

HIT EVERY MOVE FOR SAFETY AND HEALTH

Step up workplace safety and health
now with the National #WSHWorkout



Stay fit, healthy and mentally alert by making the National #WSHWorkout part of your routine in the workplace or when working from home. Learn these easy stretching exercises in the National #WSHWorkout. Remember, Take Time To Take Care of your safety and health every day.


**TAKE TIME
TO TAKE CARE**
of your **SAFETY** and **HEALTH**



Stretch
your chest
by raising
your arms
laterally



Stretch
your body by
reaching
out from side
to side



Raise one knee and
bring your arms to
your chest. Repeat
the action by raising
the other knee.

Watch our music video
and download the National
#WSHWorkout tutorial at
taketimetotakecare.sg



MOVE UP, STEP UP, FOR SAFETY AND HEALTH

Step up workplace safety and health
now with the National #WSHWorkout



Stay fit, healthy and mentally alert by making the National #WSHWorkout part of your routine in the workplace or when working from home. Learn these easy stretching exercises in the National #WSHWorkout. Remember, Take Time To Take Care of your safety and health every day.


**TAKE TIME
TO TAKE CARE**
of your **SAFETY** and **HEALTH**



Stretch
your chest
by raising
your arms
laterally



Stretch
your body by
reaching
out from side
to side



Raise one knee and
bring your arms to
your chest. Repeat
the action by raising
the other knee.

Watch our music video
and download the National
#WSHWorkout tutorial at
taketimetotakecare.sg



Tripartite Alliance for
Workplace Safety and Health



MOVE TO THE BEAT OF SAFETY AND HEALTH

Step up workplace safety and health
now with the National #WSHWorkout



Stay fit, healthy and mentally alert by making the National #WSHWorkout part of your routine in the workplace or when working from home. Learn these easy stretching exercises in the National #WSHWorkout. Remember, Take Time To Take Care of your safety and health every day.


**TAKE TIME
TO TAKE CARE**
of your **SAFETY** and **HEALTH**



Stretch
your chest
by raising
your arms
laterally

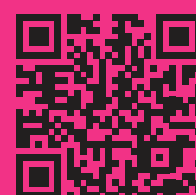


Stretch
your body by
reaching
out from side
to side



Raise one knee and
bring your arms to
your chest. Repeat
the action by raising
the other knee.

Watch our music video
and download the National
#WSHWorkout tutorial at
taketimetotakecare.sg



Tripartite Alliance for
Workplace Safety and Health



KEEP TO THE TEMPO OF SAFETY AND HEALTH

Step up workplace safety and health
now with the National #WSHWorkout



Stay fit, healthy and mentally alert by making the National #WSHWorkout part of your routine in the workplace or when working from home. Learn these easy stretching exercises in the National #WSHWorkout. Remember, Take Time To Take Care of your safety and health every day.


**TAKE TIME
TO TAKE CARE**
of your **SAFETY** and **HEALTH**



Stretch your chest by raising your arms laterally



Curl your arms and do a side-to-side lunge



Stretch your body by joining your hands and lifting your arms straight overhead

Watch our music video and download the National #WSHWorkout tutorial at taketimetotakecare.sg



Tripartite Alliance for
Workplace Safety and Health



GROOVE TO THE RHYTHM OF SAFETY AND HEALTH

Step up workplace safety and health now with the National #WSHWorkout



Stay fit, healthy and mentally alert by making the National #WSHWorkout part of your routine in the workplace or when working from home. Learn these easy stretching exercises in the National #WSHWorkout. Remember, Take Time To Take Care of your safety and health every day.

**TAKE TIME TO TAKE CARE**
of your **SAFETY** and **HEALTH**



Stretch your chest by raising your arms laterally



Curl your arms and do a side-to-side lunge



Stretch your body by joining your hands and lifting your arms straight overhead

Watch our music video and download the National #WSHWorkout tutorial at [taketimetotakecare.sg](https://www.taketimetotakecare.sg)



Tripartite Alliance for Workplace Safety and Health

