

# PRisMA 101

Understanding Psychosocial Health and DOSH Guidelines on Psychosocial Risk Assessment and Management at the Workplace.



The course will equip participants with the understanding of psychosocial health and the Guidelines on Psychosocial Risk Assessment and Management at the Workplace (PRisMA) 2024 by Department of Occupational Safety and Health Malaysia (DOSH).

Contact Us Now!



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## TARGET AUDIENCE

- Leaders
- Managers
- Anyone committed to healthier workplaces
- OSH practitioners
- HR professionals

*Safer Workplaces Start with Understanding*



Articulate the concepts of psychosocial health, psychosocial hazard, and psychosocial risk in the workplace context.



Demonstrate understanding of the purpose, underlying theories, scope, and objectives of PRisMA.



Display awareness of the legislation and standard relevant to PRisMA.



Explain the PRisMA process, use of PRisMA tools, and the application towards psychosocial risk management strategies at the workplace.

## COURSE MODULES

### Module 1: Mental Health at the Workplace

- Mental Health and Psychosocial Health
  - Definition
  - Importance
- Workplace Psychosocial Risk and Hazards
- Job Demand-Control-Support Model

### Module 3: Introduction to PRisMA

- Scope and Objectives of PRisMA
- PRisMA Approach
- PRisMA Process

### Module 2: Legislation and Standard

- Occupational Safety and Health Act (OSHA) 1994
- ISO 45003:2021 Occupational Health and Safety Management

### Module 4: PRisMA Tools and Management Strategies

- Likelihood of Environment & Occupational Exposure Scale towards Psychosocial Risk at the Workplace (LEO26)
- Employer Practice Checklist (EPC23)
- PRiMA Table

## METHODOLOGY

Lectures • Group Discussions • Case Studies

## TRAINERS



### Adj. Prof. Dr Sangeeta Kaur

*(Ph.D in Social Science, M.Counselling, DOSH-Certified Psychosocial Trained Person (PTP))*

Dr Sangeeta Kaur has over 20 years' experience in human capital development, and mental and emotional wellbeing. As Country Representative (Malaysia & Brunei) for Emergenetics International USA, she has applied the Emergenetics Profiling Framework in diverse industries. She sits on the panel of industry experts for HRDC and her pioneering work in Psychosocial Wellbeing and Occupational, Safety and Health has led to her winning the 2022 SME Platinum Business Award: SME Occupational Safety and Health Adoption.



### Dr Melinda U

*(Ph.D in Medical Science, M.Counselling, DOSH-Certified Psychosocial Trained Person (PTP))*

Dr Melinda U, a certified life and business leadership coach, has 25 years of experience in management, consulting, strategic partnerships, training, and coaching in diverse settings. Formerly an Employee Assistance Program (EAP) consultant, she brings with her valuable expertise in organisational development and talent management. As a trainer, she promotes co-learning and emphasises practical application.

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