

# ESH 110E

## Basic Non-Ionising Radiation Safety

THIS COURSE CAN  
BE CONDUCT ONLINE

CLASSROOM COURSE  
VENUE :  
HGS PAKA  
TERENGGANU /  
EAST COAST

### PREAMBLE

Lately, there is an increasing trend in the use equipment related to the non ionising radiation (NIR) in daily activities. NIR includes the spectrum of ultraviolet (UV), visible light, infrared (IR), microwave (MW), radio frequency (RF), and extremely low frequency (ELF). It is found in the wide range of occupational settings and can pose a considerable health risk to potentially exposed workers if not properly controlled. This safety course is designed to focus on physical properties and biological effects of relevant NIR beside to generate greater awareness on the non ionising radiation which needs special attention to the safety practices in order to protect the workers, public and environment.

### COURSE OBJECTIVES

- To provide better understanding of the philosophy and principles of NIR safety.
- To create awareness on the biological effects and risks of NIR
- To learn the right procedures when dealing with NIR
- To acquire the techniques and proper procedures in controlling the NIR exposure to the workers

### CONTENTS

- Basic information of relevant NIR
- Principles of protection in relevant NIR
- Sources of NIR and applications : Radiofrequency wave (RF), Laser,
- Microwave (MW) and Ultraviolet (UV)
- Quantity and measurement of exposure
- Exposure dose and limitation
- Monitoring and working procedure for relevant NIR
- Current practices and guidelines

### METHODOLOGY

- Participative lectures
- Demonstration
- Group discussion

### WHO SHOULD ATTEND

Telecommunication/Electric/Electronic industries worker, radiation worker, health and safety officer (HSO/HSE), manufacturer/supplier, supervisor, lab assistant, technologist, technicians, machine operator (e.g. Radiologist/ Radiographer/X-ray operators), engineer, researcher, lecturers, students and those who are involved in the use of NIR related equipment in their daily activities.

**HRDF CLAIMABLE**

PAYMENT	FEES AT PENINSULAR MALAYSIA
<b>CLASSROOM COURSE FEE</b>	
Single Registration per pax	RM 1250.00
Team Discount per pax	RM 1180.00
<b>ONLINE COURSE FEE</b>	
Single Registration per pax	TBA
Team Discount per pax	TBA

An Associated Programme of



**Closing Date:**  
**1 WEEK BEFORE**  
**COURSE DATE**



Contact person  
Sofea - 019 698 3217  
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info@hgsolution.com.my  
Office phone :  
03-8926 7102 / 7103

*Training Coordinator*

Ms. Sofea  
+6019 - 698 3217  
training@hgsolution.com.my

Yes! I am interested. Please register me for the ESH 110E programme Year 2022

**Classroom course :** ☐ 26 - 28 Jun ☐ 21 - 23 Aug

**Online course :** ☐ TBA

Payment (please tick) : ☐ SBL-KHAS ☐ Pay By Company

### CONTACT PERSON

Name	
Company	
Address 1	
Address 2	
Tel	
E-mail Address	

No	Participant Name	I/C No	E-Mail	Contact	Designation
1					
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"No refund for notice of cancellation received less than 5 days prior to the event date"

Certification will be issued by Malaysian Nuclear Agency