

SAFETY MEMO

To : All Employees
Date : 9th February 2024
Reference : GAM-SMS/COM/24/004-M
Subject : Health Concerns

1. Considering the recent health concerns regarding our staff, it is vital that we prioritize the well-being of all staff and family members. The adverse effects of smoking highlight the importance of raising awareness and fostering a healthy environment within our workplace.
2. In promoting smoking awareness, it is essential to stay informed about the latest developments and announcements regarding quit smoking resources. The information outlined (Appendix A, Appendix B, and Appendix C) is attached for your reference.

Thank you.



Wan Izahan Zameree Ishak
Safety Manager

C.C – Managing Director
Executive Director/ HRA Manager
Chief Operation Officer

APPENDICES:

APPENDIX A

MEROKOK & RISIKO KANSER



21% daripada rakyat Malaysia menghisap rokok & 5% pula menghisap E-cigarette (seperti vape)¹

Merokok meningkatkan risiko untuk kebanyakan jenis kanser, terutamanya:

 Hidung dan sinus	 Mulut dan tekak	 Larinks (kotak suara)	 Esofagus
 Paru-paru	 Hati	 Perut	 Serviks
 Buah pinggang	 Pankreas	 Usus besar	 Ovari
 Leukemia (darah)	 Pundi Kencing	 Jom Berhenti Merokok – Dapatkan Nasihat dan Bantuan dari Klinik Berhenti Merokok / mQuit. Elakkan menjadi perokok pasif!	

SUMBER: ¹ Institute for Public Health (IKU) 2020, National Health and Morbidity Survey 2019 (NHMS 2019): Non-communicable diseases, Healthcare Demand and Health Literacy – Key Findings.

comms@moh

APPENDIX B

BAHAYA EVALI

(E-CIGARETTE OR VAPING PRODUCT USE-ASSOCIATED LUNG INJURY)

Pesakit EVALI akan mengalami gejala berikut :

			
✓ Nafas pendek	✓ Demam	✓ Berat badan menurun	✓ Degupan jantung laju
✓ Batuk	✓ Cirit-birit	✓ Sakit dada	✓ Sakit abdomen
✓ Mual dan muntah			

Antara komplikasi EVALI yang serius :

✓ Sindrom sukar bernafas akut (<i>acute respiratory distress syndrome</i>)	✓ Memerlukan bantuan oksigen secara berterusan
✓ Kegagalan pernafasan	✓ Kematian



UKK KKM MALAYSIA MADANI

TIPS BERHENTI MEROKOK

 <p>MELENGAH-LENGAH Tunggu 5 minit atau katakan sebentar.</p>	 <p>MINUM AIR Minum air masak. Elakkan minuman berkafein.</p>	 <p>MENARIK NAFAS PANJANG Tarik nafas 3 kali secara perlahan-lahan.</p>
 <p>MENYIBUKKAN DIRI Buat sesuatu bagi mengalih fikiran.</p>	 <p>MENGUNYAH SESUATU Seperti gula-gula getah dan buah-buahan.</p>	 <p>MEMBASUH TANGAN SELALU</p>
 <p>MANDI DENGAN KERAP</p>	 <p>MEDITASI ATAU BERSUKAN</p>	 <p>MEREGANGKAN OTOT Lakukan senaman ringkas apabila rasa mengantuk.</p>



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