



# WSH Forum for Facilities Management Industry 2022

Marina Properties Pte Ltd (MPPL),  
A Subsidiary of Pontiac Land Group

*Sharing on Safe Work & Best  
Practices – A Safer & Healthier  
Workplace*

*By VP Tan EL, MPPL*

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# Marina Properties Pte Ltd (MPPL)



## MPPL - Going above and beyond

Marina Properties Pte Ltd is the property & facilities management arm of Pontiac Land Group, offering dedicated in-house services including 24-hour security, safety, housekeeping and technical support to its luxury properties.

We provide attentive and reliable services. Our team seeks to inspire and evoke a sense of comfort, safety and security for all its occupants and visitors.

*Do it right the 1<sup>st</sup> time*



# Marina Properties Pte Ltd (MPPL)



## Commercial



Millenia Singapore

- Millenia Tower
- Centennial Tower
- Millenia Walk
- Millenia Singapore Car parks

## Medical



Camden Medical

## Residential



The Colonnade



Ardmore Residence



HANA



Brentwood Villa

*Do it right the 1<sup>st</sup> time*



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A background image on the left side of the page. It shows a modern building with a curved, glass-and-metal facade. Below the building is a pool of water that reflects the building's structure. The image is partially obscured by a large, semi-circular graphic element that contains the table of contents.

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Realising our Goals of a Safer & Healthier Workplace Environment

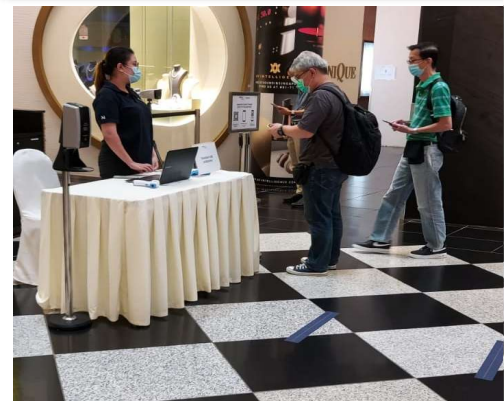


# Challenges during COVID19



COVID-19 FEBRUARY 20'

- a) Shortage of Personal Protection Equipment (PPE) and training staff to don and operate with the PPE



DECON Team (HSKP)



Millenia Tower

*Do it right the 1<sup>st</sup> time*



# Challenges during COVID19



COVID-19 FEBRUARY 20'

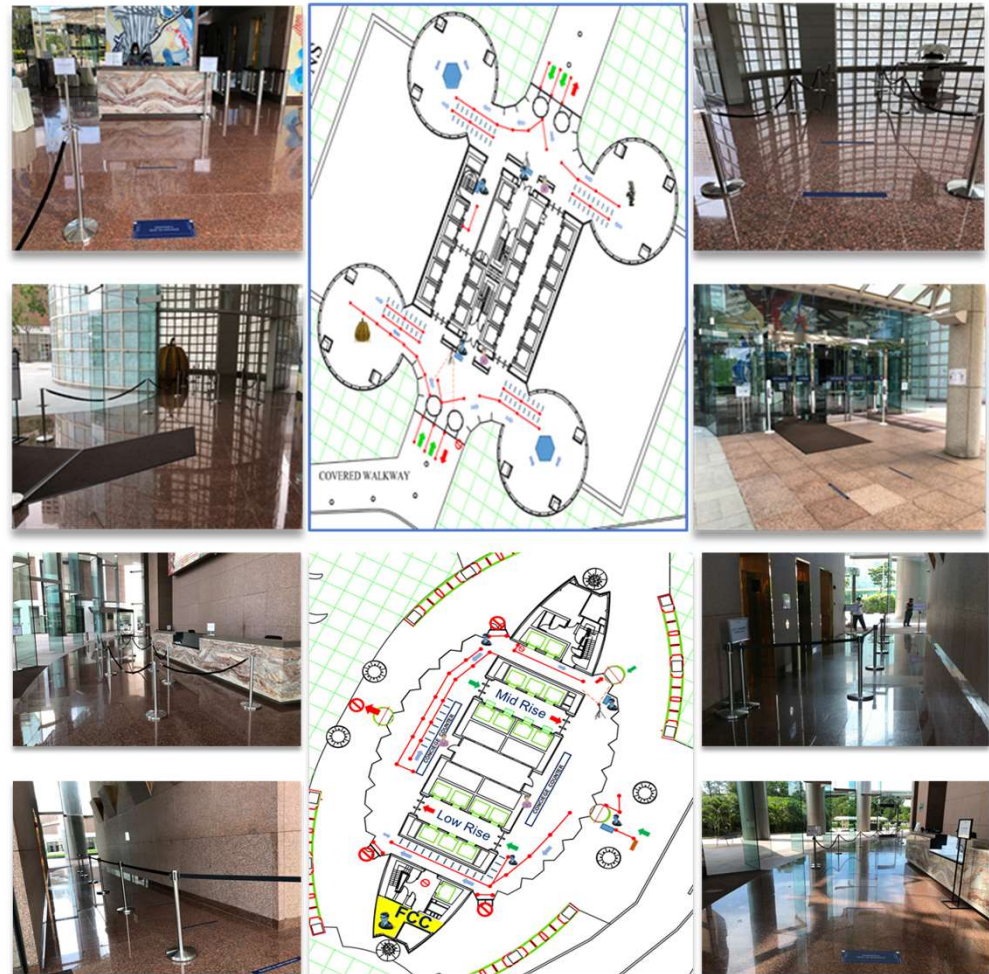
- a) Formulating enhanced pandemic SOPs
- a) Manpower arrangements



