



SAFETY, YOUR PERSONAL RESPONSIBILITY

Work at Height Symposium 2021 Total Workplace Safety & Health Importance of Well-Being for Working At Heights

Members of 1Summit Global Pte Ltd



Let's watch a short clip.



Total Workplace Safety and Health

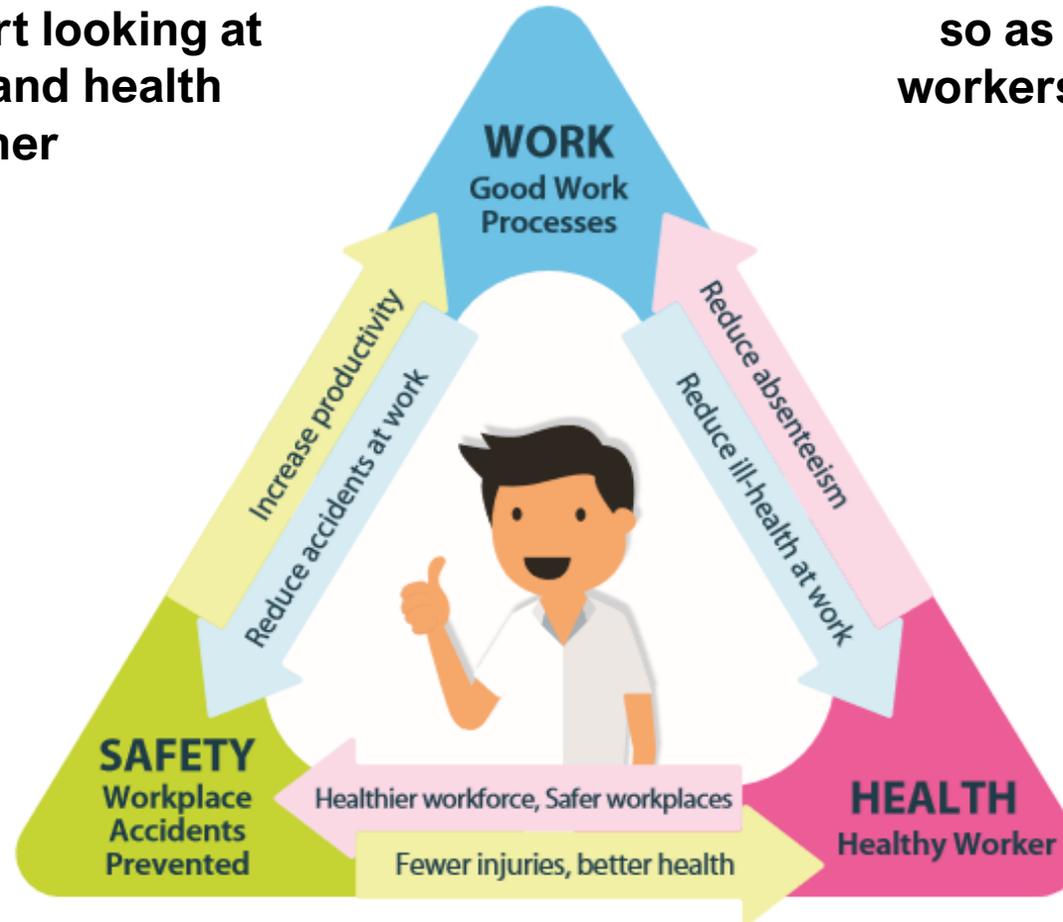


Healthy Workforce, Safe Workplace

Total Workplace Safety and Health (WSH) approach

We need to start looking at work, safety and health together

so as to achieve workers' well-being





Safety lapse not only affected him, but caused hurt to others and economic and reputation losses to the company

6

Work Processes

- 1. Working At Heights



1

Mr Tan could fall from height due to the nature of his work

2

Mr Tan's hypertension is not controlled resulting in frequent headache

3

The high demand and stress and peer pressure causes him to smoke more which aggravate his hypertension

