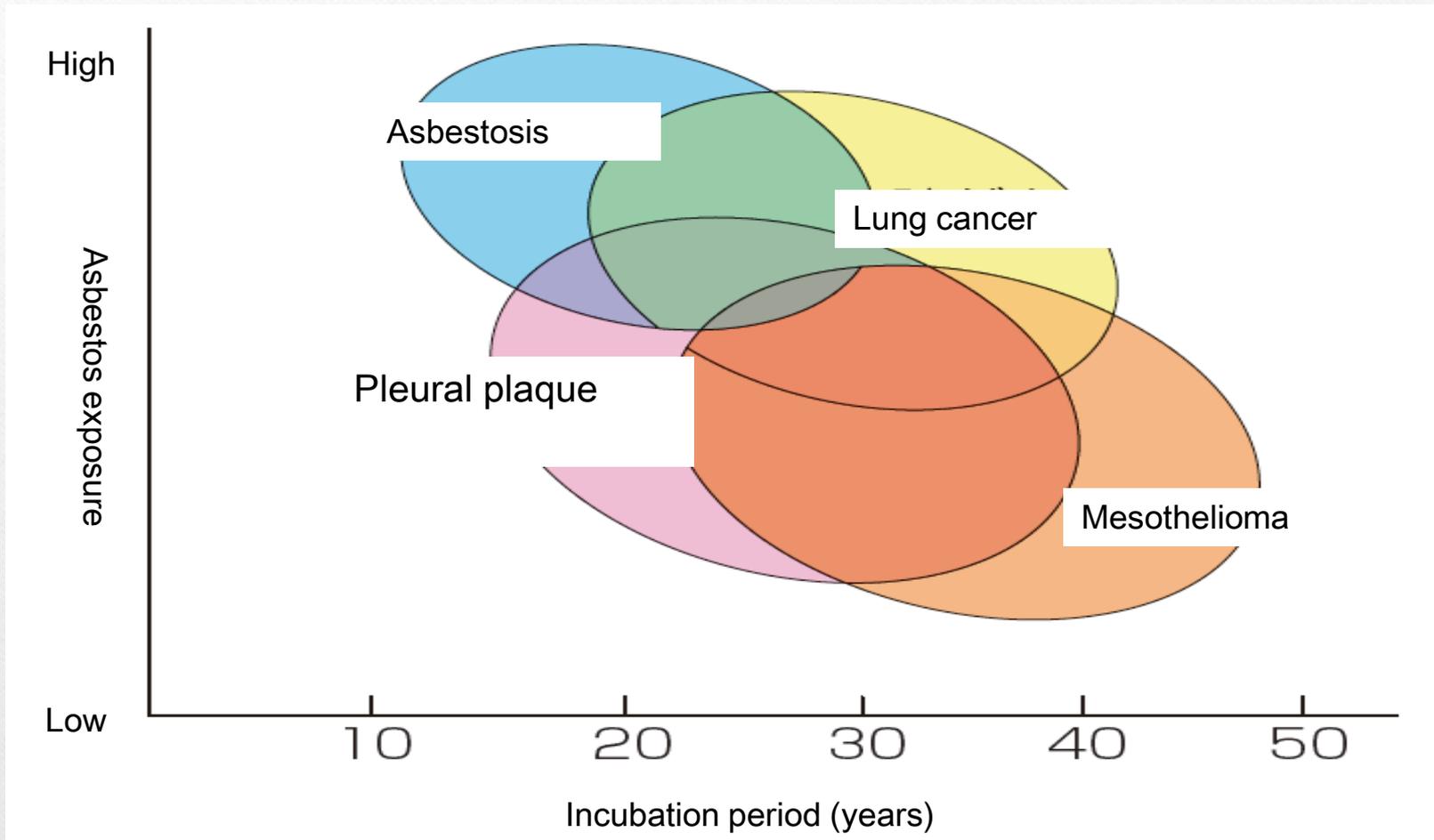
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- 1. Physical
- 2. Chemical
- 3. Biological
- 4. Ergonomic
- 5. Psychosocial

# Latency Period

- Example: Asbestos related diseases takes 10-50 to develop



# Systematic occupational Health Enhancement Level Programme



**SYSTEMATIC OCCUPATIONAL HEALTH ENHANCEMENT  
LEVEL PROGRAMME (SoHELP)**

# 03 Who is Involved?

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- Partnership between:
  - Department of Occupational Safety and Health (DOSH) (SoHELP Verifier)
  - OSH practitioners (SoHELP Enabler)
  - Safety and Health Committee members
  - Employers
  - Employees

# 04

## When will SoHELP Begins?

- Four phases between 2016 – 2020

### Phase I

Mar '16 – Apr '17

### Phase III

June '18 – May '19

2016

2017

2018

2019

2020

### Phase II

May '17 – May '18

### Phase IV

June '19 – May '20

# SoHELP Phases

Phase	Preparation Period	Start	End	Duration ( Months)	Target	Achieved
1	Jan – Feb 2016	1 Mac 2016	30 April 2017	14	220	214
2	Jan – Apr 2017	2 May 2017	31 May 2018	13	290	296
3	Jan – May 2018	1 Jun 2018	31 May 2019	12	290	
4	Jan – May 2019	1 June 2019	31 May 2020	12	290	
Total					1090	

# 05

## SoHELP Methodology (How to Participate)

1

Invitation to Participate by DOSH

2

SoHELP Enablers train by DOSH

3

Workplace inspection based on Checkpoints

6

Ongoing coaching & consultations

5

Verification by SoHELP Verifiers

4

Implementation of action plan

7

Final level verification

8

Obtain CEP at the end of the year

9

Sharing best practices in National SoHELP Convention

SoHELP  
Implementation  
Levels

LEVEL	ERGONOMICS	CHEMICALS	NOISE
<p style="text-align: center;"><b>5</b> (EXCELLENT)</p>	<ul style="list-style-type: none"> <li>Implement all action to be taken identify in the ergonomic checklist</li> <li>No new case of health problem related to ergonomic</li> <li>Implementation of continuous improvement programmes on ergonomic</li> </ul>	<ul style="list-style-type: none"> <li>Implement all action to be taken in the CHRA/SiRAC report</li> <li>No new case of occupational disease related to chemical</li> <li>Implementation of continuous improvement programmes on chemical management</li> </ul>	<ul style="list-style-type: none"> <li>Implement all action to be taken in the Noise assessment report</li> <li>No new case of NIHL</li> <li>Implementation of continuous improvement programmes on hearing conservation</li> </ul>
<p style="text-align: center;"><b>4</b> (ADVANCED)</p>	<ul style="list-style-type: none"> <li>Implement most (50%) action to be taken identify in the ergonomic checklist</li> <li>Reporting/notification of occupational diseases cases related to ergonomic.</li> </ul>	<ul style="list-style-type: none"> <li>Implement most (50%) action to be taken in the CHRA/SiRAC report</li> <li>Reporting/notification of occupational diseases cases related to chemicals</li> <li>Good ventilation system</li> </ul>	<ul style="list-style-type: none"> <li>Implement 50% of actions to be taken in the Noise assessment report</li> <li>Reporting/notification of occupational diseases cases related to noise.</li> <li>Baseline audiometric test</li> </ul>
<p style="text-align: center;"><b>3</b> (INTERMEDIATE)</p>	<ul style="list-style-type: none"> <li>Conduct risk assessment</li> <li>Conduct information, instruction and training</li> <li>Provide PPE</li> <li>Warning signs</li> <li>Good record system</li> <li>Integrate ergonomic aspects into relevant SOPs</li> </ul>	<ul style="list-style-type: none"> <li>Conduct CHRA/SiRAC</li> <li>Conduct information, instruction and training</li> <li>Implementation PPE programme</li> <li>Warning signs</li> <li>Good record system</li> <li>Integrate chemical management aspects into relevant SOPs</li> </ul>	<ul style="list-style-type: none"> <li>Conduct noise assessment</li> <li>Provide information, training &amp; supervision</li> <li>Provide PPE &amp; control</li> <li>Warning signs</li> <li>Good record system</li> <li>Integrate hearing conservation aspects into relevant SOPs</li> <li>Identify hearing protection zone</li> </ul>
<p style="text-align: center;"><b>2</b> BASIC)</p>	<ul style="list-style-type: none"> <li>PIC attended SOHELP programme</li> <li>PIC conduct internal training on SOHELP</li> <li>PIC prepare Action Plan</li> </ul>	<ul style="list-style-type: none"> <li>PIC attended SOHELP programme</li> <li>PIC conduct internal training on SOHELP</li> <li>PIC prepare Action Plan</li> <li>Prepare chemical register</li> <li>Label of CHH &amp; SDS</li> <li>Availability and maintenance of welfare facility</li> </ul>	<ul style="list-style-type: none"> <li>PIC attended SOHELP programme</li> <li>PIC conduct internal training on SOHELP</li> <li>PIC prepare Action Plan</li> </ul>
<p style="text-align: center;"><b>1</b> (ENTRY)</p>	<ul style="list-style-type: none"> <li>Commitment from management to implement program</li> <li>Appointment of person- in-charge (PIC) to implement program</li> </ul>		