Millenia Tower



Centennial Tower



MAINTAIN A SAFE 1M DISTANCE

MAINTAIN A SAFE 1M DISTANCE

*Do it right the 1<sup>st</sup> time*

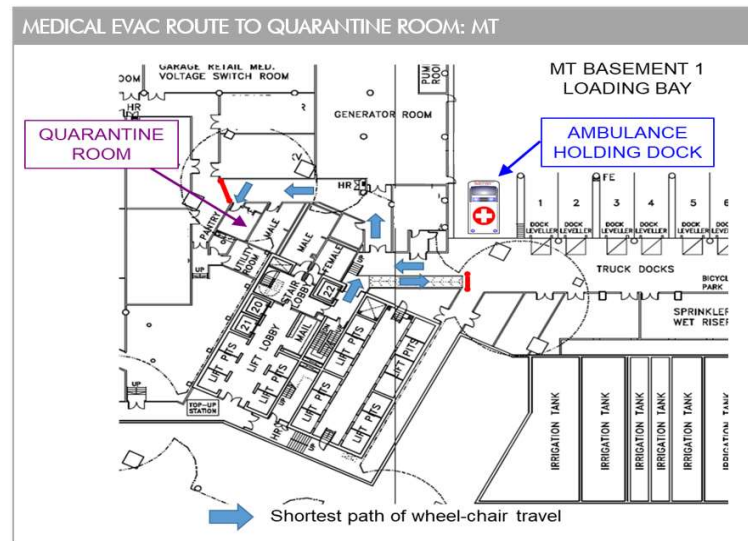
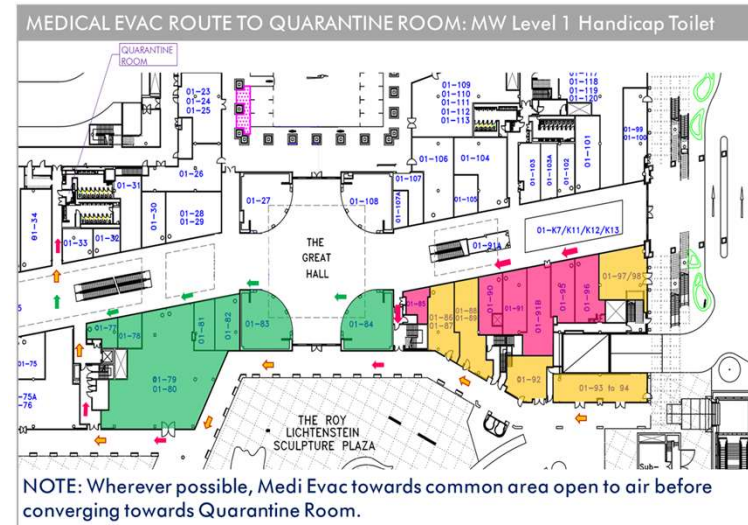
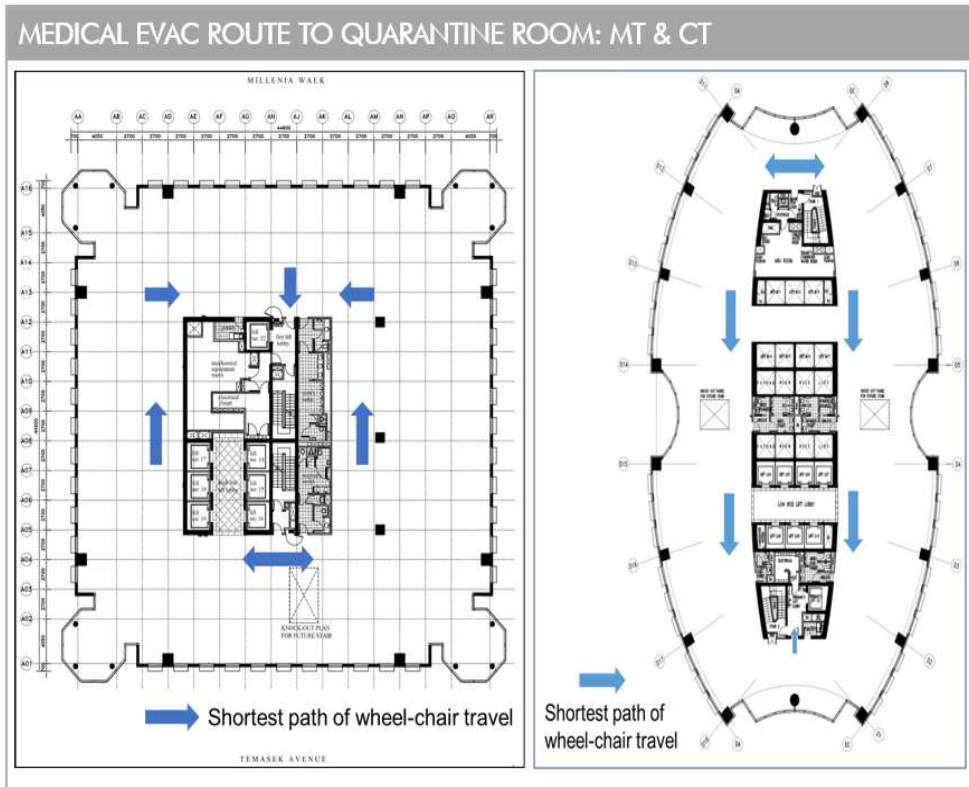


# Challenges during COVID19



COVID-19 FEBRUARY 20'

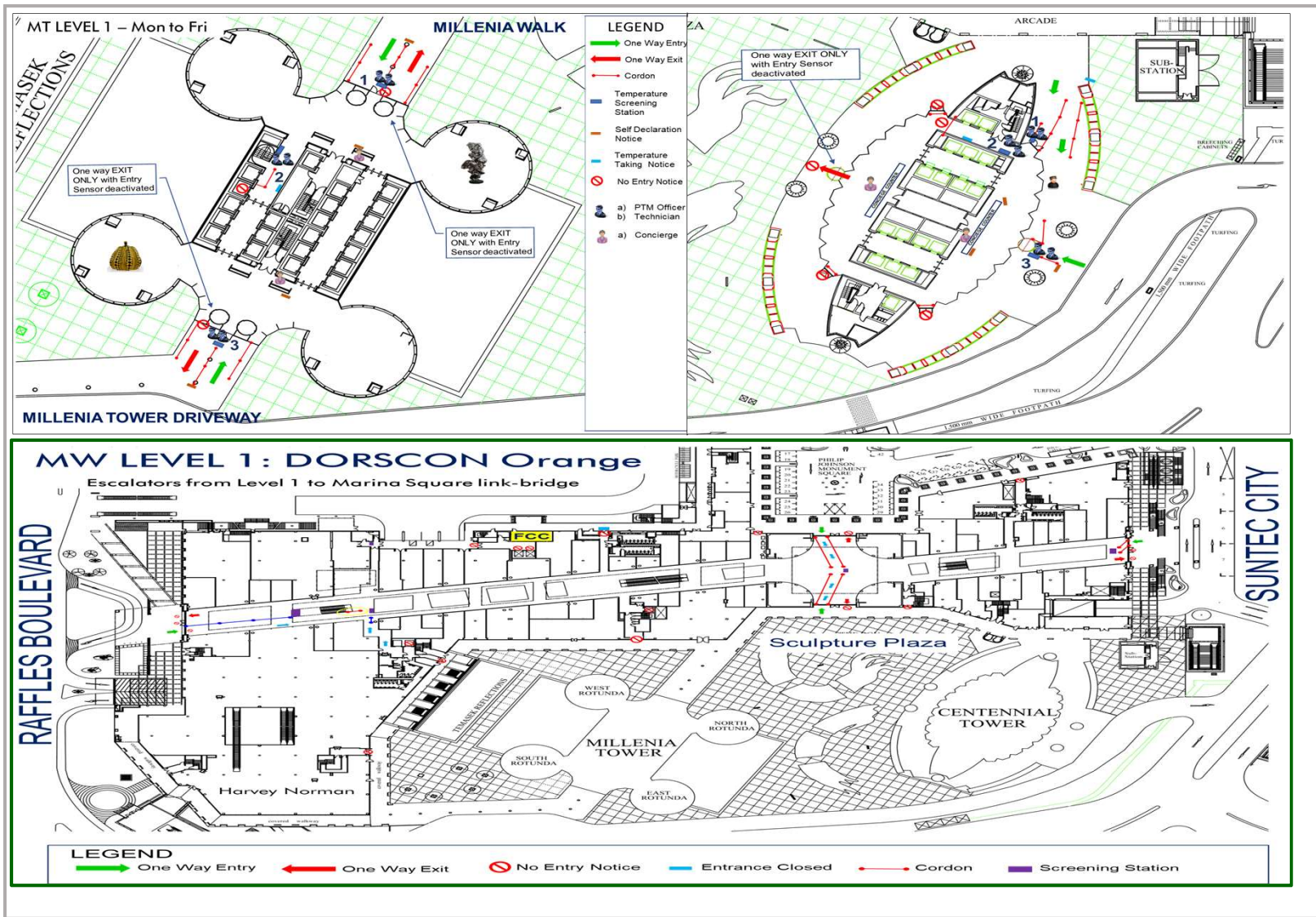
- a) Immediate implementation of enhanced pandemic SOPs & Layout Plans.



