



SAFETY, YOUR PERSONAL RESPONSIBILITY

# Work at Height Symposium 2021

## Total Workplace Safety & Health

### Importance of Well-Being for Working At Heights

Members of 1Summit Global Pte Ltd



WSH Council's appointed Service Provider for



# Let's watch a short clip.



Video from: Workplace Safety and Health Council.

# Total Workplace Safety and Health

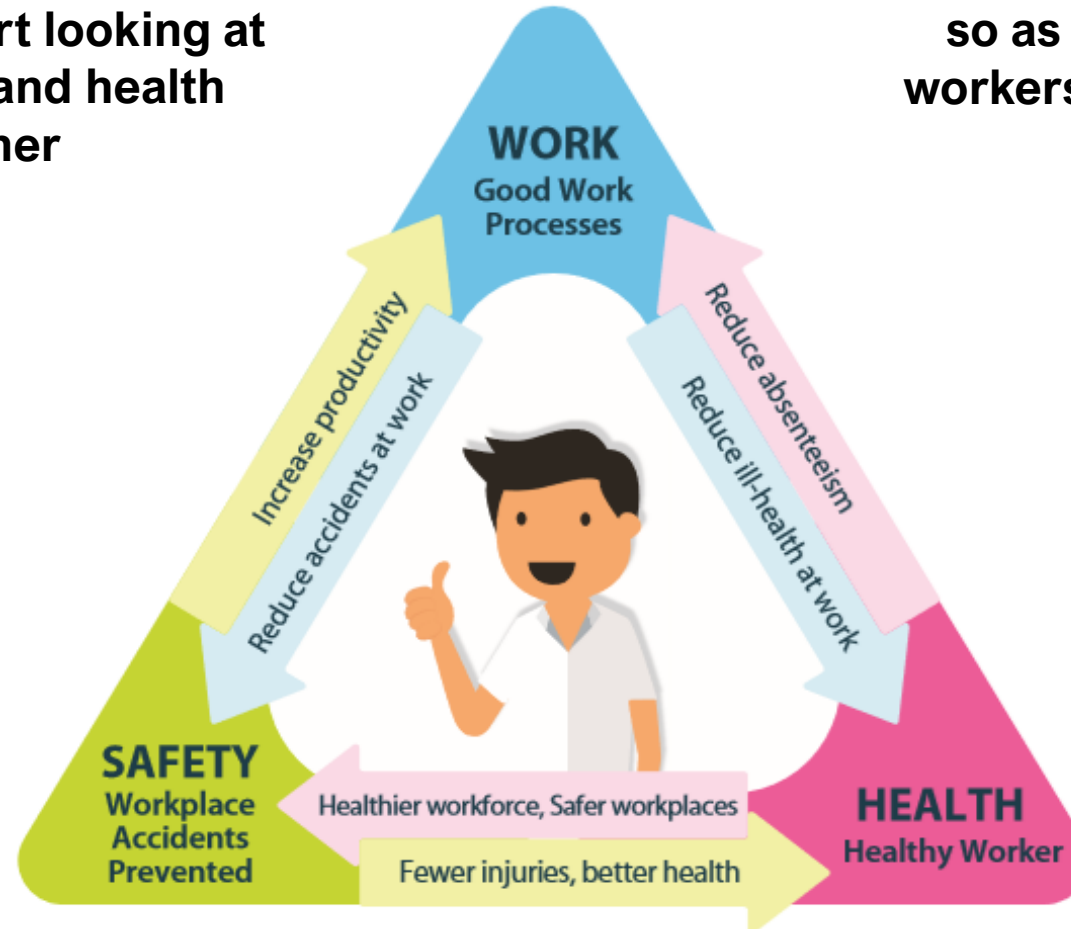


# Healthy Workforce, Safe Workplace

*Total Workplace Safety and Health (WSH) approach*

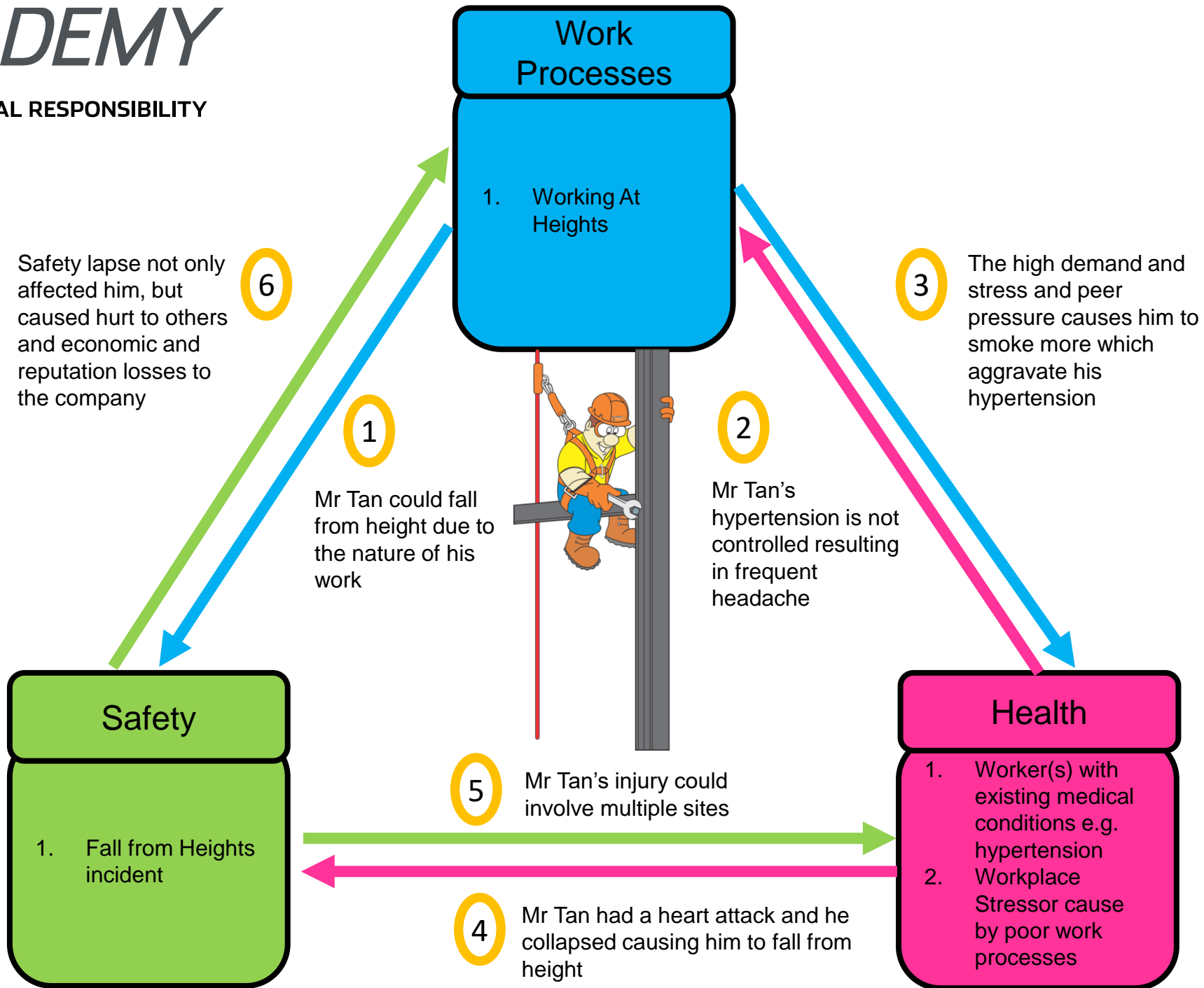
**We need to start looking at  
work, safety and health  
together**

