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A Healthier Workforce For A Safer Workplace

TOTAL WSH Journey In T306 Tanjong Katong Station

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Outline

Outline

- Company Profile
- Project Introduction
- The Journey Of T306 TOTAL WSH Program
- A Healthier Workforce For A Safer Workplace

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Company Profile

Company Profile

- Woh Hup's Completed Projects

Circle Line Contract C825

Circle Line Contract C852

Circle Line Contract C855

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Company Profile

- Woh Hup's Completed Projects

Reflections At Keppel Bay

Oasia Downtown Hotel

Jewel Changi Airport

The Interlace

Gardens By The Bay

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Current LTA Civil Engineering Projects

C821A – Kim Chuan Depot Extension

T205 – Woodland South Station

T310 – Bayshore Station

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Project Introduction

T306 – Tanjong Katong Station

KINGS MANSION
PRIVATE
LANDED
ESTATES
TANJONG KATONG ROAD
TANJONG KATONG ROAD SOUTH
AMBER SKYE
AMBER ROAD
AMBER ROAD
AALTO
AMBER POINT

Entrance B
Entrance C
Entrance A

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THE JOURNEY OF T306 TOTAL WSH PROGRAM 2019

WSH COUNCIL TOTAL WSH PROGRAM

Phase 1: Assessment

WSH Questionnaire
Fill up by WSH / HR Department

Basic Health Survey
Respondents

Walk Through Assessment
Joint walk through with HSE Personnel

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WSH COUNCIL TOTAL WSH PROGRAM

Phase 1: Assessment

IS THIS A PROBLEM TO WORKPLACE SAFETY????

WSH COUNCIL TOTAL WSH PROGRAM

Phase 2:
Health Screening

For early detection of Chronic Disease

- ✓ Life Style Survey Form
- ✓ Consent Form For Participant
- ✓ <u>Pre-Registration</u>
- ✓ <u>Diabetes Risk Assessment (Online)</u>

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WSH COUNCIL TOTAL WSH PROGRAM

Phase 2:
Health Screening

- ✓ Blood Pressure test for participants
- ✓ Fasting Blood Glucose test
- ✓ Fasting Blood Lipid Profile test
- ✓ Height and Weight Measurement
- ✓ Checking of Body Mass Index (BMI) for participants

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WSH COUNCIL TOTAL WSH PROGRAM

Phase 2: Recommended Intervention Programme

- Follow up Health Coaching for the workforce

- One on One Health Coaching

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Phase 2: Recommended Intervention Programme

- Follow up Health Coaching for the workforce

- Group Health Coaching

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Phase 3: Monitoring & Evaluation

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Phase 3: Monitoring & Evaluation

Impact on MC days & healthcare costs

Impact on productivity

Return on Investment

Desired outcomes
of Total WSH programme for T306**:**

- ✓ Improvements in workforce's health, e.g. Achieving desirable cholesterol level
- ✓ Lower Injury Rates / Accidents
- ✓ Lower Absenteeism Rates
- ✓ Healthcare cost savings
- ✓ Improvements on Work Ability Index

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TWSH Journey

A Healthier Workforce For A Safer Workplace

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- Morning Exercise

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- Stretching exercises in between crane operations

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- Daily Water Parade

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- Daily Water Parade

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- Daily Blood Pressure Check For Operators

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- Daily Blood Pressure Check

			Age Group		
Blood Pressure	**Systolic**	**Diastolic**	**Under 50**	**50 – 60**	**60 and above**
	< 130	< 80	✓	✓	✓
	130 - 139	80-89	✓ Check for symptoms, allow for work if no symptom	✓ Check for symptoms, rest 10-15mins and retake. Allow for work if no symptom	✓ Check for symptoms, rest 15-30mins and retake. Allow for work if no symptom
	>140	>90	✗ check for symptoms, rest 10-15mins and retake	✗ check for symptoms, rest 10-15mins, retake	✗ check for symptoms, rest 15-30mins and retake.
			✓ Allow for work if no symptom. Advise to seek medical advice	✓ Allow for work if no symptom. Advise to seek medical advice	✗ Request to see doctor to obtain letter of fitness for work
	140 & above	100 & above	✗	✗	✗
			Rest for 15-30mins, if persists, request to see doctor to obtain letter of fitness for work.		
	180 & above	110 & above	Send for medical attention immediately		

Target Group for Measurement

- Crane, piling rig and excavator operators
- Known cases of workers suffering from hypertension
- Any work personnel age 60 and above

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- Using of Thermal Scanner for Temperature Check

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- Alcohol Breath Analyzer Test

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- Health Talk By Professionals

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- Health Talk By Professionals

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- Health Promotion Display Board

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A Healthier Workforce For A Safer Workplace

- Health Promotion Display Board

EAT LESS SUGAR

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A Healthier Workforce For A Safer Workplace

- Health Promotion Display Board

EAT LESS SUGAR

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A Healthier Workforce For A Safer Workplace

- Weekly Fruits Day

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- Visual Analytic Behavioral Detection Device

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- Visual Analytic Behavioral Detection Device

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- **Camera Rolling……**

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MAKE SAFETY A REALITY
NOT FATALITY

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Thank You