

Manual Handling Awareness: by Shereen Montero

Safe Lifting Techniques & Legal Compliance under the OSHA (Amendment) Act 2022

Program Learning Objectives

Legal Knowledge

Master the updated Malaysian safety laws including the 2024 OSHA amendments and employer liabilities.

Practical Skills

Demonstrate the six-step safe lifting technique and perform T.I.L.E. risk assessments for manual tasks.

Legal Requirements in Malaysia

The New Era of Workplace Safety: OSHA 2024 and Beyond

The OSHA (Amendment) Act 2022

Effective June 1, 2024, the scope of OSHA has expanded to cover ALL workplaces in Malaysia. The Factories and Machinery Act 1967 has been officially repealed to consolidate safety regulations.

Section 29A: OSH Coordinator

Workplaces with 5 or more employees must appoint a trained OSH Coordinator.

Section 26A: Right of Refusal

Employees may remove themselves from imminent danger if manual handling is unsafe.

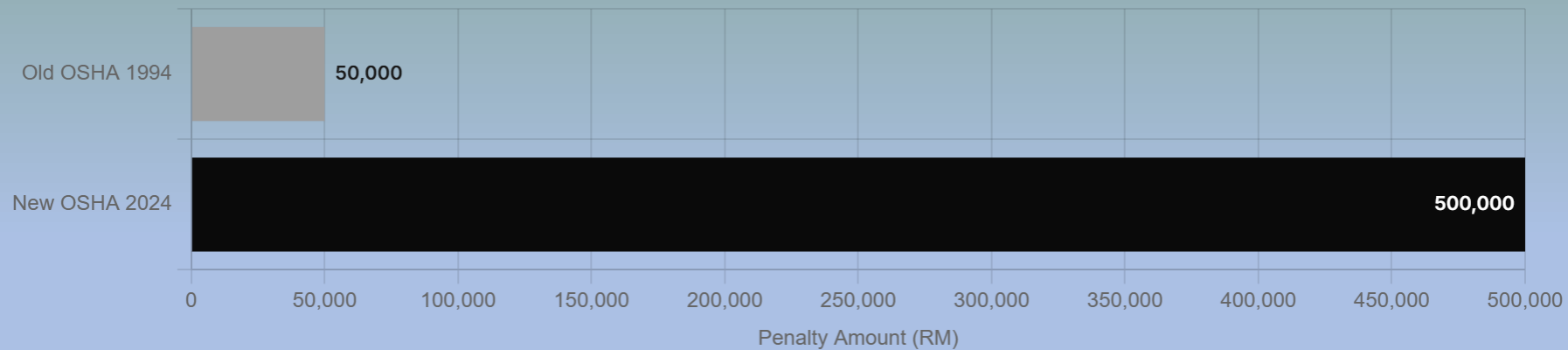
Maximum Penalties for Non-Compliance

RM500K

10X

Max Fine (New 2024 Limit)

Increase in Employer Liability



Common Injuries & Risk Factors

Analyzing Workplace Statistics and Musculoskeletal Risks

Malaysian Occupational Accident Data (2024)

66,574

32,936

2.46

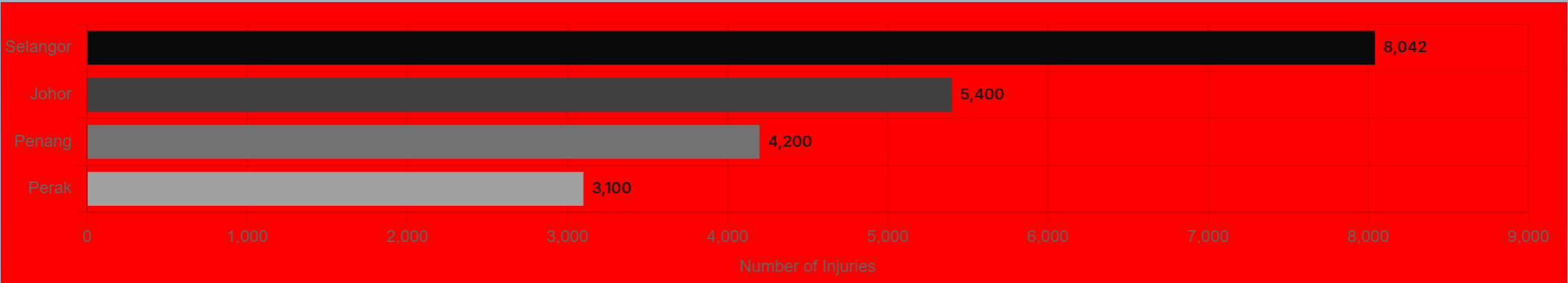
8,042

Total SOCSO Accidents

Industrial Accidents

Injury Rate per 1k Workers

Selangor Cases (Highest)



Work-Related Musculoskeletal Disorders (WRMSD)

Manufacturing workers in Malaysia show a 79.2% prevalence prevalence of WRMSD. The primary risk factors are awkward awkward postures and high repetition during lifting tasks. tasks.

Common Injury Sites for WRMSD (%)

Risk Assessment: The T.I.L.E. Method

Applying DOSH 2018 Guidelines for Manual Handling Risk Identification
Identification

Evaluating the Four Key Variables

Before any lift, workers must perform a T.I.L.E. assessment. This systematic approach reduces the odds of awkward postures (OR=23.66) which are a leading cause of Malaysian industrial injuries.

Task: Does it involve twisting, stooping, or excessive travel distances?

Individual: Is the worker trained? Do they have have pre-existing health issues?

Load: Is it heavy, bulky, unstable, or difficult to grasp?

Environment: Are there slippery floors, poor lighting, or heat stress?

Safe Lifting Techniques

Step-by-Step Demonstration for Reducing Spine Compression

The Standard Six-Step Lifting Method

1. Plan & Prepare

Identify the route and clear obstacles. Check load weight.

2. Stable Footing

Position feet shoulder-width apart with one foot slightly ahead.

3. Good Grip

Bend knees, not back. Use palms to grasp the load firmly.

4. Smooth Lift

Keep back straight. Lift using leg muscles, not the spine.

5. Close Carry

Keep the load close to the waist. Avoid twisting the trunk.

6. Careful Setting

Lower with knees. Ensure load is stable before releasing.

Ergonomic Principles for Safety

Following DOSH 2018 guidelines, Malaysian workplaces should prioritize mechanical aids (trolleys, hoists) over manual effort. Repetitive tasks (OR=13.06) must include mandatory rest breaks to prevent chronic inflammation.

PRACTICAL TIP: THE 'POWER ZONE'

Always keep objects between your mid-thigh and mid-chest height. This is your 'Power Zone' where you have the most strength and least risk of spinal injury.

Safety is a Shared Responsibility

Reporting occupational injuries and diseases is a national target under target under OSHMP25. If you see a hazard, report it to your OSH OSH Coordinator immediately.

THANK YOU