

MIHA NewsLetter

Volume 3
December Issue



Selamat Hari Raya and Happy Deepavali!

I hope all of you had an enjoyable celebrations and holidays with your families and friends. My sincere apologies on behalf the committee for the late release of this newsletter. With a lot of things happening with the work and family commitments, thankfully, we finally managed to publicize the newsletter. We are almost finishing the year, and I am pleased to record accomplishment of some of the deliverables that we have promised you in the beginning of the year. We have a successful 2-day First National Industrial Hygiene Seminar which was attended by about 100 over delegates from Malaysia and from other countries. We have received good feedbacks from the participants and also some suggestions for us to continuously improved. The 4-Day Comprehensive Industrial Hygiene Review Course which was held back to back with the seminar was again received good comments from the attendees. The CIH examination that was held in October this year produced another Certified Industrial Hygienist in Malaysia. Well done all!

On the other, I would like also to mention the disappointments. We are not able to complete some of those planned activities such as the quarterly IH Forum that we planned for various region this year. Progress on the development of MIHA's training program and certification program is not as what we wanted it to be. As I said earlier, this association cannot just rely on the elected committee members. We need members to come forward and help out the working committees set up by each committee portfolio. I wish to see working committees to be more aggressive in giving ideas, energy and their time to achieve MIHA's goals.

I am pleased to report that we finally have an office now in KL (in Jalan Ulu Klang near Zoo Negara). Hopefully, we can be more effective and much smoother in the administration of the association. Please come by and drop in anytime.

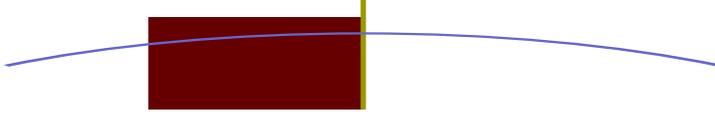
Regards,
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MIHA Committee

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Wan Sabrina Wan Mohamad, CIH
- Hon. Secretary*
Shamini C. Samuel
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INSIDE THIS ISSUE:

Message from the President	1
Announcement	2
Report On NIH	3
Article on Khairul Bariah	4
President's trip to South Africa	5
Picture's from President's trip	6
Q&A Session NIH Programme	7



The National Industrial Hygiene Seminar



MIHA held its first National Industrial Hygiene Seminar on August 16th and 17th, 2005. This was indeed a historical event for the association and all industrial hygienists in the country. The seminar entitled *Forging Ahead In Industrial Hygiene* attracted participants from near and far.

The objective of the seminar was three-fold:

- to promote industrial hygiene as a profession in Malaysia;
- disseminate information on functions of industrial hygiene in preventing incidences of occupational injury and illnesses; and
- to provide continuing education for safety and health practitioners.

A total of 130 participants attended the seminar and indicated that the objectives set out were met. The seminar also proved as a meeting ground for fellow practitioners to both network and exchange notes on occupational health work practices in their workplaces.

Prominent local and international speakers from governmental organizations, corporate sector and educational institutions presented their papers on varying issues pertaining to occupational health. The speakers shared their experiences and insurmountable knowledge in the little time allocated to them. Dr. David Grantham set the final tone to the seminar by providing guidance on pitfalls to avoid while we forge ahead.

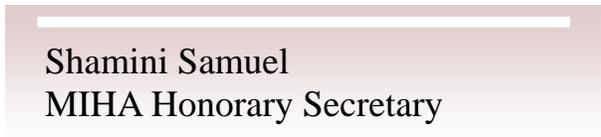


At the launch of the seminar, MIHA took the opportunity to re-present the prestigious Yant Award to Ir. Dr. Haji Abu Bakar Che Man, Director General of the Malaysian Department of Occupational Safety and Health. The award was presented to our distinguished Director General by Dr. Heather Jackson, President Elect of the International Occupational Hygiene Association. This was indeed a momentous occasion for all Malaysian industrial hygienists.

Exhibitors held their forts, exhibiting a range of occupational health services and equipment. The participation of the Selangor Department of Occupational Safety and Health, as an exhibitor also provided the added opportunity to the NIH participants to mingle and make work related enquiries to the officers in charge. MIHA volunteers also assisted in exhibiting and selling books published by the American Industrial Hygiene Association.

All in all, the seminar was a success and MIHA would like to thank all speakers, participants, exhibitors, volunteers and colleagues for your ongoing support. Also, thank you for your invaluable feedback.

As 2006 comes to a close, we look forward to FORGE AHEAD with you, our members.