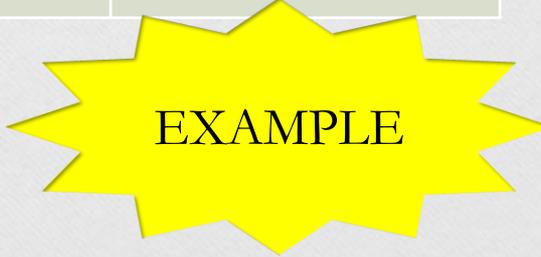


# Detailed Action Plan

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- Prepare action plan after completing first stage workplace assessment using all checkpoint forms

No.	Checkpoint reference no.	Action to be taken	Due date	PIC	Status of implementation



EXAMPLE

## Example of SoHELP Monitoring Record by DOSH Officer (SoHELP Verifier)

Name of Company:

Address :

Name of SoHELP Enabler:

	<b>SoHELP LEVEL OF AWARENESS AND IMPLEMENTATION</b>			
	M1	M6	M10	M13
Date of Assessment	May '17	Nov '17	Feb '18	May '18
	Level achieved			
ERGONOMICS	2	2	2	5
CHEMICALS	2	2	3	5
HCP	2	3	3	5
CEP Recommended		5		30

DOSH Officer :

DOSH Office :

# CEP for SoHELP Enablers

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SoHELP Components	SOHELP Level		
	L3	L4	L5
Chemical	5	8	10
Ergonomic	5	8	10
Noise	5	8	10
<b>TOTAL</b>	<b>15</b>	<b>24</b>	<b>30</b>

# Terms and Conditions

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- This CEP is given base on current level.
- SHO can apply for CEP once per calendar year.
- SoHELP Level must be higher than previous year. If the higher level cannot be achieved in the next year, CEP may be considered if PIC can provide proof of actions taken in order to improve workplace condition pertaining to SoHELP requirement.
- If the PICs are more than one (1), proof of participation must be provided by each and everyone of PIC.
- Verification of each level must be done by SoHELP Verifier.

# Example of CEP Calculation

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SoHELP Components	2017		2018	
	Level	CEP	Level	CEP
Chemical	L4	8	L5	10
Ergonomic	L3	5	L5	10
Noise	L5	10	L5	10*
<b>TOTAL</b>		<b>23</b>		<b>30</b>

\*Maximum point was given in the previous year

# Example of Invitation Letter

NAMA TEMPAT KERJA DAN ALAMAT

Tuan,

## **JEMPUTAN UNTUK MENYERTAI PROGRAM INTERVENSI SYSTEMATIC OCCUPATIONAL HEALTH ENHANCEMENT LEVEL PROGRAMME (SOHELP)**

Dengan segala hormatnya perkara di atas adalah dirujuk.

2. Adalah dimaklumkan bahawa Jabatan kini sedang menganjurkan program intervensi SOHELP di seluruh negara dalam usaha untuk meningkatkan tahap pengurusan kesihatan pekerjaan di tempat kerja. Tempat kerja yang menyertai program ini akan diberi latihan dan bimbingan oleh pegawai Jabatan dalam aspek yang berkaitan. Pengamal keselamatan dan kesihatan pekerjaan (KKP) yang berkhidmat dengan syarikat yang menjayakan program ini juga layak untuk dipertimbangkan untuk dianugerahkan mata pembelajaran berterusan (CEP) sebanyak maksimum 30 mata setahun.

3. Sehubungan dengan itu, syarikat tuan adalah dipelawa untuk menyertai program ini. Sila lengkapkan dan kembalikan Lampiran 1 yang disertakan sebelum atau pada 31 Mac 2016 untuk tindakan pihak kami selanjutnya. Untuk sebarang maklumat lanjut, tuan boleh menghubungi (KASIH NEGERI) di talian atau emel (----).

Sekian. Terima kasih.

**“BERKHIDMAT UNTUK NEGARA”  
“Pekerja Sihat Produktiviti Meningkat”**

Saya yang menurut perintah,

**Ir. Hj. KORMAIN BIN Hj. MOHD NOOR**

Pengarah

Jabatan Keselamatan dan Kesihatan Pekerjaan Negeri Johor.

# Example of Acceptance & Appointment of SoHELP Enabler Form

## LAMPIRAN 1

### BORANG PERSETUJUAN PENYERTAAN PROGRAM INTERVENSI SOHELP

Dengan ini saya, \_\_\_\_\_ selaku (Jawatan) \_\_\_\_\_  
di \_\_\_\_\_ (Nama tempat kerja) \_\_\_\_\_ bersetuju / tidak bersetuju\* untuk  
menyertai Program Intervensi SOHELP.

Pihak syarikat juga bersetuju untuk melantik penama berikut sebagai orang yang  
bertanggungjawab untuk melaksanakan program ini:

Bil.	Nama	No. KP	Jawatan

Sekian, terima kasih.

.....

