



Importance of Total WSH in Facilities Management

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WSH Forum for Facilities Management 2021

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All on UOB TMRW



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Seniors in S'pore urged to stay home for next 4 weeks to protect themselves against Covid-19



To reduce their risk of being infected, AIC reminded seniors to go out only for essential activities and avoid crowded places. PHOTO BY RIZ

Source: Straits Times

9 seniors die of Covid-19, bringing death toll to 130 in S'pore; 3,486 new cases



Source: Straits Times



Singapore

New COVID-19 cluster linked to cleaner at Changi Airport



* in Singapore on Mar 15, 2021. (Photo: AFP/Raslan Rahman)

Chew Hui Min
@ChewHuiMinCNA
09 May 2021 11:58PM
(Updated: 10 May 2021 12:14AM)
Facebook Twitter LinkedIn

Source: Channel News Asia



Source: Today

Source: AsiaOne



Photo: ST



Total Workplace Safety and Health (Total WSH)

Managing safety and health together at the workplace

Addressing both safety and health risks together will translate to the following:



A healthy workforce for safe workplaces



More productive workforce and better business performance



Fewer injuries, better health



Lower absenteeism rates and healthcare costs

Pitfalls to watch out for when doing Total WSH

1 ^{not} It's just about chronic diseases _^



Pitfalls to watch out for when doing Total WSH

1 ^{not} It's just about chronic diseases [^]



Healthy

- Fitness / ability to perform work
- Sleep & Rest
- Building resilience
- Health Screening etc.



At risk

- Managing pains & aches
- Tackling burnout
- Chronic Disease Management etc.



In recovery

- Supporting those that have returned from injury, stroke or heart attack episode (Return-to-Work)



Return-To-Work
Programme

Pitfalls to watch out for when doing Total WSH

2 ^{not} It's just about health promotion. ^

- Make sure that work conditions firstly don't cause harm
- Apply hierarchy of controls to health issues as well



THE SINGAPORE WSH
CONFERENCE 2020

**Enabling Business &
Empowering Workforce**
In the COVID-19 World

Plenary 3: Moving from Fit-to-Work to Fit@Work
Rethinking Total Workplace Safety and Health
in a Post-pandemic Workspace

Revisit how Total WSH is communicated



What Total WSH is not...

- **Not** a wellness programme without first addressing work conditions that threaten safety and health
- **Not** a collection of health promoting efforts without first changing unsafe work organisation and structures
- **Not** consistent with workplace policies that discriminates against workers with adverse health discovery



Dr Gan Wee Hoe
Head and Senior Consultant,
Department of Occupational
and Environmental Medicine,
Singapore General Hospital

Navigation icons and SGH logo

Pitfalls to watch out for when doing Total WSH

^{DON'T} 3 Take hierarchy of control to the extreme ^ by discriminating against workers with conditions or the elderly

- Cut down risks to as low as possible without hurting one's livelihood
- Work performance and safety can still be optimal if health conditions are managed well.

 **Enabling Business & Empowering Workforce**
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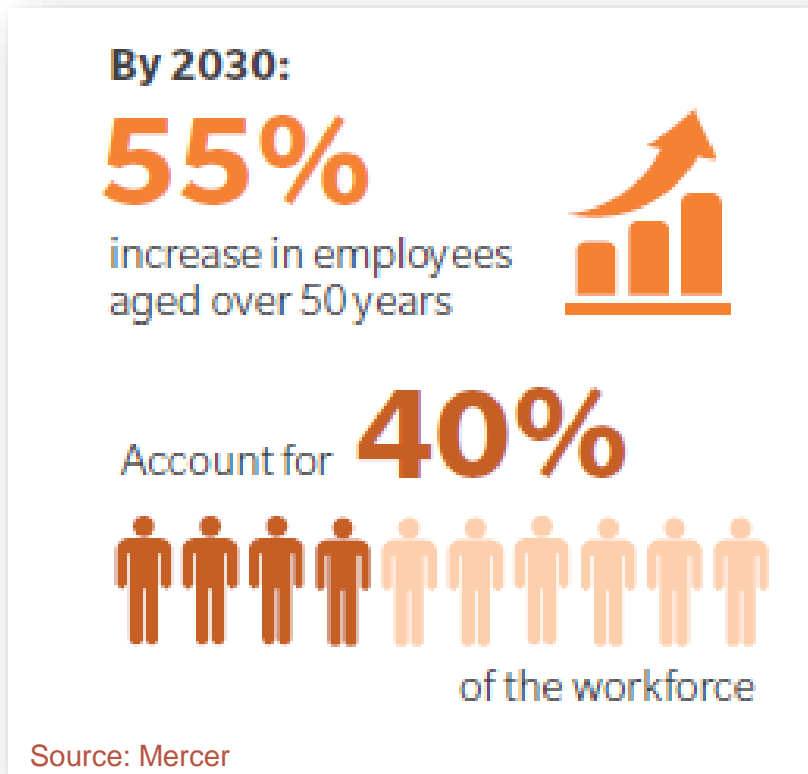