Safety

- 1. Fall from Heights incident

Health

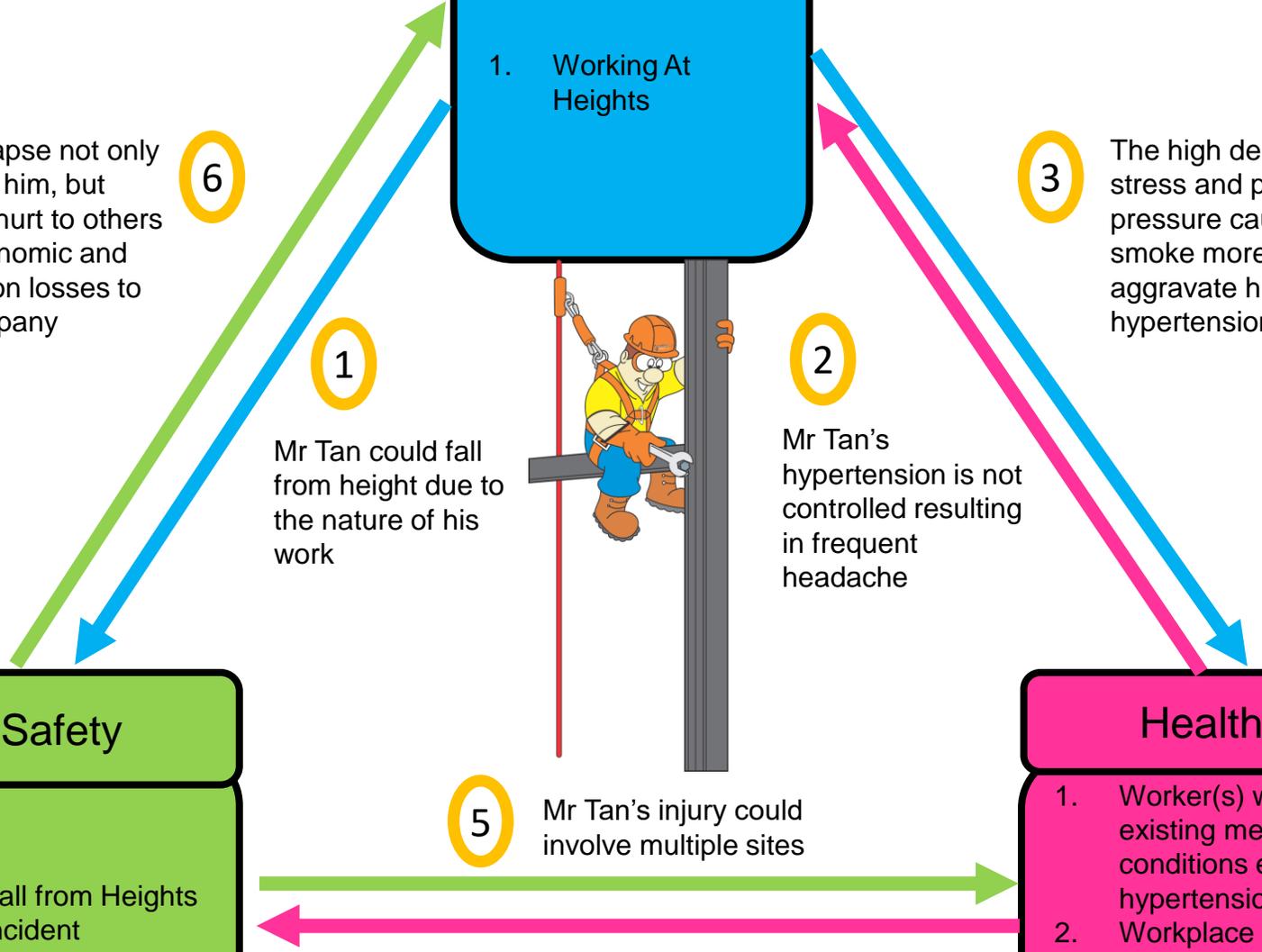
- 1. Worker(s) with existing medical conditions e.g. hypertension
- 2. Workplace Stressor cause by poor work processes

5

Mr Tan's injury could involve multiple sites

4

Mr Tan had a heart attack and he collapsed causing him to fall from height



How does HEALTH of Workers affects their SAFETY?**Insufficient Rest****Inability to make safe decisions****Insufficient Break time for Food (Eating on the job)****Indigestion affects health (Fainting Spells, affecting strength, affects focus)****Improper postures causing pain to body parts or MSDs****Inability to climb properly, further strain to affected body areas****Not taking proper breaks for hydration may cause Heat Stress, Heat Fatigue or Heat Cramps****Fainting spells while Working at Heights causing Fall from Height Incidents****Temporary Loss of Vision****Fall from Heights**

What can you do as a supervisor?

- Check if anyone is feeling unwell
- Check with those workers that has chronic diseases, if they have taken their prescribed medications
- Check if vision is alright
- Check if anyone has chest discomfort?
- Check if everyone has brought along their water. If not, where is their nearest location for water?
- Check if timetables or breaks are allocated and ensure adherence for rest.