Nama:

Tarikh:

*\*Potong mana yang tidak berkenaan*

# Certificate of Attendance

## **Sijil Penyertaan**

**JABATAN KESELAMATAN DAN KESIHATAN PEKERJAAN  
JOHOR**

(KEMENTERIAN SUMBER MANUSIA)

*Adalah Dengan Ini Disahkan Bahawa*

**NAMA PESERTA DAN NO. KP**

*Telah mengikuti dengan jayanya*

**KURSUS IMPLEMENTASI SYSTEMATIC OCCUPATIONAL  
HEALTH ENHANCEMENT LEVEL PROGRAM (SOHELP)**

di

**Pejabat JKPP JOHOR  
(4 – 5 Mac 2018)**

~~Ir. U.Karimudin Bin U. Mohd Noor  
Peserta~~

~~Deputi Koordinator dan Koordinator Eksekutif  
Johor~~

# Award of CEP Certificate

## **Sijil Perwertaan**

**JABATAN KESELAMATAN DAN KESIHATAN PEKERJAAN  
JOHOR**  
(KEMENTERIAN SUMBER MANUSIA)

*Adalah Dengan Ini Disahkan Bahawa*

**(NAMA PESERTA DAN NO. KP)**

*Telah melaksanakan dengan jayanya / Telah menyertai*

**PROGRAM INTERVENSI SYSTEMATIC OCCUPATIONAL  
HEALTH ENHANCEMENT LEVEL PROGRAM (SOHELP)**

**KOMPONEN KIMIA ARAS 5 (10 CEP)  
KOMPONEN ERGONOMIK ARAS 5 (10 CEP)  
KOMPONEN BUNYI BISING ARAS 5 (10 CEP)**

**Ir. Hj. Korusin Bin Hj. Mohd Noor**  
**Pegarah,**  
**Jabatan Keselamatan dan Kesihatan Pekerjaan,**  
**Johor**

**Tarikh:**

# Certificate of Appreciation

## **Sijil Penghargaan**

**JABATAN KESELAMATAN DAN KESIHATAN PEKERJAAN  
JOHOR**  
(KEMENTERIAN SUMBER MANUSIA)

*Adalah Dengan Ini Disahkan Bahawa*

**(NAMA TEMPAT KERJA)**

*Telah melaksanakan dengan jayanya / Telah menyertai*

**PROGRAM INTERVENSI SYSTEMATIC OCCUPATIONAL  
HEALTH ENHANCEMENT LEVEL PROGRAM (SOHELP)**

**dan memperolehi aras keseluruhan 5 (Cemerlang)**

Ir. Hj. Kormain Bin Hj. Mohd Noor  
Pengarah  
Jabatan Keselamatan dan Kesihatan Pekerjaan  
Johor

06

# SoHELP - Phase I

# Phase I Participation

States	Target	Achieved	Participation (%)	No. of OSH Practitioner involved		
				SHO	CHRA Assessors	Others
Sarawak	15	16	107%	18	2	0
Sabah	15	16	107%	8	1	7
Melaka	15	16	107%	22	1	16
Johor	20	20	100%	17	1	3
Perak	15	15	100%	16	1	0
WPKL	15	16	107%	11	0	4
Kedah	15	15	100%	25	1	1
Terengganu	15	15	100%	15	0	0
Pahang	15	15	100%	20	0	2
Kelantan	10	10	100%	7	0	3
Selangor	20	19	95%	18	0	1
Negeri Sembilan	15	15	100%	11	0	0
Pulau Pinang	15	13	87%	15	1	0
Labuan	10	7	70%	7	0	0
Perlis	10	6	60%	4	0	2
<b>Total</b>	<b>220</b>	<b>214</b>	<b>97%</b>	<b>214</b>	<b>8</b>	<b>39</b>

# National Average Grades (NAG)

States	Chemical	Noise	Ergonomic	NAG
Kedah	4.73	4.80	4.80	4.78
Melaka	4.50	4.81	4.81	4.71
Perak	4.69	4.69	4.69	4.69
Selangor	4.58	4.58	4.71	4.62
Terengganu	4.92	4.40	4.53	4.62
Johor	4.55	4.60	4.65	4.60
Sabah	4.86	4.38	4.36	4.53
Pulau Pinang	4.38	4.56	4.63	4.52
Labuan	3.86	4.86	4.67	4.46
Negeri Sembilan	3.87	4.47	4.67	4.33
Sarawak	4.50	4.63	3.81	4.31
WPKL	4.00	4.38	3.94	4.10
Pahang	3.86	4.21	4.14	4.07
Perlis	2.80	3.20	3.60	3.20
Kelantan	3.20	3.40	2.90	3.17
	<b>4.22</b>	<b>4.40</b>	<b>4.33</b>	<b>4.31</b>

# 1<sup>st</sup> National SoHELP Conventional

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15 – 16 March 2017



# Konvensyen **SoHELP** Kebangsaan 2017



**SYSTEMATIC OCCUPATIONAL HEALTH ENHANCEMENT  
LEVEL PROGRAMME (SoHELP)**



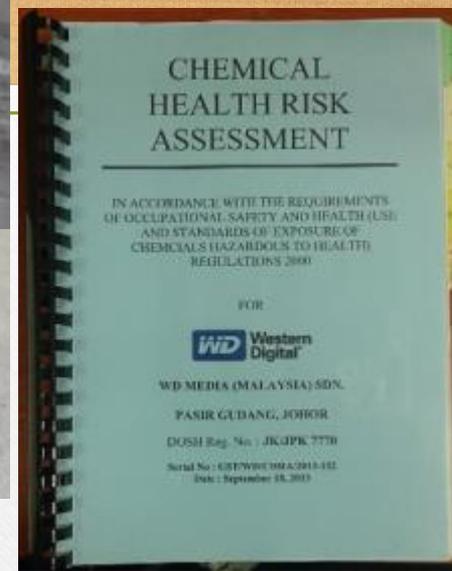
# Best Practices

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# SOHELP: CHEMICAL

## Practices:

- CHRA
- CLASS Labelling
- Chemical Exposure Monitoring
- Medical Surveillance (Ni & Lead)
- Chemical Register
- Chemical SDS
- SOP
- PPE
- Trainings



## Level 2

SECTION B: LIST OF CHEMICALS HAZARDOUS CHEMICAL TO HEALTH													
Location: <b>R O D I P L A N T</b>				No. of Hazardous Chemical: <b>4</b>				No. of Workers: Male: <b>4</b> Female: <b>0</b>					
Process Operation: <b>R O D I P R O C E S S</b>								Female: <b>-</b>					
Product Name	Name of Chemical	Physical Form of Chemical	No. of Worker Exposed	Type of Control Measures		Usage of Chemical		CAS NO.	Name of Active Ingredients	Comply with Classification, Packaging and Labelling Regulation, 1977			Name, Address of Supplier and Contact Number(Tel.No./e-mail)
				Engineering Control	PPE	Type#	Quantity # month			CSL S (Y/N)	Class (Y/N)	Label (Y/N)	
ANTISCALA NT (Hyperspace MDC 120)	NA	Liquid	21	GV	Safety glasses, safety goggles, rubber gloves, respirator, impermeable apron	RODI	170liter		Hyoerspace MDC 120	Y	Iritant	Y	CCM Water S Lot 4 & 6, Jln 16/7A, 400 Tel: 603
BIOMATE MBC2881	NA	Liquid	22	GV	Safety glasses, safety goggles, rubber gloves, respirator, impermeable apron	RODI	170liter		Dibromoacetonitrile, DENPA, Sodium Bromide, MonoBromo-3-Nitropropionamide, 2,2-DIBROMOPROPANEDIAMIDE	Y	Iritant	Y	CCM Water S Lot 4 & 6, Jln 16/7A, 400 Tel: 603

# SOHELP: Chemical Improvements

BEFORE



Hazardous chemical piping -  
damages



Drums temp. staging - exposed

Level 4

AFTER



Double containment -  
more protection



Provide containment trays & roofing -  
approved by DOE

# SOHELP: Ergo Improvements – Drum Transfer

BEFORE



Manual Drum Transfer



Uneven & rough floorings

Level 3

AFTER



Installed extended hose system & location - No transferring of drum & turning needed



Provide new floorings

# SOHELP: Noise Improvements



**L4: Audiometric Testing**

**BEFORE**



**L2: Suitable Ear protector**

**AFTER**



**Normal door**

**Level 5**



**Soundproof door**

07

# SoHELP - Phase II

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## SoHELP - Phase II – No. of Participating Workplaces