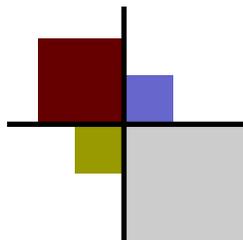
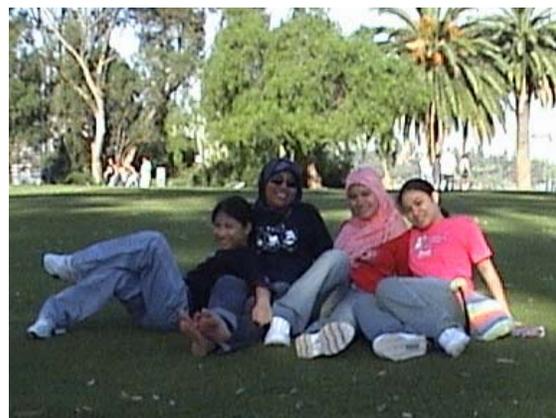
Shamini Samuel
MIHA Honorary Secretary

Article on Khairul Bariah

Khairul Bariah or Kebi, our part time Administrator joined MIHA in the beginning of this year. On record, she is the first person to be employed by MIHA to run day-to-day administration of our association. Kebi graduated from Universiti Putra Malaysia with an honors degree in Environmental & Occupational Health. During her university years, she was actively involved in various activities such as seminars, forums and outbound activities at faculty's level. At university level, she was the vice president, then president, of the UPM's Leadership Club. Initially, she studied medicine at University of St. Andrews, Scotland from 1994-1997 after her matriculation. However, her study was discontinued because her scholarship was withdrawn by the government due to the much-talked about recession in 1997. She worked for a while before continuing her study in UPM.

On a personal note, Kebi is married with three girls (that she acquired instantly after her marriage). She likes reading (favorite author being Patricia Cornwall), sports, outdoor activities, cars, food, internet and of course traveling. She is also keeping herself constantly updated with local and international events, current issues and also medical sciences (CSI TV series is a must for her). In her free time, she is also helping her friend running motivational camps for students at the universities and schools.

In her role as MIHA Administrator, Kebi is helping the Honorary Secretary in carrying out some of her works. She spends a lot of her time processing application of new membership and renewal. She also spent long hours doing promotion and doing event management during our seminar and training program. Currently, she is HBO (home based operations) but very soon she will be the custodian of our new office in Ulu Klang. Thanks Kebi for being with us and hope you can stay for a long time.



MIHA's President Trip To South Africa

The International Occupational Hygiene Association (IOHA) held its 6th International Scientific Conference in Pilanesberg National Park, North West Province of Africa from 19th to 23rd September 2005. The Pilanesberg National Park, in the Eastern Region of the North West Province, is a magnificent wildlife sanctuary not too far from the bustle of Johannesburg and Pretoria. The park is well stocked with game (including the big five) and over 360 bird species. Three MIHA members - Zainal, Azizin and Hazlina - had the opportunity to attend the conference when they were sent by their respective companies. Azizin and Hazlina presented a paper each, whilst Zainal was there as a participant (what a nice deal!). Prior to the meeting, the IOHA Board of Directors had their meeting whereby Zainal attended the meeting representing MIHA.

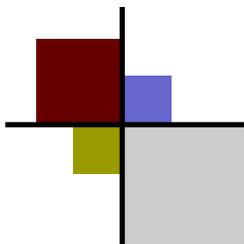
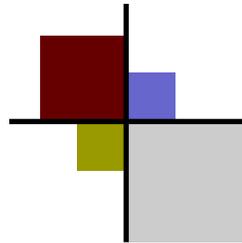
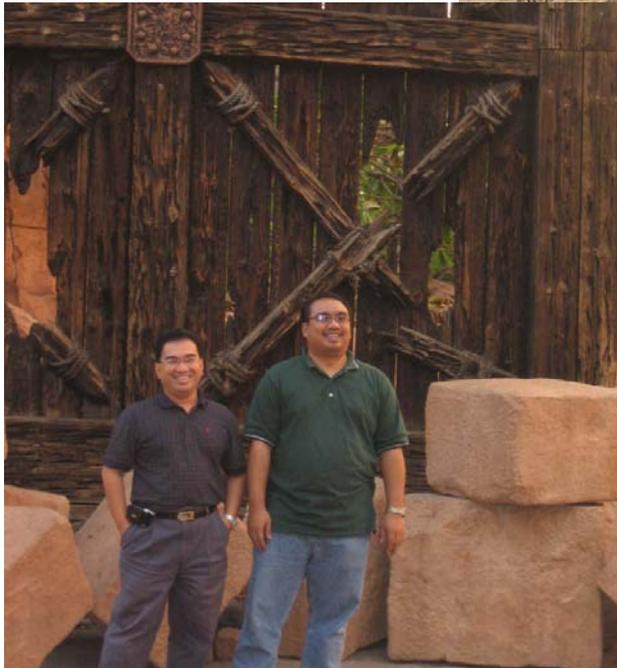
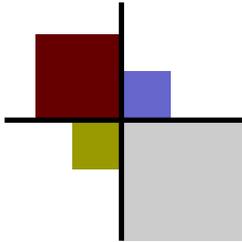


