

SET YOUR CARE TIME TODAY! LET'S REALLY TAKE TIME TO TAKE CARE.



Get Rested

If you have been under the sun for too long, or are feeling tired, take time out to rest in a shaded area and get hydrated.



Stay Active

There are simple exercises you can do to stay active at the workplace. You can do 1-minute jumping jacks, march on the spot, or do calf raises.



Eat Right

Feel like munching on a snack? Choose healthier snacks such as yoghurt, nuts, baked chips, or vegetable sticks.



Stop being as dry as a raisin or unhealthy at work. Make time to care for your health and safety in the workplace by doing these actions during Care Time.

Visit [taketimetotakecare.sg](https://www.taketimetotakecare.sg) to see other actions you can do #WSHCareTime

Scan the QR code to add Care Time to your phone's calendar.



Quick Check

Perform self-health checks like checking your pulse rate by pressing your index and middle fingers gently on the wrist of your hand. An optimal heart rate is between 60 – 100bpm while at rest.