No	State	Target	Achieved	% Achieved	% Active
1	Perlis	10	9	90%	100%
2	Kedah	20	22	110%	100%
3	P. Pinang	20	21	105%	100%
4	Perak	20	21	105%	100%
5	Selangor	30	33	110%	100%
6	WPKL	20	13	65%	100%
7	Melaka	20	21	105%	100%
8	N. Sembilan	20	20	100%	100%
9	Johor	30	30	100%	100%
10	Pahang	20	20	100%	100%
11	Terengganu	20	23	115%	100%
12	Kelantan	10	13	130%	100%
13	Sarawak	20	20	100%	100%
14	Sabah	20	25	125%	100%
15	WP Labuan	10	5	50%	100%
	<b>Total</b>	<b>290</b>	<b>296</b>	<b>102%</b>	<b>100%</b>



# Phase II Implementation Gantt Chart (contd)

No.	Activities	2018											
		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
10.	Implentation of AP	■	■	■	■	■							
11.	SoHELP Checkpoints Assessment III		■										
12.	SoHELP Checkpoints Assessment IV					■							
13.	CEP Collection Y2					■							
14.	Obtain certificate of appreciation					■							
15.	Compile Proof of Implementation	■	■	■	■	■							

08

SoHELP – Chemical  
Elements

# Chemical Safety Legislations Enforced by DOSH

- ① OSH (Control of Industrial Major Accident Hazards) Regulations 1996

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- ② OSH (Prohibition of Use of Substances) Order 1999
- ③ OSH (Use & Standard of Exposure of Chemicals Hazardous to Health) Regulations 2000
- ④ OSH (Notification of Accident, Dangerous Occurrence, Occupational Poisoning and Occupational Disease) Regulations 2004
- ⑤ OSH (Chemical Classification, Labelling and Safety Data Sheets) Regulations, 2013

# Salient Provisions of USECHH

- Identification of chemicals hazardous to health ;
- Permissible exposure limits;
- Assessment of risk to health;
- Action to control exposure;
- Labelling & Relabelling
- Information, instruction and training

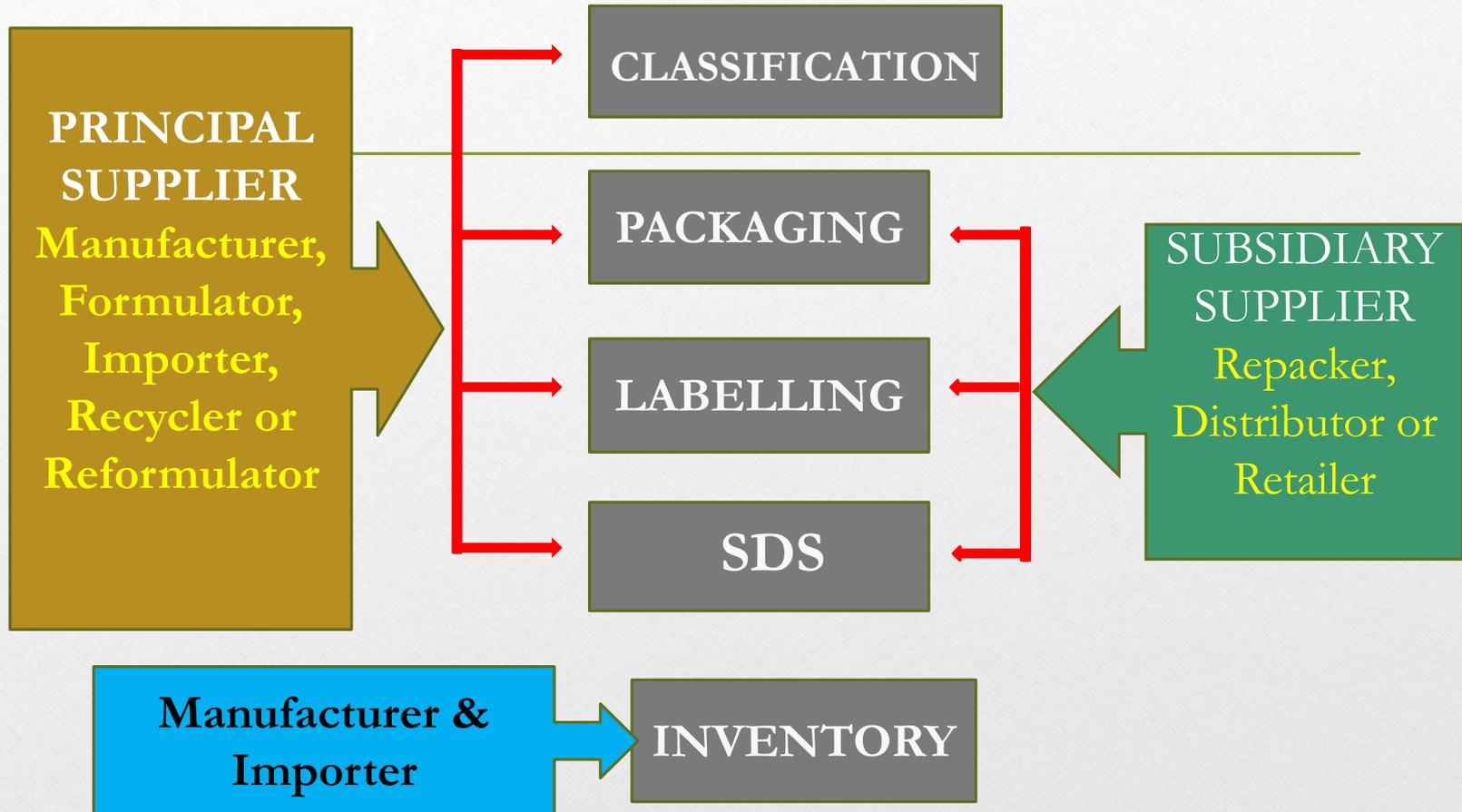


# USECHH: Salient Provisions (cont)

- Monitoring of the exposure at the workplace
- Health surveillance;
- Medical Removal Protection
- Warning Sign
- Record keeping



# Responsibilities of Supplier



# Labelling: Subregulation 8 (1)

- Responsibility of supplier – principal & subsidiary supplier
- 
- Duty to ensure every packaging of hazardous chemicals is labelled legibly (jelas) and indelibly (tidak boleh dipadam) with:
    1. Product identifier
    2. Supplier identification
    3. Signal word
    4. Hazard statement
    5. Hazard pictogram
    6. Precautionary statement

# Example of Label

## Formaldehyde Solution (CAS No. : 50-00-0)

### Manufacturer (Pengilang)

ABCD Kimia Sdn. Bhd.,  
1126 Jalan Kg Attap,  
50534 Kuala Lumpur.  
(24 Hr Emergency  
Tel No : +603-8888 8887)

### Supplier (Pembekal)

WXYZ Kimia Sdn. Bhd.,  
1127 Jalan Kg Attap,  
50534 Kuala Lumpur.  
(24 Hr Emergency  
Tel No : +603-8888 8889)

### HAZARD STATEMENTS

- Causes skin irritation.  
(Menyebabkan kerengsaan kulit)
- Toxic if swallowed, in contact with or if inhaled.  
(Toksik sekiranya tertelan, tersentuh atau tersedut)
- Causes severe skin burns and eye damage.  
(Menyebabkan kelecuman kulit dan kerosakan mata)
- May cause an allergic skin reaction  
(Boleh menyebabkan kesan alergi kulit)

