

# AWWAM BULLETIN

ISSUE: 42/APR 2025

MARCH - APRIL 2025

## AWWAM MESSAGE

### Air Quality Awareness by Understanding the Air We Breathe Indoors

Whether in offices, schools or public spaces, poor indoor air quality (IAQ) may lead to discomfort, headaches, allergies and even long-term respiratory conditions. Factors like dust, mold, insufficient ventilation or chemical fumes can reduce air quality in enclosed environments.

#### Malaysia's IAQ Guidelines

Industry Code of Practice on Indoor Air Quality (ICOP IAQ 2010)  
Issued by the Department of Occupational Safety and Health (DOSH), Ministry of Human Resources.



#### Indoor Air Contaminants

- Carbon Dioxide (CO<sub>2</sub>)
- Carbon Monoxide (CO)
- Formaldehyde
- Ozone
- Respirable Particulates (PM<sub>10</sub>)
- Total Volatile Organic Compounds (TVOCs)
- Total Bacterial Count
- Total Fungal Count

#### Simple Practices to Improve IAQ

- Ensure ventilation systems are working and unobstructed
- Open windows periodically for natural airflow
- Keep workspaces clean and dry to prevent mold
- Choose low-emission cleaning products
- Report musty odors, stuffiness, or leaks early

**Breathe better.  
Stay informed.  
Air quality starts  
with awareness.**



Website



| E-Catalogue |



Portal



Airwastewater Management Sdn Bhd

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

Editor: Maria Sarman, Nina Ahyar, Daniel Ahyar, AELS

## OFFERS

Terms and conditions applied

### Lifetime Offer for 2025

Register CePSWaM Courses for any dates in 2025 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.



### PROMOTIONS 01 Jan – 30 June 2025 CePSWaM Course

- **10% Discount 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). (Normal Price: RM 4,050.00 inclusive 8% SST)
- **20% Discount Offer** to All CePSWaM course Participants or Companies registered at PLASMA, Seremban 2 at a price of RM3,240.00/person (inclusive 8% SST). (Normal Price: RM 4,050.00 inclusive 8% SST)

### 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. (Normal Price: RM 1,728.00 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. (Normal Price: RM 1,944.00 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. (Normal Price: RM2,052.00 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.

# OFFERS

Terms and conditions applied

## OSH – Coordinator Trained Person

Best offer to participants or companies who registered at AWWAM public date at a price of RM1,026.00 inclusive 8% SST. (Normal Price: RM 1,134.00 inclusive 8% SST)

### CPD Course: Waste Card Workshop

- **30% Discount Offer** to all participants or companies who register for two-day (2-day) workshop at PLASMA, Seremban 2 at a price of RM1,058.40/person (inclusive 8% SST). (Normal Price: RM 1,512.00 inclusive 8% SST)
- **30% Discount Offer** to all participants or companies who register for one-day (1-day) workshop at all location except via online workshop via Zoom at a price of RM718.20/person (inclusive 8% SST). (Normal Price: RM 1,026.00 inclusive 8% SST)

### Lab Test: Waste Card

- **40% Discount** for preparation of scheduled waste information (waste card) in accordance to Regulation 13, EQSWR 2005.

### Lab Test: ICCSW

- **10% Discount** for identification, characterisation & classification of scheduled waste in accordance to Regulation 3, EQSWR 2005.

### Lab Test: Waste Characteristic Combo

- Preparation of Scheduled Waste Information (Waste Card) is available at RM200 per SW when opting for waste characteristic testing and analysis.

# COURSES

## CePSWaM Courses

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



No class was conducted for March 2025 due to Ramadhan Break and for April 2025, two (2) sessions were conducted at Shah Alam.



07 - 11 April 2025  
The Summit Hotel, USJ  
(Session 1)



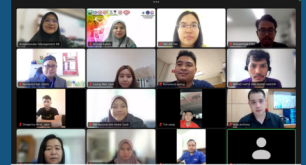
07 - 11 April 2025  
The Summit Hotel, USJ  
(Session 2)

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

No class was conducted for March 2025 due to Ramadhan Break and for April 2025, two (2) sessions were conducted at Shah Alam and via Zoom Meeting.



10 - 11 April 2025  
The Summit Hotel, USJ



30 April 2025  
Zoom Meeting

## The Management and Handling of Scheduled Wastes for Industries (SWM)



No class was conducted for March 2025 due to Ramadhan Break and for April 2025, one (1) online session was conducted via Zoom Meeting on 16 April 2025.



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

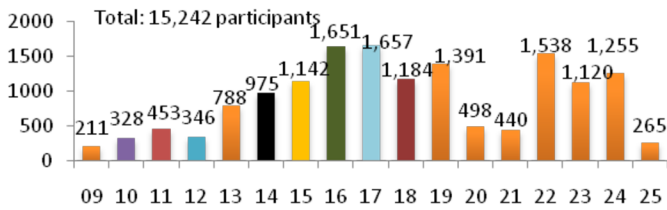
No class was conducted for March 2025 due to Ramadhan Break and for April 2025, one (1) online session was conducted via Zoom Meeting on 29 April 2025.