The conference was attended by about 300 over people from 25 different countries. Papers on Agriculture; Asbestos; Biological Monitoring; Chemical Agents including Agrochemicals and Pesticides; Communications and Information Technology; Environmental Issues/Management; Ergonomics; Exposure Assessment Strategies; Gender; Human Behaviour, Shift-work and Stress Management; Informal Sector; Manufacturing; Mining; National Exposure Databases; New Developments in Occupational Hygiene; Occupational Health and Safety (OHS) Management Systems; Personal Protective Equipment (PPE); Physical Agents - Heat and Lighting; Noise and Vibration; Silicosis were presented.

I have the chance of meeting very important people in the area of occupational hygiene and health. Some of these people were Dr. Gerry Eijkemns from WHO and Dr. Igor Fedotov from ILO. These two people worked actively with the ILO/WHO Collaborating Centers around the world promoting occupational hygiene. There are other leading OccHyg specialist and leaders from the various IOHA members were there such Dr. Tom Spee from Netherlands, Dr. Ugis Bickis from Canada, Heather Jackson, David Zalk from ACGIH, etc. During the IOHA Board meeting, a lot of interest from various IOHA countries indicated their support for Malaysia to host the 2012 IOHA Scientific Conference. However, the actual bidding for the conference will only be done in the next Board meeting in April in Newcastle-Upon-Tyne, England. I am hoping I can be there for two important reasons, firstly I would like to bid for MIHA to host the 2012 conference and secondly going there its' like going back the memory lane as I studied there for three years for my degree.

On the fun side, as you know, going to South Africa will not be complete without experiencing the game drive and bush braai. The park is home to healthy populations of lion, leopard, black and white rhino, elephant and buffalo - Africa's "Big Five". All of us had the most enjoyable game drive experiences when we were there. I and Kebi did it twice; I think Azizin and Hazlina also went the second drive. Please enjoy the photos that we captured here.

More Pictures on trip to South Africa



MIHA's 1st NIHS 05 Programme : Q&A Session

Session 1 with Ir,Dr. Haji Abu Bakar Che Man and Zainal Mubarak Zainuddin

Q: In order to become an IH, is there any short courses that we can attend? In the country there a number of SHO, can they become IHs?

A: En. Zainal Mubarak

- At present no specific courses but this is an area to be promoted by MIHA.
- MIHA aims to develop SHO knowledge.
- SHO can play the role of an IH

Q: SHO courses have the IH elements. Why can't SHO become CIH - Dr Jagdev Singh

A: En. Zainal Mubarak

- SHO can become CIH but with additional training and experience

A: Ir. Abu Bakar Che Man

- Currently no Certification Body to recognize IHs in Malaysia, for example, the Board of Engineers recognizes engineers. Everyone can claim to become an IH. When DOSH introduced lead, Noise and Mineral Dusts Regulations, they were meant to develop the area of IH and to develop competent persons in this field.
- Therefore, it is recommended that MIHA collaborate with other certification bodies and tailor make it to suit local requirements. Suggested also that IH should at least have Diploma qualifications to be certified.

Q: UPM Degree program in OES&H produces 10-30 Graduates/year. Half of the modules are related to OS&H. is there any possibility of DOSH to recruit the graduates? - Dr Zalinah UPM

A: Ir Abu Bakar Che Man

- Not at present but as DOSH gradually phases out F&M Act which requires engineers to be recruited, the Ministry may review the current recruitment scheme.

Q: Propose employers to recruit candidates who have attended MIHA courses as one of the requirements. MIHA should look into developing the IH's Job Description . In Australia the government requires Australia enforcement Inspectors to attend IH training. Is this similar scenario in Malaysia? - Dr Grantham

A: Ir Abu Bakar Che Man

- Training including IH training is part of the Human Resource Development Plan. All DOSH officers are encouraged to pursue continuous education.

