

出國報告（出國類別：開會）

2026 年亞洲職業衛生大會 (Asian Congress on Occupational Health) 心得 報告

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摘要

亞洲職業衛生大會（Asian Congress on Occupational Health, ACOH）為亞洲地區最具代表性的職業醫學與職業衛生國際會議，由亞洲職業與環境衛生學會（AAOEH）主辦，每三年舉辦一次。本屆第 24 屆大會於馬來西亞砂拉越古晉舉行，以「Shaping the Future of Occupational Health」為核心，聚焦永續發展、氣候變遷、弱勢勞工、心理健康、職業傷害復工及新興工作型態等議題。

本次代表臺北榮民總醫院參與會議，發表壁報論文「Asbestos Exposure and Health Risks in Jade Processing Workers in Taiwan」，並榮獲 Student Poster Competition 第三名。會議期間參與多場 keynote 及 symposium，了解亞洲各國在職業流行病學、工業衛生、生物監測及非典型勞動族群健康照護的最新發展，對我國職業病預防與研究具有重要參考價值。

關鍵字：ACOH、職業衛生、工業衛生、石棉暴露、弱勢勞工

目錄

摘要.....	2
一、目的.....	4
二、過程.....	4
1. 壁報發表內容分享.....	4
2. 演講內容分享.....	6
三、心得.....	7
四、建議事項.....	8
五、本次發表研究摘要.....	8
六、附錄 1(照片節錄).....	9
六、附錄 2(議程).....	11

一、目的

參與第 24 屆亞洲職業衛生學術大會（24th Asian Congress on Occupational Health, ACOH 2026），發表壁報論文「Asbestos Exposure and Health Risks in Jade Processing Workers in Taiwan」，向國際學者分享台灣軟玉加工產業石綿暴露與健康風險研究成果。

此外，藉由參與亞洲最重要的職業衛生國際會議，了解職業流行病學、暴露科學、工業衛生及職業健康政策之最新發展，並與亞洲各國專家建立交流合作，提升國內職業醫學研究與臨床實務品質。

二、過程

本次參與第 24 屆亞洲職業衛生學術大會（ACOH 2026）期間，於 2026 年 8 月 5 日抵達馬來西亞砂拉越古晉會場，完成大會報到、壁報張貼及會場佈置，並熟悉展覽與會議場地。8 月 6 日至 8 月 8 日為大會主要議程，參與開幕典禮、Keynote Lecture、Symposium、Oral Presentation 及 Poster Session 等活動。大會主題聚焦於職業衛生未來發展，內容涵蓋永續與氣候變遷、弱勢勞工健康、心理社會危害、復工管理（Return-to-Work）、工業衛生人才培育及職業流行病學等重要議題。期間亦發表壁報論文 Asbestos Exposure and Health Risks in Jade Processing Workers in Taiwan，向來自日本、韓國、香港、馬來西亞及澳洲等國學者介紹台灣玉石加工產業的石綿暴露與健康風險評估研究，並就暴露監測方法、終生致癌風險（ELCR）估算及職業衛生改善策略進行深入討論。8 月 8 日參與閉幕典禮及頒獎典禮，本研究榮獲 Student Poster Competition Third Place，並完成本次大會各項學術交流活動，為此次國際會議畫下圓滿句點。

1. 壁報發表內容分享

本次 ACOH 2026 海報主題涵蓋心理健康、弱勢勞工、工業衛生、生物標誌、生物老化及職業安全文化等議題，反映亞洲職業醫學研究逐漸由傳統化學暴露擴展至工作組織、數位化與永續健康。以下分享與台灣職業醫學年會差異較大的研究方向與壁報內容。

(1) 弱勢勞工與新型工作型態

韓國釜山研究針對移工、小型企業勞工、平台工作者及照護工作者進行需求

調查，發現四類弱勢勞工面臨不同健康風險與醫療障礙：移工以語言及文化障礙為主，小型企業勞工缺乏職業健康資源，平台工作者因無固定工作場所而難以取得職業健康服務，照護工作者則有較高疲勞、肌肉骨骼及心理健康負擔。研究建議建立具多語言、外展服務及夜間門診的區域職業健康中心，以提升服務可近性。

(2) 心理健康與職場社會心理危害

多篇研究聚焦職場心理安全 (Psychological Safety)。日本研究發現，員工對組織支持感 (Perceived Organizational Support) 越高，越願意完整通報 near-miss (未遂事故)，顯示建立不責備文化有助於提升安全通報與預防事故。泰國研究則指出，主管壓力、睡眠不足及工作不安全感與醫療人員憂鬱症狀密切相關，並提出由職業醫學醫師主導之 Return-to-Work (RTW) 評估模式，整合工作能力、職務需求及工作調整。

(3) 女性與工作負荷

日本橫斷研究探討 4,689 名女性工作者發現，相較於有薪工作時數，無薪家務與照護工時與疼痛相關失能的關聯更為明顯，且呈現劑量反應關係。研究提醒職業健康評估應納入家庭照護負荷，而非僅考量正式工時。

