

AWWAM  
MESSAGE

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ACTIVITIES

COURSES

SAFETY  
MOMENT

**AWWAM'S BULLETIN**  
**JULY – AUGUST 2024**  
ISSUE: 38/AUGUST



THE ENVIRONMENTAL SPECIALIST WITH MS ISO 9001:2015 & ISO 14001:2015 CERTIFICATIONS.

154, Jalan S2 B5, Seremban 2, 70300 Seremban, NS.  
Tel No: 06-6013126 Fax No: 06-6017127  
Email: airwastewater@awwam.com

**("AIR, WASTE & WATER", DON'T WASTE THEM!)**

**1 AWWAM MESSAGE**

**2 OFFERS**

**Training, Learning & Education (TLE)**

**EQA AMENDMENT 2024, ACT A1712**  
**EFFECTIVE 07 JULY 2024**

The Environmental Quality (Amendment) Act 2024, **Act A1712** come into effect on **07 July 2024**. This is an Act to amend the Environmental Quality Act 1974 (EQA 1974). The amendments to the Environmental Quality Act introduce significant changes to penalties for various violations.

**AMENDMENT OF PUNISHMENTS, PENALTIES & COMPOUNDS**

- Short Title, Date of Gazette, and Commencement**
  - This Act is named the Environmental Quality Act (Amendment) 2024. It was gazetted on 06 June 2024, and the commencement date of this Act was set by the Minister through a notice in the Gazette on 07 July 2024.
- Interpretation**
- Uniforms**
- Compound Value**
  - The amount offered for a compound has been **increased** from RM2,000.00 to not exceeding **50%** of the maximum penalty amount provided for the offense.
- Minimum and Maximum Penalties**
  - The penalties for each offense will be amended by establishing a minimum fine of not less than **RM5,000.00** and a maximum fine not exceeding **RM10,000,000.00** for offenses related to scheduled waste disposal and water pollution. (Sections 25, 27, 29, & 34B)
- Mandatory Imprisonment**
  - The introduction of a mandatory imprisonment sentence not exceeding **five years**, including for offenses of illegal disposal of scheduled waste, water pollution, and Environmental Impact Assessment (EIA) violations.
- Section Amendments**
- Section Replacement**
  - The principal Act is amended by replacing Section 29A.
- Section Repeal**
  - Section 29AA is repealed from the original Act.

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

**CePSWaM Lifetime Offer for 2024**

**Lifetime offer from Airwastewater Management Sdn Bhd for CePSWaM Courses!!!**

Register CePSWaM Courses for any dates in 2024 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.**

**Promotion: 01 Jul – 31 Dec 2024**



Offer to all CePSWaM course participants or companies who register at all course locations other than PLASMA, Seremban 2 at a price of RM3,645.00/person (inclusive 8% SST)

Offer to All CePSWaM course Participants or Companies registered at PLASMA, Seremban 2 at a price of RM3,240.00/person (inclusive 8% SST)



**\*\* Terms and conditions apply.**

**CePSWaM-FTR Workshop**

**40% DISCOUNT**

Offer to AWWAM CePSWaM participants or companies who registered at PLASMA, Seremban 2 at a price of RM1,036.80 inclusive 8% SST.

**30% DISCOUNT**

Offer to all AWWAM CePSWaM participants or companies who registered at West Malaysia except PLASMA, Seremban 2 at a price of RM1,360.80 inclusive 8% SST.

**30% DISCOUNT**

Offer to all AWWAM CePSWaM participants or companies who registered at East Malaysia at a price of RM1,436.40 inclusive 8% SST.

**15% DISCOUNT**

Offer to non-AWWAM CePSWaM participants or companies who registered with AWWAM.

PLASMA: RM1,468.80 inclusive 8% SST.

Other WM: RM1,652.40 inclusive 8% SST.

EM: RM1,744.20 inclusive 8% SST.

**\*\* Terms and conditions apply.**

**OSH – Coordinator Trained Person**

Offer to participants or companies who registered at PLASMA, Seremban 2 or Johor Bahru at a price of RM756.00 inclusive 8% SST.