1

Assessment

- Conduct a walk-through assessment to identify the more significant risks in your company
- Identify the gaps in the management of WSH through a WSH Questionnaire*
- Profile the health status of your workers through a Basic Health Survey*



3 Steps:



3 Steps:

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Assessment

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**2**

Intervention

- Address significant risks
- Improve WSH Management System
- Identify health issues that impact on work and safety
- Design and implement broad based or customised intervention programmes accordingly (e.g. work redesign, ergonomics, healthy lifestyle)



Intervention Programs in relation to worker(s) Well-Being to “Work at Heights”

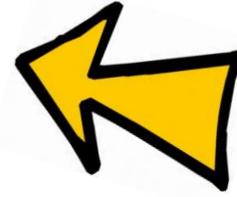
Holistic Approach to Stress Relief



1. Practical Ways to maintain healthy lifestyle
2. Proper Diet, exercise and sleep to reduce stress
3. 9 ways to sleep better and wake up fresher.
4. Stress Relief Techniques.

Intervention Programs in relation to worker(s) Well-Being to “Work at Heights”

The talk is meant to explain the difference between snoring and obstructive sleep apnea, going into details of how these conditions can negatively affect a person's sleep and health. It will also provide the scientifically proven treatment options for snoring and obstructive sleep apnea.



How to regain your quality of sleep?
Solutions to snoring and obstructive
sleep apnea

Managing sleep with night shift pattern



1. Tips on surviving night shift
2. Optimize your schedule with night shift
3. Shift workers dietary intake
4. Coping with shift work / sleep disorder

3 Steps:

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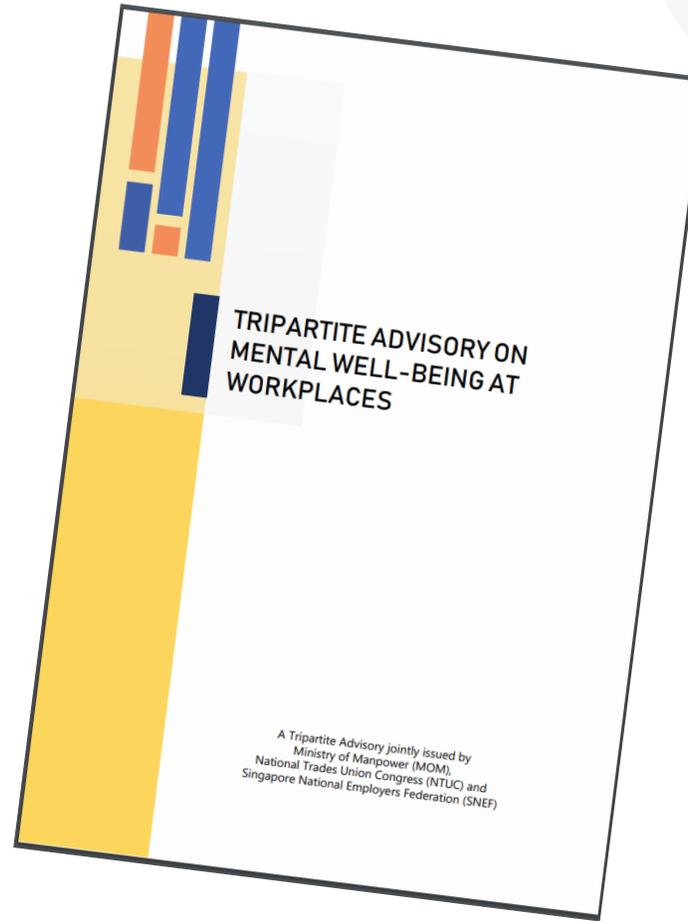
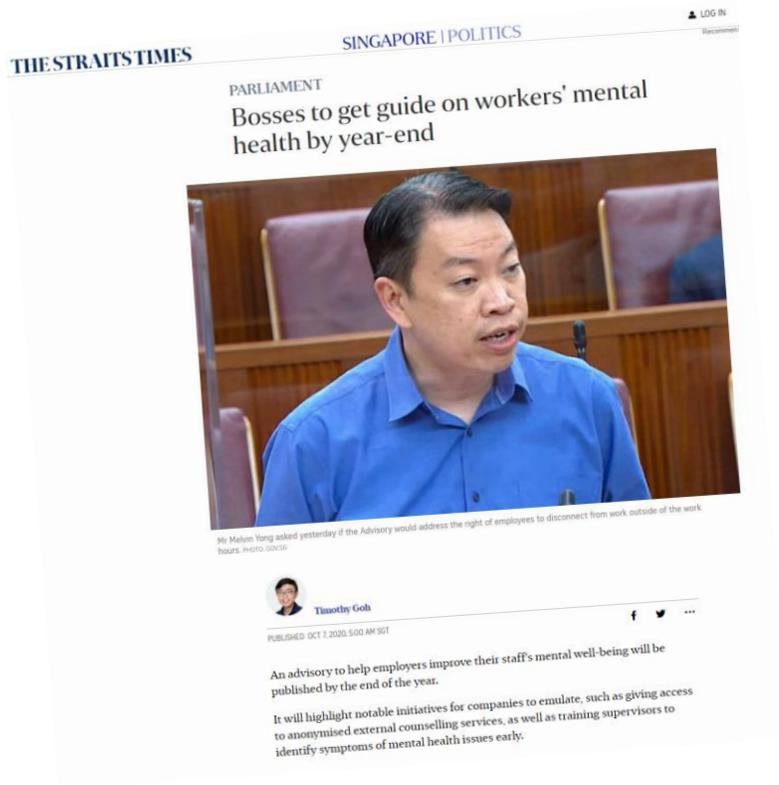
**3**