(4) 生物老化與夜班工作

系統性回顧顯示，長期夜班工作與端粒 (telomere) 縮短及表觀遺傳變化具有一致性關聯，其中 5 篇研究支持夜班與生物老化加速相關，尤以工作年資超過 12 年者最為明顯。作者認為端粒長度具有作為生物老化指標之潛力，但尚不足以作為常規職業健康監測工具。

(5) 工業衛生與生物監測

電子廢棄物回收工人研究評估頭髮 PCB 濃度作為生物監測工具，結果顯示與血中 PCB 濃度具有中度至高度相關，可作為低侵入性暴露篩檢方法。然而，由於頭髮易受外部污染影響，目前仍無法取代血液作為體內暴露評估依據。另一篇微塑膠研究則建立由細胞試驗、氣管灌注至吸入暴露的三級肺毒性評估系統，提供未來微塑膠職業暴露危害評估之研究架構。

(6) 睡眠與代謝差異

日本研究發現，即使在適量飲酒族群中，具有酒精臉紅反應 (Alcohol Flushing Response) 者仍較容易出現入睡困難、夜間醒來及睡眠時間不足，顯示個體酒精代謝能力可能影響睡眠品質，未來健康促進策略應考量個體差異。

(7) 醫療人力與工作制度

馬來西亞研究比較約聘與正式編制醫師，發現約聘醫師具有較高離職意圖，調整年齡及性別後仍增加約 2.6 倍，顯示工作安全感已成為醫療人力留任的重要職業健康議題。

(8) 綜合觀察

本次海報研究呈現三項重要趨勢：第一，弱勢勞工與平台工作者已成為亞洲

職業健康的重要服務對象；第二，心理健康、組織支持及 RTW 逐漸成為職業醫學核心議題；第三，工業衛生研究持續發展生物監測、生物標誌與新興暴露（微塑膠、PCB）之評估方法，展現職業健康由傳統暴露控制邁向整合性健康管理的發展方向。

2. 演講內容分享

本次 ACOH 2026 口頭演講及 Keynote Lecture 涵蓋全球職業衛生發展、氣候變遷與永續健康、弱勢勞工、職場心理健康、工業衛生及職業衛生人才培育等議題，內容除延續傳統職業暴露與疾病預防外，也反映近年亞洲職業健康逐漸關注工作型態改變、社會不平等及全球環境變遷所帶來的新興職業健康問題。以下整理本次參與過程中較具代表性的演講主題與學習重點。

(1) 全球職業衛生發展與未來挑戰

Keynote 演講從全球職業衛生發展趨勢出發，強調職業衛生已由傳統的「辨識危害、控制暴露及預防職業疾病」，逐漸轉向兼顧勞工整體健康、工作能力及生活品質的整合性健康管理。隨著工作型態快速改變，職業醫療服務除了處理傳統工業暴露外，也需要面對心理社會危害、非典型工作、人口老化及健康不平等等問題。

(2) 弱勢勞工與職業健康服務可近性

演講中特別強調移工、小型企業勞工、平台工作者及其他非典型勞工所面臨的職業健康不平等。這些族群往往缺乏固定工作場所、職業健康資源或完善的雇主支持，使傳統以大型企業及固定工作場所為中心的職業衛生服務較難觸及。ILO participatory training 利用 Action Checklist，並非傳統以「是否符合法規」或「合格／不合格」為核心的職安稽核表，而是一種以行動與改善為導向的參與式工具。使用者會攜帶 checklist 進入工作現場，透過直接觀察工作環境，判斷哪些改善措施適合在自己的工作場所採取。

(3) 工作型態改變與 Gig Economy

隨著平台經濟及零工工作（Gig Economy）快速發展，傳統「雇主—員工—固定工作場所」的職業衛生模式受到挑戰。平台工作者通常缺乏固定工作地點及明確雇主，且可能同時承受長工時、工作不穩定、交通風險及心理壓力。演講指出，職業健康制度需要重新思考非典型工作者的保障方式，並將職業健康服務由傳統工作場所延伸至更廣泛的勞動市場。

(4) 職場心理健康與組織因素

多場演講將心理健康視為現代職業醫學的重要議題，除了個人心理疾病本身，也強調工作環境、組織支持、工作控制及心理社會危害對健康的影響。相較於單純進行個人心理健康篩檢，職業健康介入應進一步處理造成心理負荷的工作因素，並結合主管教育、組織政策、工作調整及 Return-to-Work（RTW）措施，以建立較完整的心理健康管理模式。

(5)工業衛生與新興職業暴露

演講亦涵蓋傳統工業衛生及新興暴露議題，強調職業暴露評估仍是職業疾病預防的重要基礎，但面對新興產業與新型態暴露，現有監測方法仍需持續發展。除化學物質及粉塵等傳統危害外，微塑膠、奈米材料及其他新興物質的健康效應逐漸受到重視，未來需要結合環境監測、生物監測、即時性監測，以建立更完整的暴露與健康風險評估架構。

(6)綜合觀察

綜合本次 ACOH 2026 口頭演講內容，可觀察到亞洲職業健康的發展方向已逐漸由傳統「職業暴露與職業疾病預防」擴展至「工作與健康的整合管理」。其中氣候變遷、弱勢及非典型勞工、心理健康、新興職業暴露及職業衛生人才培育為本次大會的重要核心議題。相較於傳統職業醫學著重於個別職業疾病診斷與暴露控制，現代職業健康更強調工作環境、社會因素及個人健康之間的交互影響，亦突顯職業醫學未來需要與公共衛生、環境健康及勞動政策進一步整合。