**so as to achieve  
workers' well-being**

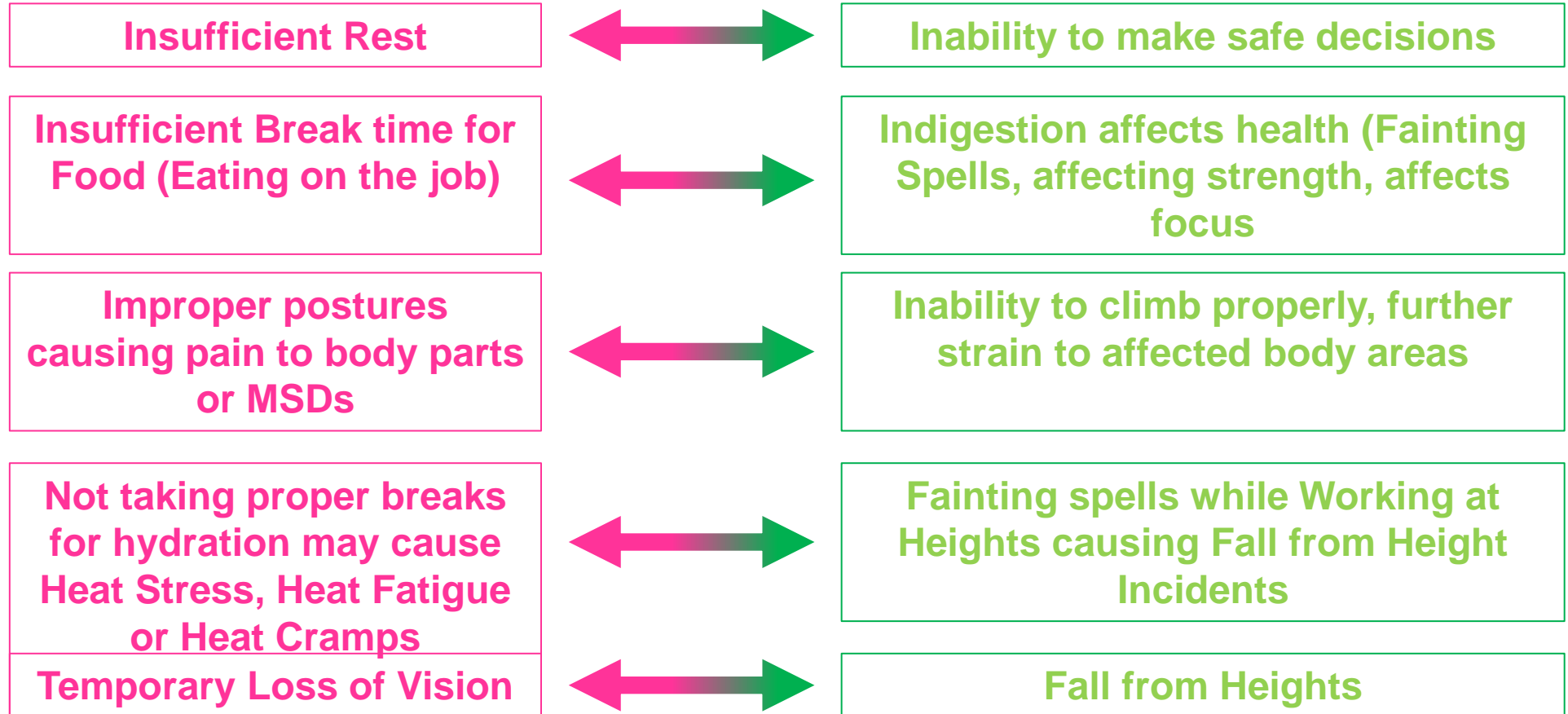




Safety lapse not only affected him, but caused hurt to others and economic and reputation losses to the company



# How does **HEALTH** of Workers affects their **SAFETY**?



## What can you do as a supervisor?

- ☐ Check if anyone is feeling unwell
- ☐ Check with those workers that has chronic diseases, if they have taken their prescribed medications
- ☐ Check if vision is alright
- ☐ Check if anyone has chest discomfort?
- ☐ Check if everyone has brought along their water. If not, where is their nearest location for water?
- ☐ Check if timetables or breaks are allocated and ensure adherence for rest.





1

## Assessment

- Conduct a walk-through assessment to identify the more significant risks in your company
- Identify the gaps in the management of WSH through a WSH Questionnaire\*
- Profile the health status of your workers through a Basic Health Survey\*



## 3 Steps:



## 3 Steps:

**1**

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**2**

### Intervention

- Address significant risks
- Improve WSH Management System
- Identify health issues that impact on work and safety
- Design and implement broad based or customised intervention programmes accordingly (e.g. work redesign, ergonomics, healthy lifestyle)



# Intervention Programs in relation to worker(s) Well-Being to “Work at Heights”

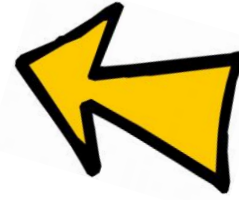
## Holistic Approach to Stress Relief



1. Practical Ways to maintain healthy lifestyle
2. Proper Diet, exercise and sleep to reduce stress
3. 9 ways to sleep better and wake up fresher.
4. Stress Relief Techniques.