**DANGER BAHAYA**



### PRECAUTIONARY STATEMENTS

- Keep away from heat/sparks/open flames and hot surfaces.  
(Jauhkan daripada haba/cucuhan/nyalaan terbuka dan permukaan panas)
- No smoking. (Dilarang merokok)
- Avoid breathing vapour. (Elakkan bernafas wap)
- Use only outdoors or in well-ventilated area.  
(Guna di ruang luar atau kawasan pengudaraan baik.)
- Wash hand thoroughly after handling.  
(Basuh tangan dengan rapi selepas pengendalian)
- Obtain special instructive before use.  
(Dapatkan arahan khusus sebelum penggunaan)

# Safety Data Sheets (SDS): Regulation 13

1. Identification of the hazardous chemical and supplier
2. Hazards identification
3. Composition information on ingredients
4. First aid measures
5. Fire fighting measures
6. Accidental release
7. Handling and storage
8. Exposure controls, personal protection
9. Physical, chemical properties
10. Stability and reactivity
11. Toxicological information
12. Ecological information
13. Disposal considerations
14. Transport information
15. Regulatory information
16. Other information

# SDS

## SAFETY DATA SHEET Solvent Wipe #120

Page: 1  
Printed: 05/25/2011  
Revision: 09/12/2009

### 1. Product and Company Identification

**Product Code:** SOLVENT #120  
**Product Name:** Solvent Wipe #120  
**Reference #:** AVS 1241014  
**Company Name:** Standardized Sanitation Systems, Inc.  
141 Middlesex Turnpike  
Burlington, MA 01803

**Emergency Contact Information:** Emergency (404)422-2071  
(617)273-2020

**Product Category:** Solvents

### 2. Hazards Identification

**Flammable Liquids, Category 2**  
**Serious Eye Damage/Eye Irritation, Category 2A**  
**Target Organ Systemic Toxicity (single exposure), Category 3**



Danger



Warning

**GHS Hazard Phrases:** H225: Highly flammable liquid and vapor  
H319: Causes serious eye irritation  
H335: May cause respiratory irritation.

**GHS Precaution Phrases:** P233: Keep container tightly closed.  
P210: Keep away from (heat/sparks/open flames/hot surfaces). - No smoking.  
P280: Wear protective gloves/clothing and eye/face protection as specified by the manufacturer/supplier or the competent authority.  
P240: Ground/bond container and receiving equipment - if the explosive is electrostatically sensitive.  
P241: Use explosion-proof electrical/ventilating/lighting/... equipment ... other specified by the manufacturer/supplier or the competent authority. - if dust clouds can occur.  
P243: Take precautionary measures against static discharge.  
P242: Use only non-sparking tools.  
P264: Wash hands thoroughly after handling.  
P271: Use only outdoors or in a well-ventilated area.  
P261: Avoid breathing dust/fume/gas/mist/vapours/spray.

**GHS Response Phrases:** P370+378: In case of fire, use ... for extinction ... appropriate media specified by the manufacturer/supplier or the competent authority - if water increases risk.  
P303+361+353: IF ON SKIN (or hair): Remove/take off immediately all contaminated clothing. Rinse skin with water/shower.  
P305+351+338: IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing.  
P337+313: If eye irritation persists, get medical advice/attention.  
P309+311: Call a POISON CENTER or doctor/physician if exposed or you feel unwell.  
P304+340: IF INHALED: Remove victim to fresh air and keep at rest in a position comfortable for breathing.

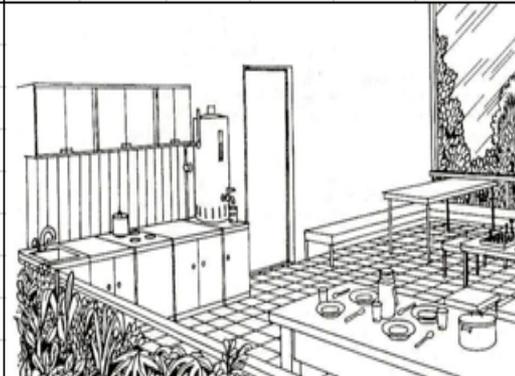
**GHS Storage and Disposal Phrases:** P403+235: Store in cool/well-ventilated place.  
P501: Dispose of contents/container to ... (in accordance with local/regional/national/international regulation).  
P405: Store locked up.  
P403+233: Store container tightly closed in well-ventilated place - if product is as volatile as to generate hazardous atmosphere.

LEVEL	CHEMICALS
<p style="text-align: center;"><b>5</b> <b>(EXCELLENT)</b></p>	<ul style="list-style-type: none"> <li>• Implement all action to be taken in the CHRA/SiRAC report</li> <li>• No new case of occupational disease related to chemical</li> <li>• Implementation of continuous improvement programmes on chemical management</li> </ul>
<p style="text-align: center;"><b>4</b> <b>(ADVANCED)</b></p>	<ul style="list-style-type: none"> <li>• Implement most (50%) action to be taken in the CHRA/SiRAC report</li> <li>• Reporting/notification of occupational diseases cases related to chemicals</li> <li>• Good ventilation system</li> </ul>
<p style="text-align: center;"><b>3</b> <b>(INTERMEDIATE)</b></p>	<ul style="list-style-type: none"> <li>• Conduct CHRA/SiRAC</li> <li>• Conduct information, instruction and training</li> <li>• Implementation PPE programme</li> <li>• Warning signs</li> <li>• Good record system</li> <li>• Integrate chemical management aspects into relevant SOPs</li> </ul>
<p style="text-align: center;"><b>2</b> <b>(BASIC)</b></p>	<ul style="list-style-type: none"> <li>• PIC attended SOHELP programme</li> <li>• PIC conduct internal training on SOHELP</li> <li>• PIC prepare Action Plan</li> <li>• Prepare chemical register</li> <li>• Label of CHH &amp; SDS</li> <li>• Availability and maintenance of welfare facility</li> </ul>
<p style="text-align: center;"><b>1</b> <b>(ENTRY)</b></p>	<ul style="list-style-type: none"> <li>• Commitment from management to implement program</li> <li>• Appointment of person- in-charge (PIC) to implement program</li> </ul>

# SoHELP – Chemical Health Hazard Checkpoints

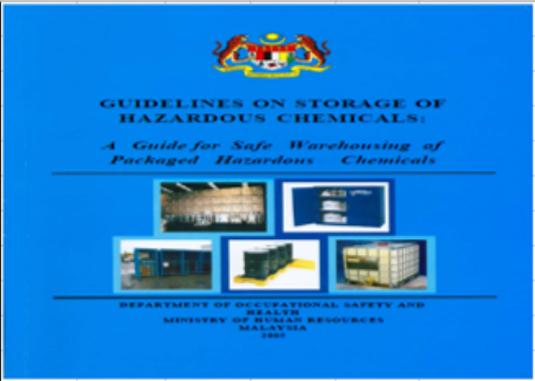
A	B	C	D	E	F	G	H	I	J	
Check-point Ref. No.	Description	Date of Implementation							Guidance	
1										
2	<b>A. Level 1 (Entry)</b>									
3	C1	Commitment from management to implement programme.							LAMPIRAN 1 <b>BORANG PERSETUJUAN PENYERTAAN PROGRAM INTERVENSI SOHELP</b> Dengan ini saya, _____ selaku (Jawatan) di _____ (Nama tempat kerja), bersejaja / tidak bersejaja* untuk menyertai Program Intervensi SOHELP. Pihak saya/riak juga bersejaja untuk melantik penama berikut sebagai orang yang bertanggungjawab untuk melaksanakan program ini. Bil. Nama No. KP Jawatan _____ _____ _____ Sekian, terima kasih. Nama: _____ Tarikh: _____ *Pusing mana yang tidak berkenaan	
4	Yes <input type="checkbox"/> No <input type="checkbox"/>									
5	Remarks :									
6										
7										
8										
9										
10										
11										
12	C2	Appointment of person-in-charge (PIC) to implement programme								LAMPIRAN 1 <b>BORANG PERSETUJUAN PENYERTAAN PROGRAM INTERVENSI SOHELP</b> Dengan ini saya, _____ selaku (Jawatan) di _____ (Nama tempat kerja), bersejaja / tidak bersejaja* untuk menyertai Program Intervensi SOHELP. Pihak saya/riak juga bersejaja untuk melantik penama berikut sebagai orang yang bertanggungjawab untuk melaksanakan program ini. Bil. Nama No. KP Jawatan _____ _____ _____ Sekian, terima kasih. Nama: _____ Tarikh: _____ *Pusing mana yang tidak berkenaan
13	Yes <input type="checkbox"/> No <input type="checkbox"/>									
14	Remarks :									
15										
16										
17										
18										
19										
20										