三、心得

本次為首次參與亞洲職業衛生學術大會，也是第一次於 ACOH 發表研究成果。與過去偏重臨床毒物學的國際會議不同，ACOH 更著重於人口健康、職業流行病學及預防醫學，讓我對職業醫學的研究方向有更完整的認識。本次壁報研究探討台灣軟玉加工產業的石綿暴露與終生致癌風險。許多來自日本、韓國、馬來西亞及澳洲的學者對研究方法表達高度興趣（尤其是馬來西亞），特別針對 PCM 與礦物鑑定方法、暴露評估流程及 EPA 終生致癌風險（ELCR）計算提出討論，也分享各國在天然石材產業的暴露監測經驗。

大會多場專題演講亦聚焦於弱勢勞工族群，包括移工、小型企業勞工、平台工作者及照護工作者。演講者指出，亞洲快速變遷的勞動市場使職業衛生面臨新的挑戰，例如語言與文化障礙造成移工健康照護不足、平台工作者缺乏固定工作場所而難以接受傳統職業健康服務，以及照護工作者長期疲勞與肌肉骨骼疾病盛行等議題。這些內容與台灣職業醫學年會相差很大，國外對職業醫學的角色已不僅是診斷職業病，更應結合公共衛生與政策制定，提升整體勞工健康。

此外，大會中亦介紹生物監測、暴露科學、人工智慧於職業健康監測的應用，以及心血管健康不平等研究等最新發展。尤其越南移工與本國金屬工人的心代謝健康比較研究，運用三年世代資料分析職業與社會因素對健康的影響，提供值得借鏡的研究模式，對未來台灣移工健康研究具有重要參考價值。本次研究獲得 Student Poster Competition 第三名，不僅是對研究工作的肯定，也提

升臺北榮民總醫院及台灣職業醫學研究於國際舞台的能見度，對未來持續投入職業衛生研究具有重要鼓勵。

四、建議事項

1. 持續支持醫師參與國際職業衛生會議 ACOH 為亞洲職業醫學重要交流平台，建議院方持續鼓勵住院醫師及年輕研究人員參與國際會議，掌握最新研究趨勢並建立跨國合作網絡。
2. 強化高風險產業暴露監測研究，台灣仍有許多傳統產業缺乏完整暴露資料，例如玉石加工、資源回收及小型加工廠等，建議持續投入環境監測、生物監測及健康風險評估，以作為職業病預防政策依據。
3. 重視弱勢勞工健康議題 移工、平台工作者及小型企業勞工已成為亞洲職業衛生的重要研究方向，建議未來建立跨領域研究，結合職業醫學、公共衛生及社會政策，共同改善健康不平等問題。
4. 提升研究成果國際能見度鼓勵將國內職業醫學研究投稿國際期刊及參與國際競賽，不僅能提升研究品質，也能增加台灣於亞洲職業衛生領域的影響力。

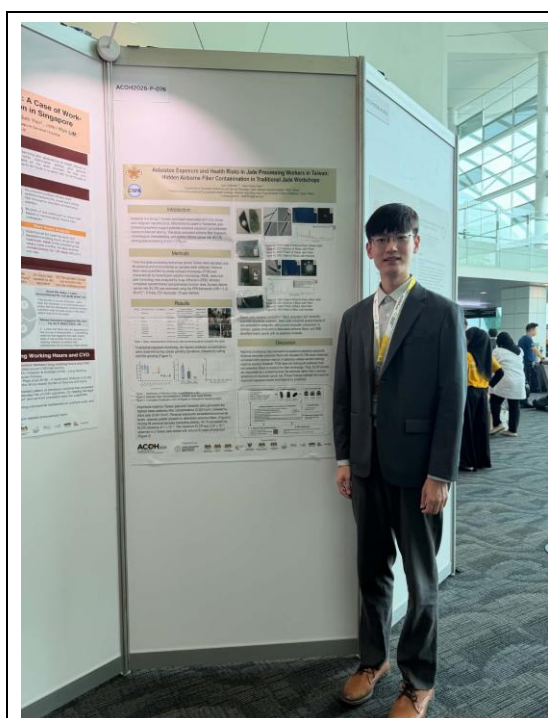
五、本次發表研究摘要

1. **研究目的：**本研究目的在於釐清臺灣非礦區玉石加工業者於加工作業中，是否存在石綿粉塵暴露之健康風險。
2. **研究方法：**研究團隊共聯繫全台 35 家仍從事玉石加工之工廠，空氣採樣部分共蒐集 84 件樣本，涵蓋個人採樣以及環境採樣，依循標準方法測量，再以穿透式電子顯微鏡（TEM）確認纖維礦物種類。以 X 光繞射分析（XRD）檢測玉石塊材之礦物組成。健康評估方面，所有參與者均完成結構式問卷與肺功能測試。
3. **結果：**研究結果顯示，個人暴露監測中，最高石綿濃度出現在粗研磨作業，其次為切割與細研磨。電子顯微鏡分析與礦物鑑定結果顯示，軟玉測得的石綿纖維屬於角閃石類（透閃石－陽起石系列），與軟玉塊材材質一

