









AWWAM'S BULLETIN NOV - DEC 2022

ISSUE: 28/DECEMBER

(THE ENVIRONMENTAL SPECIALIST WITH MS ISO 9001:2015 & ISO 14001:2015 CERTIFICATIONS & MS ISO/IEC 17025:2017 ACCREDITATION)

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ENVIRONMENTAL SAFETY **COURSES ACTIVITIES OFFERS STATISTICS MESSAGE MOMENT**

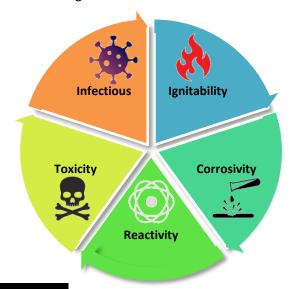


ENVIRONMENTAL MESSAGE

Training, Learning & Education (TLE)

SW Characteristics

A waste is considered hazardous if it has one or more of the following characteristics:



Examples:

SW Code	SW Name	Characteristics
SW 206	Spent inorganic acids.	
SW 306	Spent hydraulic oil.	2
SW 322	Waste of non-halogenated organic solvents.	*
SW 404	Pathogenic wastes, clinical wastes or quarantined materials.	*



What are the characteristics for SW 402 & SW 412?

CePSWaM Lifetime Offer for 2023

Lifetime offer from Airwastewater

Management Sdn Bhd for CePSWaM Courses!!! Register CePSWaM Courses for any dates in 2023 Calendar with

Airwastewater Management Sdn Bhd and be assured, we will train you until you PASS BOTH CePSWaM WRITTEN AND

PRACTICAL EXAMINATIONS conducted by EiMAS.

Terms and Conditions apply.

2023 PROMOTION

01 January - 30 June 2023



Offer to all CePSWaM course participants or companies who register at all course locations other than PLASMA, Seremban 2 at a price of RM3,577.50/person (including 6% SST)

Offer to All CePSWaM course Participants or Companies registered at PLASMA, Seremban 2 at a price of RM3,180.00/person (including 6% SST)

OFFERS

** Terms and con

F T T R R P W	30%	20%	40%	30%
	All Locations except PLASMA.		PLASMA only.	
	AWWAM CePSWaM Participants.	Non- AWWAM CePSWaM Participants.	AWWAM CePSWaM Participants.	Non- AWWAM CePSWaM Participants.
	RM1,335.60	RM1,526.40	RM1,017.60	RM1,187.20

WORKSHOP ON THE PREPARATION OF SCHEDULED WASTE INFORMATION (WASTE CARD)

(A STEP-BY-STEP PROCESS TOGETHER WITH THE LABORATORY PRACTICAL EXERCISES) Limited to 15 participants per session only

Normal Price: RM2,535.00 (excluding SST 6%)

12 CPD Hours

- **50%** discount: 01st 05th Participants
- **40%** discount: 06th 10th Participants
- **30**% discount: 11th − 15th Participants

+FREE 1 Waste Card (worth RM950.00)

26 - 27 January 2023 09 - 10 February 2023

For further information, please contact our Customer Services Department (CSD) at 06-6013126/011-53303881/82

COURSES

CePSWaM Courses

(The pioneer CePSWaM Training Provider for EiMAS, since March 2009)

Nov 2022

In the month of November 2022, six (6) classes were conducted at Kuching, Johor Bahru, Seremban, Puchong and Georgetown. Two (2) classes were conducted for In-House Universiti Malaysia Perlis.







PLASMA, Seremban 2

14 - 18 Nov Universiti Malaysia Perlis (2 Sessions)





(2 Sessions)

<u>21 – 25 Nov</u> MTree Hotel, Puchong (2 Sessions)

Dec 2022

In the month of December 2022, four (4) classes were conducted at Johor Bahru, Seremban and Puchong.





04 – 08 Dec Trove Hotel, Johor Bahru

12 – 16 Dec PLASMA, Seremban 2



(2 Sessions)

CePSWaM Technical Report Preparation Workshop (TRPW)

One (1) virtual class and one (1) classroom for TRPW was conducted at Seremban in November 2022.





17 – 18 Nov PLASMA, Seremban 2

Dec 2022

One (1) virtual class and one (1) classroom for TRPW was conducted at Johor Bahru in December 2022.



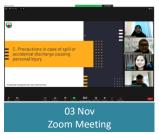


16 Dec **Zoom Meeting**

Workshop on the Preparation of Scheduled Waste Information (Waste Card)

Nov 2022

One (1) virtual class and one (1) classroom were conducted in PLASMA and AELS, Seremban 2 in November 2022.