21	<b>B. Level 2 (Basic)</b>			
22	C3	PIC attended program		Proof of attendance (certificate)
23				
24		Yes <input type="checkbox"/> No <input type="checkbox"/>		
25				
26		Remarks :		
27				
28				
29				
30				
31				
32	C4	Provide a place for workers' meeting & training		Inline with Reg. 22 SHC Reg. 1996
33				
34		Yes <input type="checkbox"/> No <input type="checkbox"/>		
35				
36		Remarks :		
37				
38				
39				
40				
41	C5	Provide and maintain basic welfare facilities		Inline with Sect. 15(2)(e) of OSHA 1994 and SHW Reg. 1970
42				
43		Yes <input type="checkbox"/> No <input type="checkbox"/>		
44				
45		Remarks :		
46				
47				
48				
49				







	A	B	C	D	E	F	G	H	I	J
114	C12	Availability of basic ERP equipment and system								<p>Inline with Guideline on Storage of Hazardous Chemicals 2005:</p> <ol style="list-style-type: none"> <li>1. Emergency eye wash</li> <li>2. Emergency shower</li> <li>3. Spill kit</li> <li>4. Emergency escape route</li> <li>5. Emergency drill procedure</li> </ol>
115										
116		Yes <input type="checkbox"/> No <input type="checkbox"/>								
117										
118		Remarks :								
119										
120										
121										
122										
123										
124										
125	<b>C. Level 3 (Intermediate)</b>									
126	C13	Conduct CHRA or SiRAC								<p>Inline with Reg. 9 &amp; 10 of USECHH Reg. 2000</p>
127										
128		Yes <input type="checkbox"/> No <input type="checkbox"/>								
129										
130		Remarks :								
131										
132										
133										
134										
135										
136										
137										
138	C14	Provide appropriate warning signs								<p>Warning signs according to Reg. 29 of USECHH Reg. 2000:</p> <ol style="list-style-type: none"> <li>1. Posted at an easily seen place</li> <li>2. Give warning of the hazards</li> <li>3. In English and Malay</li> <li>4. Printed in dark red against white background</li> </ol>
139										
140		Yes <input type="checkbox"/> No <input type="checkbox"/>								
141										
142		Remarks :								
143										
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145										
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147										
148										
149	C15	Conduct information, instruction and training								<p>Inline with Reg. 29.8</p>

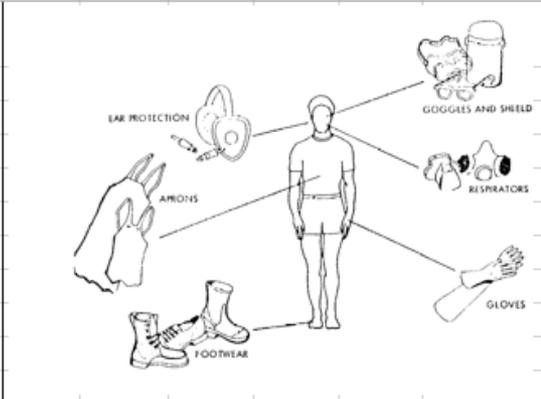


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217

C18 Make sure that everyone uses personal protective equipment where it is needed.

Yes  No  NA

Remarks :



Inline with Reg. 16 of USECHH Reg. 2000

C19 Establish and implement procedures on the issuance, maintenance and inspection of the PPE

Yes  No  NA

Remarks :

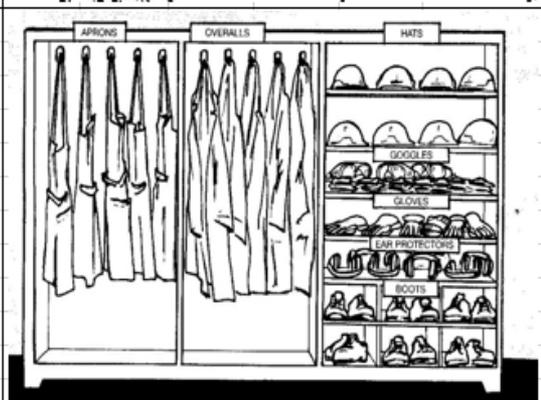


Inline with Reg. 16 of USECHH Reg. 2000

C20 Provide proper storage for personal protective equipment.

Yes  No  NA

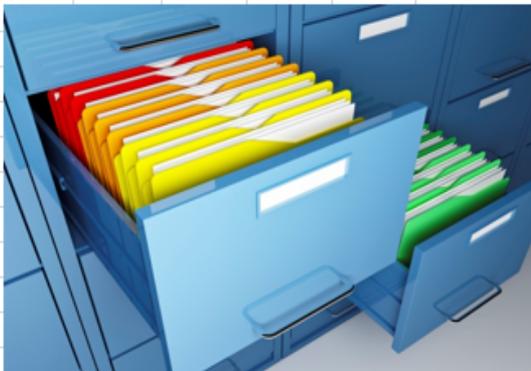
Remarks :



Inline with Reg. 16 of USECHH Reg. 2000

C21 Good record system

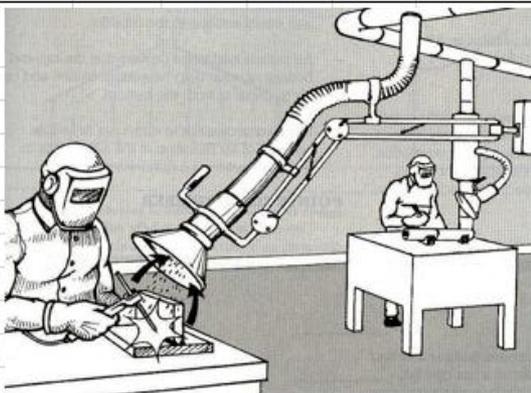
Inline with Reg. 16 of USECHH Reg. 2000

217	C21	Good record system			Inline with Reg. 13, 16, 19, 22, 26, 27, & 30 of USECHH Reg. 2000
218					
219		Yes <input type="checkbox"/> No <input type="checkbox"/>			
220					
221		Remarks :			
222					
223					
224					
225					
226					
227					
228	C22	Integrate chemical management aspects into relevant SOPs			Inline with Reg. 13, 16, 19, 22, 26, 27, & 30 of USECHH Reg. 2000
229					
230		Yes <input type="checkbox"/> No <input type="checkbox"/>			
231					
232		Remarks :			
233					
234					
235					
236					
237					
238					
239	<b>D. Level 4 (Advanced)</b>				
240	C23	Implement most (>50%) action to be taken in the CHRA or SiRAC report or HRA report			Inline with Reg. 14 to 19 of USECHH Reg. 2000
241					
242		Yes <input type="checkbox"/> No <input type="checkbox"/>			
243					
244		Remarks :			
245					
246					
247					
248					
249					
250					

