



Tripartite Alliance for
Workplace Safety and Health

Work at Heights Symposium 2022- Resources



Resources for Managers, Supervisors, WSHOs



Code of Practice for Working Safely at Heights

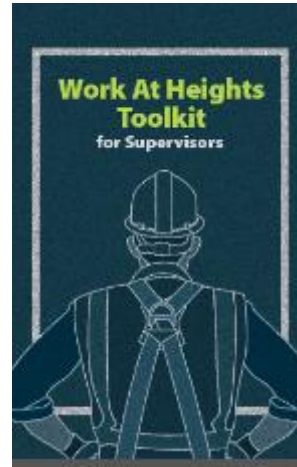


SAMPLE CHECKLIST FOR WORKING AT HEIGHTS

This checklist is neither the basic requirements for working safely at heights. Occasions and conditions should be taken into consideration when applying the checklist. This checklist is not exhaustive and users are encouraged to make the necessary customisation to suit the circumstances and conditions of the workplace.

Code	Check	Frequency
Section A: General Requirements		
1	Have each site or project risk or hazard assessment been completed by a person who has received a specific training to complete this assessment?	12/Year 12/Year
2	Have workers received specific training on the correct use of fall protection equipment used on the job?	12/Year 12/Year
3	Have each site or project risk or hazard assessment been completed by a person who has received a specific training to complete this assessment?	12/Year 12/Year
4	Have each site or project risk or hazard assessment been completed by a person who has received a specific training to complete this assessment?	12/Year 12/Year
5	Have each site or project risk or hazard assessment been completed by a person who has received a specific training to complete this assessment?	12/Year 12/Year
Section B: Work Planning and Risk Management		
6	Have each site or project risk or hazard assessment been completed by a person who has received a specific training to complete this assessment?	12/Year 12/Year
7	Have each site or project risk or hazard assessment been completed by a person who has received a specific training to complete this assessment?	12/Year 12/Year
8	Have each site or project risk or hazard assessment been completed by a person who has received a specific training to complete this assessment?	12/Year 12/Year
9	Have each site or project risk or hazard assessment been completed by a person who has received a specific training to complete this assessment?	12/Year 12/Year
Section C: Training and Competence		
10	Have each site or project risk or hazard assessment been completed by a person who has received a specific training to complete this assessment?	12/Year 12/Year
11	Have each site or project risk or hazard assessment been completed by a person who has received a specific training to complete this assessment?	12/Year 12/Year

