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Tripartite Alliance for  
Workplace Safety and Health



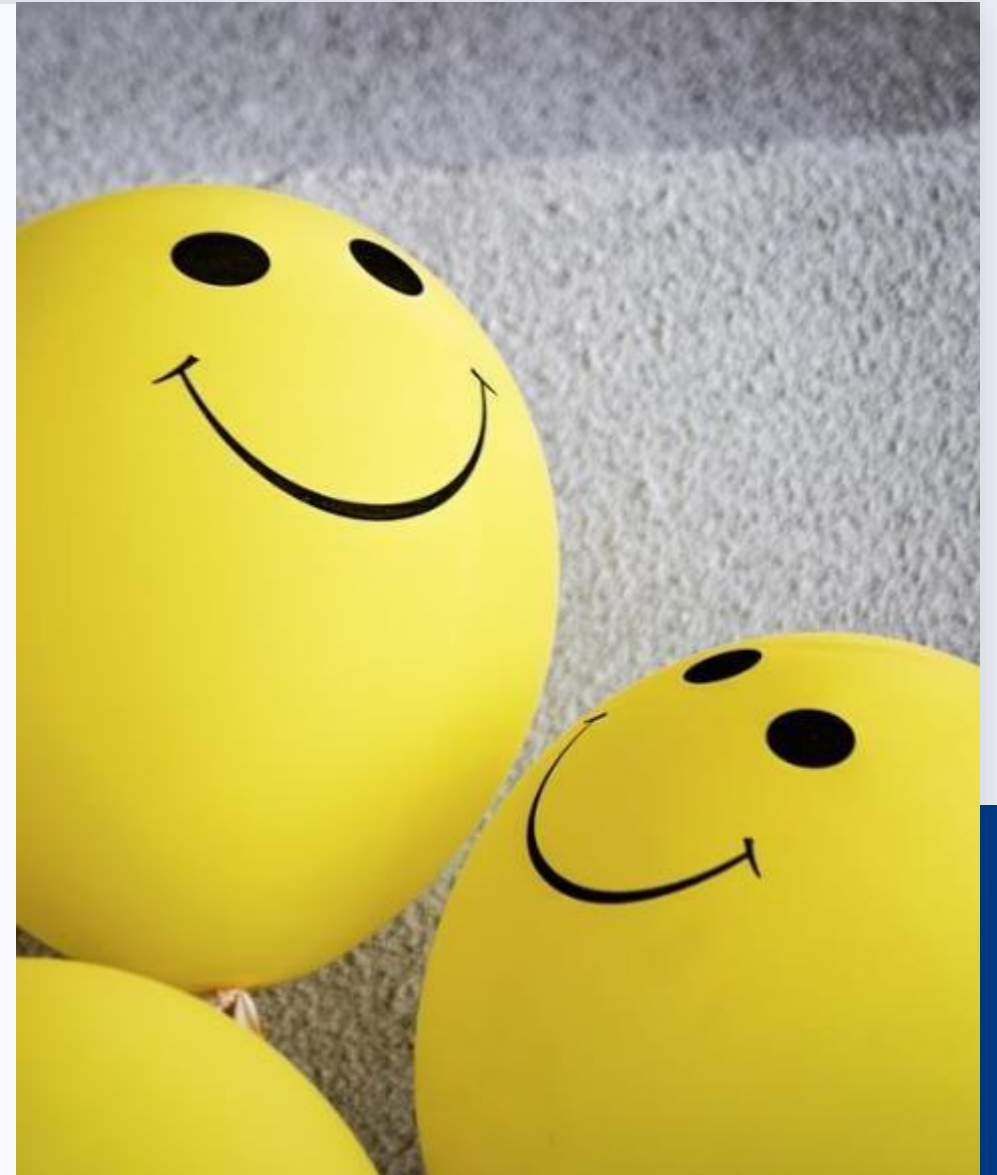
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# Physical Activity and STF Prevention

(For FM Facilities Management Sector)

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**WONG FONG ACADEMY PTE LTD**  
(Total Workplace Safety & Health)



