



KUMPULAN YAYASAN SABAH

Menara Tun Mustapha

Kompleks Ibu Pejabat Yayasan Sabah

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SIARAN MEDIA

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25 August 2020

YAYASAN SABAH GROUP HAS EMPHASISED AWARENESS ON OCCUPATIONAL SAFETY & HEALTH

Kota Kinabalu (Tuesday): The Yayasan Sabah Group Occupational Safety and Health programme was held on 25 August 2020 at Tun Hamdan Theatre, Menara Tun Mustapha to provide awareness on occupational safety and health among its staff.

The main purpose of organising this programme is to provide awareness of the new norms following the Covid-19 pandemic so that it can be adapted into the daily routine in the office. In addition, the programme also provides exposure on mental health issues and how to manage emotions while dealing with stress in delivering task, as well as on the importance of safe working methods through ergonomic applications in the workplace.

A talk on mental health in the workplace and recognising ergonomic risks in the workplace was delivered by Associate Professor Dr. Shamsul Bahari Shamsudin from University Malaysia Sabah, while Mr. Ab. Razak bin Md. Noh from the Sabah State Health Department delivered a talk on Post Covid-19.

A total of 48 staff of Yayasan Sabah Group attended the one day programme.



Picture 1: Staff of Yayasan Sabah Group who attended the programme adhering to physical distancing.

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For further details, please contact:

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