

AcuMed

Medical Group

Total WSH Clinic Services

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About Us

- **Primary Care Provider** with 13 medical centers conveniently located across Singapore
- Tending to the **Occupational** and **Healthcare** needs of our patients and clients
- Serving over 1000 corporate clients & industry partners
- Working closely with Government agencies such as the Ministry of Manpower & Ministry of Health
- The First **Total WSH Clinic Group** - October 2022

Our Brands

AcuMed
Medical Group

 **Asia Diagnostics Group**

SPEEDIMED
FASTER · SIMPLER · HAPPIER

AcuFEM
Women's Specialist

Total Workplace Safety and Health



Total WSH is an approach to manage work, safety and health **together** so as to achieve workers' wellbeing







Common Attributes

That Companies Desire in their Health and Safety Provider

A dedicated provider who:

- Tends to all employees' health needs;
- Considers how an employee's condition impacts work, or is impacted by work;
- Provides the necessary solutions and convenience of end-to-end suite of safety and health services;
- Can bring healthcare services directly to the workplace.

DETECTION & CONTROL

1 Total Safety and Occupational Health	<ul style="list-style-type: none"> • Work-site Assessment Visit • Fitness-To-Work • Occupational and Work-related diseases 	
2 Physical Health	<ul style="list-style-type: none"> • Health Screening • Management of Acute & Chronic Conditions 	
3 Infectious Diseases	<ul style="list-style-type: none"> • Vaccination • Infectious Disease prevention consultancy 	
4 Mental Health	<ul style="list-style-type: none"> • Referral as necessary for Co-management • Employee Assistance Programme (EAP) 	

SAFETY & HEALTH PROMOTION

Provision of health coaching & customised safety and health workshops



Case Study on Total WSH Journey: Profile of Company A

- AcuMed's Corporate Client for more than 10 years
- Manufacturer of Electronics Components
- Workforce
 - a) ~600 pax
 - b) Shift Work
 - c) ~ 68 % supported by Foreign workers
 - d) Age group: 20-72 years old



Key Considerations

Work-related



Back Pain



Injuries



Exposure to
Workplace Hazards
(Noise and lead)



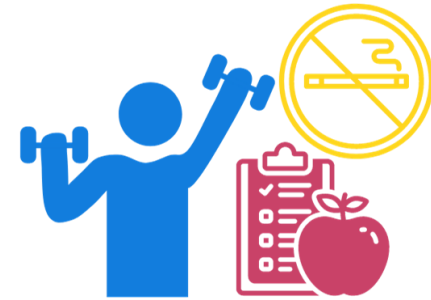
Personal Health



Chronic Disease(s)



Mental Health



Lifestyle:
Exercise/ Diet / Smoking

Annual Health and Wellness Journey 2022

Ongoing Health Services

Onsite Health Services

Workplace Visit and Consultation With HR

Health and Wellness Initiatives

Ongoing

- Medical consultation
- Injury Management
- Medical Examination
 - Hazards- SME
 - Pre-employment
 - Re-engagement, Fitness to work

Q1 and Q3

- Health screening
- X- Ray
- Audiometry

Q2

- Worksite visit
- In depth discussion with stakeholders
- This encourages staff retention and enhances wellbeing

Q3 and Q4

- General Education
- Total WSH Programme (with wellness partners)
- Annual Health Screening
- Vaccination