*Do it right the 1<sup>st</sup> time*

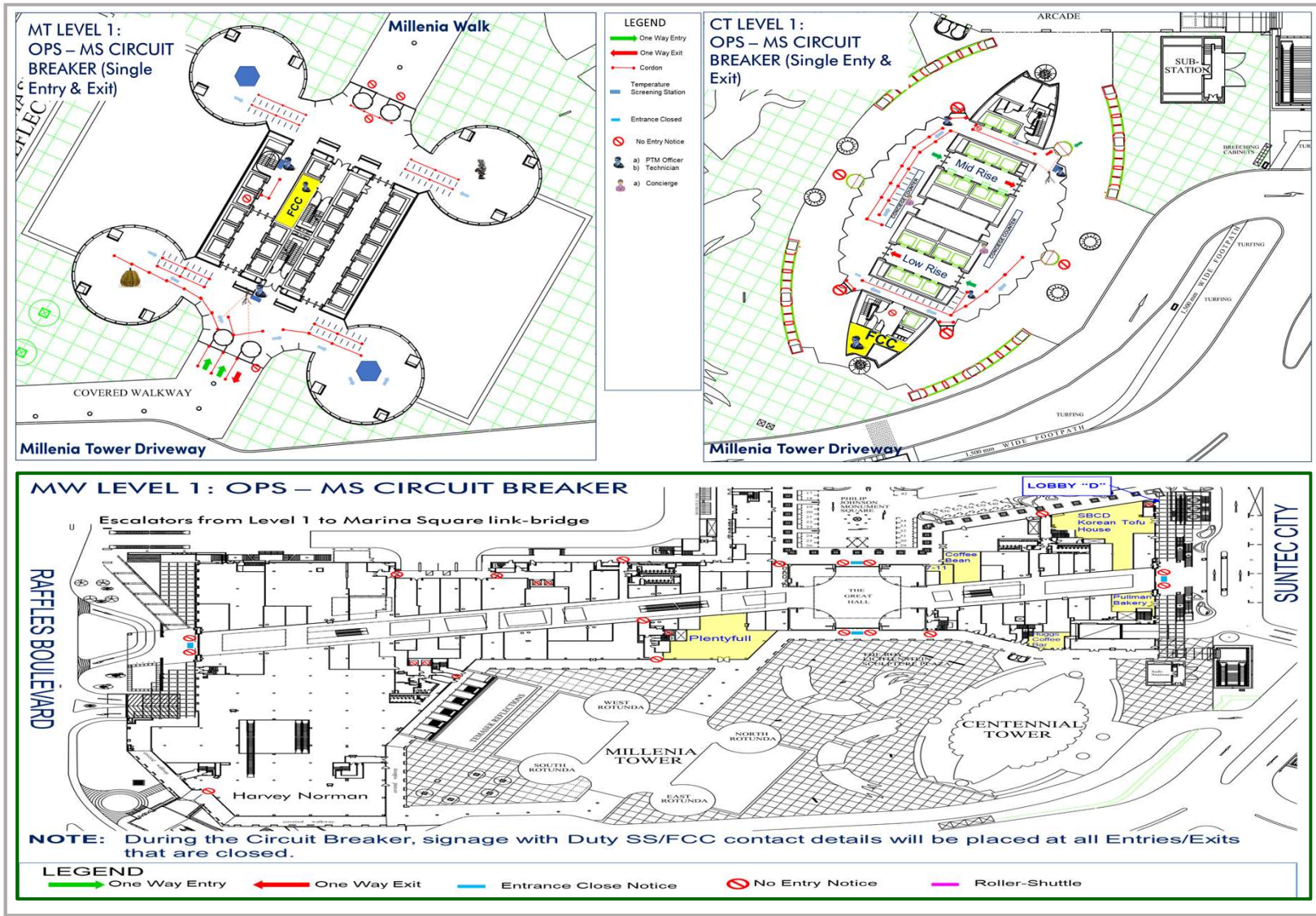


# DORSCON Orange: Access Controls





# Circuit Breaker: MT, CT & MW





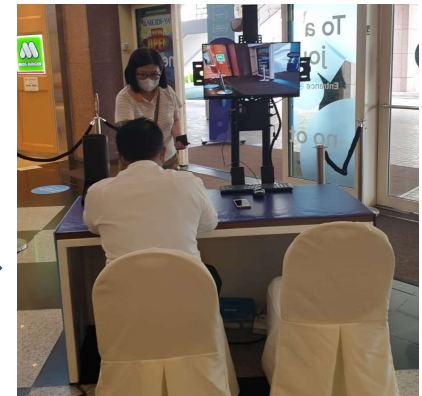
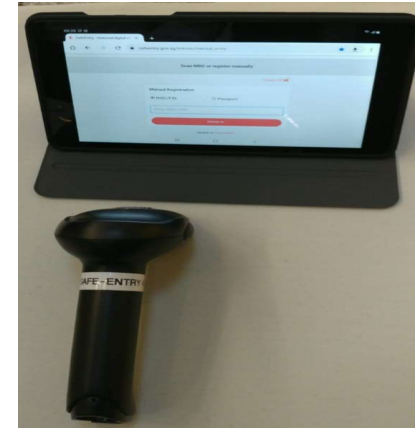
# Challenges during COVID19



COVID-19 FEBRUARY 20'

- a) Shortage of Personal Protection Equipment
- b) Carrying out enhanced pandemic SOPs
- c) Manpower arrangements
- d) Deploying technology to manage the continuously changing modus of operandi

SafeEntry Barcode Scanning



Handheld flash thermometer



Palm/Fore head Temperature Scanner



Flir E8 thermal scanner



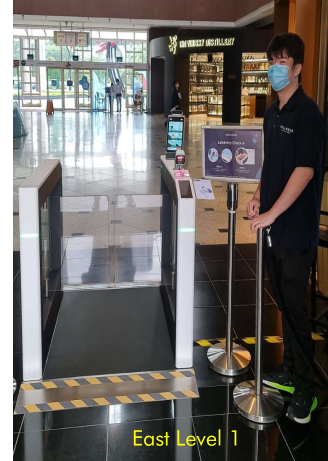
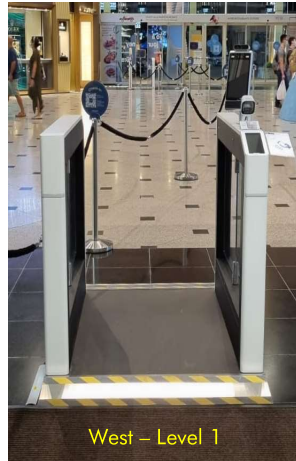
Mass Thermal Scanner