Safety Time Out sample checklist for Working at Height



Work At Heights Toolkit for Supervisors



Case Studies of Accidents Involving Working at Heights





Activity Based Checklist (ABC): Working Safely at Heights



Activity Based Checklist (ABC): Working on Rooftops



Activity Based Checklist (ABC): Safe Use of Ladders



WSH Guidelines on Managing Heat Stress in the Workplace



Resources for Workers

English Resources for Workers



6 Basic Workplace Safety and Health Rules for Working at Heights



6 Basic Workplace Safety and Health Rules for Working on Roofs



Worker's Safety Handbook for Work at Height



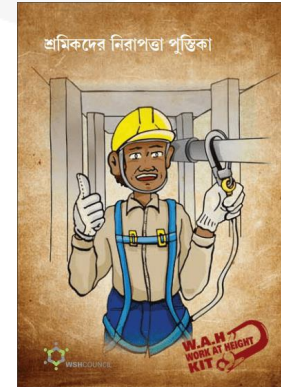
Bengali Resources for Workers



6 Basic Workplace Safety and Health Rules for Working at Heights



6 Basic Workplace Safety and Health Rules for Working on Roofs



Worker's Safety Handbook for Work at Height



Tamil Resources for Workers



6 Basic Workplace Safety and Health Rules for Working at Heights



6 Basic Workplace Safety and Health Rules for Working on Roofs



Worker's Safety Handbook for Work at Height



Mandarin Resources for Workers



6 Basic Workplace Safety and Health Rules for Working at Heights



6 Basic Workplace Safety and Health Rules for Working on Roofs



Worker's Safety Handbook for Work at Height

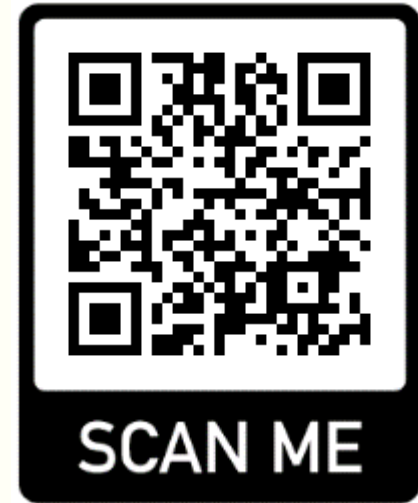


Resources from Workplace Mental Well-being Campaign 2021



CAMPAIGN WEBPAGE

Scan the QR code or visit the Workplace Mental Well-being Campaign 2021 webpage at <https://www.wshc.sg/mentalwellbeingcampaign> to download the Workplace Mental Well-being Playbook and other resources.



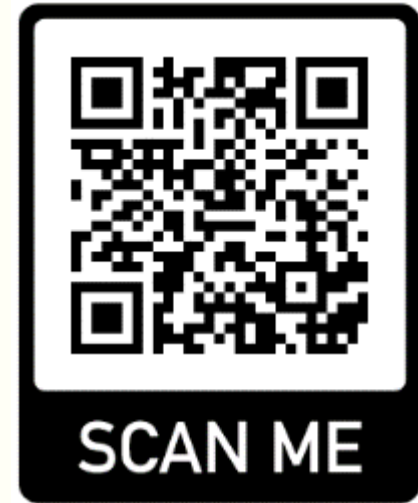


CAMPAIGN VIDEO

MENTAL WELL-BEING

Scan the QR code or click on the link below to watch the Take Time to Take Care of Your Mental Well-being Campaign video.

<https://youtu.be/3DfgUdSNiCk>





INTERVIEW ON MENTAL WELL-BEING WITH MS LYN LEE

Scan the QR code or click on the link below to watch the Interview on Mental Well-being with Ms Lyn Lee, Chief Diversity and Inclusion Officer, Royal Dutch Shell PLC.

<https://youtu.be/m1Ct3SOow6I>



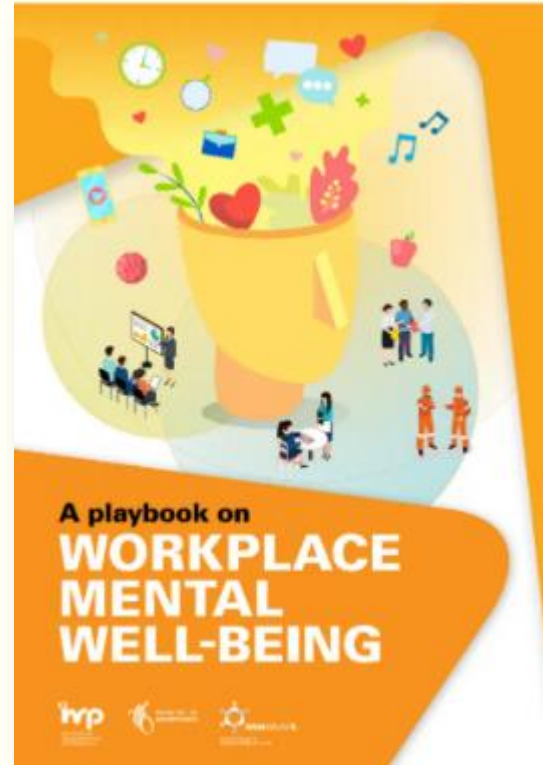


A PLAYBOOK ON WORKPLACE MENTAL WELL-BEING

Scan the QR code or click on the link to download the Playbook.



<https://www.tal.sg/wshc/Resources/Publications/Guides-and-Handbooks/A-Playbook-On-Workplace-Mental-Well-being>



INFOGRAPHIC POSTER

Scan the QR code to share the infographic poster via WhatsApp with your colleagues and friends.

Click [here](#) to download the poster.