致。致癌風險（ELCR）推估方面，終生暴露致癌風險落於 5.8×10^{-6} 至 3.29×10^{-2} 之間，顯示長期暴露存在潛在健康危害。

4. **結論：**綜合本研究結果，玉石加工過程確實可能釋放具石綿狀型態之角閃石纖維，長期吸入具有致癌風險，而部分工人之暴露濃度已超出國際建議值，顯示改善作業安全與健康保護的必要性。

六、附錄 1(照片節錄)



Poster 發表(聞遠志)



Poster Competition 第三名



現任 IOCH 主席演講



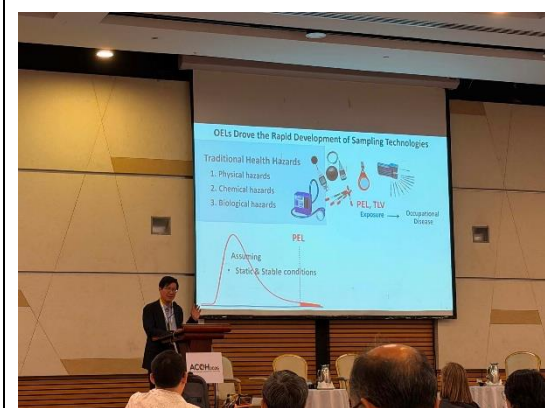
利用 AI 機械輔助復工經驗



ILO 針對南亞弱勢族群介入經驗



前任 IOHA 演講(亞洲職業衛生技師需求)



PEL 發展與限制



台灣越南移工健康調查

六、附錄 2(議程)



ACOH 2026 Congress Programme

CONGRESS DAY 1
Borneo Convention
Centre Kuching

**DATE 6TH AUGUST
2026 THURSDAY**

7.30am - 8.00am	Registration
8.00am - 8.30am	PLENARY 1: Strength in Synergy: Advancing Occupational and Environmental Medicine for the Region <i>Dr Abu Hasan Samad (Malaysia)</i> <i>President, Academy of Occupational and Environmental Medicine Malaysia (AOEMM), President, Asian Association of Occupational and Environmental Health (AAOEH), Chairman, Malaysian Federation for Occupational Safety and Health (MyFOSH)</i>
8.30am - 9.00am	KEYNOTE 1: Future Trends in Industrial Disaster Management <i>Datuk Dr Mahathir Bin Abd Wahab (Malaysia)</i> <i>Director General of Health, Ministry of Health Malaysia</i>
9.00am - 9.30am	DIAMOND PLENARY SPEAKING SLOT: SARAWAK ENERGY BERHAD Health as a Strategic Asset: Leading Occupational Health and Wellbeing in the Energy Transition <i>Mr Alvin Lim Khio Leong (Malaysia)</i> <i>Senior Vice President HSSE, Sarawak Energy Berhad</i>
9.30am - 10.30am	DIALOGUE SESSION Leader Dialogue: Shaping National, Regional, and Global Occupational Health Priorities <i>Moderator: Dr Abu Hasan Samad (Malaysia)</i> <i>President, Academy of Occupational and Environmental Medicine Malaysia (AOEMM), President, Asian Association of Occupational and Environmental Health (AAOEH), Chairman, Malaysian Federation for Occupational Safety and Health (MyFOSH)</i>
10.30am - 11.00am	Tea Break & Networking Session
11.00am - 12.30pm	24th ACOH 2026 Opening Ceremony
12.30pm - 1.30pm	Lunch & Networking Session
1.30pm - 3.00pm	SYMPOSIUM 1 Cross-Cultural Approaches to Managing Occupational Health in Multinational Companies <i>Chairperson: Dr Lanre Ogunyemi (United Kingdom)</i> <i>Consultant Occupational Physician & Medical Director, Trinity Occupational and Public Health Services Ltd, Society of Occupational Medicine (SOM), Faculty of Occupational Medicine of the Royal College of Physicians of Ireland (FOM)</i> <i>Co-chair: Associate Professor Dr Lim Yin Cheng (Malaysia)</i> <i>Associate Professor, Department of Social and Preventive Medicine, University Malaysia</i> • Bridging Borders: Cross-Cultural Strategies in Occupational Health Management <i>Mr Wan Mohammad Syuhaidi Bin Wan Chik (Malaysia)</i> <i>Senior General Manager, Health and Safety, PETRONAS</i> • Global Standards, Local Realities: Harmonising Occupational Health Across Borders <i>Dr Shyam Pingle (India)</i> <i>Vice President, International Commission on Occupational Health (ICOH)</i> • Harmonising U.S. OSHA Standards with Asia Pacific Practice in Multinational Companies <i>Dr Katherine Marie Carandang Chua (Philippines)</i> <i>Director of Occupational Health & Safety (APAC), Pfizer</i>



**24TH ASIAN CONGRESS ON
OCCUPATIONAL HEALTH 2026**

3.00pm - 4.30pm

SYMPOSIUM 2

Occupational Health in the Informal Economy: A Global Perspective

Chairperson: Professor Dr Marzuki Isahak (Malaysia), Principal (Occupational Health), Upstream HSE, PETRONAS

