



Total WSH at Depth: Building Safer, Healthier Diving Workplaces

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“An approach that looks at work, safety and health together to achieve workers’ well-being.”

-Total WSH

Case Study 1: Busan, South Korea — Two divers die, third critical during hull cleaning

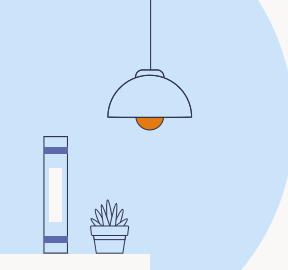
Two commercial divers die, third critical in Busan, South Korea

21 July 2025 2 minutes of reading



The divers were working at Busan New Port when the incident occurred (Photo: Panwasin seemala/Shutterstock)

- Three divers were cleaning a ship hull at Busan New Port.
- All lost consciousness underwater — two died, one critically injured.
- Suspected causes: gas-supply or air-quality failure, weak supervision.
- Lesson: Even routine dives can turn fatal — highlights need for safety, health, and emergency readiness.



Case Study 2: Manns Harbor, North Carolina (USA) — Contractor safety failures in underwater work

News Release

US DEPARTMENT OF LABOR FINDS CONTRACTOR'S SAFETY FAILURES LED TO DIVER'S PREVENTABLE FATALITY AT UNDERWATER WORKSITE AT MANNS HARBOR BRIDGE

Coastal Gunite Construction Co. did not evaluate diver's health before first day on job

MANNS HARBOR, NC – A Maryland-based construction contractor could have prevented a 47-year-old diver from suffering fatal injuries during an underwater dive test in June 2024 at the Manns Harbor Bridge on Croatan Sound.

- Diver collapsed during a test dive on his first day of work.
 - Unresponsive underwater; rescue and CPR attempts failed.
 - Investigation found no medical screening, poor first-aid readiness, and air-supply safety lapses.
 - What could have been done – fit-to-work checks, emergency prep, and system audits.
- 

Case Study 3: East Coast Anchorage, Singapore — Diver fails to surface while cleaning ship's hull

THE STRAITS TIMES

Commercial diver dies after failing to surface while cleaning ship's hull off East Coast

Commercial diver dies after failing to surface while cleaning ship's hull off East Coast

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The SCDF said it received a call for assistance at 31 Marina Coastal Drive at around 140pm on Feb 17.
PHOTO: ST FILE

- 59-year-old diver was cleaning a ship's hull near Marina South Pier.
- Failed to surface; later found unconscious underwater and died in hospital.
- MOM halted the company's diving operations pending investigation.
- Highlights need for Total WSH – proper dive planning, fitness checks, and emergency readiness.

Benefits of Total WSH

01



**Healthy and
productive workforce**

02



**Fewer work injuries and
safer workplaces**

03



**Better business
performance and
reputation**

04



**Lower absenteeism rate =
lesser healthcare costs**



01

Total WSH Programme



Total WSH Programme



- **It is FREE***

*Terms and conditions apply



- **Safety +
Occupational Health +
Personal Health**

(both physical and
mental well-being)



- **Easy
Coordination**



- **Flexible
Arrangement**

Activities can be done at
workplace or virtually

Total WSH Programme Season 3

Choose from any of the following core packages:



**Health Screening
& Coaching**



Physical Activity



Nutrition



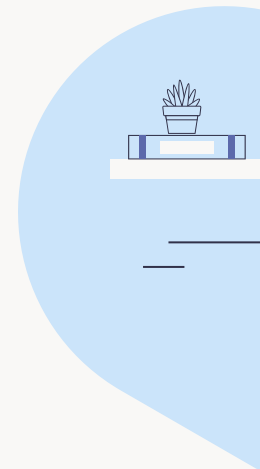
**Mental
Well-Being**



Ergonomics



Safety



Total WSH Programme Season 3

Inclusive of training and report



Training

New companies to Total WSH Programme: there will be training provided for appointed company representatives.