# Tapping on Technology – SEVDS Turnstiles



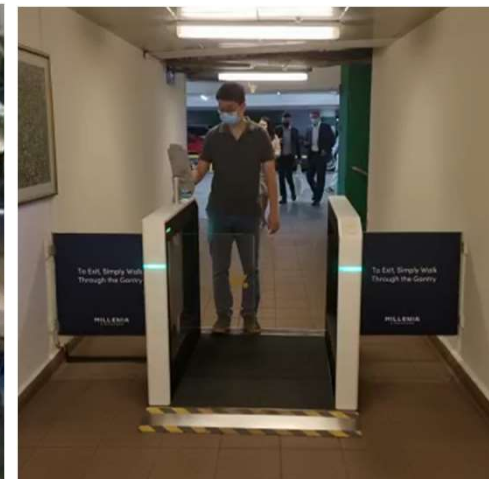
## Automated SafeEntry and Vaccination Differentiation (SEVDS) Turnstiles



### Going Automation.....



SafeEntry  
and  
Vaccination  
Verification  
Turnstiles





# Medical Evacuation Simulation – CODE BLUE



## Table-top and Simulation Exercises (Office, Mall & Medical)



### Exercise Focus

- Building Management SOP – Pandemic
- Tenant SOP – Suspected visitor or staff unwell with symptoms in tenant premises.

Such simulated exercises of suspected and infected cases help to validate and enhance our Preparedness, Response Plans and Procedures



# Medical Evacuation Simulation – CODE BLUE



## Activation by Tenant – Office

Duty Sup

FCC receives a call with regards to a staff is having a high-fever and symptomatic of pandemic(Tenant at MT lv 29). Duty Sup activates **"CODE BLUE"**

Respond Team

Medical Response & DECON Team - MT FCC to Don PPE i.e. N95 Mask, Disposable Isolation Gown, Disposable Goggles, Disposable Headscarf and footwear scarf.



DECON Team (HSKP)



# Medical Evacuation Simulation – CODE BLUE



## Activation by Tenant – Mall

Duty Sup

FCC receives a call with regards to a staff is having a high-fever and symptomatic of pandemic(Tenant at #02-62). Duty Sup activates **"CODE BLUE"**

Respond Team

Medical Respond & DECON Team to gather at MW FCC to Don PPE i.e. N95 Mask, Disposable Isolation Gown, Goggles, Headscarf and footwear scarf.





# Medical Evacuation Simulation – CODE BLUE



## Activation by Tenant – Medical

Response  
Team

The Medical Response Team (MedRT) will proceed to verify patient contact details, temperature and travel history.



MedRT prepping for handling infected patient



DECON Team



# Medical Evacuation Simulation – CODE BLUE



## Verification at Isolation Room and Med Evac (MT)

Response  
Team

The Medical Response Team (MedRT) verifying patient contact details, temperature and travel history.



MedRT conducting interview and verification - Mall



MedRT conducting interview and verification - Office



MedRT conducting interview and verification - Medical



# Medical Evacuation Simulation – CODE BLUE



## MedRT evacuating the patient to “Quarantine Room”

Response  
Team

MedRT wheeling the patient



Fireman Lift



Quarantine Room



Medical Response Team ferrying the patient using Fireman Lift through the shortest route



Reassured while waiting for the ambulance



## Medical Evacuation Simulation – CODE BLUE



### DECON Team (HSKP): DECON Tenant's Isolation Room

DECON  
Team

DECON TEAM will move-in immediately to decontaminate the surface areas of the isolation room, work area to prevent infection.



DECON Team (HSKP) decontaminated all contact surfaces



## Medical Evacuation Simulation – CODE BLUE (23<sup>rd</sup> Jan 2020)



### DECON Team (HSKP): DECON Service Lift & Quarantine Room

DECON  
Team

DECON TEAM will move-in immediately to decontaminate the surface area of the Fireman Lift and Quarantine Room once patient is Med Evac by the ambulance.



DECON Team (HSKP) decontaminated contact surfaces



# Medical Evacuation Simulation – CODE BLUE



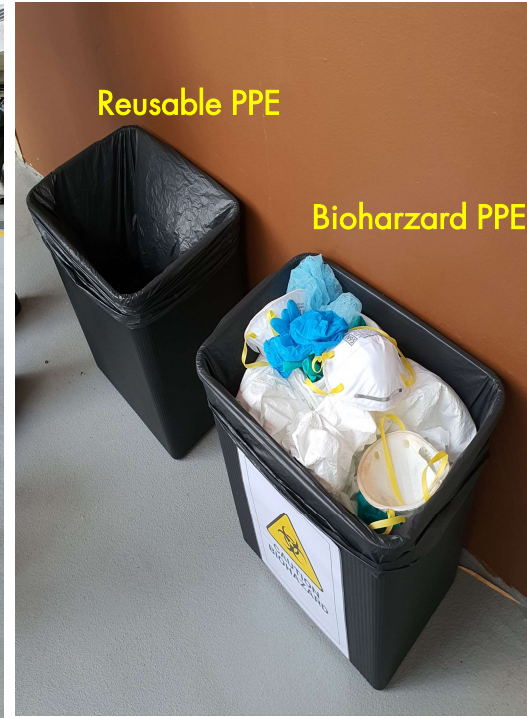
## MedRT & DECON Team: Doffing Personal Protective Equipment (PPE)

DECON  
Team

MedRT & DECON TEAM will doff their PPE outside the “Quarantine Room” once all the areas are decontaminated.



MedRT & DECON Team wipe down all used equipment and doffing the PPE per the MOH guidelines.



All used PPE being disposed in Biohazard bin/bags



# Medical Evacuation Simulation Exercises – CODE BLUE



## De-brief and Group photos after successful completion of exercise



### On site debrief

Tenants were shown the quarantine room as they are not allowed to follow the Med Evac during actual situation, including the ambulance holding area.

After the exercise, a debrief was conducted & feedback gathered.





# Technology – Sensors & Touchless Buttons



## Automated Doors and Contactless Lifts Buttons



High Touch  
points -  
Automated  
Door Sensors



Contactless  
Lifts' Buttons



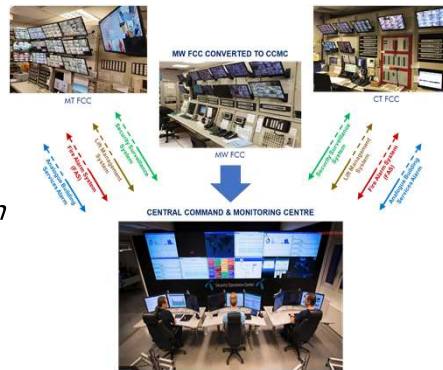
# Technology – Central Command and Monitoring Centre



## Central Command & Monitoring Centre (CCMC)

CCMC allows monitoring of all critical systems mirrored to the CCMC at MW:

- a) *Security Surveillance and Access System*
- b) *FAS & Lift Systems*
- c) *EPS and PGS of Car park*
- d) *Intercom systems*