Co-chair: Professor Dr Dongmug Kang (South Korea), Korean Society of Occupational and Environmental Medicine (KSOEM)

• **Occupational Melioidosis in Southeast Asia: Prevalence, Risk Factors, and Regional Burden**

Professor Naesinee Chaiear (Thailand), Professor of Occupational Medicine & Chair, Department of Community, Family and Occupational Medicine and Center of Occupational Medicine and Occupational Health, Faculty of Medicine, Khon Kaen University, Khon Kaen, Thailand

• **Improving Occupational Health in Informal Economy Workplaces in South Asia - Application of Participatory Training Methods**

Dr Tsuyoshi Kawakami (Japan), Senior Research Adviser, The Ohara Memorial Institute for Science of Labour

• **Hidden Workers, Visible Health Risks in Hong Kong's Informal Economy**

Dr Eugene Tordecilla Macalings (Hong Kong, China), Senior Lecturer, Department of Population Health, School of Nursing and Health Science, Hong Kong Metropolitan University

SYMPOSIUM 3

Affiliate Symposium by Indonesian Occupational Medicine Association (IOMA)

Chairperson: Dr Dian Milasari (Indonesia), Asia Pacific Medical Director, Procter and Gamble (P&G)

Co-chair: Datin Dr Mona Lisa Md Rasip (Malaysia), Head of Occupational Safety & Health, National Institute of Health (NIH), Ministry of Health Malaysia

• **Nutritional Factors as a Critical Role to Protect Lead-Exposed Workers**

Dr Ade Mutiara (Indonesia), International Relations Coordinator, Indonesian Occupational Medicine Association (IOMA)

• **Immunisation for Protection and Improving Worker Productivity**

Dr Agustina Puspitasari (Indonesia), President, Indonesian Occupational Medicine Association (IOMA)

• **Cadmium Biomonitoring and Blood Pressure in Agricultural Workers**

Dr Liem Jen Fuk (Indonesia), Dean, Faculty of Medicine and Health Sciences, Universitas Kristen Krida Wacana & Member, Indonesian Occupational Medicine Association (IOMA)

SYMPOSIUM 4

Bridging Recovery and Work: Disability Management and Return to Work: Models in South-East Asia (Sponsored Symposium by PERKESO)

Chairperson: Ms. Emy Baizura Azrin Mohamed Hakke (Malaysia), Head of Disability Management Department, PERKESO

Co-chair: Dr Anza Elias (Malaysia), Public Health Medicine Specialist & Council Member, Academy of Occupational and Environmental Medicine Malaysia (AOEMM)

• **Integrating Disability Management into Occupational Health: From Prevention to Sustainable Return-to-Work**

Professor Dr Azlan Darus (Malaysia), Head of Prevention Medical and Rehabilitation Division, PERKESO

• **Rehabilitation Engineering and Assistive Technologies for Workplace Reintegration**

Associate Professor Dr Mohd Juzaila Bin Abd Latif (Malaysia), Universiti Teknikal Malaysia Melaka (UTeM)

• **Advancing Disability Management in Indonesia: Implementation within the Social Security System**

Mr Trisna Sonjaya (Indonesia), Director of Services, BPJS Ketenagakerjaan

SYMPOSIUM 5

National Programmes & Policy in Occupational Medicine: The Philippines Perspective (Affiliate Symposium by Philippine College of Occupational Medicine)

Chairperson: Dr Edmyr M Macabulos (Philippines), Past National President, Chair & Specialty Board Member, Philippine College of Occupational Medicine (PCOM)

Co-chair: Dr Siti Aishah Abbas (Malaysia), Public Health Medicine Specialist, Ministry of Health Malaysia

