

WSH Bulletin

1 March 2021, Ref: 2021095

Revised WSH Guidelines on Managing Heat Stress in the Workplace

The WSH Guidelines on Managing Heat Stress in the Workplace has been updated and made available on 31 December 2020.

With hotter weather expected in the coming months, industries such as the Construction, Landscape, Marine and Manufacturing industry are advised to take reference from the guidelines and put in place the necessary controls to protect workers from the risk of heat injury.

Although heat stress is typically associated with outdoor work, heat hazard is also present in indoor workplaces such as foundries, commercial kitchens, laundries, boiler rooms, and food and beverage manufacturing factories. The revised guidelines includes additional preventive actions companies can implement for hot indoor working environments.

New content in the revised guidelines include:

- Enhanced guidance on heat stress risk assessment taking into account personal, environmental and job risk factors;
- Criteria for heat stress level assessment based on Wet Bulb Globe Temperature;
- Updated heat acclimatisation schedule example;
- Management of heat illnesses via early recognition and first-aid treatment including cold water immersion;
- Heat stress case studies; and
- Updated heat stress prevention checklist (now applicable to both indoor and outdoor hot working environments).



Download the Guidelines [here](#).

Safe access within buildings and premises amid SafeEntry measures

During this pandemic, many entry and exit points of the building (such as lifts and staircases) have been sealed off to facilitate implementation of SafeEntry check-in and temperature screening. This may disrupt the usual routine and movement of workers such as cleaners, security officers, maintenance technicians and food delivery staff.

In Oct 2020, a cleaner tumbled down an escalator while trying to push a loaded trolley up the escalator. The cleaner had used the escalator as she was under the impression that the lift was not to be used. The cleaner sustained multiple bruises and cuts and the incident left her traumatised.

Learning points:

- While the use of trolleys helps to reduce manual load handling, they are unsafe for use on escalators and travellers. Workers pushing trolleys or carrying bulky or heavy loads should be directed to use the lifts.
- Occupiers need to consider the movement of such facilities management workers when their usual means of access are closed off. The workers should not have to devise their own (potentially unsafe) route to get to a specific location within a building or premise.

As we keep our workplaces COVID-Safe through the implementation of SafeEntry, let us also do our part to make our workplaces safe for our workers. Every worker deserves to return home safely at the end of each workday.

WSH Awards 2021 and bizSAFE Awards 2021 are now open for applications

WSH Awards 2021

The annual Workplace Safety and Health (WSH) Awards recognise companies and individuals who have upheld high safety and health standards at their workplaces.

The WSH Council invites companies who have demonstrated commitment and dedication to WSH, and have put in place excellent WSH systems, to apply for the WSH Awards 2021.

Interested applicants can apply for the following awards by **7 April 2021**:

1. Workplace Safety and Health Performance Awards
2. Safety and Health Award Recognition for Projects (SHARP)
3. Workplace Safety and Health Developer Awards
4. Workplace Safety and Health Innovation Awards
5. Workplace Safety and Health Awards for Supervisors
6. Workplace Safety and Health Officer Awards

Visit the WSH Council Webpage [here](#) for more details on the WSH Awards.

bizSAFE Awards 2021

The bizSAFE Awards recognise enterprises from the bizSAFE Community who have demonstrated outstanding commitment and dedication to improving workplace safety and health (WSH), and security capabilities in their companies and among their peers.

If your company had dedicated to raising WSH standards and practices, or had advocated your subsidiaries and contracted companies to improve their WSH, the bizSAFE Awards might just be for you!

Awards Categories:

- bizSAFE Partner Award (bizSAFE Partners)
- bizSAFE Enterprise Exemplary Award (bizSAFE Level STAR)
- bbizSAFE Champion Award

Click [here](#) for more information on the bizSAFE Awards 2021 and to download the application form. Submit your application before 7 April 2021.

Workshops

Temporary barricade and portable ladder standards awareness webinar

Organised by Singapore Standard Council and Standards Development Organisation, supported by the Enterprise Singapore, TÜV SÜD PSB Pte Ltd and Ministry of Manpower.

This ½ day webinar aims to heighten stakeholders' awareness on the two new Workplace Safety and Health Council's Approved Code of Practice (ACOP), namely, SS EN 13374 and SS EN 131 Series, which are related to Temporary Barricade and Portable Ladder standards respectively

Get more information [here](#).

Date: 5 March 2021
(Friday)
Time: 9am - 11:30am
Venue: Hosted online by
Singapore
Manufacturing
Federation –
Standards
Development
Organisation

We regret that we are unable to reply to emails at this email address. For enquiries or feedback, please email us at contact@wshc.sg.

Visit the WSH Council's [website](#) now for updates on WSH-related matters, information and events.



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