HD IP Cameras with Video Analytics



*Do it right the 1<sup>st</sup> time*

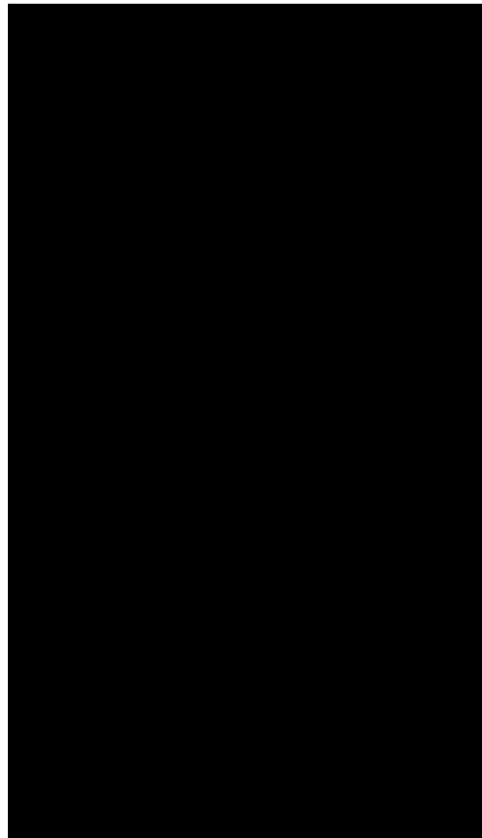


## Technology – Enhanced Security & Safety Patrol



### Self Balancing Personal Mobility Devices

- Enhance operational capabilities and improve productivity
- Allow Officer to respond to incidents more efficiently
- Increase Security Patrol frequency around Millenia Singapore External perimeter
- PMD allows a better commanding view while conducting security patrol
- External Patrol of Millenia Singapore



Day Patrols



Night Patrols

*Do it right the 1<sup>st</sup> time*



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## Making Our Workplace Safer

### Safety Cages and Covers for Cat Ladders



Millenia Tower



Centennial Tower



Millenia Walk

### Safety Railings



Millenia Tower



Millenia Walk

*Do it right the 1<sup>st</sup> time*



## Making Our Workplace Safer



*Before*

**Hazard:** Risk of fall from height due to no fall protection barriers while clearing dried leaves



*After*

**Safety Measure:** Installation of Fall Protection Railings (Engineering Control)

*Do it right the 1<sup>st</sup> time*





*Before*

***Hazard: Risk of fall from height due to incorrect equipment for maintenance works at the grease injector room***



*After*

***Safety Measure: Installation of working platform with Protective Guard Rails (Engineering Control)***

*Do it right the 1<sup>st</sup> time*



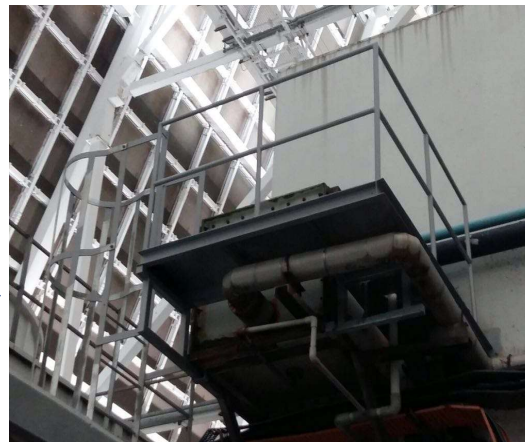
## Safer Workplace for Maintenance Works



Before

### Hazard:

The conventional way of performing maintenance works by means of fireman ladder which is placed against the structure



After

### Safety Measure: Engineering Control

- Install Cat Ladder with safety cage and locking mechanism
- Working platform with guard rails

*Do it right the 1<sup>st</sup> time*



## Safer Workplace at MT Rooftop – Horizontal Lifeline System

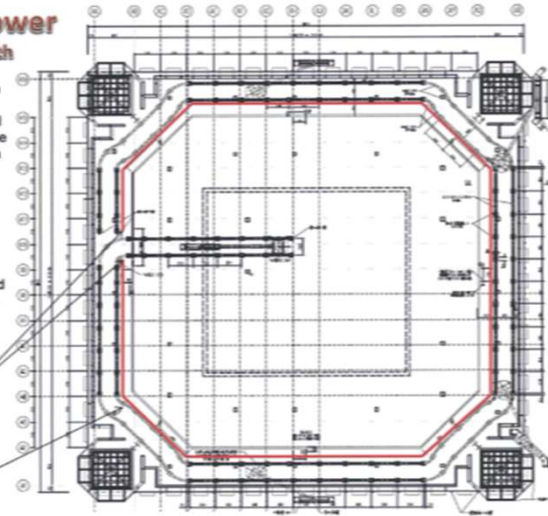


### Millenia Tower Gondola Path

To prevent person(s) from falling off the edge of the gondola path, a horizontal lifeline is installed onto the inner track of the gondola path.  
Worker(s) must use the lifeline as fall protection. A maximum of 3 workers are permitted on the lifeline at any one time. Please consult installer if more workers are required to work at the same time.

Entry/Exit Points.

Traverse lifeline system.



Horizontal Lifeline –  
For maintenance staff  
to conduct work safely

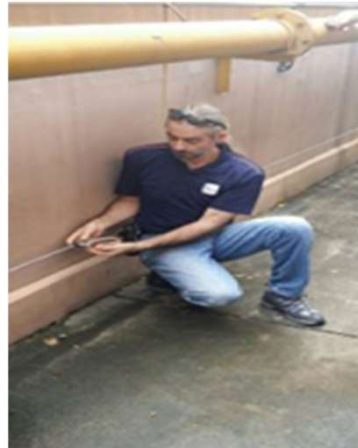
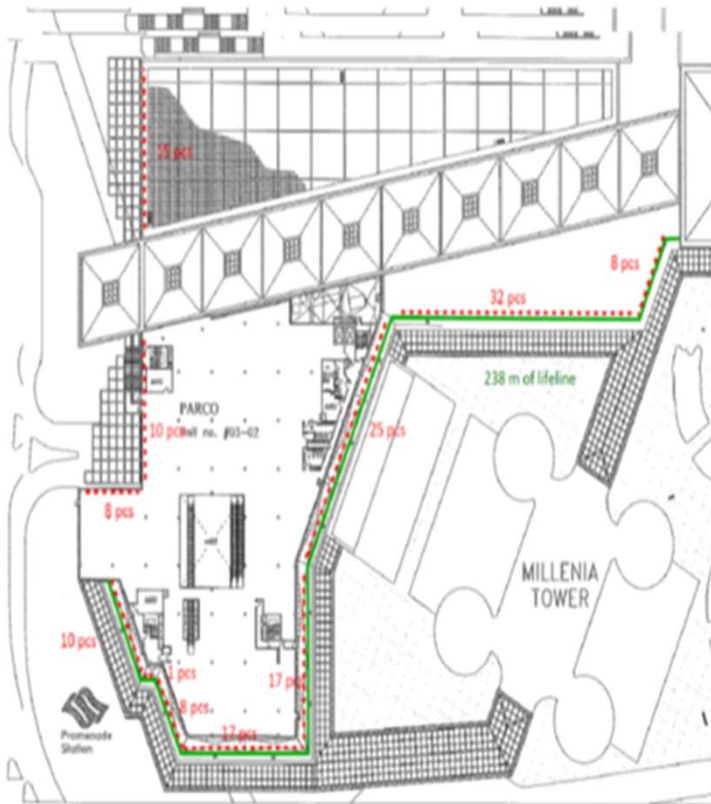
*Do it right the 1<sup>st</sup> time*