## Intervention Programs in relation to worker(s) Well-Being to “Work at Heights”

The talk is meant to explain the difference between snoring and obstructive sleep apnea, going into details of how these conditions can negatively affect a person's sleep and health. It will also provide the scientifically proven treatment options for snoring and obstructive sleep apnea.



How to regain your quality of sleep?  
Solutions to snoring and obstructive  
sleep apnea

Managing sleep with night shift pattern



1. Tips on surviving night shift
2. Optimize your schedule with night shift
3. Shift workers dietary intake
4. Coping with shift work / sleep disorder

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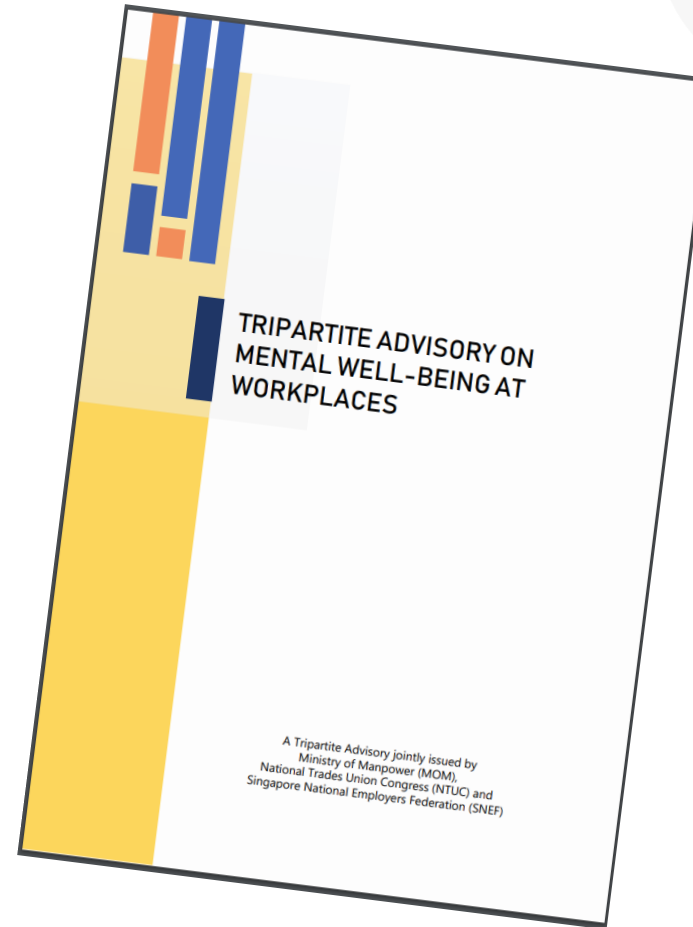
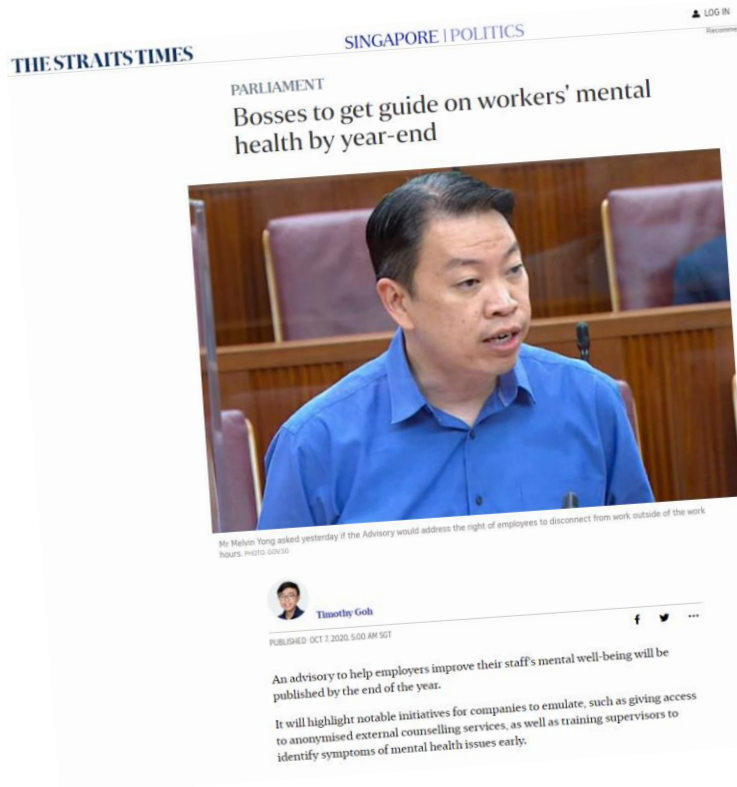
**3**