Companies who have participated in previous seasons: might opt for a site walkthrough instead.



Report

At the end of the programme, companies will receive a final report on effectiveness of activities, and recommendations for road ahead.





Training on Total WSH Framework

(For companies new to Total WSH)



1-hour Training

- How to integrate health risks into Risk Assessment (RA) of at least one (1) safety-critical or high-risk work activity/activities
 - Total WSH A-I-ME framework
- How to sustain Total WSH in the company

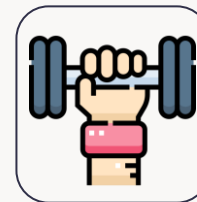


Health Programme(s)



Health Screening & Coaching

- (i) Participants that attended Health Screening are required to attend Health Coaching to be eligible for funding
- (ii) Health Coaching session:
About 30–45 minutes



Physical Activity

- (i) At least 2 sessions*
- (ii) Sessions to be conducted on-site only

**Note: Each session must be at least 1 hour.
Both sessions must be of different topics.*

Health Programme(s)



Nutrition

At least 2 sessions*



Mental Well-Being

(i) Completed iWorkHealth Assessment
(ii) At least 2 sessions*



Ergonomics

At least 2 sessions*

**Note: Each session must be at least 1 hour.
Both sessions must be of different topics.*

Safety Programme



Safety

At least 2 sessions*

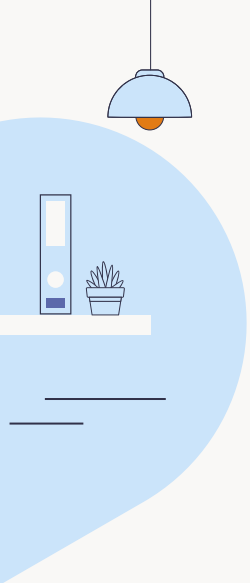
**Note: Each session must be at least 1 hour.
Both sessions must be of different topics.*

02

Topics & Activities



Physical Activity

A decorative blue circle on the left side of the slide containing icons of a hanging lamp, a shelf with a plant and a container, and some horizontal lines.

Hip Hop Fitness

Kickboxing

Yoga Flow

Circuit Training

Dance Aerobics

Pilates

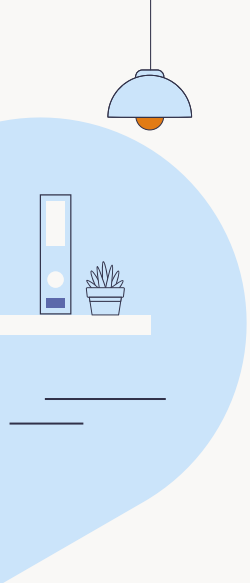
Barre 101

Kpop Fitness

Zumba

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Nutrition

A decorative blue circle on the left side of the slide. Inside the circle, there is a white shelf with a small potted plant and a test tube. Above the shelf, a blue pendant lamp hangs from a thin wire.

**Gout and
Osteoporosis**

The 3 Highs

**Weight Loss Tips
that are Real**

**Alcohol - Is It Worth
A Drink?**

Food & Mood

**Nutrition for
Sustainable Weight
Management**

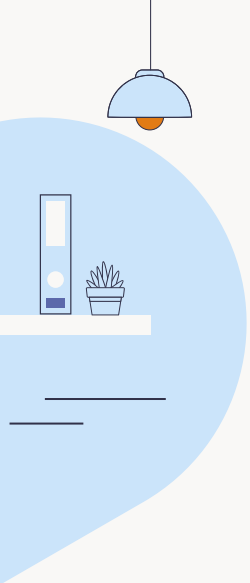
**Brain Food for a
Sharp and Vibrant
Mind**

**Energy Zappers &
Energy Booster**

**Roll Away High
Cholesterol**

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Mental Well-Being

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**Combating
Workplace Stress
and Burnout**