## Safer Workplace - Fall Arrest System at MW Rooftop



Lifeline on Concrete (Green) = 238m  
Anchor Points for RAT (Red) spacing every 2 m = 202 pcs



Horizontal Lifeline –

For maintenance staff  
to conduct work  
safely

*Do it right the 1<sup>st</sup> time*



## Safer Workplace - Fall Arrest System and Anchorage Point



Safe Arrest  
System and  
Anchorage Points



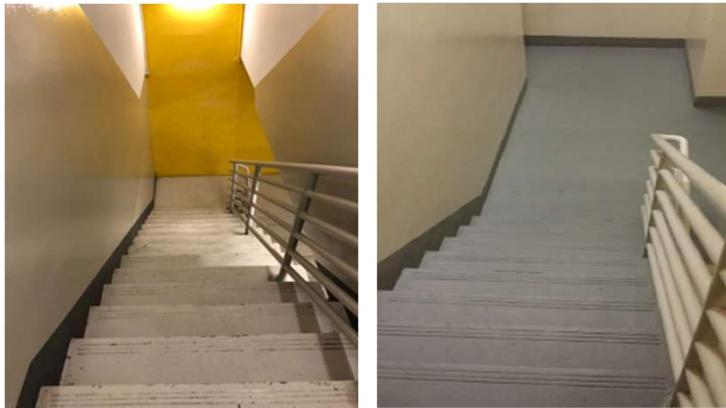
For Safe Access to perform work activities i.e. cleaning, landscaping & maintenance works



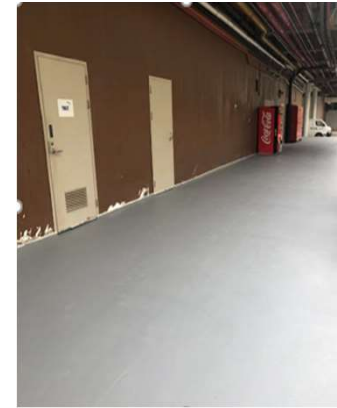
## Making Our Workplace Safer



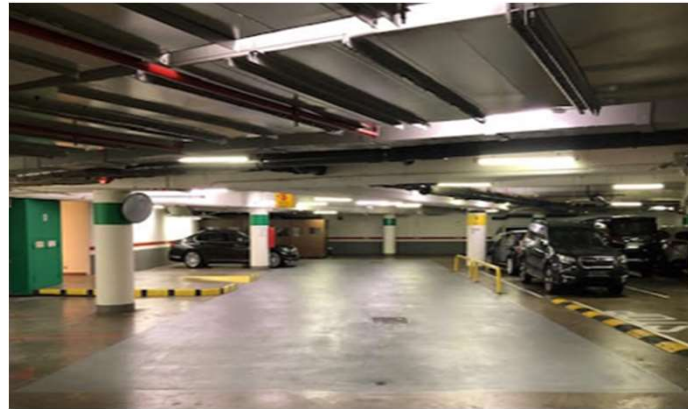
Anti Slip Coating to address Slip & Fall Hazards



Staircases and walkway which are heavily utilized



Walkways at loading/unloading bay



Carpark Arrival & Drop Off

*Do it right the 1<sup>st</sup> time*



## Safer Workplace at MW Canopy – Refresher Training



Fall Arrest System

Refresher Training –  
For maintenance staff  
to conduct work safely

*Do it right the 1<sup>st</sup> time*





# Comprehensive WSH Training Programme

| WSH TRAINING PROGRAMME FOR 2022 |   |   |   |   |  |   |   |   |   |   |   |   |
|---------------------------------|---|---|---|---|--|---|---|---|---|---|---|---|
|                                 | January   | February  | March   | April   | May  | June  | July  | August  | September   | October   | November  | December  |
| WSH Training                    | Why is Personal Protective Equipment (PPE) important?           | Permit to Work System for Hazardous Work Activity     | Sharing of WSH Related Videos from WSHC                     | What is Occupational Health? / Dealing with Occupational Health | WSH Guidelines on Cleaning Svcs / Basic Chemical Awareness | WSH Managing Heat Stress                              | Workplace Accident Reporting Protocol                           | Basic Hazard Identification / What is Risk Assessment | Safety Provisions for Mobile Tower Aluminium Scaffold | Work at Height Awareness / Ladder Safety Guidelines | Permit to Work System for Hazardous Work Activity           | WSH Guidelines on Safe Lifting Operations / Lorry Loader & Mobile Crane |
| WSH Training                    | Safe Management Measures Covid-19 inc ART Supervision Refresher | Basic Fire Safety Awareness & Evacuation Procedures   | WSH Guidelines on Safe Use of Machinery/ Mechanical Hazards | Work at Height Awareness / Ladder Safety Guidelines             | Basic Electrical Safety/Lock-Out Tag Out (LOTO)            | Basic Fire Safety Awareness & Evacuation Procedures   | Sharing of WSH Related Videos from WSHC                         | Understanding your obligations under WSH Act          | How to Prevent Slip, Trip & Fall at the Workplace     | Safety Measures for Hot-work                        | WSH Guidelines on Safe Use of Machinery/ Mechanical Hazards | Why is Personal Protective Equipment (PPE) important?                   |
| WSH Training                    | Workplace Accident Reporting Protocol                           | Basic Hazard Identification / What is Risk Assessment | Proper Techniques of Manual Handling                        | How to Prevent Slip, Trip & Fall at the Workplace               | Safety Measures for Hot-work                               | Why is Personal Protective Equipment (PPE) important? | What is Occupational Health? / Dealing with Occupational Health | Sharing of WSH Related Videos from WSHC               | Proper Techniques of Manual Handling                  | Basic Electrical Safety/Lock-Out Tag Out (LOTO)     | WSH Guidelines on Cleaning Svcs / Basic Chemical Awareness  | Basic Fire Safety Awareness & Evacuation Procedures                     |
| Fire Evacuation Exercise        |   |   |   | CERT Practical Training - Donning of Equipment                  |  |   |   |   | CERT Practical Training - Donning of Equipment        |   |   |   |



*Do it right the 1<sup>st</sup> time*



## Making Our Workplace Safer : Tool Box Meeting (TBM)



In-house Safety conducts TBM during the morning sessions



Lifting supervisor conducts TBM to lifting crew prior to hoisting activity @ CM



In-house Safety Executive conducts TBM at CM (Upgrading Project)



TBM & Awareness for our front-liners



TBM for the operational team at TC

*Do it right the 1<sup>st</sup> time*



## Practical Fire Extinguisher Training by SCDF



### Fire Safety Training

SCDF conducting practical fire extinguisher training for tenants' appointed fire wardens & tenants

