

# WSH Bulletin

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## WSH Webinar for Town Councils 2021 highlights importance of STF prevention

The WSH Webinar for Town Councils 2021 took place on 23 July 2021. It is an annual engagement by the Workplace Safety and Health (WSH) Council with the Town Councils. Aimed at helping the Town Councils place greater emphasis on workers' health and safety, and enhancing Slip, Trip and Fall (STF) prevention awareness, the event highlighted the latest WSH developments on various issues in estates and township management. Close to 100 representatives from the 17 Town Councils attended the webinar.

In her opening address, Ms Aileen Tan, Co-Chairperson of the WSH Council (Facilities Management) Committee, highlighted that STFs were the top cause of non-fatal workplace injuries nationally, accounting for about one-third of all workplace injuries. For the cleaning and landscape maintenance industry, STFs were similarly the top cause of injuries in recent years with a 13% increase from 2019 to 2020. She reiterated the importance for Town Councils to take ownership of workers' physical and mental health by engagement and education.

The Ministry of Manpower elaborated the role that Town Councils play under the WSH Act, detailing their responsibilities, and shared several case studies. Speakers from the WSH Council also presented practical STF prevention tips and resources that Town Councils could tap into, and the Return To Work programme that helps injured employees to maintain their employability and return to work safely.

The event concluded with a lively Q&A session, and participants were invited to "Take Time to Take Care" of their safety and health by adding "Care Time" to their phone's calendar. The Town Councils were also encouraged to set an STF Resolution to prevent STF injuries at the workplace.

Participants gave feedback that the topics and the training resources provided were a good reminder for the Town Councils to strengthen workplace safety alongside pandemic prevention measures and prevent injuries of their workers and contractors.



Read [Ms Aileen Tan's opening speech](#).

Download the [presentation slides and other resources](#).

Download the [STF infographic poster for the Cleaning and Security Industries](#). To find out more about setting a company's STF Resolution, visit the [STF Campaign 2021 webpage](#).

## WSH Guidelines for Private Security Industry launched to raise WSH standards

On 21 July 2021, the Security Association of Singapore (SAS) launched the WSH Guidelines for the Private Security Industry. Led by SAS, the WSH Guidelines was an industry initiative to improve WSH standards for the private security industry and supported by security service buyers and providers, the Union of Security Employees, the Ministry of Manpower and the Workplace Safety and Health Council.

The WSH Guidelines sets out a framework for risk assessment and management, and helps stakeholders in the private security industry to understand their obligations in providing a safe working environment for private security officers.

At the launch event, Mr Zaqy Mohamad, Senior Minister of State for Manpower, emphasised the importance of WSH in the private security and investigations industry, and shared that private security officers were often exposed to occupational hazards which might lead to workplace accidents. He shared that there were around 200 accidents every year within the industry, and that once every two days, there would be a private security officer getting injured at work. In particular, Slips, Trips and Falls were the top contributors of these injuries, and there was an increase from around 40% in 2018 to close to 60% in 2020.

He strongly encouraged stakeholders in the private security industry to adopt the WSH Guidelines to reduce workplace accidents, and provide a safe working environment for the officers.



Download the [WSH Guidelines for the Private Security Industry](#) on SAS's website.

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## Tips to enhance your workers' mental well-being

A healthy state of mental well-being is key to a productive, safer and healthier workforce. Besides providing a safe work environment, it makes sense for employers to adopt the Total Workplace Safety and Health approach by giving attention to workers' health, which includes mental well-being.

Below are eight tips for employers to share with their workers:

### 1. Sleep well

Sleep allows our mind and body to relax and recharge so that we will be alert and energised for a new day. A minimum of seven hours of sleep daily is recommended.

### 2. Eat well

A balanced diet helps us cope better with both physical and mental stress, and focus on

the task at hand. Try following [My Healthy Plate](#) ("Quarter, Quarter, Half") as recommended by the Health Promotion Board.

### 3. Stay active

Partake in activities like brisk walking, cycling, swimming, and even household chores to give our mind a break from work. Strive for 150 minutes of physical activity each week.

### 4. Set work-life boundaries

Set clear boundaries between work and non-work obligations e.g. stop for lunch and set a "switch off" time at the end of each work day.

### 5. Play well

Spend time outdoors. Do things we enjoy. Pick up a new skill or hobby. Learning something new can raise our self-confidence and help build a sense of purpose.

### 6. Keep in touch

Interacting with others stimulates our mind. Spend quality time with our loved ones. Stay connected socially over the phone or virtually in COVID-times.

### 7. Think positive

Replace negative thoughts with positive ones. Reduce stress by seeing problems as opportunities. Focus on things we are grateful for.

### 8. Pay it forward

Get involved in community work. Feeling that we are part of a community and the personal satisfaction derived through helping others make us happier.



Click on the links below for related information on:

- 1) [Tripartite Advisory on Mental Well-being at Workplaces](#)
- 2) [Total Workplace Safety and Health programme](#)

This is the fifth in a year-long series of mental well-being articles.

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