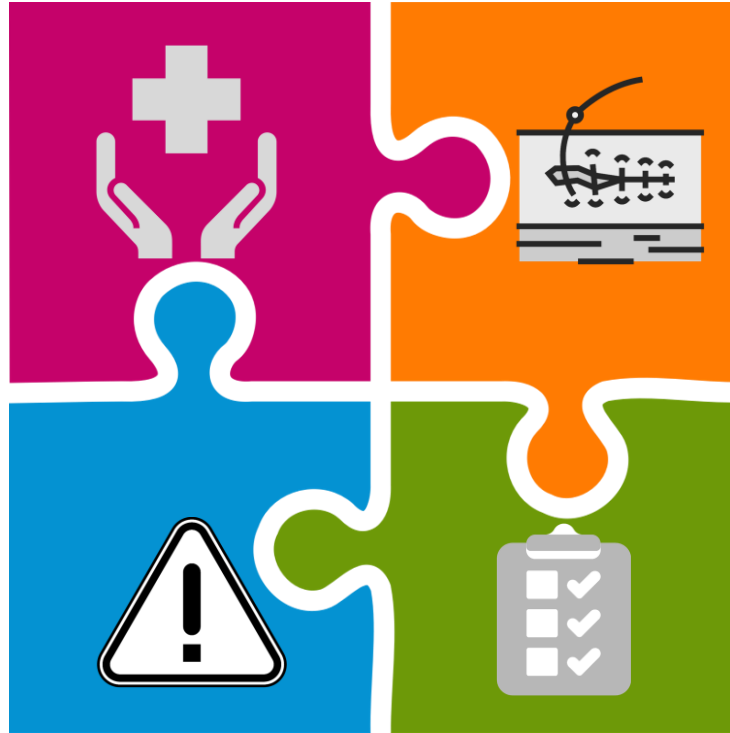
Ongoing Health Services

Medical Consultation

Consultation:
Acute/Chronic
conditions

Hazards & Health screening

Preparation of
consolidated health
reports on Employee
Health



Injury Management

Our clinics are equipped
to perform minor
procedures.

Enhanced Employment Related Examination

Availability of in-house
diagnostic facilities (X-ray,
Audiometry, Spirometry)
and laboratory tests.

Onsite Health Services



Workplace Visit and Consultation

- In-depth Discussion with relevant stakeholder regarding Company profile to support analyses, interventions and recommendations regarding programmes [including those from the Total WSH Programme]



Health and Wellness Initiatives

- Annual health screening
- Educational activities
- Workshops from Total WSH Programme



FATIGUE MANAGEMENT

STOP FATIGUE, be more energized at work.

Fatigue refers to a state of exhaustion which will lower one's mental and/or physical performance and threaten workplace safety. Fatigue at work can decrease a person's alertness and affects his or her judgement and productivity. Hence, it is crucial to implement fatigue management in the workplace. There are 2 types of fatigue: physical and mental fatigue.

FACTORS THAT LEAD TO FATIGUE

INDIVIDUAL FACTORS

- Lack of Sleep
- Sleep Disorder
- Underlying Health Problems
- Other Employment (Part-time job)

WORK-RELATED FACTORS

- Inadequate Rest Break
- Long Working Hours
- Roster Patterns
- Timing Of Shift (E.g. night shift)

What are the effects of fatigue in workplace?

- Increased workplace accidents
- Increased staff absenteeism and turnover
- Decrease productivity
- Increase in error rates
- Slow reaction time to react to situation

What are the tips to avoid fatigue during work?

- Good quality sleep, have at least 7 to 8 hours of uninterrupted sleep daily
- Take schedule breaks during work shift
- Interact with co-workers
- Do exercises regularly
- Avoid excess consumption of alcohol before sleep
- Seek medical advice if you have insomnia

Scan here for our clinic locations. If you have any questions, please contact us at 6566 3311.

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HEAT INJURY PREVENTION

Protect yourself from heat stress

- Keep yourself hydrated by drinking lots of water
- Wear loose-fitting and light-colored clothes. Put on a hat when working in a hot environment
- Work and rest in shaded areas where possible
- See a doctor/ report to supervisor if feeling unwell

What To Do If A Heatstroke Happens?

- Move to a shaded area
- Drink cool water
- Remove tight or heavy clothing
- Fan and apply cool water
- Call ambulance if the situation is critical

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OFFICE ERGONOMICS

Ergonomics is the science of fitting the job to the worker. The office is often considered as our second home as many people spend most of their time in their workplace every day. Hence, our work and working environment should be ergonomically designed to match the worker's capacity and limitation. This can help to improve the work efficiency, productivity and the workers' health. Some of the causes of office injuries include repetitive movements, awkward posture and the use of a large force.

COMMON INJURIES

Poor workplace design or work environment might lead to the following problem:

- Musculoskeletal problems such as repetitive strain injury and carpal tunnel syndrome
- Eye irritation or poor vision
- Backaches
- Stiff neck and shoulders

TREATMENT & PREVENTION

- Adjust monitor height or tilt the screen so that top of the screen is level with or slightly lower than your eye level.
- Adjust the chair height so that your feet can touch the floor
- Place your monitor 50-70 cm away from your eyes
- Ensure proper lifting position:
 - Move close to object and bend your knees to pick object up
 - Grasp object firmly and hold it close to your body
 - Lift the object by straightening legs. Keep the back straight
 - Have a firm grip on the object before moving off
- Do regular stretching exercises during work to relieve muscle strain and tension

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Overall Benefits: Employees/Employer

Employees

- Enhanced **welfare**
- Better **health**

Employers

- Reduced **healthcare costs** in the long run
- Increased **productivity**
- Enhanced **retention** rates



Our Clients

With close to 50 years of experience, we serve over 1000 corporate clients from various sectors including government agencies, offshore & marine, precision engineering, construction, general manufacturing and more.

Our corporate clients include:



Our Locations

More information can be found on www.acumed.com.sg



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more about
AcuMed's Total
WSH services!**