*Do it right the 1<sup>st</sup> time*



## Supervisors conducting briefings to external contractors



*Do it right the 1<sup>st</sup> time*



## Safe Work Practices – Regular Checking on Work Activities



*Do it right the 1<sup>st</sup> time*



## WSH Steering Committee – Monthly Site Safety Inspection



*Do it right the 1<sup>st</sup> time*



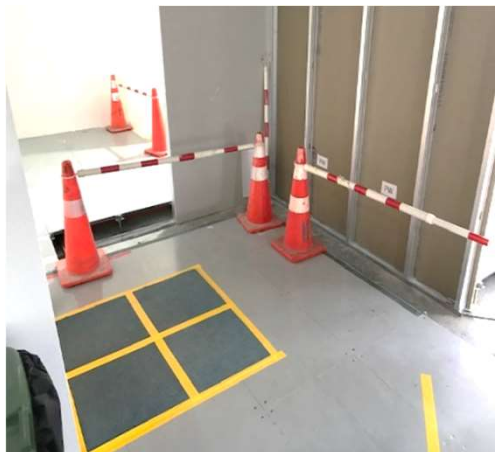
## Best Practices



Safety Notices for Awareness



Checkpoint with Organised PPE



5S Concept & Housekeeping – **'Sort, Strength, Shine, Standardise & Sustain'**

*Do it right the 1<sup>st</sup> time*



## Best Practices



Fibre Glass Platform Ladder –  
For Electrical Works



Buddy system with  
proper PPE

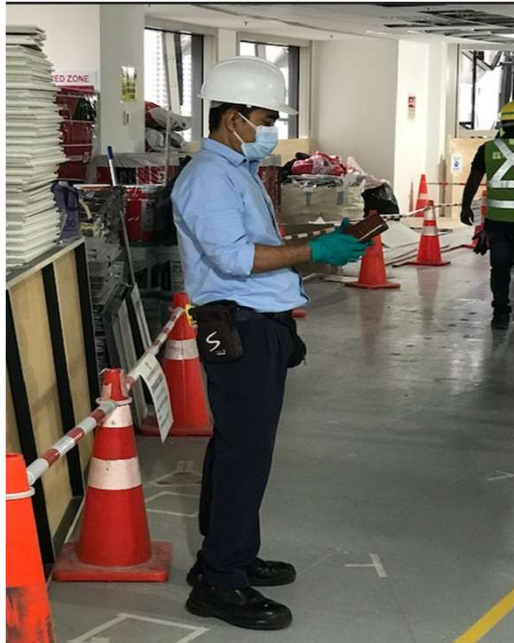


Temporary DB with Warning  
Sign, Poster on CPR and  
Permit-to-Work

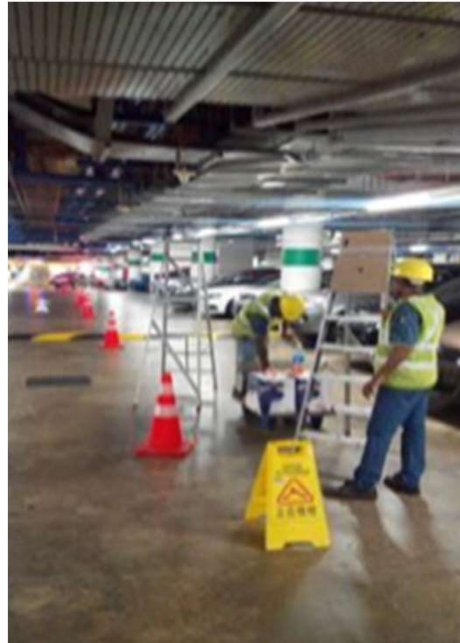
*Do it right the 1<sup>st</sup> time*



## Best Practices



In-House Engineering Technician conducts surprise checks on contractors - renovation works at an office unit and sighted best practice.



Top upper 2 rungs were blanked off to prevent users from stepping onto it

**Safety Tip: Always use the right equipment for the correct job!**



*Do it right the 1<sup>st</sup> time*



# Sharing of Monthly Relevant Accident Case Studies




16  
March  
2022

WSH ALERT

FATAL ACCIDENT

**Worker fell off open side of landed residence**


On 2 March 2022, a worker was doing inspection and painting works at a newly constructed three-storey house when he fell off an open side. The worker was likely on the second storey ledge when he fell. He was wearing a pair of slippers and not equipped with personal fall prevention equipment. The worker was sent to the hospital where he passed away.



Likely location of the worker before he fell

Second storey ledge with open side

about 1m



14  
April  
2022


WSH ALERT

FATAL ACCIDENT

**Engineer dies after falling through false ceiling**

On 8 April 2022, an engineer was on a maintenance catwalk performing inspections at the maintenance level of a building. One of the grating covers of the catwalk above the false ceiling had been removed as part of the inspection works. The engineer stepped on a false ceiling panel below the catwalk opening. The panel gave way, causing her to fall about 30 metres to her death.

The engineer was not wearing fall arrest equipment.

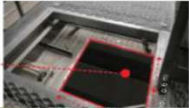


Opening in walkway


Removable grating cover

False ceiling panels

Figure 1: Overview of accident scene.



The engineer stepped on the false ceiling panel that was here, and she fell through.



09  
May  
2022


WSH ALERT

FATAL ACCIDENT

**Renovation company owner fell through ceiling board**


On 2 May 2022, the sole proprietor of a renovation company was surveying the 2<sup>nd</sup> floor of a shophouse, where the wooden flooring had been removed, exposing the floor beams and the false ceiling board of the 1<sup>st</sup> floor. He fell between the exposed floor beams, through the false ceiling board and landed about four metres below. He was sent to the hospital where he passed away.

No fall prevention or protection measures were implemented.



False ceiling board under the exposed floor beams

Exposed floor beams



*Do it right the 1<sup>st</sup> time*



# Sharing of Monthly Relevant Accident Case Studies




## WSH ALERT

FATAL ACCIDENT


**Worker slipped and fell off roof**

On 14 May 2022, a worker was carrying out repair work on a sloping roof of a residential building when he slipped and fell about 20 metres to the ground. He was sent to the hospital where he passed away.

Preliminary investigations revealed that the worker was not wearing fall arrest equipment at the time of accident.



Location from where the worker fell



Sloping roof

Location from where the worker fell

Figure 1: Overview of accident scene.

Figure 2: Top view of the sloping roof.


## WSH ALERT

FATAL ACCIDENT

**Worker dies after falling from a ladder**

On 21 April 2022, a worker suffered head injuries after falling about 1.2m from an A-frame ladder while trying to hang items to the top of a tentage. He passed away two days later.

The worker was wearing slippers when using the ladder, and the floor was wet from rain.



Location where worker was found.

Scene of the accident.

## WSHAlert

19 January 2022, Ref: 2122063

**Slipped ladder caused worker to fall**

On 24 December 2021, a worker fell about 1.7 metres to the floor when the A-frame ladder he was on slipped. The ladder was leaning against the edge of a mezzanine level and was not secured. The worker struck his head against the floor and succumbed to his injuries three days later.







Figure 1: Position of the worker on the ladder just before he fell.

**Recommendations**

A-frame ladders are not designed for use as leaning ladders. To prevent similar accidents, consider the following measures:

- **Select the right ladder**
  - Do not use an A-frame ladder as a leaning ladder. When using an A-frame ladder, ensure it is placed on stable and flat ground and that it is fully opened with spreaders locked.
  - Consider using a step platform (see Figure 2) to work at a higher level. Platform ladders will allow workers to work safely for more complex tasks (e.g. transfer of goods) and for longer durations.