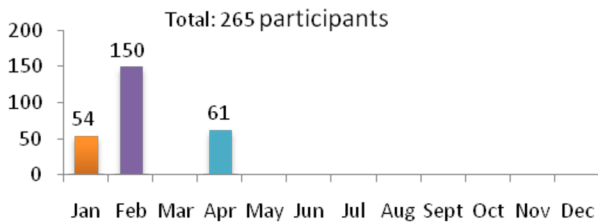


## STATISTICS

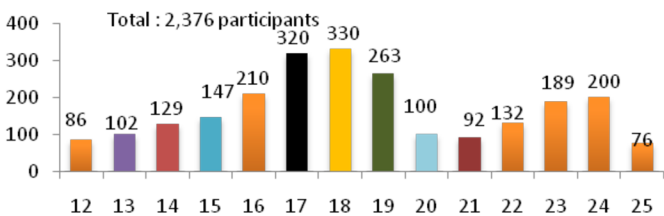
Total number of participants attending CePSWaM Courses from 2009 – 2025



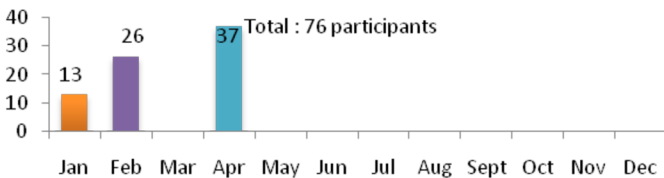
Number of participants attending CePSWaM Courses for Jan – Dec 2025



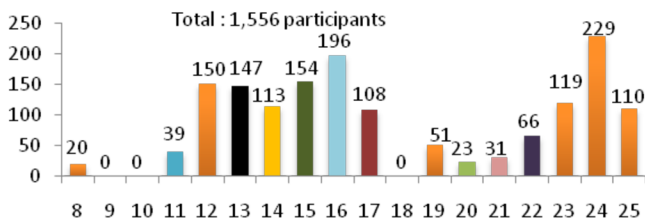
Number of participants attending CePSWaM-FTR Workshops (TRPW) from 2012 – 2025



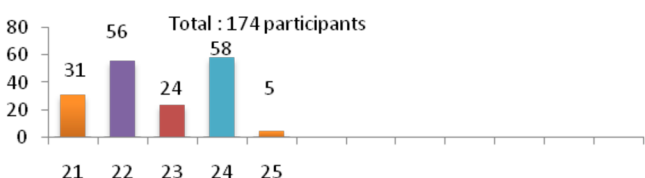
Number of participants attending CePSWaM-FTR Workshops (TRPW) for Jan – Dec 2025



Number of participants attending The Management and Handling of SW Course (SWM) from 2008 – 2025



Number of participants attending Waste Card Preparation Workshop (WPSWI) from 2021 – 2025



## ACTIVITIES

### Global Recycling Day by Business & Development (B&D)



On 18 March 2025, AWWAM shared an internal awareness message in conjunction with Global Recycling Day to remind staff of the importance of sustainable practices and encourage a recycling mindset within the workplace.

**Airwastewater Management Sdn Bhd (200701021637)**  
No. 154, Jalan 52 B5, Seremban 2, 70300 Seremban, Negeri Sembilan.  
Tel: 06 - 6013 126; Fax: 06 - 6017 127; Email: airwastewater@awwam.com; Website: www.awwam.com

**Reuse, Reduce, Recycle.**

**GLOBAL RECYCLING DAY**

**March 18, 2025**

**Fun Facts:**

- Recycling 1 tonne of paper saves about 17 trees – that's like saving a whole mini jungle of pokok kelapa sawit!
- A recycled glass bottle can be back on store shelves as a new bottle in just 30 days – faster than your monthly bubble tea cravings!
- Malaysians throw away about 38,000 tonnes of waste daily – that's equal to 7,600 full-grown elephants! Imagine if we recycled more!

**Recycling Heroes: Making Every Action Count**

### Faith & Gratitude Gathering & Buka Puasa for Ramadhan

On 27 March 2025, AWWAM held a Faith & Gratitude Gathering, which included a Tahlil and Yasin session, followed by Buka Puasa for Ramadhan at PLASMA with AWWAM management, staff and their families in conjunction with Ramadhan.



# International Day of Zero Waste

by Business & Development (B&D)



In conjunction with the International Day of Zero Waste on 30 March 2025, AWWAM continues to promote responsible waste management and sustainable practices in the workplace. Let's work together towards a cleaner, waste-free future.



## AWWAM Hari Raya Open House

On 19 April 2025, AWWAM held a Hari Raya Open House to celebrate togetherness with staff and stakeholders. The event fostered unity, appreciation and festive cheer among all attendees at PLASMA, Seremban 2.



**AWWAM**  
Subsidiaries



sales@awwam.com or 06-6011758  
lab@awwam.com or 06-6037053

# Earth Day

by Business & Development (B&D)



In celebration of Earth Day on 22 April 2025, AWWAM reaffirms its commitment to environmental stewardship by encouraging sustainable practices and conscious resource use in our daily operations. Together, let's protect our planet for future generations. Every action counts.



## SAFETY MOMENT

### Preventing Slips, Trips & Falls: A Step Towards Safer Workplaces

Under the OSHA 1994, employers are legally required to maintain a safe working environment.

Section 15(1):

"It shall be the duty of every employer to ensure, so far as is practicable, the safety, health and welfare at work of all his employees."

### Common Causes



- Wet or slippery floors
- Uneven flooring or loose mats
- Poor lighting
- Obstructed walkways
- Improper footwear

### Prevention Tips



- Keep work areas clean and clutter-free
- Use "Caution: Wet Floor" signs promptly
- Ensure all walkways and staircases are well-lit
- Wear non-slip, safety-certified footwear
- Report damaged flooring or hazards immediately

Sources:  
Department of Statistics Malaysia (DOSM) – National Occupational Injury and Disease Statistics 2023