

NUR IZZAH NORHAM (JFE)

<b>Title</b>	Active HSSE participation					
<b>Target Population</b>	Field Engineers & Field Specialists					
This requirement is applicable to:	<input checked="" type="checkbox"/>	JFE	<input checked="" type="checkbox"/>	FST	<input type="checkbox"/>	EOT
	<input checked="" type="checkbox"/>	FE1	<input checked="" type="checkbox"/>	FS1	<input type="checkbox"/>	EO1
	<input checked="" type="checkbox"/>	FE2	<input checked="" type="checkbox"/>	FS2	<input type="checkbox"/>	EO2
	<input type="checkbox"/>		<input checked="" type="checkbox"/>	FS3	<input type="checkbox"/>	EO3
	<input type="checkbox"/>				<input type="checkbox"/>	
	<input type="checkbox"/>				<input checked="" type="checkbox"/>	GEO

**Objective:**

The objective of this task is to create awareness on the importance of HSSE in operation activities. It is also to emphasize the importance of employee's active participations in HSSE program / activities for the Division in order to improve overall Company's performance and compliance to HSSE requirements.

**Tasks:**

- Identify a HSSE related issue at location or base
- Describe the issue (what, where, why, who, how etc) and identify potential hazard that may occur if the issue is not removed
- Conduct a safety sharing with the team to create awareness

**REQUIRED EVIDENCE:**

- Slide presentation
- Attendance list



OVERALL SCORE	STRONG			ADEQUATE			IMPROVEMENT NEEDED		
	10	9	8	7	6	5	4	3	2

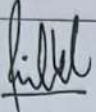
**ASSESSOR's Comments & Recommendation (Safety Officer):**

personnel is able to elaborate and explain the topic really well and gave understanding to the participants.

Signature		Assessment Date	28/10/2020.
Name	AHMAD BIN AB MAJID SNR-EXECUTIVE HSSE & FACILITY DIMENSION BID (M) SDN BHD (Reg. No: 309033-H)	Position	HSSE EXEC.

FSM / OM Comments & Recommendation:

-well delived presentation.

Signature		Assessment Date	28/10/24
Name	RIDWAN AZIZAN	Position	FSM



## DIMENSION BID

# HOW CAN WE HELP DURING EMERGENCY ?

Health sharing by Izzah



## CONTENT

- What is First Aid?
- Aims of First Aid
- 3 Main Procedure of first aid: ABC
- Treat Bleeding
- Treat Burn

# WHAT IS FIRST AID?

## AIMS OF FIRST AID 3P

- P** Preserve Life
- P** Prevent Worsening
- P** Promote Recovery

## ABC FOR FIRST AID



**AIRWAY**



**BREATHING**



**CIRCULATION**

## FIRST AID FOR BLEEDING

1. Put disposable glove
2. Rinse with water
3. Cover with gauze/ cloth and apply pressure
4. Elevate the bleeding part above above heart.
5. Apply more layer if needed
6. Once bleeding stop, put clean bandage




## FIRST AID FOR BURN

1. Flush the burned area with cool running water at least 20 minutes.
2. Apply a light gauze bandage.
3. Do not break any blisters that form.



**DIMENSION BID**

  
*Thank you!*

## ATTENDANCE FORM

Purpose:  Meeting  Training / Seminar / Workshop

Type of Training:  Classroom  Practical / Hands On  Technical Sharing

Training Facilitator / Trainer: \_\_\_\_\_

Topic/Subject	HJE MONTHLY MEETING OCTOBER 2024	Date	24/10/24
Venue	WILU <del>CD</del> TRAINING	Time	9.30 - 10.30
Meeting Coordinator	AMMAR / FITRI	Meeting/ Training Duration	1 hour

No.	Name	Position	Signature
1	MOHD SHAHROL FITRI BIN MOHD ZAID	HJE	
2	MUHAMMAD AEMAL BIN MOHD ANIZAL	TEA	
3	W AMIRARINA	TA	
4	FATIN ALIA ANUAR	OEX	
5	NURUL NAIMIMI BT GHAZALI	FE	
6	WAN NUR NOJWA SUTADIMI	OA	
7	NUR SYATHIRAN BT MOHD ANWAR	TA	
8	Hamizi	ET	
9	Azzul muhammad bin jamar	EOT	
10	Muhammad Ikmal Hafiz bin Salleh	EOI	
12	Mohamed Fair Ridwan Bin Mohd Hanafi	EOI	
13	m. sgarul izwan	EOI	
14	MOHAMAD AKLIL IQBAL BIN AZHAR	EOT	
15	Mahammad Haikal posci	EOT	

Remark / Comment

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Training Facilitator / Trainer: \_\_\_\_\_

Topic/Subject		Date	
Venue		Time	
Meeting Coordinator		Meeting/ Training Duration	

No.	Name	Position	Signature
1	HANIF ASYRAF B MD RAMI	TSA	
2	MUHAMMAD AEMAL BIN MOHD ANIZAL	TSA	
3	MOHD FAZRUH IZZAT B MD RAKI	PLR	
4	MAHAMAD SYAZWAN SOLEHIN D ZABREE	INTERN	
5	MUHAMMAD KAIKAL BIN ABU BAKAR	INTERN	
6	ALI BASRI B. BAKRI	TSA SLS	
7	NIK DANIAL ISTDAN bin Jahari	EOT	
8	MUHAMMAD SYAHMI BEN SHAARI	TSA SLS	
9	MUHAMMAD NABALI BIN ALHAFI	SLS	
10	MUHAMMAD ADIB KAZIM BIN RUZALI	SLS	
12	MUHAMMAD IZZAT IQBAL BIN DURHA	INTERN	
13	MUHAMMAD ALSYAMUDDIN B. ABD HADI	SLS	
14	MOHD SOFUL B KAMARUDDIN	OPTR	
15	Wan Abd. Rashid	SSE	
16	M. Fariz Fikri b. Sumri	SLS	
Remark / Comment			
17.	AHMAD FIRDUS BIN MOHD SHAFUDEN	INTERN	
18.	AMIRUC ASHRAF BIN AWAN SAH	INTERN	

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Venue		Time	
Meeting Coordinator		Meeting/ Training Duration	

No.	Name	Position	Signature
1	MUHAMMAD SHAHIR MUNAqid B. WAZIRUN	FUNCTION FIELD ENGINEER	
2	Shahril Izzam B. Alias	Equipment operator	
3	MOTO SHARUK B. HASSAN	BASE COMPANION	
4	MUHAMMAD ZAMIR K. MUHAMMAD	RS	
5	Maela Md	4 / Foreman	
6	MOHd SAIFU ADILIN BIN CFE MANADI	PCE	
7	Azizen Hashim	SLS	
8	ADMAN SUONG	SLS	
9	HASLIM ADMAN	SLS	
10	Mohd Naim Catiff	SLS	
12	MUHAMMAD ASYRAF BASRI	SLS	
13	MUHAMMAD HADY HILMAN	SLS	
14	RIDSWAN B. Ramli	SLS	
15	SAYED SHABIL	SLS	
16.	MOTO RADWAN BIN ABU WATHAR	SLS	
	Remark / Comment		
17.	DINIEY DANIEAL ROSLI	SLS	
18.	MOHd HASNI RAHALIDDIN	SLS	
19.	ABU BASYIR B KHAIRUL ANUAR	JFE	
20.	IZZAT IKHWAN AZMAN	EO	