**Psychology:
Overcoming the
Vicious Cycle of
Negative Thinking**

**Understanding
Common
Mental Health Issues**

Anger Management

**Converting Stresses
to Success**

Holistic Self Care

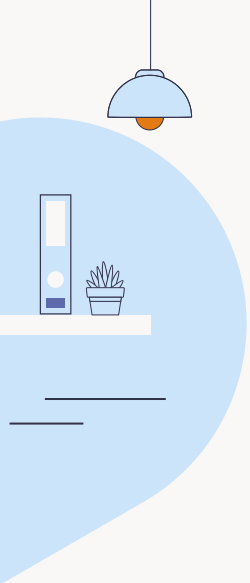
**Stress Away in a Fun
Way: Relaxation**

**Fighting Fatigue:
Mindful or Mind Full**

Somatic Mindfulness

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Ergonomics

A large, light blue circular graphic on the left side of the slide. Inside the circle, there is a small illustration of an office desk with a computer monitor, a potted plant, and some papers. A blue pendant lamp hangs from the top left.

**Office
Ergonomics Talk**

**Industrial
Ergonomics Talk**

**Pilates
Strengthening
Session**

Back Care

**Strengthen and
Stretch: Exercise for
Good Posture**

**Tackling Aches &
Pains**

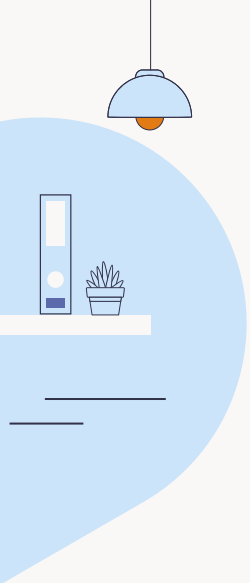
**Stretch &
Rejuvenate**

**Posture Perfect:
Pain Management**

**Functional Fitness:
Deskercise**

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Safety

A decorative blue circle in the top-left corner containing icons of a hanging lamp, a shelf with a plant and a container, and some horizontal lines.

**Slips,
Trips and Falls**

Machine Safety

Work at Height

Chemical Safety

**Preventing Hand
Injuries**

**Heat Stress
Management**

**Fatigue
Management**

Occupational Health

**Fire and Electricity
Safety**

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One-stop service



Mental well-being workshop



Health Screening at worksite



Physical Exercise at worksite



Weight Management talk



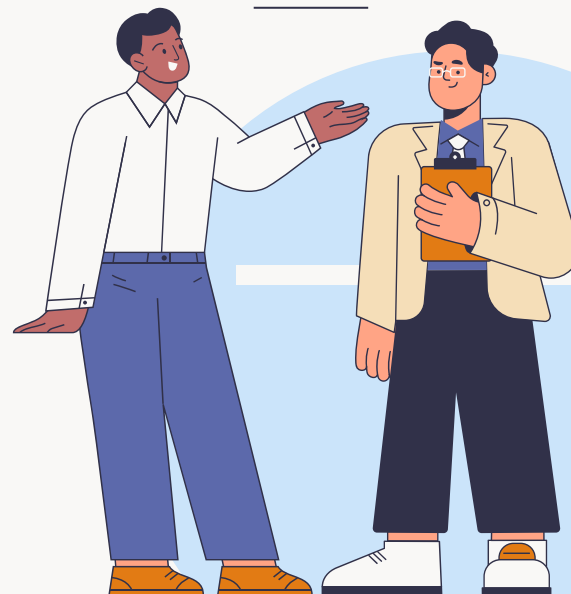
Health Coaching Session



Ergonomics – Stretch band exercise

03

Process & Timeline



Process and Timeline Overview



“When safety, health, and well-being work as one, we don’t just prevent accidents, we build an industry where every diver surfaces with confidence, not luck.”



Contact Us

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