

Aktiviti Keselamatan dan Kesihatan Pekerjaan 2019

Program Pemeriksaan Kesihatan
Keatas Warga Staff Fakulti Alam Bina dan Ukur
Anjuran : Pusat Kesihatan Universiti
Tarikh : 8 Julai 2019
Tempat : Dewan Convention FABU



UTM UNIVERSITI TEKNOLOGI MALAYSIA

PERSONAL DETAILS
Name: Yusoff
Date of birth: 21.06.1977
Faculty/Department: F&S
Phone no: 7327
Any current illness: hypertension, diabetes, kidney disease, stroke, CVD

Smoking status: never smoked, please do not smoke for the next 24 hours immediately (mark 'X')
If yes, the quantity to smoke the frequency: 1 tip per cigarette (1.25)

Estimated smoking pack: 50

If yes, the quantity to smoke the frequency: 1 tip per cigarette (1.25)

Only physical activities: inactive or at least: 20
(week doesn't follow in active categories, just around the table office)
 1-3 hrs (regular active) (ppl: 1)
 3-5 hrs (regular active) (ppl: 2)
 5-7 hrs (regular active) (ppl: 3)
 7-9 hrs (regular active) (ppl: 4)
 9-11 hrs (regular active) (ppl: 5)
 11-13 hrs (regular active) (ppl: 6)
 13-15 hrs (regular active) (ppl: 7)
 15-17 hrs (regular active) (ppl: 8)
 17-19 hrs (regular active) (ppl: 9)
 19-21 hrs (regular active) (ppl: 10)

HEALTH SCREENING

Weight (kg): 70
Height (cm): 175
BMI (kg/m²): 22.6

Readings	analysis	marks
140/90	normal	1
110/80	Pre-hyp	2
130/80	hyp	3

Fasting lipid (ml):
Fasting cholesterol: 180
Fasting triglyceride: 80

Physique age: 64
Blood pressure: 130/85
Fasting cholesterol: 180
Fasting triglyceride: 80

Waist circumference: _____
Hip circumference: _____
Waist/hip ratio: _____

If SMOKER: Small intestine analysis
Reading: _____

Mengambil bacaan BMI Staff dan Kempen Kesedaran Merokok