	• Healthy Workers, Healthy Nation: Aligning Occupational Medicine with Universal Health Care Dr Edmyr M Macabulos (Philippines), <i>Past National President, Chair & Specialty Board Member, Philippine College of Occupational Medicine (PCOM)</i> • The Road to Occupational Medicine Week: Milestones, Mandates, and the Future of Worker Health Under Presidential Proclamation No. 1316 Dr Phil M Pangilinan (Philippines), <i>Past National President, Chair, PCOM OM Week, PCOM Specialty Board Member, Philippine College of Occupational Medicine (PCOM)</i> • The Philippine Experience in Developing the Medium Term National OSH Program Dr Ma Teresita S Cucueco (Philippines), <i>Member, PCOM Specialty Board, Philippine College of Occupational Medicine (PCOM)</i> • Occupational Health for All - Advancing Universal Health Care in the Workplace Dr Anna Sofia Victoria S Fajardo (Philippines), <i>Occupational Medicine Specialist, Immediate Past President & Specialty Board Member, Philippine College of Occupational Medicine (PCOM)</i>
	SYMPOSIUM 6 Building Psychologically Safe Workplace: Global Mental-Health Strategies <u>Chairperson:</u> Dr Sathya Subramaniam (Malaysia), <i>Honorary Secretary, Academy of Occupational and Environmental Medicine Malaysia (AOEMM)</i> <u>Cochair:</u> Dr Adul Bandhukul (Thailand), <i>Head, Association of Occupational and Environmental Diseases of Thailand</i> • Mental Well-Being and Psychological Safety: From Awareness to Action Dr Nurashikin Binti Ibrahim (Malaysia), <i>Director, National Centre of Excellence for Mental Health, (NCEMH), Ministry of Health Malaysia</i> • Psychological Safety Management Pyramid Model for Managing Workplace Mental Health Mr Azran Bin Osman Rani (Malaysia), <i>Group Chief Executive Officer, Naturi Hidup Sdn Bhd</i> • Building a Psychologically Safe Workplace: Global Mental Health Strategies – The Reliance Way Dr R Rajesh (India), <i>President, Medical & Occupational Health Services - Reliance Industries Limited</i>
4.30pm - 5.00pm	Tea Break & Networking Session
5.00pm - 6.00pm	FORUM 1: Occupational Health Policies Across Cultures: Challenges and Solutions <u>Moderator:</u> Emeritus Professor Dr Krishna Gopal Rampal (Malaysia) <i>University of Cyberjaya</i> <u>Panelists</u> i. Emeritus Professor Malcolm Sim (Australia), <i>Monash University of Australia</i> ii. Mr Nicholas James Pahl (United Kingdom), <i>Chief Executive Officer, Society of Occupational Medicine (SOM)</i> iii. Professor Dr Azlan Darus (Malaysia), <i>Head of Prevention Medical and Rehabilitation Division, PERKESO</i>
6.00pm - 6.30pm	Lucky Draw End of Congress Day 1

ACOH 2026 Congress Programme

CONGRESS DAY 2
Borneo Convention
Centre Kuching

**DATE 7TH AUGUST
2026 FRIDAY**

7.30am - 8.00am	Registration
8.00am - 8.30am	PLENARY 2 The Future of Occupational Health in the Era of Digital Transformation <i>Associate Professor Gan Wee Hoe (Singapore), Chief Executive Officer, Eastern General Hospital & Senior Consultant, Singapore General Hospital</i>
8.30am - 9.00am	DIAMOND PLENARY SPEAKING SLOT: PERKESO Intensive Rehabilitation and Technological Advances for the Injured Workers <i>Datuk Dr Hafez Bin Hussain (Malaysia), Executive Director, PERKESO Rehabilitation Centre</i>
9.00am - 9.30am	KEYNOTE 2: Global Trends in Occupational Health: Sustainability and Innovation <i>Professor Dr Seong Kyu Kang (South Korea), President, International Commission on Occupational Health (ICOH) & Professor Gachon University Gil Medical Center</i>
9.30am - 10.00am	Tea & Networking Session
10.00am - 11.00am	FORUM 2: Climate Change and Occupational Health: The Role of Environmental Sustainability Moderator: Professor Dr Victor Hoe (Malaysia) <i>Head, Department of Social and Preventive Medicine, Faculty of Medicine, Universiti Malaya</i> Panelists i. Dr Hitesh M Shingala (India), Chief Medical Officer, Reliance Industries Ltd ii. Dr Rohaida Ismail (Malaysia), Head, Environmental Health Research Centre (EHRC), Institute for Medical Research (IMR), National Institutes of Health (NIH), Ministry of Health Malaysia iii. Professor Dr R Budi Haryanto (Indonesia), Head of Research Division of the Research Center for Climate Change, University Indonesia
11.00am - 12:30pm	Meeting: SEA OEMNet Council Meeting SPONSOR SPEAKING SLOT • Gold Sponsor: ISOS (11:00 - 11:20) - Occupational Health and Safety Risks Arising from Natural Hazards and Extreme Weather Events: Implications for Organisational Resilience <i>Dr Olivier LO (France), International SOS Group Medical Director, Occupational Health Services, Medical Services Division</i> • Silver Sponsor: Viatris Sdn Bhd (11:20 - 11:30) - Mixed Pain Management in Low Back Pain in Occupational Health Setting <i>Dr Lau Bik Liang (Malaysia), Consultant Neurosurgeon, Kuching Specialist Hospital</i> • Silver Sponsor: Naluri Hidup Sdn Bhd (11:30 - 11:40)
11.40am - 1.30pm	Lunch, Networking Session & Friday Prayers
1.30pm - 3.00pm	SYMPOSIUM 7 Beating NCDs at Work: Integrated Prevention Programmes Chairperson: Professor Dr Hanizah Binti Mohd Yusoff, Professor and Public Health Physician, Universiti Kebangsaan Malaysia (UKM) Co-chair: Dr Jefferelli Shamsul Bahrin (Malaysia), Director, Corporate Health, Asia Pacific (GBA/UH), BASF • Transforming NCD burden through Scaling Prevention in the Asian Subcontinent: A Risk-Stratified Model Informed by UK and European Frameworks <i>Dr Shairana Naleem (United Kingdom), Medical Director, Health Partners Group</i>

