

Q&A for WSH Forum for Facilities Management Industry 2022 held on 17 Nov 2022

Speaker	Mr Alvian Tan
Question	Will MOM penalise companies if workers fail to comply with PPE requirements?
Response	Workers found to be not complying with WSH requirements could be subjected to enforcement actions.

Speaker	Ms Priyanka Selvanathan
Question	Is there any study on the relationship between diet at workplace to accident rates?
Response	<p>To my best knowledge, I do not think there is any direct correlation to any particular diet and accident rates.</p> <p>However, I do believe that a well balanced diet with adequate sleep and rest will keep employees alert and energetic thereby, reducing accident rates.</p> <p>According to Healthy Performance UK, research has shown that inadequate nourishment can reduce employees' efficiency by 20% and that poor nutrition is directly linked to absenteeism, sickness, low morale, and higher rates of workplace accidents.</p>

Speaker	Ms Priyanka Selvanathan
Question	What type of soup is good for immunity- boosting?
Response	<p>Having warm to hot soup at the end of a tiring day itself, has proven to provide stress relieving benefits.</p> <p>For added boost to improve immunity try adding in active ingredients high in Vitamin C (Eg. bell peppers, broccoli, brussels sprouts), probiotic sources (Eg. miso, kimchi, tempeh) to improve gut health and herbs & spices (Eg. ginger, garlic, turmeric) for anti-inflammatory properties.</p>

Speaker	Ms Priyanka Selvanathan
Question	Ms. Priyanka, you briefly mention about nutrient dense snacks. Is there any recommended timing to consume them? E.g., late night snacking due to night shifts, is that alright?
Response	<p>Snacks function as pick me ups in between meal times, there is no fixed recommended timing to take them.</p> <p>Typically it is advised to stop consuming foods 2hrs, before bed time to ensure proper digestion and good sleep.</p> <p>However if you are working through the night, feel free to reach out to fibre and protein rich snacks to keep you alert!</p>

Speaker	Ms Priyanka Selvanathan
Question	Ms Priyanka, walking 30 minutes burn about 100-200 calories, char kuey teow is in 500+KCAL? Are the two units the same?
Response	Yes. The two units are the same, referring to the energy value of food.

	A kilocalorie(kcal) is another word for what's commonly called a calorie, so 1,000 calories can be written as 1,000kcal.
Speaker	Ms Priyanka Selvanathan
Question	To Ms Priyanka, with intention on weight loss and better health, will you recommend Keto diet and intermittent fasting?
Response	<p>Firstly, kudos for intending to be on a path to better health!</p> <p>Keto and intermittent fasting diet plans may help to lose weight in the initial stages. Effectiveness and side effects are still being studied.</p> <p>For a more permanent and healthier way of losing weight, I suggest a 200kcal deficit from your daily caloric needs and engaging in heart rate increasing exercises (Eg. HIIT, strength training).</p> <p>Alternatively, you may also book a consultation with a nutritionist/dietician, to come up with a personalised weight loss diet & fitness plan for you.</p>

Speaker	Mr Tan Eng Loo
Question	How does MPPL ensure that WSH takes the utmost priority when carrying out work?
Response	<p>Prior to any work activities, the respective departments' I/Cs will ensure proper briefing on potential hazards and the required safety control measures as well as Safe Work Procedures are communicated via tool box meetings with the staff. In addition, the Safety Department conducts Safety Time Out on staff to reinforce safety practices.</p> <p>Should there be hazardous works, the WSH Department ensures the application of the Permit to Work (PTW). As MPPL is conferred BizSAFE Partner certification by WSH Council, we ensure all supplier/contractor has to be at least attained bizSAFE Level 1 certified and engaged supplier/contractor attains bizSAFE Level 3 within the contract period or 24 months, whichever is earlier. Such criteria is also documented in our Corporate Policies and Procedures Manual (Purchase Order/Tender).</p>

Speaker	Mr Tan Eng Loo
Question	How much safety resources are employed to implement your safety systems? Do you feel that full time and part time staff makes a difference?
Response	<p>We have a WSH Manager and 2 WSH Co-ordinators for the implementation of MPPL ISO 45001: 2018 Occupational Safety & Health Management System at all our properties comprising office towers, shopping mall, medical centre and high-end condominiums. The WSH Mgr, who is a MOM Registered WSH officer, keeps abreast of the latest regulatory requirements. Full time WSH personnel are highly recommended as they will provide WSH timely advice to internal stakeholders and oversee that all safety requirements are fully complied with. There is a WSH Steering Committee comprising key staff from the respective departments where we meet on a monthly basis to discuss safety related matters, sharing of WSH observations, relevant accident case studies from WSH Council as well as updating changes in applicable legislations as and when necessary.</p>
Speaker	Mr Tan Eng Loo
Question	What happens to the automated barriers after COVID restrictions are lifted ?
Response	We stopped the deployment of automated barriers with effect from 26 April 2022 as per government's directives. However, MPPL continues to be operational readied and be

	<p>prepared should there be a resurgence of reinfections as cautioned by the Government. Besides COVID-19, also to meet future challenges due to other pandemics.</p> <p>Other options to repurpose the automated barriers are as follows:</p> <ol style="list-style-type: none"> 1) Advertising & Promotion events at the mall for crowd control purposes or for staff access; 2) Management of Vendors / Contractors & Workers with a people counting system at the Loading Bay Security Counters; and 3) People Counting at our Buildings with no People Counting System to monitor the footfall.
Speaker	Mr Tan Eng Loo
Question	For MPPL, which areas are the most difficult to handle in terms of compliance with WSH? How do you tackle the challenges?
Response	<p>Our WSH Department was formed sometime in July 2013. During the earlier days, the challenges we faced are as follows:</p> <ol style="list-style-type: none"> 1) Contractors' compliance with Personal Protective Equipment (PPE) as well as the mandatory WSH requirements i.e. submission of Risk Assessment, safety certifications, application of Permit-to-Work for hazardous works for works involving office reinstatements, fitting out and renovation works. Majority of them are unaware of the penalties which may be imposed on them as per the WSH regulations. As such, MPPL formulated a RA Guide to serve as a guidance to all internal/external contractors for compliance purposes. 2) The ever-changing WSH, Environmental, Fire Safety Regulations/Singapore Standards/Codes of Practices. However, this was addressed through the subscription of a 3rd party vendor i.e. TUV SUD PSB where MPPL receives quarterly updates via email. Our WSH Manager will then review the requirements and update members during the monthly WSH Steering Committee Meeting. 3) Perception on aesthetical aspects vs compliance with WSH aspects. The team focuses due diligence on applicable WSH requirements based on a reasonable & practicable approach to eliminate foreseeable risks.