A Playbook On
**WORKPLACE
MENTAL WELL-BEING**

Benefits of supporting your employees' mental well-being:

- ✓ Attract and retain employees
- ✓ Meet production and resilient workforce
- ✓ Safer and healthier workplace

6 Steps to Workplace Mental Well-being

- STEP 1**
CHECK.
Assess your ability and identify needs.
- STEP 2**
AIM.
Create a mental well-being strategy for your goals and track progress.
- STEP 3**
BALANCE.
Senior management buy-in is essential to all but successful mental well-being initiatives.
- STEP 4**
ACT.
Choose suitable initiatives to implement.
- STEP 5**
TRIAL.
Create a communication plan for employees and stakeholders.
- STEP 6**
REFLECT.
Review the initiative regularly.

The range of initiatives include:
 1) Create safe spaces for conversations
 2) Employee assistance
 3) EAP via a peer support system
 4) Use of chat mental health bots
 5) Peer support through on-site coaches
 6) Virtual care

START YOUR JOURNEY

Visit us at www.wsh.gov.sg/mentalwellbeing
 Download the PEP (Poster) at:
www.wsh.gov.sg/pep to learn more
 to get the latest updates.






INFOGRAPHIC POSTER

Scan the QR code to share the infographic poster via WhatsApp with your colleagues and friends.

Click [here](#) to download the poster.



CREATE SAFE SPACES FOR CONVERSATIONS

A Playbook On Workplace Mental Well-Being

Reduce fear and encourage participation in mental well-being initiatives:

- STEP 1**
Pick the right occasion
Factors to consider include group size, platform type and setting
- STEP 2**
Have top management lead the way
Identify champions; encourage senior management to initiate conversations and share personal stories
- STEP 3**
Provide a sense of safety
Assure employees that conversations will be kept confidential
Ensure that conversations do not affect staff appraisals
Do not pressure employees to share beyond what they are comfortable with

"I took work off these workers' minds by just advising that they have safe and safe and they are not afraid. They help to know the situation is to stay the most important, say they don't have to."

— AN EMPLOYEE, MANUFACTURING COMPANY

START YOUR JOURNEY

A joint initiative by:

- hwp** HEALTH AND SAFETY PARTNERSHIP
- WORLD OF WORKERS**
- WORKSOCIETY**

Visit all sites in the region to offering **Guidance on creating Safe Spaces** at [https://www.hwp.gov.sg/healthyworkplaces](#) to get the latest updates.



INFOGRAPHIC POSTER

Scan the QR code to share the infographic poster via WhatsApp with your colleagues and friends.

Click [here](#) to download the poster.



ENCOURAGE SELF-CARE

A Playbook On Workplace Mental Well-Being

Encourage employees to self-care by:

- ✓ **Organising activities to promote self-care habits**
 - Offer self-care training*
 - Offer exercise classes* gym membership
 - Promote recreation of activities
 - Start an office club
 - Celebrate milestones and good news
- ✓ **Sharing useful self-care tips**
 - Have an internal communication strategy in place to send out self-care material
 - Share useful self-care tips among employees

*Organisations may refer to [https://www.gov.sg/health-employment](#) for free self-care tips and activities

START YOUR JOURNEY

A joint initiative by

Visit us at [www.wsh.gov.sg](#) for self-educating resources for the PSSE cluster of workers. Contact us at [wsh@wsh.gov.sg](#) for more information to get the latest updates.



INFOGRAPHIC POSTER

Scan the QR code to share the infographic poster via WhatsApp with your colleagues and friends.

Click [here](#) to download the poster.



SET UP A PEER SUPPORT SYSTEM

A Playbook On Workplace Mental Well-Being

Co-workers can be a good source of support. Peer support networks build greater camaraderie amongst co-workers and are quick ways for employees to reach out:

STEP 1
Pick a model

- Buddy System 1:1
- Support Groups 1:5
- In-house help line

STEP 2
Appoint the members

- Nominate peer support leaders' appointments
- Recognize their role in staff performance appraisal
- Choose volunteers over non-volunteers

STEP 3
Train the team

- Provide basic training*
- Establish clear protocols for professional help

STEP 4
Dedicate time and space

- Set up regular check-ins
- Create consultative spaces for sessions

STEP 5
Provide support for the team

- Support peer support leaders and helping operations

*Organizations may refer to OSH Council's Peer Support Program for such trainings, provided in a e-learning mode.

START YOUR JOURNEY

Visit us at www.wsh.gov.sg/mentalwellbeing

Get advice on the OSH Bulletin or HRG e-newsletter that you'll receive free to you by the latest available.