	• From Risk to Resilience: Handling NCDs in the Workplace Dr Dayangku Siti Rafidah binti Pengiran Hashim, Senior Principal Assistant Director, Occupational Health and Environmental Section, Sarawak State Health Department, Ministry of Health Malaysia • RTW in Post-stroke Worker Dr Nor Azira Ismail (Malaysia), Group Medical Director, Integrated Healthcare Technology
	SYMPOSIUM 8 Next-Gen Aviation Medicine: From Cockpit to Cabin <u>Chairperson:</u> Dr Daljit Singh Parmar (Malaysia), Director, Medisinar Klinik & Surgeri Sdn Bhd & Former Chief of Medical Service, Malaysian Airlines System (MAS) <u>Cochair:</u> Dr Rozhan Shariiff Mohamed Radzi (Malaysia), Manager, Malaysia Global Capability Centre, Medicine & Occupational Health, ExxonMobil • Pilot Incapacitation: When Pilots Are Not Airworthy Clinical Assistant Professor Dr Robin Low Chin Howe (Singapore), Senior Consultant, Occupational & Aviation Medicine Service, Changi General Hospital • Development of a Cumulative Fatigue Recovery Programme for Commercial Pilots: A Multiphase Study Integrating Fatigue Monitoring and Intervention Dr Retno Wilbarwati (Indonesia), Senior Lecturer, Universitas Indonesia • The Civil Aviation Authority of Philippines Drug Free Workplace Programme Dr Elaisa Mendoza Haase (Philippines), Aviation Medical Examiner (AME), Civil Aviation Authority of Philippines (CAAP) • Recognising the Invisible Hazard: Normobaric Hypoxia Training from Aviation to Occupational Safety and Health Dr Amei Farina (Malaysia), Aviation Physician, AFly Academy Sdn Bhd
	SYMPOSIUM 9 Growth of Industrial Hygiene & Anticipating Health Hazard Risks of the Future Workforce in the Asian Region (Affiliate Symposium by MIHA) <u>Chairperson:</u> Marina Zainal Farid (Malaysia), Head, Industrial Hygiene (Custodian) Health & Safety, PETRONAS Group HSE <u>Cochair:</u> Mrs Wan Sabrina Wan Mohamad (Malaysia), Health for Global Projects & Ventures, Shell Malaysia Trading Sdn Bhd • Three Key Components for the Future Growth of Industrial Hygiene in Asia: People, Technology, and Hazards Professor Park Doo Yong (South Korea), Professor of Industrial Hygiene, Hansung University • Building the Bridge: Developing the Industrial Hygiene Workforce Asia Needs for 2030 Ms Samantha Connell (Switzerland), Past President (2023 - 2024), International Occupational Hygiene Association (IOHA) • From Disclosure to Prevention: Governance for ESG and Responsible AI in Occupational Health Professor Ro-Ting Lin (Taiwan), Professor, China Medical University, Taiwan
	AAOEH Joint Session Meeting
3.00pm - 3.30pm	Tea Break & Networking Session
3.30pm - 5.30pm	Concurrent Sessions i. Free Paper Parallel Sessions ii. Occupational Health Early Career Professionals Network
5.30pm	End of Congress Day 2
6.30pm - 10.30pm	GALA DINNER Theme: Borneo Rainforest Night Dress Code: Elegant Green/Earth Tones/Batik with Nature Motifs

ACOH 2026 Congress Programme

CONGRESS DAY 3
Borneo Convention
Centre Kuching

**DATE 8TH AUGUST
2026 SATURDAY**

7.30am - 8.00am

Registration + Coffee/Tea

8.00am - 9.30am

SYMPOSIUM 10

Mining & Agriculture: Mitigating High-Risk OH Exposures

Chairperson: Associate Professor Dr Anita Abd Rahman (Malaysia), Senior Lecturer (Medical) and Public Health Medicine Specialist, Department of Community Health, Faculty of Medicine & Health Sciences, University Putra Malaysia

Cochair: Dr R Rajesh (India), President, Medical & Occupational Health Services - Reliance Industries Limited

- **Mitigating High Risk Exposures in the Coal Mining Industry in Australia**
Emeritus Professor Malcolm Simi (Australia), Monash University of Australia

- **From Reactive Care to Proactive Governance: Managing High-Risk Occupational Health Exposures in Oil Palm Plantations**

Dr Alexander Voon Hsien Loong (Malaysia), Senior Manager, Occupational Health and Medical Services, SD Guthrie Berhad

- **Enhancing Productivity among Palm Oil Workers: Mitigating Fatigue and Musculoskeletal Problems**

Dr Nuri Purwita Adi (Indonesia), Assistant Professor, Department of Community Medicine, Faculty of Medicine, Universitas Indonesia, Department of Occupational Health Practice Management, Institute of Industrial Ecological Sciences, University of Occupational & Environmental Health, Japan

SYMPOSIUM 11

Strategies and Converging Occupational Stressors (Affiliate Symposium by Taiwan Environmental and Occupational Medicine Association)

Chairperson: Professor Chiu-Shong Liu (Taiwan), Professor, China Medical University and Hospital & President, Taiwan Environmental and Occupational Medicine Association (TEOMA)

Cochair: Professor Hung-Yi Chuang (Taiwan), Professor, Kaohsiung Medical University and Hospital

- **Taiwan Experience Discussion at the Consistency and Quality of Workload-related Cardiovascular and Cerebrovascular Diseases Assessment Reports for Security Guards**