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Pitfalls to watch out for when doing Total WSH

^{DON'T} 3 Take hierarchy of control to the extreme ^ by discriminating against workers with conditions or the elderly



Mature workers will increasingly continue to make up a significant proportion of our workforce



Does not mean younger workers are spared from diseases

Pitfalls to watch out for when doing Total WSH



4 My organization has measures to address safety, as well as health. It's Total WSH!

Not quite if you are doing it in silos, but... it's still a good start.

Key traits of Total WSH

- ☐ Interventions are based on safety and health needs, not just what the people like
- ☐ Don't blindly follow what others do, but understand how it helps
- ☐ WSH and HR teams work hand-in-hand, not in silos

Helping you kickstart your journey



Revised version
starting Dec 21
It's Free!

Total WSH Programme

Companies can choose from any one of the below packages



Health Screening & Coaching Package



Weight Management Package



Safety Coaching Package



General Safety and Health Talk Package



Ergonomics Package



Mental Well-Being Package



Infectious Disease Control Package



Training on
Total WSH's A-I-ME
framework for
appointed company
representatives



Receive report &
starter pack

Refer to Annex for more details

Sample of Activities and Topics

On mental well-being

Understanding
Common Mental
Health Issues

Building Resilience

Stress Management

Recognising Suicidal
Behaviour

Providing Effective
Support: Counselling
Skills 101

Stretch and
Rejuvenate

Enhancing People
Mastery

Stress Away In A Fun
Way: Emotional
Eating

Grief and Trauma

Note: These are examples picked from WSHC's current providers, which may be subject to changes after December 2021.



Sample of Activities and Topics

On general health and nutrition

Staying Healthy and
Fit On Shift

Nutritional Cooking
Demonstration

Eating Right for Job
Productivity

Chronic Disease
Management

Brisk Walking

Chair Yoga



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Sample of Activities and Topics