Q:How to promote IH to SMIs? - Dr Zainol

A: En Zainal Mubarak

- Generally, it is agreed that MIHA needs to assist SMI

A: Ir Abu Bakar Che Man

- SMIs are unique, sometimes they are too small to compete with the big players and hence are not interested in OSH issues as they do not see it as a tool to increase productivity or profit.
- It is also suggested that PERKESO provide free OH services in areas where there are many SMI

Session 2 with Fadzil Osman, Dr Heather Jackson and Dr Abed Onn

Q: How to penetrate SMI - Global experience? - Dr Zainol

A: Dr Heather Jackson

- This is something IOHA is determined to work on. In UK there is a programme that has been developed

A: Dr Grantham

- Small Business Advisors—who are not Inspectors nor have direct contact with Inspectors, providing free of charge services to SMI.

Q: How to encourage Doctors to report occupational related disease to DOSH? - Dr Zainol

A: Dr Abed

- It is the Regulatory requirement that Doctors are liable if they do not report occupational related disease to DOSH.

Q: The process to obtain accreditation for labs is a lengthy one. Not many labs in Malaysia are reliable and many multinationals prefer to send samples overseas. - Dr Abu Hasan

A: En Fadhil

- NIOSH is currently in the process of obtaining the necessary accreditation.

Q: SHO, Ergonomists, Hygiene Technician, assessor are all interrelated although each with different functions and therefore they should all be under one umbrella. - Dr Abu Hasan

A: Dr Abed

- Agreed. The professionals should be brought together to promote IH

A: Dr Heather Jackson

- In US they form working groups where IH issues are discussed.

Q: OHD, Hygiene Technician, Assessors should conduct CHRAs in a team – Dr Zainol

A: Dr Abed

- CHRA process as per the methodology is first to determine the people at risk due to the task or chemicals and the assessors then provide further recommendations

A: Dr Heather Jackson

- OHD and Hygiene Technician to be call in when there's a need when conducting the CHRA.

Session 4 with Assoc. Prof. Park Doo Yong,
CIH and Prof. Dr. KG Rampal

Q: Issue raised on mercury poisoning when using mercury thermometer in 1988 Korean Experience is there any suggestion on replacement of mercury thermometer - Dr Abu Hassan

A: Prof Park

- Incident in 1980s in Korea a young man working with mercury thermometer down with sickness and was hospitalized. Surprisingly, his illness was not diagnosed as poisoning.
- Air concentration measured by impinger showed indication of mercury contamination. That incident onwards mercury badge was provided to measure mercury levels.

Q: On awareness of OSH and IH programs carried out so far by UKM where are the graduates and what are they doing now especially the early graduates.- Dr Abu Hassan

A: Prof Dr KG Rampal

- Hygiene training was identified after discussion with DOSH. Industrial Hygiene was offered in collaboration with then Factory and Machinery Department and UKM. Emphasis was not given then and no hygienist available only a few from DOSH to support the program then unfortunately the interest in this course died down.
- Have no information on the graduates but some have gone into consultancy works.

Q: We have gone through 14 years of development in Industrial Hygiene but the definition of hygienist is fragmented,

A: OSH professional have to have a common goal. Do we want to specialized or as a general OSH practitioner? MIHA can clarify this or help promotes and play the role.

Q: What is the role of KOSHA in compensation?

A: Prof Park
KOSHA provide technical guidelines, assist OSHA inspectors under Ministry of Labour,

Q:How to obtain 50 years records of occupational diseases? How to compromise demands from the politicians?- Dr Zainul

A: Prof Park

Exposure records in Korea started in 1950s and 1960s era, this helped established exposure standard. Demands from politician happens in all economies e.g China from industrialized economy managed to sort them through WTO 20 to 30 years.

Session 5 with Assoc. Prof. Zalina Hashim,
UPM ,Mr Ken Scheel 3M and Dr David Grantham

Q: What kind of services 3M provides to customers particularly protection from air contaminants-Sapura

A: Ken Scheel

- Services offered for Respiratory protection
 - No exposure assessment conducted.
 - Help identified contaminants.
 - MSDS and label of chemicals.
 - Identify work areas that have hazards by conducting sampling.
 - Offer wide range of respirator and PPE.
 - Gas and vapour respiratory protection.
 - Change schedule for RPE.
 - RPE programme – software area.
 - Training in how to use RPE.
 - Maintenance of spare parts of RPE.

