

CEP\* POINTS AVAILABLE



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA  
MALAYSIAN EMPLOYERS FEDERATION



# MEF OSH CONFERENCE 2026

Breaking the Silence: Mental Health Matters at Work

**DATE:**

**14 MAY 2026, 9.00 AM - 5.00 PM**

**VENUE:**

**ROYALE CHULAN DAMANSARA**

**SAVE THE DATE**



**03-7498 7200**  
**osh@mef.org.my**

## ABOUT THE CONFERENCE

“Breaking the Silence: Mental Health Matters at Work” puts mental wellbeing at the heart of workplace safety, addressing rising challenges like stress and burnout that organizations can no longer ignore. Bringing together experts and practitioners, the conference explores key trends, the PRISMA framework, and actionable strategies for building effective mental health support systems, while emphasizing the critical role of leadership in fostering psychologically safe environments. Through open dialogue and shared insights, it aims to inspire stronger, healthier, and more resilient workplaces.

## CONFERENCE OBJECTIVES

- Shine a spotlight on workplace mental health by uncovering key trends, real data, and emerging psychosocial risks affecting today’s workforce.
- Break down the PRISMA framework into clear, actionable insights that organizations can easily apply in real work settings.
- Discover practical strategies to build effective mental health support systems that foster wellbeing and psychological safety.
- Empower leaders to take ownership of workplace mental health and drive meaningful, lasting change.
- Spark open conversations and shared learning among OSH professionals, employers, and employees on what truly works.
- Champion healthier, more resilient workplaces by embedding mental health into everyday OSH practices and policies.

## WHO SHOULD ATTEND

- Business Owners
- Employers
- Safety & Health Officers
- Occupational Safety & Health Coordinators
- Safety & Health Committee Members
- Procurement Officers
- HR Personnels

# AGENDA

## 14 MAY 2026 (THURSDAY)

- 8.30am - 9.00am • Registration & Networking
- 9.00 am - 9.10 am • Welcome & Opening Remarks  
Safety Briefing & Bacaan Doa
- 9.10 am - 9.20 am • Opening Address  
by Y. Bhg. Datuk Dr. Syed Hussain Syed Husman, P.J.N., J.P.,  
President MEF
- 9.20 am - 9.30 am • Keynote Adress & Conference Officiation  
by Y. Bhg. Tuan Bahrudin Bin Mamat, Deputy Director General,  
Occupational Health Section, Department of Occupational Safety  
& Health (DOSH)
- 9.30 am - 9.45 am • AM Break
- 9.45 am - 10.00 am • Launching of MEF-ILO Digital Assessment Tool (DAT)
- 10.00 am - 11.30 am • Session 1 : Key Elements of PRiSMA: From Guidelines to Action  
by Dr. Rajinderjit Singh Hullon, Deputy Director, Occupational  
Health Division, Department of Occupational Safety & Health  
(DOSH)
- 11.30 am - 1.00 pm • Lunch
- 1.00 pm - 2.00 pm • Session 2 : PRiSMA 2024 guidelines: assessment and management  
of psychosocial risk at the workplace. - The trained person  
perspective by Dr. Mohamad Ghazali Masuri, Senior Lecturer,  
Faculty of Health Sciences & Complaints Exco, UiTM Academic  
Staff Union (MITASA)
- 2.00 pm - 3.00 pm • Session 3 : Designing Effective Workplace Mental Health Support  
System by PETRONAS (TBC)
- 3.00 pm - 4.30 pm • Plenary 1 : Managing Mental Health at the Workplace: Role of  
Leaders + Implication
  - Dr. Rajinderjit Singh Hullon, Deputy Director, Occupational  
Health Division, Department of Occupational Safety & Health  
(DOSH)
  - Y. Bhg. Dato' Seri Rosman Mohamed, Chief Executive,  
Malaysian Employers Federation (MEF)
  - Pn. Anita Abu Bakar, Founder & President, Mental Health  
Inclusion, Awareness, Support & Advocacy Association  
Malaysia (MIASA Malaysia)
  - Dr. Alizi Alias, Organizational Psychologist, Freelancer
- 4.30 pm - 5.00 pm • Q&A, Networking and PM Break  
End of Session

# YES, I'M IN!

MEF MEMBERS	NON-MEMBERS
RM1,500.00 per pax [inclusive of 8% SST]	RM1,700.00 per pax [inclusive of 8% SST]

SCAN ME



## EARLY BIRD DISCOUNT

5% discount for Early Bird (Registration) by/before:  
17<sup>th</sup> April 2026;

### And/Or

5% discount for Group registration with 3 or more participants  
(members & non-members).

## PAYMENT

- Upon receiving your registration, a proforma invoice will be issued for companies applying for the HRD Corporation grant. Only the proforma invoice will be provided, and no payment is required at this stage pending HRD Corporation's approval.
- MEF now offers a convenient online payment gateway for faster, easier transactions. Please note that this option is available only for non-HRDC payments.
- For companies not applying for the HRD Corporation grant, an invoice will be issued and full payment must be made before the event.

### Payment details:

- Affin Islamic Bank Berhad
- Account No.: 105280002422
- In favour of:  
Malaysian Employers Federation

### Email the transfer slip & invoice to:

- [natasya@mef.org.my](mailto:natasya@mef.org.my)
- [yeokhoon@mef.org.my](mailto:yeokhoon@mef.org.my)
- [accounts@mef.org.my](mailto:accounts@mef.org.my)

## ENQUIRY & REGISTRATION

- General Line - 03 - 7498 7200 | Email : [conferences@mef.org.my](mailto:conferences@mef.org.my) or [osh@mef.org.my](mailto:osh@mef.org.my)
- Mrs Khairunnisa - 03 - 7498 7278
- Mrs Musfirah Liyana - 019 6330292 | 03 - 7498 7234

## IMPORTANT NOTE FOR CONFERENCE PARTICIPANTS

- Any cancellation of attendance must be communicated to [conferences@mef.org.my](mailto:conferences@mef.org.my) at least 7 days before the event or MEF will proceed charging the full fees.