251 C24 Reporting/notification of occupational diseases case related  
 252 to chemical  
 253 Yes  No  NA   
 254  
 255 Remarks :  
 256  
 257  
 258  
 259  
 260  
 261

Inline with Reg. 10 of  
 NADOPOD Reg.  
 1994

262 C25 Install effective local exhaust systems which allow efficient  
 263 and safe work.  
 264 Yes  No  NA   
 265  
 266 Remarks :  
 267  
 268  
 269  
 270  
 271  
 272



Inline with Reg. 17,  
 18 & 19 of USECHH  
 Reg. 2000

273 C26 Increase the use of natural ventilation when needed to  
 274 improve the indoor climate.  
 275 Yes  No  NA   
 276  
 277 Remarks :  
 278  
 279  
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 281  
 282  
 283

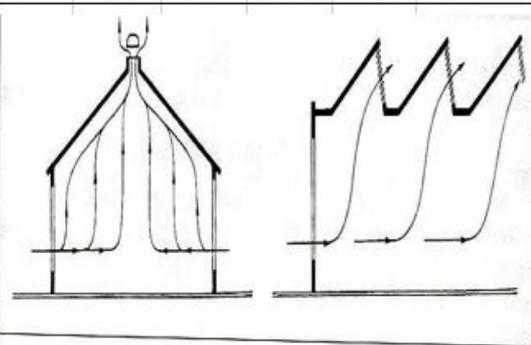


Figure 86a. Air-flow routes in buildings of different design

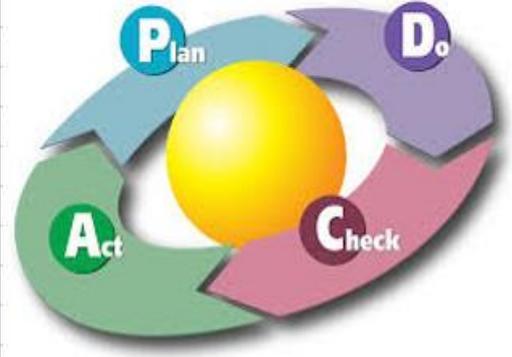
Inline with Reg. 17,  
 18 & 19 of USECHH  
 Reg. 2000



316 C30 Implement chemical management promotion  
317  
318 Yes  No   
319  
320 *Remarks :*  
321  
322  
323  
324  
325



326 C31 Review policy, budget and planning on OSH  
327  
328 Yes  No   
329  
330 *Remarks :*  
331  
332  
333  
334  
335