Monitoring & Evaluation

- Monitor the progress of intervention programmes
- Evaluate the outcomes and effectiveness



Tripartite Advisory on Mental Well-Being at Workplace



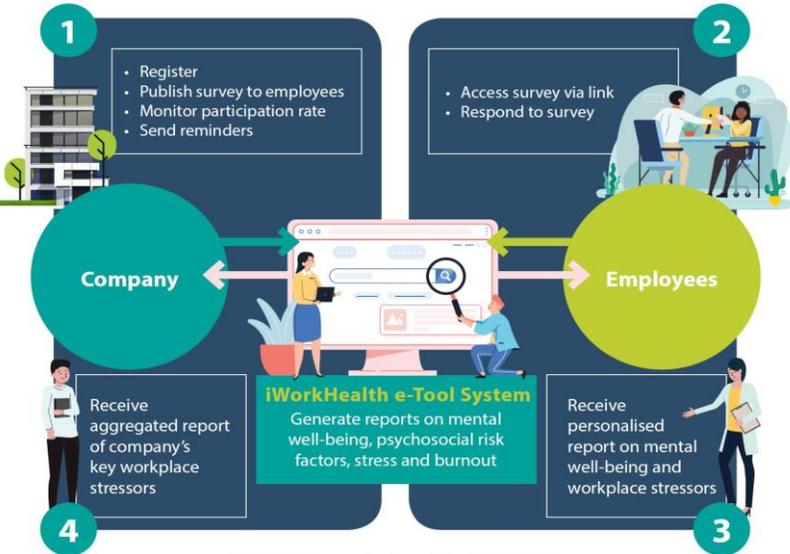
Find the link in the chat room or scan the QR code to download



<https://www.mom.gov.sg/covid-19/tripartite-advisory-on-mental-well-being-at-workplaces>

More resources – Towards a happier workplace (WSHC)

iWorkhealth



iworkhealth.sg

iWorkHealth



Assessment

1. Identify workplace stressors

Using iWorkHealth Tool

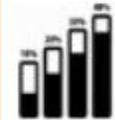
- Employee fills up web-based survey
- Employee receives individual report
- Employer receives aggregated company report



Intervention

2. Company rolls out intervention programmes

- In-house programmes
- External programmes



Monitoring & Evaluation

3. Monitor and evaluate effectiveness of programmes

Using iWorkHealth Tool

- Company retakes the assessment

Resources



Visit

<https://www.tal.sg/wshc/Programmes/Total-Workplace-Safety-and-Health>

Email totalwsh@wshc.sg

Find the link in the chat room or scan the QR code to download



Embrace Total Workplace Safety and Health (Total WSH)

Managing your employees' lifestyle habits and health conditions are all part of the Total WSH approach. It is an integrated approach that helps businesses to manage work, safety and health of employees so as to improve their well-being in the workplace.

Learn more about implementing Total WSH for your company.





SAFETY, YOUR PERSONAL RESPONSIBILITY



PERFORM WORK AT HEIGHT



MANAGING WORK AT HEIGHT

SCAN ME



SCAN ME



Tripartite Alliance for
Workplace Safety and Health

Feedback form

Find the feedback form in the chat room or scan the QR code to help us improve





SAFETY, YOUR PERSONAL RESPONSIBILITY



Tripartite Alliance for
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Thank you for Joining Us today!

Have a Safe and Healthy Week ahead!