

## WSH Bulletin, 24 December 2020: ASMI shared Total Workplace Safety and Health approach with Marine Industries at webinar

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### **ASMI shared Total Workplace Safety and Health approach with Marine Industries at webinar**

On 17 December 2020, the Association of Singapore Marine Industries (ASMI), together with the Workplace Safety and Health (WSH) Council co-organised the "Overview to Total Workplace Safety and Health" webinar. The webinar aimed to encourage the marine industries to adopt a more holistic approach in improving the safety and health at the workplace through the Total WSH approach.

In his opening speech, Professor Chan Eng Soon, Chairman of the WSH Council (Marine Industries) Committee, emphasised the delicate relationship between our work environment and overall health, safety and wellbeing of our employees, where any compromise on either facet could severely affect companies. In light of the recent spate of fatal workplace incidents, Prof. Chan also urged participants to continue to remain vigilant and do their part in maintaining a safer workplace. He also commended ASMI, as well as the various marine companies, for supporting the nation-wide Safety Time-Out (STO) exercise and urged the marine industries to conduct a STO as soon as possible, before the festive season kicks in.

More than 130 participants attended the webinar with speakers sharing a wide range of topics, including an overview of Total WSH, examples of good ergonomic practices, and how companies could adopt best WSH practices to manage safety and health challenges. Some of the key takeaways from the webinar include:

- Management should take the lead to inculcate the mindset that safety, health and well-being are everyone's responsibility;
- Good ergonomic practices would include avoiding prolonged sitting of more than 20 minutes, maintaining a proper sitting posture, and disengaging from work outside of working hours to prevent fatigue; and
- Disengage from work outside of working hours to prevent fatigue.

As part of the National WSH Campaign efforts, participants also had an interactive segment where they participated in a quiz to discover their persona at work, and how they could stay safe and healthy at their workplaces.

The session concluded with a closing remark by Mr Simon Kuik, President of ASMI and Deputy Chairperson of the WSH Council (Marine Industries) Committee. He reiterated the importance of WSH and that health would not only affect workplace safety but also worker's productivity and morale. He urged the marine industries to continue striving for reduction of lost time due to injuries and to achieve zero fatalities.



Read Prof. Chan's opening speech [here](#).

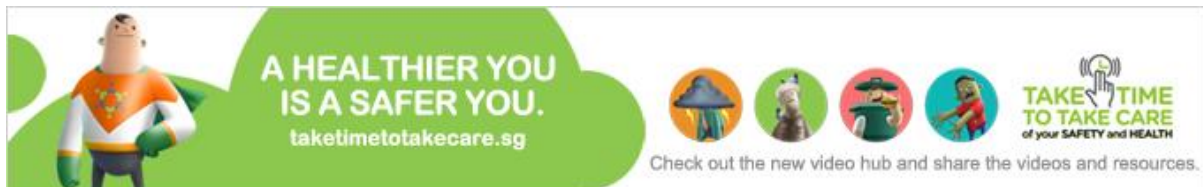
Find out how you can adopt the Total WSH approach [here](#).

Take part in the [Campaign quiz](#), discover what your persona is and receive tips on how you can improve your health and lifestyle habits.

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