The Management and Handling of Scheduled Waste (SWM)

Nov 2022

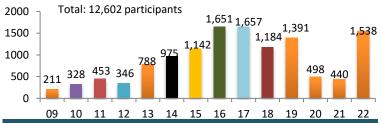
One (1) virtual class and one (1) In-House class for Kubota Malaysia Sdn Bhd were conducted in November 2022.



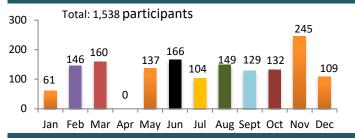


30 Nov **Zoom Meeting** Subang Jaya

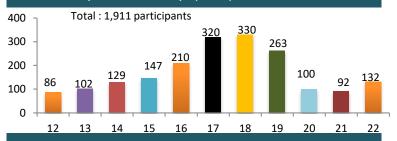
Total number of participants attending CePSWaM Courses from 2009 - 2022



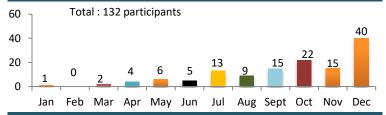
Number of participants attending **CePSWaM Courses** for Jan – Dec 2022



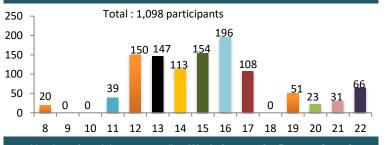
Number of participants attending CePSWaM Technical Report Preparation Workshops (TRPW) from 2012 - 2022



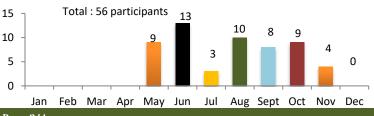
Number of participants attending CePSWaM Technical Report Preparation Workshops (TRPW) for Jan - Dec 2022



Number of participants attending The Management and Handling of Scheduled Waste Course (SWM) from 2008 - 2022



Number of participants attending Workshop on the Preparation of Scheduled Waste Information (Waste Card) for Jan – Dec 2022



HARI KELUARGA LESTARI AWWAM 2022

From 24th to 26th December 2022, AWWAM had a Family Day (Hari Keluarga Lestari AWWAM 2022) at Janda Baik, Bentong, Pahang. Several activities have been carried out such as team building, company annual dinner and sustainability program. The event was attended by AWWAM Management, staff from all over Peninsular Malaysia and family













HAZARDOUS WASTE & MATERIAL MANAGEMENT (HAZWAMM)

In month of November & December 2022, HAZWAMM has conducted four (4) jobs on segregation, packaging and labelling of scheduled waste at client's premise in KLIA, Jelebu, Seremban and Nilai.



KLIA



Jelebu



16 December 2022 Seremban



21 December 2022 Nilai

Health, Safety & Environment (HSE)





AWWAM Plasma Sdn Bhd



Car Rental or Hall Rental Booking?

Contact us at sales@awwam.com or 06-6011758/019-4306285 for further clarifications.

AWWAM Environmental Laboratory Services Sdn Bhd (AELS)

On 17th December 2022, AELS staff conducted housekeeping activities which included identification, classification, sorting and segregating of SW.



Field Sampling & Laboratory Testing and Environmental Monitoring Programme;

> Contact: Tel: +606-6037053 E-Mail: lab@awwam.com

No. 176, Jalan S2 C9, Seksyen C, Green Technology Park Seremban 2, 70300 Seremban, Negeri Sembilan.

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1. Ergonomics and its risk factors

ERGONOMICS is "A field of science that tries to harmonise the system of work with human capacities".

Six popular ERGONOMICS risk factors:

- Doing repetitive work
- Use of excessive force
- > Improper or static body posture
- Work in long duration
- Vibration due to hand tools
- Contact stress on the veins, muscles & tendons due to hand tools

2. Recommended Self-Fatigue Management

What are the signs of fatigue at work?

- Moodiness
- A decrease in productivity, lack of motivation
- A lack of concentration and increase in judgment errors, such as accidents, excessive risk taking, and failing to respond to changes within the surrounding environment
- A loss of memory or the inadequate ability to recall details
- Drowsiness, loss of energy, inability to stay awake or focus on tasks for longer periods of time

(1) Sufficient rest/sleep daily (2)(6) **Healthy diet** Consider a few with complex short interval carbohydrates breaks in daily & protein task contents **FATIGUE MITIGATION TIPS** (3) (5) Exercise regularly based Drink a glass of water on self capability Have a minimeditation session at your desk (eg: istighfar,



Click or scan QR code to view AWWAM Courses & Services E-Catalogue

zikir.etc)