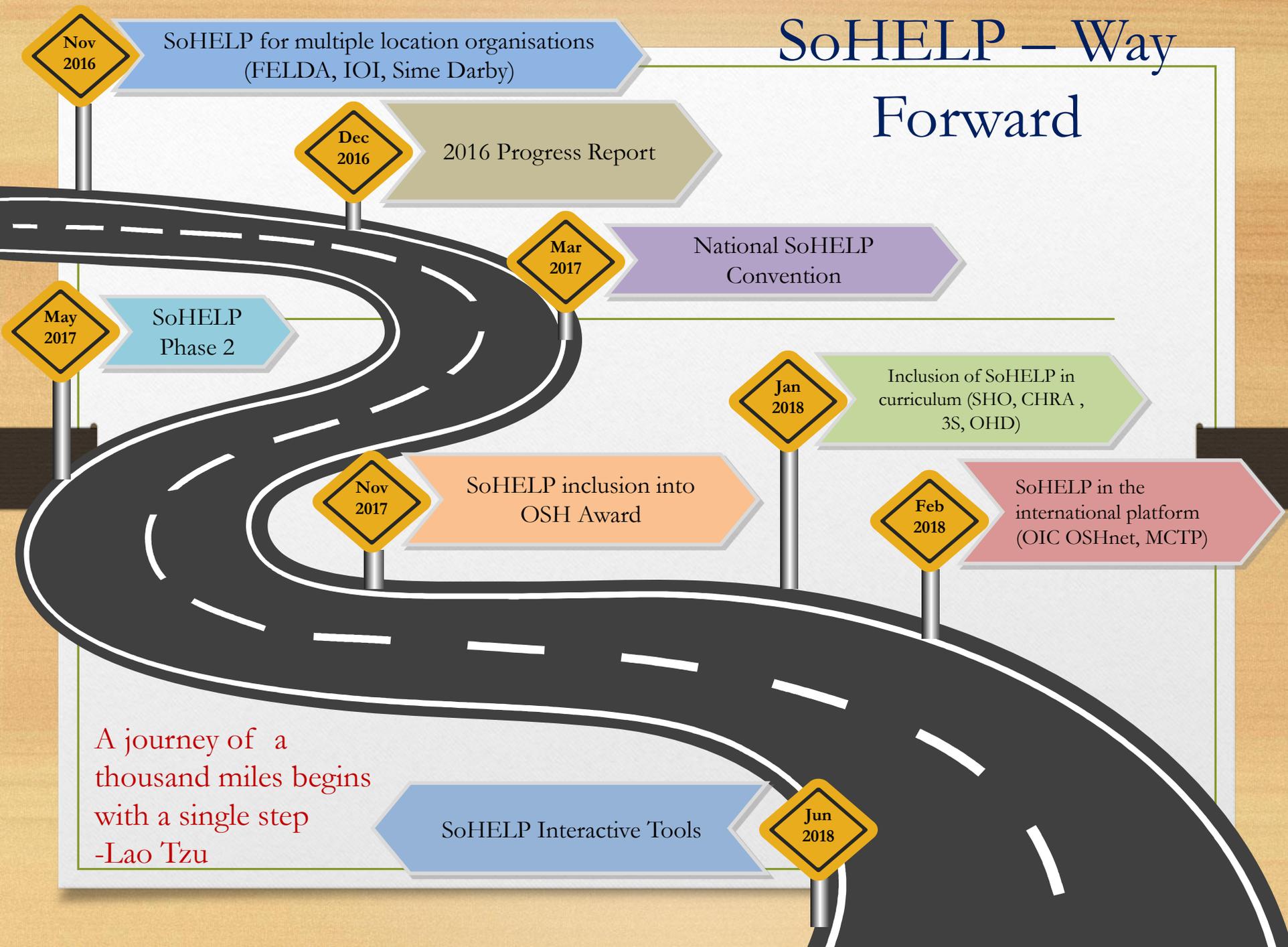


09

# Way Forward

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# SoHELP – Way Forward



A journey of a thousand miles begins with a single step  
-Lao Tzu

SoHELP Interactive Tools

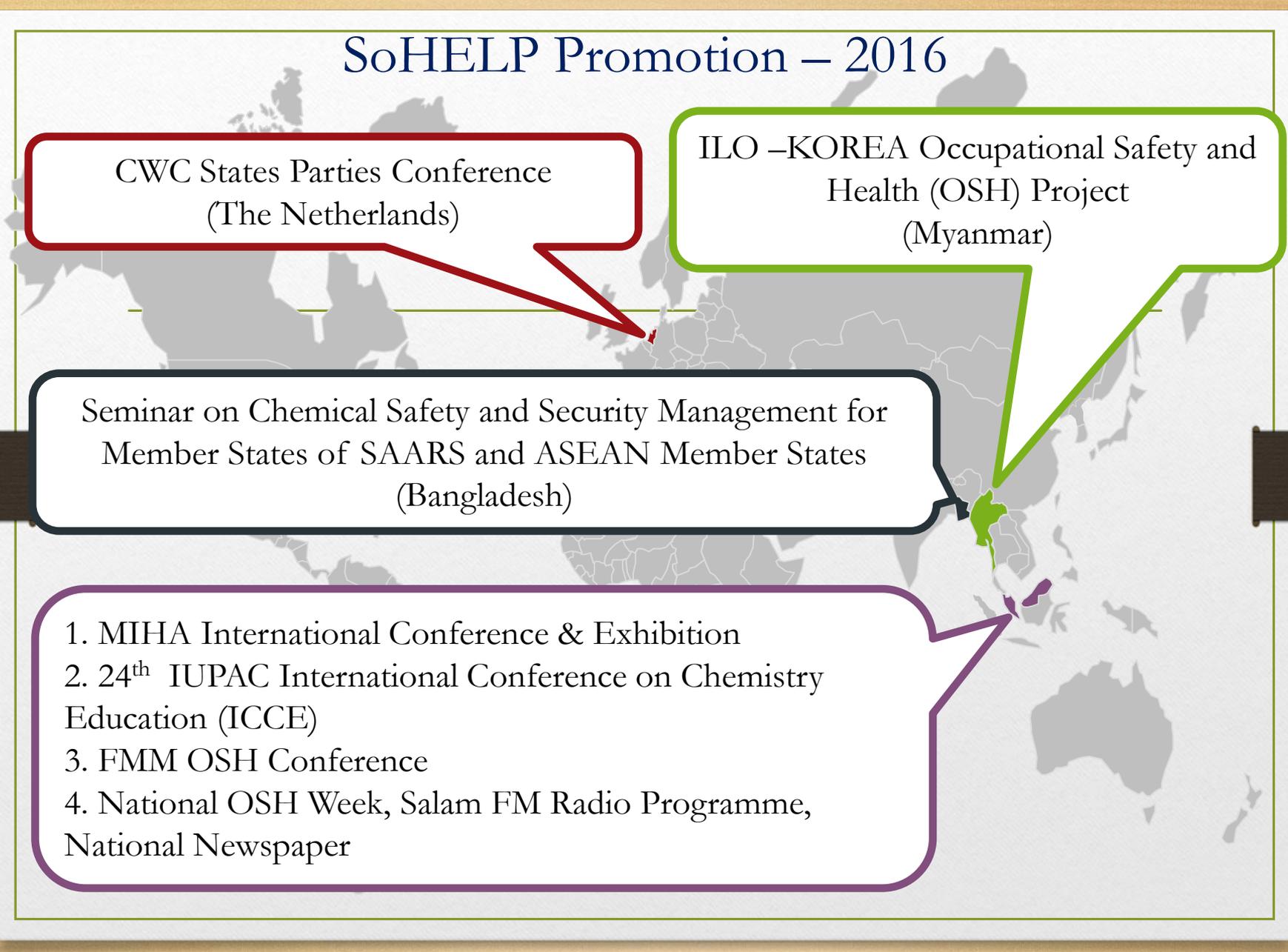


# STRATEGY 4: OSHMP 2020

## Mainstreaming The Hygiene Industry

PROGRAMME	ACTIVITIES
PROGRAMME 1	A1. <b>Implementation of SoHELP (National Level)</b> A2. Sustainable noise exposure management in the workplaces A3. Study on the importance of the information related to the occupation in the identity documents, health record and death certificate
PROGRAMME 2	A1. Ergonomic assessment and evaluation in the workplaces A2. Study on health risk assessment and control in the workplaces
PROGRAMME 3	A1. Study on the implementation of Occupational Health Services (OHS) in the workplaces A2. Basic Occupational Health (BOH) according to industrial sectors
PROGRAMME 4	A1. Hygiene industry promotion and publicity (Formation of Industrial Hygiene Catalyst Committee – IH2C)
PROGRAMME 5	A1. Enhancement of the uniformity of classification and hazard communication of hazardous chemicals A2. Improvement the management of chemical hazardous to health in the workplaces A3. Increase the investigation of occupational disease cases A4. Enhance the medical surveillance programme in the workplaces A5. Strengthen hygiene industry enforcement and monitoring A6. Strengthen control of industrial chemicals entry into Malaysia (No CLASS no Entry)

# SoHELP Promotion – 2016

A world map is shown in the background, with several callout boxes pointing to specific locations. The callout boxes are: a red box pointing to the Netherlands, a green box pointing to Myanmar, a black box pointing to Bangladesh, and a purple box pointing to Southeast Asia. The map is light gray with white borders for countries.

CWC States Parties Conference  
(The Netherlands)

ILO –KOREA Occupational Safety and  
Health (OSH) Project  
(Myanmar)

Seminar on Chemical Safety and Security Management for  
Member States of SAARS and ASEAN Member States  
(Bangladesh)

1. MIHA International Conference & Exhibition
2. 24<sup>th</sup> IUPAC International Conference on Chemistry Education (ICCE)
3. FMM OSH Conference
4. National OSH Week, Salam FM Radio Programme, National Newspaper

# Benefits of SoHELP

## EMPLOYERS

- IMPROVEMENT OF WORKPLACE CONDITIONS
- HELP TO COMPLY REGULATIONS REQUIREMENT
- INCREASE WORKERS MORALE
- REDUCE ABSENTEEISM
- IMPROVE COMPANY IMAGE
- ENHANCE PRODUCTIVITY

## EMPLOYEES

- SAFER WORKING ENVIRONMENT
- GET INVOLVE IN THE PROGRAMME IMPLEMENTATION
- GAIN PRACTICAL KNOWLEDGE & EXPERIENCE
- IMPROVE PRODUCTIVITY

## OSH PRACTITIONER

- LEARN SYSTEMATIC METHODS OF CONTROLLING OCCUPATIONAL HEALTH RELATED HAZARDS AT THE WORKPLACE
- ENHANCE KNOWLEDGE, ATTITUDE & PRACTICE PERTAINING TO OCCUPATIONAL HEALTH
- ENTITLED FOR CEP: MAXIMUM OF 30 POINTS PER ANNUM

## NATION

- IMPROVE PRODUCTIVITY
- LONG TERM REDUCE HEALTHCARE COST
- STIMULATING MORE EFFICIENT WORKING METHODS & TECHNOLOGIES

# SoHELP

LET'S BEGIN TOGETHER, STEP BY STEP



10

# Conclusions

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# Conclusions

- Result for Phase I:

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  - 214/220 (97%) workplace participate in this programme
  - National 4.31/5 achieved ( C: 4.22, N: 4.40, E: 4.33)
  - 214 SHO, 8 assessors and 39 involved
  - 135,885 workers was benefited in Phase I
- Synergistic DOSH – Industry cooperation and Industry – Industry cooperation is crucial to enhance workplace occupational hygiene standard.
- Phase II: May '17 – May '18
- Participation rate: 296/290 (**102%!**)



**SYSTEMATIC OCCUPATIONAL HEALTH ENHANCEMENT  
LEVEL PROGRAMME (SoHELP)**

National platform for **STRATEGIC** and  
**SYNERGISTIC COOPERATION** between  
**GOVERNMENT, EMPLOYERS, OSH  
PRACTITIONERS,** and **EMPLOYEES** to  
**ENHANCE INDUSTRIAL HYGIENE  
STANDARD** in the workplaces

# Q&A SESSION





THANK YOU !

[hafizie@mohr.gov.my](mailto:hafizie@mohr.gov.my)

03-8886 5360