

Haze at work: what to do at each API level

Based on DOSH's haze guidelines (2026). Use the official DOE API on APIMS, not phone-app AQI.



Employers must protect workers from haze.

Failing this duty (OSHA 1994 s.15) or ignoring a DOSH stop-work order: fine up to **RM500,000** and/or **2 years' jail**.

Symptoms to watch for

Cough / itchy throat

Sore, watery eyes

Runny nose / sneezing

Itchy skin

Difficulty breathing

→ Have these symptoms? Tell your supervisor and see a doctor.

Heart/lung staff = staff with heart or lung disease, e.g. asthma. DOSH calls them “susceptible employees”.

API	Employer	Staff
51–100 Moderate PREPARE	- List heart/lung staff (keep it private) - List outdoor jobs to cut back - Set stop-work criteria - Stock N95, improve air cleaning - Brief staff on the haze plan	Outdoor staff: N95 fit test All staff: know the stop-work rule
101–200 Unhealthy REDUCE	+ ALL OF THE ABOVE - Cut strenuous outdoor work - N95 for heart/lung staff outdoors (move indoors if they struggle) - Water-spray construction sites	+ ALL OF THE ABOVE Heart/lung staff: N95 outdoors All staff: drink water often
201–300 Very Unhealthy AVOID	+ ALL OF THE ABOVE - No strenuous outdoor work - Heart/lung staff indoors, light work - N95 for all outdoor staff - Pause earthworks	+ ALL OF THE ABOVE Outdoor staff: wear N95 Heart/lung staff: work indoors
301–400 Hazardous PROTECT	+ ALL OF THE ABOVE - N95 compulsory for outdoor staff - Check visibility before lifting - Vehicle headlights on	+ ALL OF THE ABOVE Outdoor staff: N95 compulsory Heart/lung staff: stay indoors
400+ Very Hazardous STOP	+ ALL OF THE ABOVE - Avoid all outdoor work - Emergency & essential work only, with N95 - Follow National Committee on Disaster Management instructions	+ ALL OF THE ABOVE All staff: stay indoors Essential staff: wear N95

Supervisor announces STOP → go indoors. Only essential staff stay out, with N95.

Extra steps

Close doors & windows

Run air cleaners

Use public transport

Update staff

Check APIMS hourly