### Monitoring & Evaluation

- Monitor the progress of intervention programmes
- Evaluate the outcomes and effectiveness



# Tripartite Advisory on Mental Well-Being at Workplace



Find the link in the chat room  
or scan the QR code to  
download

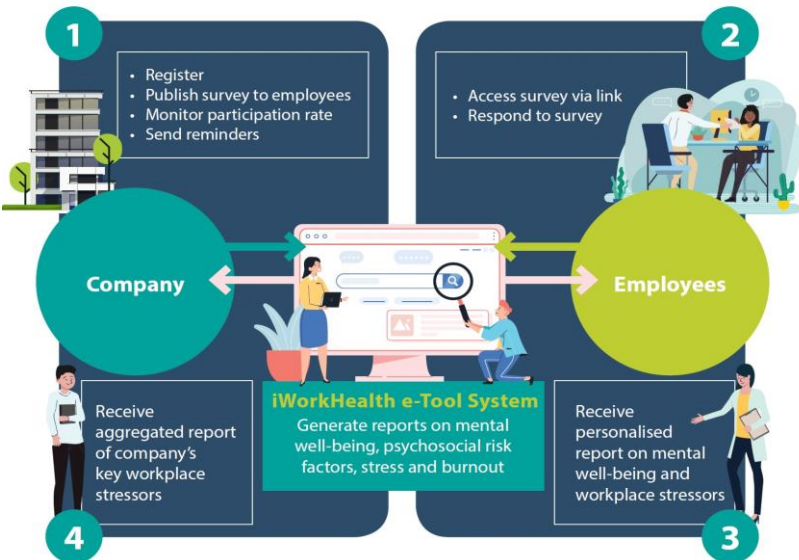


<https://www.mom.gov.sg/covid-19/tripartite-advisory-on-mental-well-being-at-workplaces>



## More resources – Towards a happier workplace (WSHC)

### iWorkhealth



iworkhealth.sg

### iWorkHealth



#### Assessment

1. Identify workplace stressors

#### Using iWorkHealth Tool

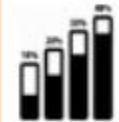
- Employee fills up web-based survey
- Employee receives individual report
- Employer receives aggregated company report



#### Intervention

2. Company rolls out intervention programmes

- In-house programmes
- External programmes



#### Monitoring & Evaluation

3. Monitor and evaluate effectiveness of programmes

#### Using iWorkHealth Tool

- Company retakes the assessment

# Resources



## Visit

<https://www.tal.sg/wshc/Programmes/Total-Workplace-Safety-and-Health>

**Email** [totalwsh@wshc.sg](mailto:totalwsh@wshc.sg)

Find the link in the chat room or scan the QR code to download



## Embrace Total Workplace Safety and Health (Total WSH)

Managing your employees' lifestyle habits and health conditions are all part of the Total WSH approach. It is an integrated approach that helps businesses to manage work, safety and health of employees so as to improve their well-being in the workplace.

**Learn more about implementing Total WSH for your company.**







**SAFETY, YOUR PERSONAL RESPONSIBILITY**



## **PERFORM WORK AT HEIGHT**



## **MANAGING WORK AT HEIGHT**

**SCAN ME**



**SCAN ME**



Tripartite Alliance for  
Workplace Safety and Health

## Feedback form

Find the feedback form in the chat room or  
scan the QR code to help us improve





**SAFETY, YOUR PERSONAL RESPONSIBILITY**



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Workplace Safety and Health

**Thank you for Joining Us today!**

**Have a Safe and Healthy Week ahead!**