Q: Any effort taken by 3M to reduce cost of product.

A: Ken Scheel

- 3M offer high quality products and training is given free.

Q: Respirator should only be used for short period of time.

A: Ken Scheel

Exposure limit (TWA) should be complied to when using RPE.

Q : Seek clarification on result of study conducted by Prof Zailina.

A: Prof Zailina

On the health complication when worker exposed to solvent (in general) no specific chemical was identified, more thorough studies have to be conducted.

Q: 3M promotes the use of PPE as first control measures how is the PPE compliance at workers level.

A: Ken Scheel

Proper training on usage of PPE and knowledge on risk slowly will improve compliance at workers level.

Q: How to overcome additive and synergistic effect of solvent.

A: Prof Zailina

Difficult to look at chemical individually. The study increase more awareness on health effect of organic solvent. Workers who are smoking are of high risk. The study have to be carried out further. Smoking and alcohol drinking affect worker with exposure to solvent. Research can answer more question.

Want to know more about American Board of Industrial Hygiene?

Read on...

The Mark of Professionalism

The need for qualified industrial hygienist has never been greater. As concern about workplace and community health and safety has grown, so has the demand for professionals to evaluate working conditions and community exposure. The work of industrial hygienist increases in importance as the legal ramifications surrounding employee and public health continue to expand.

Certification is a mark of professionalism for industrial hygienist. It enhances the credibility and opportunities for individuals. Certification also promotes high standards of professional conduct for those serving public health interests.

Accredited by the Council of Engineering and Scientific Specialty Boards, the American Board of Industrial Hygiene has provided the measure of excellence in certification for the industrial hygiene profession since 1960. Applicants for both credentials offered by the Board, the **Certified Industrial Hygienist (CIH)** and **Certified Associate Industrial Hygienist (CAIH)**, are required to meet educational and experience requirements as well as demonstrate their knowledge and skills through examination.

Qualification

Certified Associate Industrial hygienist (CAIH)

- BA/BS with 30 semester hours science
- Four years of professional Industrial Hygiene experience (greater than 25 percent total work time during each year claimed as practice) or narrow scope Industrial Hygiene practice
- College or PDC level IH fundamentals course work

Certified Industrial Hygiene (CIH)

- BA/BS with 60 semester hours in undergraduate or graduate level courses in science, math, engineering and science based technology, with at least 15 of those hours at the upper (junior, senior or graduate) level.
- Five years broad based professional Industrial Hygiene experience with total work time greater than 50 percent in IH activities (more than 20 hours/week) during each year claimed as practice.
- College or PDC level IH fundamentals course work.



Examination

Both exams are offered via computer delivery at Prometric testing centers, topics covered on the exams include:

- Air sampling and instrumentation
- Analytical
- Basic Science
- Biohazards
- Biostatistics
- Epidemiology
- Community exposure
- Engineering controls and ventilation
- Ergonomics
- Ethics
- Health risk analysis and hazard communication
- Management
- Noise and vibration
- Non-engineering controls
- Ionizing and non-ionizing radiation
- Thermal stressors
- Toxicology
- Work environments and industrial processes



Maintenance of Certification

ABIH regards certification to be an important milestone in a person's industrial hygiene career, not an end point. As technology advances, scientific questions arise and legal requirements become more stringent and complex. It is critical that industrial hygiene professionals continue to enhance their knowledge and skills throughout their careers. Hygienists with both CIH and CAIH designations are required to demonstrate their continued professional development on a five-year cycle.

ABIH accepts various activities as evidence of continued professional qualification for certification maintenance. These include:

- Continuing professional industrial hygiene practice
- Teaching
- Publication in peer-reviewed journals
- Participation on technical committees
- Attendance at approved meetings, seminars and short courses
- Approved extracurricular professional activities
- Re-examination



Significance of Certification

Certification and certification maintenance advance the profession. They also identify industrial hygiene professionals and distinguish them from others involved in industrial hygiene activities. Many employers see the CIH and CAIH designations as important selection and promotion criteria. By participating in and supporting the ABIH program, qualified persons are helping to identify and maintain the professional stature of industrial hygiene. Reasons cited for pursuing certification include:

- Broadening the practitioners knowledge base
- Increasing both confidence and credibility
- Peer recognition
- Securing employment
- Career advancement /higher pay
- Contracts requiring a specific certification
- Public/governmental recognition

For additional information

For information on how you can become part of a network of specialists in the industrial hygiene profession, visit www.abih.org