**\*\* Terms and conditions apply.**

### 3 COURSES

#### CePSWaM Courses

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

#### July 2024

In the month of July 2024, six (6) classes were conducted at Johor Bahru, Shah Alam, Kuching, Seremban and one (1) in-house class at SD Guthrie Berhad, Kulim.



30 June – 04 July 2024  
Trove Hotel, Johor Bahru  
(Session 1)



30 June – 04 July 2024  
Trove Hotel, Johor Bahru  
(Session 2)



08 – 12 July 2024  
SD Guthrie Bhd, Kulim



15 – 19 July 2024  
Summit Hotel, USJ  
(Session 1)



15 – 19 July 2024  
Summit Hotel, USJ  
(Session 2)



22 – 26 July 2024  
Hotel Grand Continental,  
Kuching



29 July – 02 August 2024  
PLASMA< Seremban 2

#### August 2024

In the month of August 2024, four (4) classes were conducted at Seberang Prai, Shah Alam and Seremban.



05 – 09 August 2024  
Ixora Hotel, Seberang Prai



19 – 23 August 2024  
The Summit Hotel, USJ  
(Session 1)



19 – 23 August 2024  
The Summit Hotel, USJ  
(Session 2)



26 – 30 August 2024  
PLASMA, Seremban 2

#### CePSWaM Technical Report Preparation Workshop (TRPW)

#### July 2024

One (1) class for TRPW was conducted at Johor Bahru and one (1) class was conducted online via Zoom Meeting on July 2024.



04 – 05 July 2024  
Trove Hotel, Johor Bahru



19 July 2024  
Zoom Meeting

#### August 2024

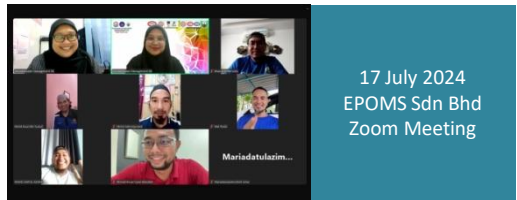
One (1) class for TRPW was conducted at Ixora Hotel, Seberang Prai on 08 – 09 August 2024.



#### The Management and Handling of Scheduled Wastes for Industries

#### July 2024

One (1) in-house online class was conducted via Zoom Meeting for EPOMS Sdn Bhd and one (1) in-house class was conducted for Denso (Malaysia) Sdn Bhd, Bangi.



17 July 2024  
EPOMS Sdn Bhd  
Zoom Meeting



23 July 2024  
Denso (Malaysia)  
Sdn Bhd, Bangi

## August 2024

Three (3) classes were conducted in August 2024, one (1) online class was conducted via Zoom Meeting, one (1) in-house class was conducted for Robert Bosch Semiconductor Manufacturing Penang Sdn. Bhd. at Batu Kawan and one (1) in-house for two-day (2-day) class was conducted for CEFS Response at Paka.



13 August 2024  
Robert Bosch (M) Sdn Bhd,  
Batu Kawan



18 – 19 August 2024  
CEFS Response, Paka



07 August 2024  
Zoom Meeting

## Workshop on the Preparation of Scheduled Wastes Information (waste card)

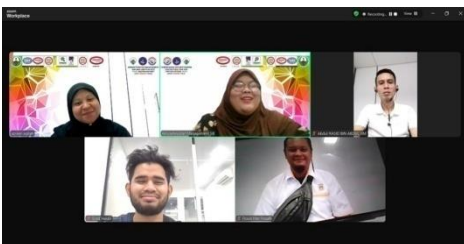
July 2024

In July 2024, one (1) class was conducted on 11 – 12 July 2024 at PLASMA and AELS laboratory, Seremban.



## August 2024

In August 2024, one (1) online class was conducted via Zoom Meeting and one (1) class was conducted at Johor Bahru.



15 August 2024  
Zoom Meeting



16 August 2024  
Trove Hotel, Johor Bahru

## OSH Coordinator Trained Person July 2024

On July 2024, one (1) class was conducted at Seremban and one (1) in-house class was conducted for Sime Darby Auto Connection Sdn Bhd at Petaling Jaya.



29 – 31 July 2024  
PLASMA, Seremban 2



29 – 31 July 2024  
Sime Darby Auto Connection Sdn Bhd, Petaling Jaya

## August 2024

On August 2024, two (2) classes were conducted at Johor Bahru and Seremban.