*Do it right the 1<sup>st</sup> time*



## Safety Dashboard for Departments



### Non-compliance of MPPL Staff on Workplace Safety

For Non-Compliance of Workplace Safety, we conduct Counselling Sessions, give Verbal Warning & Refresher Training. Letter of Warning issued to staff for repeated non-compliance.

*Do it right the 1<sup>st</sup> time*



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### MENTAL SUPPORT: MINDLINE



Develop by MOH for improving your own wellbeing or finding support for a loved one

- Clinically-validated self-assessment tool
- Various carefully curated resources
- Emotionally-intelligent chatbot one-stop portal

### MENTAL WELLNESS SUPPORT



Human Resource provides a helpline and listening ear for staff who requires support.

Formation of CARE Team for the respective departments

*Do it right the 1<sup>st</sup> time*




# Living the Healthier Way~



## Virtual Classes



Virtual classes are still ongoing!  
All April classes are now open for registration.  
To participate, simply reserve a spot via the Healthy 365 app.   
Do note that the slots are limited, and available on a first-come-first-serve basis.

## Fitness Workout

| Activity        | Date                 | Time             |
|-----------------|----------------------|------------------|
| Yogalates       | 4, 11, 18, 25 Apr    | 5PM to 6PM       |
| Kpopx Fitness   |                      | 6:15PM to 7:15PM |
| FightDO         | 5, 12, 19, 26 Apr    | 5PM to 6PM       |
| K-Kardio        |                      | 6:15PM to 7:15PM |
| Nirvana Fitness | 6, 13, 20, 27 Apr    | 5PM to 6PM       |
| Zumba           |                      | 6:15PM to 7:15PM |
| Oxigeno         | 7, 14, 21, 28 Apr    | 5PM to 6PM       |
| Kpopx Fitness   |                      | 6:15PM to 7:15PM |
| Cardio Dance    | 1, 8, 15, 22, 29 Apr | 5PM to 6PM       |
| Piloxing        |                      | 6:15PM to 7:15PM |

## VIRTUAL HEALTH CLASSES

## MILLENNIA SINGAPORE *Curates*



## Staying Healthy & Well

Stay well to stay strong! Join us at the Zumba sessions to keep fit and burn calories together.

6, 13, 20, 27 April 2022 (Wednesday)  
6:30PM to 7:30PM  
Temasek Reflections  
(between Millenia Tower and Millenia Walk)

Reserve a spot via the Healthy 365 app now! 

## PHYSICAL WORKOUT



Take the Health Literacy Quiz and stand a chance to win a GrabFood Voucher!

Thursday, 27 October | 12 noon - 1pm

## THE POWER OF SLEEP FOR PHYSICAL & MENTAL HEALTH



**Dr. Els van der Helm**  
Sleep Neuroscientist,  
Adjunct Professor

Learn why sleep is the foundation to our wellbeing, what you can do to boost your sleep and how to create (and stick to) new habits that help you improve both your physical as well as mental health.



Registration closes at 6pm  
on Tue, 25 October 2022

**REGISTER NOW**

Organised by:

**ESG**  
enterprisewell.com

## VIRTUAL HEALTH TALK

*Do it right the 1<sup>st</sup> time*



# Mental Health & Wellness Initiatives



## Wellness & Fun at PLG!

**Mon** Weekly Evening Walkabouts, 6.00pm @ MT L1 facing Taxi Stand

**Tue** Monthly Run on every Last Tues of the Month (25 Oct, 29 Nov, 27 Dec, 6.00pm) @ MT L1 facing Taxi Stand

**Wed** Weekly HPB Zumba Classes @ Millenia Singapore, 6.30pm Register online via Healthy 365 App

**Thu** Weekly Tabata Classes @ MT 18-04, 6.00pm (Bring along a yoga mat)

### Stay Active and Keep Fit with our Weekly Tabata Classes

TABATA is a type of High-Intensity Interval Training (HIIT) workout that aims to yield the most benefits in a short amount of time. It gives you an immediate boost to your metabolic rate, burning fat quickly in a time-efficient way! You will get to do 8 different exercises within each set, with 20-sec per exercise and 10-sec rest in-between.

Join us for a fun 30min workout session every Thursday @ 6PM via zoom conducted by our very own PLG "instructor" (Karen Ang)! To register, click on the link below and select the dates which you are keen to participate in. An invite with the zoom link details will be sent to you thereafter.

[Register for TABATA](#)

### Staying Healthy with 10 Simple Stretches while Working from Home

Some of us may face neck, back or shoulder strain from our Work From Home routine, as we sometimes forget to take a pause and stretch. Here are 10 simple stretches you can try out!

### SIMPLE Relaxation exercises

By changing the way you breathe and relaxing your muscles, your mind and body returns to calm levels.

**DEEP BREATHING EXERCISE**

**PROGRESSIVE MUSCLE RELAXATION**

If you feel overwhelmed by stress, do seek professional help.  
Call Tabata Hotline (1800-8333-8777) to speak to someone.

### Eat With Your Family Day

On 2 September, we celebrated "Eat With Your Family Day" by encouraging everyone to make time to enjoy dinner with their loved ones by ending the work day an hour earlier than usual.

To make the occasion a special one, we had a lucky draw 2 winners (1 each from Corporate and MPPL) could win Grab Food vouchers to celebrate the occasion with their family and loved ones.

Congratulations to *Yvonne Cheah (Corporate)* and *Shu Shu (MPPL)* for being the lucky winners! We hope that both of you had a sumptuous dinner with your loved ones.

**Shu Shu's Dinner @ Bestie's House**

**Yvonne's Dinner with her family**

HEART & HEALTH (HEALTH & WELLNESS)

*Do it right the 1<sup>st</sup> time*



# Annual Health Screening





**Health Screening**

19TH JULY 2022 (TUESDAY)  
8:30 AM - 11:30 AM  
MILLENNIA TOWER #18-04  
X-RAY AT LEVEL B1 LOADING BAY

**Your Basic Package Includes:**

- Blood Glucose
- Full Cholesterol (Lipid) Profile
- Height & Weight Measurement
- Body Mass Index
- Body Pressure Measurement

For package top-up and more information, please refer to the registration form. Note: For those who has taken X-ray in the past 6 months, it is advisable not to take the X-ray for this upcoming health screening.

**Things to do before health screening:**

1. NO Food at least 8 hours before health screening. Only plain water is allowed.
2. If you are diabetic and on food restriction, please omit your anti-diabetic drugs for the morning.
3. If you are on prescribed medication, please continue your medication as directed by your doctor.

Make your health always your priority!



*Do it right the 1<sup>st</sup> time*



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**Realising our Goals of a Safer & Healthier Workplace Environment**



## Achieving Our Goals...



### Strategies

#### Proactive Actions

Create a culture of WSH awareness

#### Implementation

Implement effective management system

#### Communication

Communicate Safety & Health matters regularly

#### Training

Train & equip all staff with safety & health mindset

### Goals

Mitigate & Reduce occupational injuries

Safety & Health to become an integral part of business

A Safer & Healthier Workplace Environment

*Do it right the 1<sup>st</sup> time*



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