On safety, occupational health & SMM-related

Ergonomics
Awareness

Speak Up for Your
Safety

Slips, Trips & Falls

Safe Management
Measures Awareness

Hygiene and
Infectious Disease
Prevention

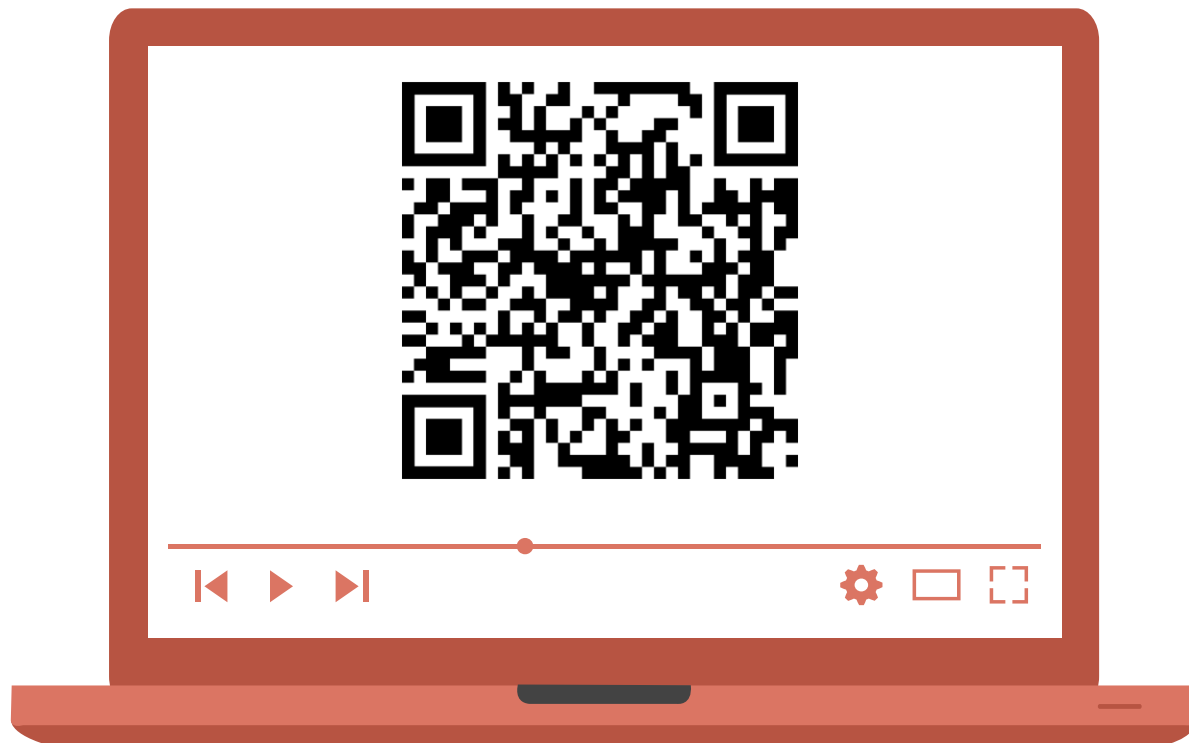


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THANK YOU

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ANNEX

PROGRAMME DETAILS



PROCESS & TIMELINE



01

Onboarding:
0.5 day



02

Implementation &
Integration:
To complete
within 12 months



03

Off-boarding:
0.5 day

01: Onboarding

Online registration form

Profiles company's safety and health



Terms & Conditions

Enjoy subsidies through the programme if they complete it within 12 months



Non-disclosure agreement

To protect client company's information



Kickstart meeting (1.5 hr)

With company management:

- To choose suitable module based on company's needs
- To garner management buy-in

02: Implementation and Integration



**Implementation
of selected
health / safety
intervention
package(s)***



**Regular progress
reports provided
across
programme
period**



**Training on
Total WSH
framework for
appointed
company
representatives**

*See next slide

02: Implementation and Integration

Health / safety intervention package(s)



Health Screening* & Coaching Package

(at least 1 pre-coaching screen and 3 coaching and 1 post-coaching screen)



Weight Management Package

(at least 4 hours' worth of activities in the form of at least 2 sessions of physical activity and 2 talks)

*Terms and conditions apply

02: Implementation and Integration

Health / safety intervention package(s)



Ergonomics Package

(at least 3 hours' worth of activities in the form of talk, ergonomic demonstration and/or stretching exercises)



Mental Well-being Package

(at least 1 iWorkHealth survey and at least 2 hours' worth of talk/ workshop)

02: Implementation and Integration

Health / safety intervention package(s)



Infectious Disease Control Package

(at least 2 hours in total in the form of talk and at least 1 worksite walkthrough)



Safety Coaching Package

on common hazards and control measures
(e.g. Slips, trips and falls, safe use of machinery,
vehicular safety, work at heights)
(at least 3 coaching)



General Safety and Health Talk Package

(at least 3 hours' worth of talk)

02: Implementation and Integration

Training on Total WSH framework

1-hour illustration

How to integrate health risks into
Risk Assessment for up to 3
safety critical jobs

1-hour training

- Total WSH process A-I-ME
- How to sustain Total WSH in the company

03: Offboarding



1-hour offboarding meeting with management

To share results and challenges of interventions



Company will be presented with:

- Final Report
- Total WSH Starter Pack