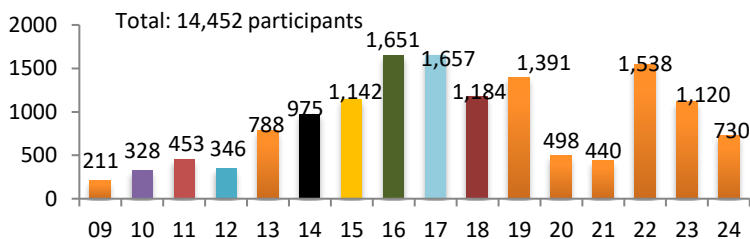
14 – 16 August 2024  
Trove Hotel, Johor Bahru



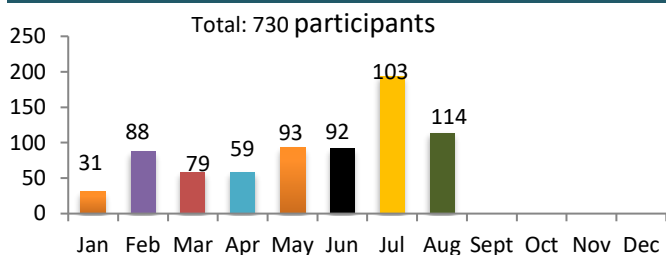
21 – 23 August 2024  
PLASMA, Seremban 2



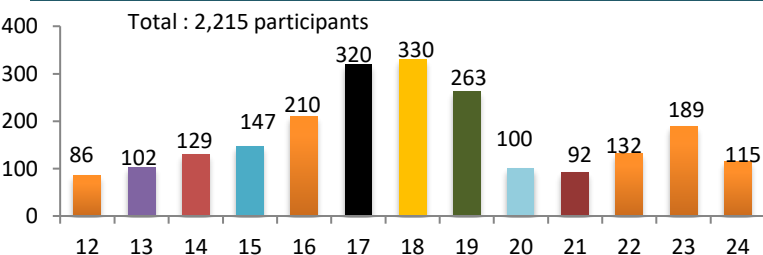
Total number of participants attending CePSWaM Courses from 2009 – 2024



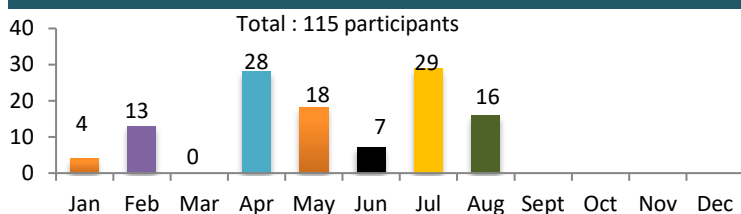
Number of participants attending CePSWaM Courses for Jan – Dec 2024



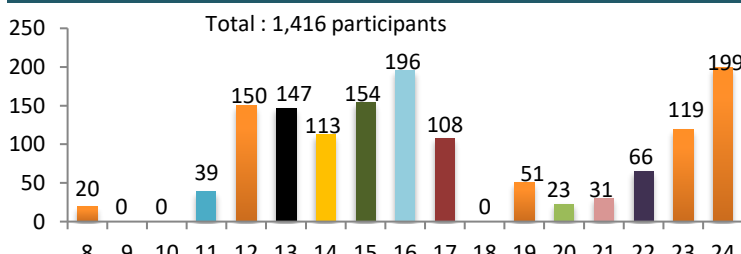
Number of participants attending CePSWaM Technical Report Preparation Workshops (TRPW) from 2012 - 2024



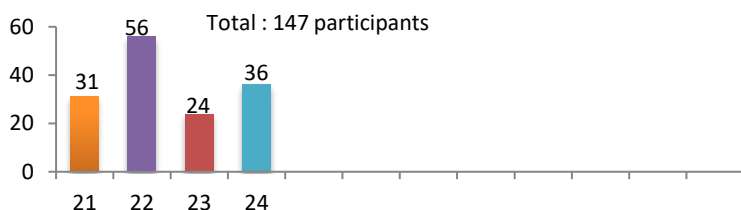
Number of participants attending CePSWaM Technical Report Preparation Workshops (TRPW) for Jan – Dec 2024



Number of participants attending The Management and Handling of Scheduled Waste Course (SWM) from 2008 - 2024



Number of participants attending Workshop on the Preparation of Scheduled Waste Information (Waste Card) from 2021 - 2024



CERAMAH & KURSUS UMRAH

On 19 July 2024, a *Ceramah & Kursus Umrah* was held at PLASMA, Seremban 2 and attended by AWWAM management and staff from HQ and AELS.