INFOGRAPHIC POSTER

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USE DIGITAL MENTAL HEALTH TOOLS

A Playbook On Workplace Mental Well-Being

Digital solutions can complement in-person services and are:

- ✓ Convenient
- ✓ Easy to use
- ✓ Anonymous



Choose the right tool based on your needs.



Leaders should be role models as early adopters.



Safeguard confidentiality - have good data security.



Start small to reduce cost - pilot in a small group.

Examples of digital mental health tools:

- Wearables and digital biomarker apps
- Prevention and treatment solutions (e.g. chatbots)
- Analytics & survey tools to measure stress*

* by WorkHealth, a free access tool to help employers and employees identify and manage workplace stressors.

START YOUR JOURNEY

A great network by:

-  MHP
-  MWH
-  REBOUNDC

With an AI powered by WorkWellness, subscribe to the Digital Toolkit as a pilot. Please get agencies involved to get the best results.





TOTAL WSH PROGRAMME

Scan the QR code or click on the link below to find out more about the Total Workplace Safety and Health Programme.

<https://www.wshc.sg/totalwsh>





IWORKHEALTH

Scan the QR code or click on the link below to find out more about iWorkHealth.

<https://www.iworkhealth.gov.sg>





MINDSG

Scan the QR code or click on the link below to find out more about MindSG.

<https://www.healthhub.sg/programmes/186/MindSG/Discover>



Resources from Slips, Trips and Falls Campaign 2021

Slips, Trips and Falls Campaign 2021

Scan the QR code or visit STF Campaign page at www.wshc.sg/preventstf to learn more about how you can participate.



Set your company's STF Resolution

Scan the QR code or visit the URL below to set your company's STF Resolution

<http://survey.wshc.sg/stfresolution>



Slips Trips and Falls Infographics for Facilities Management Sector (English version)



Scan the QR code to share it via WhatsApp with your colleagues!

Click on the link to download the poster:

[https://www.tal.sg/whc/-/media/TAL/Wshc/Resources/Collaterals/Posters/PDF/STF Infographics for Facilities Management Sector.pdf](https://www.tal.sg/whc/-/media/TAL/Wshc/Resources/Collaterals/Posters/PDF/STF%20Infographics%20for%20Facilities%20Management%20Sector.pdf)

Slips Trips and Falls Infographics for Facilities Management Sector (Chinese version)



Scan the QR code to share it via WhatsApp with your colleagues!

Click on the link to download the poster:

https://www.tal.sg/wshc/-/media/TAL/Wshc/Resources/Collaterals/Posters/PDF/STF_Infographics_for_Facilities_Management_Sector_Chinese.pdf

Slips Trips and Falls Infographics for Facilities Management Sector (Tamil version)



Scan the QR code to share it via WhatsApp with your colleagues!

Click on the link to download the poster:

[https://www.tal.sg/wshc/-/media/TAL/Wshc/Resources/Collaterals/Posters/PDF/STF Infographics for Facilities Management Sector Tamil.pdf](https://www.tal.sg/wshc/-/media/TAL/Wshc/Resources/Collaterals/Posters/PDF/STF%20Infographics%20for%20Facilities%20Management%20Sector%20Tamil.pdf)

Slips Trips and Falls Infographics for Facilities Management Sector (Bengali version)



Scan the QR code to share it via WhatsApp with your colleagues!

Click on the link to download the poster:

https://www.tal.sg/wshc/-/media/TAL/Wshc/Resources/Collaterals/Posters/PDF/STF_Infographics_for_Facilities_Management_Sector_Bengali.pdf

STF Signages



Scan QR codes to share or [download](#) and put up in the workplace where these common STF hazards are found.

English:



Chinese:



Tamil:



Bengali:



Resources from National WSH Campaign 2021

National WSH Campaign 2021

Care Time

Scan the QR code to set Care Time in your phone's calendar today!

Visit www.taketimetotakecare.sg to learn more about safety and health actions you can do.



Take Time to Take Care Campaign video (working at heights)



National WSH Campaign Skit

Scan the QR code or click on the YouTube video link below to watch the Campaign skit:

<https://www.youtube.com/watch?v=hnG6I2BKnnU>