Dr I-Cheng Lu (Taiwan), Secretary General, Taiwan Environmental and Occupational Medicine Association Assistant Professor, School of Medicine, College of Medicine, I-Shou University

- **An Integrated, Community-Based, and Digitally Enabled Model for Occupational Injury Care and Return to Work: Experience from Southern Taiwan**

Associate Professor Dr Chen-Cheng Yang (Taiwan), Director of Department of Occupational Medicine, Kaohsiung Municipal Siaogang Hospital, Kaohsiung Medical University

- **Community-based Behaviour and Attitude survey in Tuvalu [COMBAT]: Precision Planetary Health under Climate Change**

Dr. Chih-Fu Wei (Taiwan), Attending Physician, National Taiwan University Hospital, Yunlin Branch

- **Psychological Impact of Natural Disasters on Frontline Workers: Evidence from the United States and Taiwan**

Dr Fan-Yun Lan (Taiwan), Assistant Professor, Institute of Health and Welfare Policy, National Yang Ming Chiao Tung University & Adjunct Assistant Professor, Harvard T.H. Chan School of Public Health

	SYMPOSIUM 12 Occupational Health for Healthcare Workers in Singapore (Affiliate Symposium by Singapore College of Public Health & Occupational Physicians) <u>Chairperson:</u> Dr Brian See (Singapore), President, College of Public Health and Occupational Physicians Academy of Medicine, Singapore <u>Co-chair:</u> Dr Zainul Abidin Bin Md Hussain (Malaysia), Fellow Members, AOEMM • The Hidden Occupational Health Challenge: Menopause Impact on Healthcare Workers Dr Sylvia Teo (Singapore), Senior Consultant, Occupational Medicine, KK Women's and Children's Hospital • Re-Employment Medical Examinations: Assessing Fitness to Work in Ageing Healthcare Workers in Singapore Dr Lim John Wah (Singapore), Head and Senior Consultant, Occupational Medicine Service, Singapore General Hospital • Pre-shift Exercise Regime for Nurses: A Pilot Study in Preventing Work-related Musculoskeletal Injuries Dr Wong Shiu Hong (Singapore), Senior Consultant, Department of Occupational Medicine, Sengkang General Hospital • Preventive Health Screening for Healthcare Workers Dr Lim Dwee Wee (Singapore), Consultant, Occupational Medicine, Tan Tock Seng Hospital
9.30am - 10.00am	Tea Break & Networking Session
10.00am - 11.30am	Free Paper Parallel Session - Session 2
11.30am - 12.30pm	Lunch & Networking Session
12.30pm - 1.30pm	FORUM 3: Global Partnerships in Occupational Medicine: Building Capacity and Advancing Training in Asia <u>Moderator:</u> Professor Dr Anselm Ting Su (Malaysia), Medical Lecturer, Department of Community, Medicine and Public Health, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak <u>Panelists</u> - Dr Oscar Duran Tinio (Philippines), PCOM Specialty Board Member, Philippine College of Occupational Medicine (PCOM) - Emeritus Professor Dr Krishna Gopal Rampal (Malaysia), University of Cyberjaya - Professor Dr Muchtaruddin Mansyur (Indonesia), Head of Occupational Medicine, Specialist Study Programme, Faculty of Medicine, Universitas Indonesia & Perhimpunan Spesialis Kedokteran Okupasi Indonesia (PERDOKI) - Professor Dr Muchtaruddin Mansyur (Indonesia), Head of Occupational Medicine, Specialist Study Programme, Faculty of Medicine, Universitas Indonesia & Perhimpunan Spesialis Kedokteran Okupasi Indonesia (PERDOKI)
1.30pm - 2.00pm	SPONSOR SPEAKING SLOTS • Gold: KPJ Healthcare Sdn Bhd - Noise Hazard: The Preventable Scourge Dr Vikneswaran Tharumalingam (Malaysia), Otorhinolaryngologist & Occupational Health Physician, Kuching Specialist Hospital • Silver: Lepu Medical Technology (Beijing) Co Ltd - Live Above All, Prioritise Quality Mr AB Samad Bin Kahar (Malaysia), Business Success Lead, Asumed Biotech Sdn Bhd
2.00pm - 2.30pm	DIAMOND PLENARY SPEAKING SLOT: PETRONAS Health and Wellbeing: The Foundation of Sustainable Business Performance Mr Zamri Bin Japar (Malaysia), Vice President, Group Health, Safety & Environment (GHSE), PETRONAS
2.30pm - 3.00pm	KEYNOTE 3: Managing Safety and Health of Marginalised Workers (Informal, Gig, and Migrant Workers) Ir Ts Hajah Hazlina Binti Yon (Malaysia), Director General, Department of Occupational Safety and Health (DOSH), Ministry of Human Resources Malaysia
3.00pm - 4.30pm	Closing Ceremony • Launching of AOEMM MRO, AMRO and FFW Guidelines • Awards For Best Poster & Oral Presentations • Launching of Spirometry Guidelines • Announcement of Next-Host 25th ACOH 2029 • Lucky Draw
4.30pm - 5.00pm	Tea Break & Networking Session
5.00pm - 5.30pm	End of Congress Day 3