UTHM WORK BASED LEARNING WITH AWWAM

On 16 August 2024, a meeting was held between AWWAM and UTHM representative to brief on work base learning program prior their placement of internship students for period of one (1) year.



KICK OFF MEETING FOR TNB NEW CONTRACT

On 23 August 2024, a kick off meeting was held between AWWAM and TNB representatives for new contract on supplying manpower for scheduled wastes handlers at PLASMA, Seremban 2.



MERDEKA CELEBRATION

On 30 August 2024, a small celebration for Merdeka was held at PLASMA, Seremban 2 during AWWAM monthly OPTECH meeting.



# AWWAM Subsidiaries



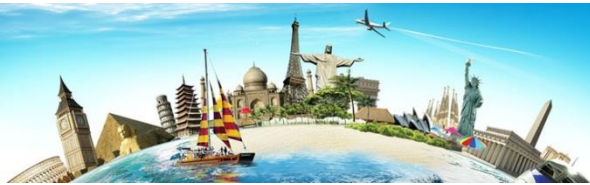
## AWWAM Plasma Sdn Bhd



### Looking for Hall Rental & Catering Service?

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

## AWWAM Travel & Tours Sdn Bhd



### Looking for Car Rental & Tour Package?

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

## AWWAM Environmental Laboratory Services Sdn Bhd (AELS)



### Looking for Field Sampling & Testing?

Contact us at:  
No. 176, Jalan S2 C9, Seksyen C, Green Technology Park Seremban 2, 70300 Seremban, Negeri Sembilan.  
Tel: +606-6037053; E-Mail: lab@awwam.com



Click or scan QR code to view AWWAM Corporate Video for services available.



## SAFETY MOMENT 6

### Health, Safety & Environment (HSE)

# HELP YOUR WORK-RELATED STRESS



#### CHECK REALITY

Listen to your train of thought to see if it's adding to your stress. Are you imagining a far worse outcome than is likely?



#### MANAGE YOUR TIME

Start each day by making and prioritizing a to-do list of tasks. Don't schedule too much. Build in time for interruptions.



#### TAKE A BREAK

Hourly mini-breaks during which you stretch your shoulders, back, and neck can provide physical stress relief.

#### BE REALISTIC

Don't promise to do more than you can handle.

#### REPEAT YOURSELF

Every day, plan to spend some time relaxing.



#### BREATHE DEEPLY

Lie flat on your back with your eyes closed. Inhale through your nose, counting to 4, making your stomach rise. Pause for 1 second, then as you slowly count to 4, gently exhale through your mouth, letting your belly slowly fall.



#### EAT A HEALTHY DIET

A healthy diet rich in whole foods, fruits, vegetables, whole grains and lean protein may reduce stress. Lots of caffeine, sugar and alcohol can increase it.



#### VISUALIZE

Sit or lie down and close your eyes. For 5 to 10 minutes, imagine you're in a place you love like the beach, the mountains, or the house you grew up in.



#### EXERCISE REGULARLY

Consider aerobic exercise like running, swimming, or brisk walking. Yoga, Pilates, tai chi, or simple stretching also can help by bringing about a calmer, meditative state.

#### COMMUNICATE

Talk with a family member or friend outside of work about the issues that cause your stress at work.

#### GET HELP

If you've tried these self-help methods but continue to be highly stressed, get help from a mental health professional who specializes in stress management.



**Franciscan HEALTH**

FranciscanHealth.org

Source: <https://ar.inspiredpencil.com/pictures-2023/work-stress-relief>

LET'S WORK Together

Tel: 066013126 HP: 011-53303881/882

Email: airwastewater@awwam.com, csd@awwam.com



Click or scan QR code for online registration or to download brochures.