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**A STUDY ON THE EFFECTIVENESS OF SAFETY AND HEALTH  
AT WORKPLACE:  
CASE OF NATIONAL INSTITUTE OCCUPATIONAL SAFETY AND  
HEALTH (NIOSH) BINTULU**

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## ABSTRACT

This research study analyzed the information regarding on how effective safety course (confined space) provided by NIOSH Bintulu among the participants. Confined space is one of occupation that very known in construction or manufacturing industry. In Bintulu, most of the industries need workers in confined space field. There was no research that gathers the information about how confined space course in NIOSH could influence the workers at workplace.

The purpose of this study was to measure the effectiveness of confined space course in NIOSH Bintulu to be applied by workers at workplace. The results of the study will give advancement in upgrading safety and health awareness at workplace among its participants. It also would assist them in providing information on how confined space course could affect workers' safety and health at their workplace, explaining on how a healthy workplace can influence mental, physical health, safety and behavior of workers.

The research methods of the study which employed the survey to find out the effectiveness of confined space course among clients of National Institute Occupational Safety and Health (NIOSH) Bintulu. This research is focus on questionnaires that will be designed relevant to the problem statement and related to the research objectives. Descriptive research will be used to measure the behaviors and attributes through observation rather than through experimental testing.

The results of the research indicated that independent factors included in this study were positively influence the effectiveness of confined space course. The findings of this study will facilitate the NIOSH Bintulu to recognize the appropriate strategies that should be taken to improvise the best factors that should be emphasize in delivery service to get positive participants' perception towards the organization works performance.

The recommendation resulting from this research include focusing on safety regulations, improving their communication skills, updating the new safety regulations in training, increase the knowledge in handling confined spaces, and the role of government in giving more resources towards enforcement of safety and health at workplace.

## TABLE OF CONTENTS

	PAGE
ABSTRACT	2
LETTER OF SUBMISSION	6
LETTER OF WORK DECLARATION	7
ACKNOWLEDGEMENT	8
CHAPTERS	
1.0 INTRODUCTION	
1.1 Background of study	9
1.2 Purpose of Study	11
1.3 Scope of Study	11
1.4 Problem Statement	11
1.5 Research Questions	12
1.6 Research Objectives	12
1.7 Limitations and Constraints	13
1.7 Significance of Study	13
1.8 Definition of Terms	14
2.0 LITERATURE REVIEW	
2.1 Introduction	16
2.2 Confined Space	17
2.3 National Institute Occupational Safety and Health (NIOSH)	20
2.3.1 Two-way Communication	21

## CHAPTER ONE

### INTRODUCTION

#### 1.1 Background of Study

Construction field is one of industries that exposed workers with indoor and outdoor conditions. Construction field provide large opportunity of employments to skilled and unskilled workers from local or other countries. Most of construction workers are expose to dangerous working environment and high risk.

The importance of the Construction Industry to national economies the world over cannot be over emphasized. As indicated by Mike et al (2011), by 2020 development will represent 13.2% of world Gross domestic product demonstrating an upward pattern. This is found in the provision of basic infrastructure for example, road networks, commercial and residential buildings and facilities to the other sectors of economies. Likewise development's sizeable measure of financial development is through in reverse and forward linkages since construction activities utilize goods and services from other industries. Regardless of the reported positive additions brought by construction industry, there are negative properties which are connected with construction work. According to International Labor Organization, it is estimated that at least 60,000 fatal accidents a year involving workers on construction sites all around the world.

In today's world, there are many occupation includes working at confined spaces in almost any workplace. Confined space is a space specially made in large space to make sure a person can bodily enter and perform assigned work. It is not designed for continuous human occupancy as it is restricted to enter without any purpose. Numerous working environments contain ranges that are viewed as "confined spaces" in light of the fact that while they are not as a matter of course intended for individuals, they are sufficiently vast for laborers to enter and perform assigned works. A confined space also has compelled or constrained means for section or exit and is not proposed for persistent occupancy.

NIOSH is one governmental body created to conducting research and come out with recommendations for prevention of illness and work related injury. To create new information regarding work security and wellbeing and interpret that learning into practice is the main

## CHAPTER TWO

### LITERATURE REVIEW

#### 2.1 Introduction

Employee safety behaviors could reflect on how the safety and health practices of an organization. In today's industry which focus on construction and manufacturing involve some of employees with high risk occupation. Improving health and safety system in working environment is a responsibility of an organization to make sure the risks in workplace could be minimized. Some of researchers have done the research discussing about industrial accidents or workplace injuries in Malaysia which were pessimistic impacted by organization size and certainly affected by business stage. Those researches lead me to do the topic about the effectiveness of safety course which is focus on confined space among the participants in NIOSH Bintulu. The main reason I chose this topic is to examine the factors in NIOSH itself that could influenced the effectiveness of confined space in NIOSH among the participants. It also could help the participants to apply the safety and health practices at workplace.

Few previous studies have examined the effective occupational health and safety interventions and implementation directions for small businesses by a group of authors includes Mac Eachen E, Breslin C, Kyle N, Irvin E, Kosny A, Bigelow P, Mahood Q, Scott-Dixon K, Morassaei S, Facey M, Chambers L, Couban R, Shannon H, Cullen K, and Amick B. (2008) with the topic "The Effectiveness and implementation of health and safety programs in small enterprises: A systematic review of qualitative and quantitative literature" from Institute for Work & Health Toronto. This systematic review examines on how small businesses understand and manage occupational safety and health and which interferences affect the workplace health results. In this research the author examine the four categories which are workplace exposures, behaviors, attitudes and beliefs, and health. The research was done by qualitative and quantitative studies which give the result of a moderate level in effecting occupational safety and health interferences in small businesses on environmental exposure, behavior, attitudes and beliefs and health. The findings have proven that the studies found good effects on the results which there are no evidence that any interference had a bad effect on results.