

HUMANS AREN'T ROBOTS

Getting adequate rest is very crucial. Not getting enough rest can negatively affect your mood, immune system, memory, and stress level. It is important that good practice is shared across the industry to facilitate healthy ageing.

Take time to take care of your **SAFETY** and **HEALTH**.

This poster is designed solely for the promotion of workplace safety and health to protect workers in Singapore. The Workplace Safety and Health Council welcomes feedback on this poster and any workplace safety and health concerns via email: contact@wshc.sg. Visit www.taketimetotakecare.sg for the kind of safety and health actions you can do.