1. Singapore WSH Statistics 2021
2. Case Study – STF related
3. Physical Activity/Health in relation to STF Prevention



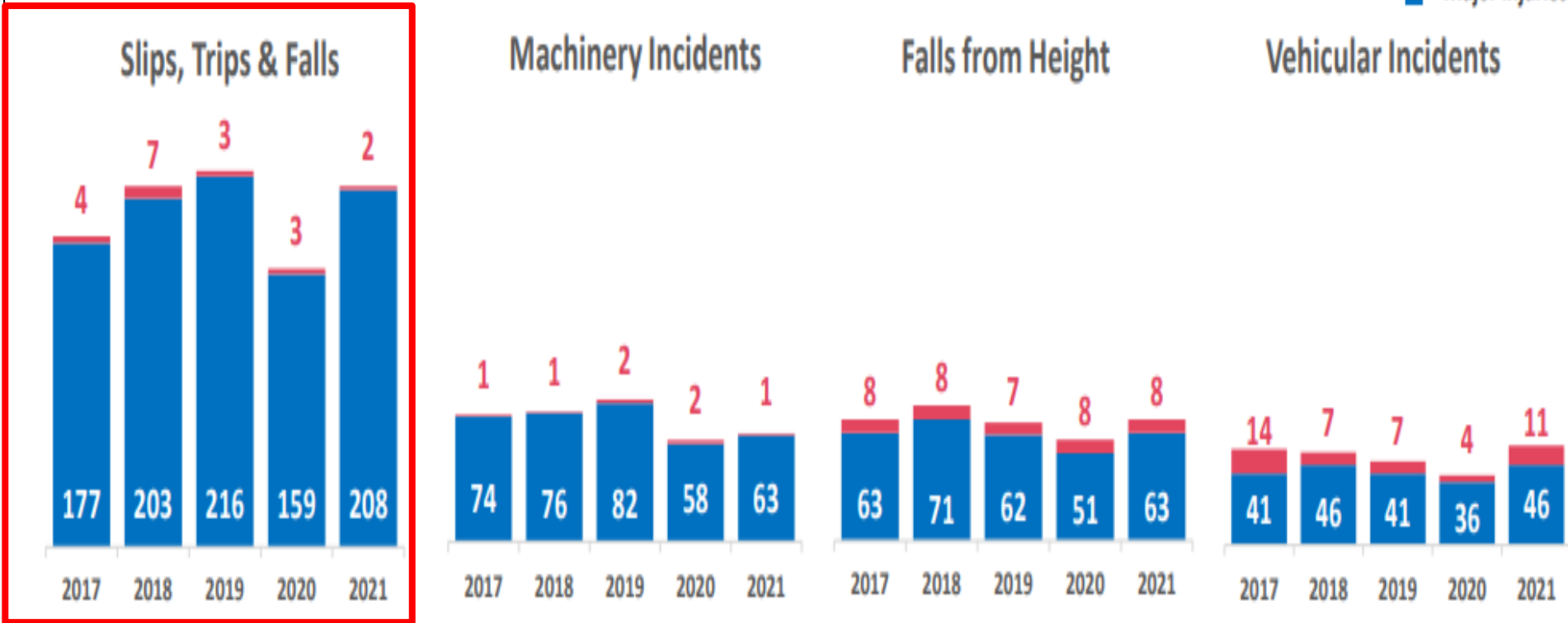
## Do you know?

- Slips, trips and falls are one of the top causes of workplace deaths
- Slips, trips and falls are the most common causes of workplace injuries. It can cause sprains, strains, fractures, head injuries and deaths.
- Slips, trips and falls account for more than 25% of all workplace injuries and affected more than 3,000 employees each year between 2014 and 2018

# Slips, Trips and Falls for FM Sector

Slips, Trips & Falls remained the top cause of major injuries in 2021.

Fatal Injuries  
Major Injuries



Source: WSH Report 2021

[www.mom.gov.sg](http://www.mom.gov.sg)



30 April 2020, Ref: 2021013

## Accident Advisory: Cleaner found lying at staircase landing

Ref: [2021001](#) WSH Alert Accident Notification dated 7 April 2020

On 28 March 2020, a cleaner was found lying on the staircase landing of a residential building with his cleaning equipment nearby. The injured cleaner was conveyed to the hospital where he passed away the following morning.

Source: WSH Council  
[www.tal.sg](http://www.tal.sg)



Figure 1: Overview of the accident scene.

## **Recommendations**

Persons in control of similar workplaces and work activities such as employers, principals and contractors are advised to consider the following risk control measures to prevent similar accidents:

### **Safe work environment**

- Ensure staircases and staircase landings are sufficiently illuminated. Defective lightings should be replaced immediately.
- Highlight the edge of steps (and slopes) to increase their visibility, for example, by painting with anti-slip paint or applying anti-slip tape.
- Equip wider staircases with handrails on both the left and right sides of the staircase. For very wide staircases, consider installing additional handrails in the middle of the staircase.
- Encourage workers to report to their supervisors once they encounter unsafe work conditions.

### **Safe Work Procedure (SWP)**

- Brief workers on possible on-site hazards, associated risks and control measures prior to starting work.
- Check that workers are familiar with the SWP for working at staircases.
- Place signs or stickers at staircases to remind staircase users on the importance of using handrails to prevent falls.



## **Personal Protective Equipment (PPE)**

- Provide workers with footwear that is suitable for the location of work, such as non-slip shoes.
- Conduct checks to ensure that workers put on the provided footwear while at work.
- Place all company-issued footwear on a regular inspection and replacement programme.

## **Risk Assessment**

Employers, principals and contractors are required to conduct a thorough Risk Assessment (RA) for all cleaning activities at work premises to manage any foreseeable risk that may arise. The RA should address, but not limited to, the following areas:

### **Ground condition**

Assess the ground condition at the designated work area for slip, trip and fall hazards, and look out for locations where one may easily lose balance (e.g. if workers are required to work on steps or sloping surfaces). Highlight these hazards to the worker and advise on the SWP.

### **Worker health**

Consider the health condition of the worker to ensure that he is sufficiently fit for the physical demands of the assigned task. Ensure workers have enough rest as fatigue can reduce one's alertness to hazards in the work environment.



## Case 5

Worker Died after Slip and Fall at Bread Factory



### DESCRIPTION OF INCIDENT

A worker slipped, fell and hit her head on the floor at the bread cooling area of a factory at about 1.30am. She became unconscious and subsequently passed away at the hospital.

Source: WSH Council  
[www.tal.sg](http://www.tal.sg)



Figure 5: Scene of the accident where the worker slipped and fell.

## WSH Fines – Local Bakery Company

SINGAPORE - A local bakery was fined **\$90,000** on Tuesday (May 16) after one of its managers died after slipping and hitting her head at work.

Company was fined under the **Workplace Safety and Health Act** for failure to ensure that its workplace is safe and without health risks to every person within the premises.

These lapses were found to have caused the death of the employee who slipped on the production floor on Aug 21, 2015.

Investigations by the Ministry of Manpower (MOM) **revealed** that the company **failed** to **keep floor conditions safe, provide anti-slip floor mats, and install warning signs.**

He advised that warning signs to highlight the wet and slippery floor conditions would remind workers to keep off the area. Workers should also be required to wear anti-slip shoes within the area.

These were control measures proposed in its risk assessment, which it **failed to implement,**

**“Slips, Trips & Falls”, can occur anywhere.... At worksite, office and even at home.**

## **Poor Personal Health that leads to Falls**

- Muscle weakness in our body
- Poor balance and difficulty walking independently
- Postural hypotension  
(sudden drop in blood pressure when you get up from lying down or sitting)
- Foot and leg problem
- Lack of clear vision, wearing glasses with the wrong prescription or other eye problems such as cataracts and glaucoma
- Side effects of certain medications that cause dizziness or confusion
- Have chronic conditions such as arthritis, high blood pressure, diabetes or stroke

## **Prevention Technique**

- Exercise Regularly to keep fit and in return it will Prevent Falls
- Keep Your Bones Strong by increasing your calcium intake
- Go for Regular Eye Checks – At least once a year
- Avoid Alcohol intake
- Wear Non-slip Shoes in wet environment
- Review Your Medication with Your Doctor

## How can Employers protect Workers?

- **Risk Assessment**

Arranging risk assessment to be conducted as existing risk control and conduct briefing to the target group of workers.

- **Action Plan**

Regular review of your action plan as such method statement, safe working procedure to ensure it is relevant to the work setting. If need be revised and re-training is required

- **Match a worker's task to their abilities**

Less repetitive tasks are advisable. Self-paced work and self-directed rest breaks helps workers too.

- **Avoid too much sitting / Standing**

It's not good for workers to sit all day. Sit/stand workstations and walking workstations may help, but allowing employees to simply stand up, stretch, and move around a bit is just as helpful.



## How can Employers protect Workers?

- **Reduce physical hazards including the possibility of slipping hazards**

Maintaining a safe workspace is crucial for all employees.

Ensuring that floors are safe – and dangerous areas are cordoned off – is important.

Companies can also prevent workplace injuries by installing handrails in bathrooms and for all stairs, addressing uneven flooring, and replacing laminate and tile floors

- **Consider ergonomics**

Bad chairs are the worst – and everyone knows it.

Provision of ergonomic chairs as well as ergonomic keyboards and mouse rests, and installing blue light protective screens over their monitors, can help [reduce stress](#) on the body and vision fatigue.

# WATCH YOUR STEP

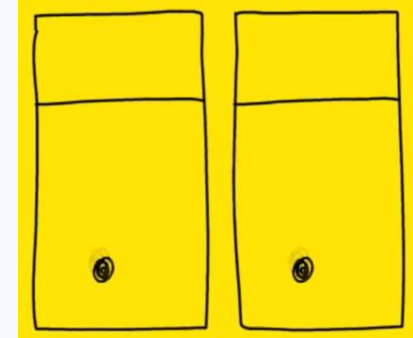
**Look out for  
warning signages  
for hazards.**



**Make sure your  
work area is well lit.**



**Let your co-workers  
know where you are if  
you are working alone.**



**Use your eyes**

## WATCH YOUR STEP



Safety Actions to prevent  
**SLIPS, TRIPS AND FALLS**  
in the Facilities Management sector  
(Cleaning and Security industries)

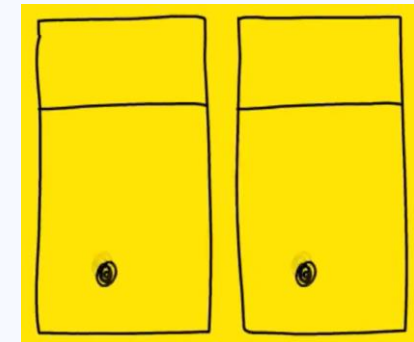


**Wear non-slip shoes**  
issued by the company.  
Replace shoes when  
soles are worn out.



**Report hazards such as broken**  
floor tiles and uneven floor  
surfaces to your supervisor.

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



**Use your eyes**



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End of slide

Thank You

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