



**Micro  
Builders  
Association  
Singapore**

# The Micro Builder's Perspective For Target Zero Falls Campaign - Working Safely At Heights

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***“No matter how small you are,  
Safety is a **big** matter”***



# Who Are Micro Builders?

- SME Contractors who specialise in landed properties projects or smaller commercial projects.
- Project scale ranges from \$350,000 to above \$10,000,000
- Average staff + workers strength of 40-100.(depending of scale of project
- Common traits; low turn-over rate of migrant workers

# What Makes Safety Concerns Different in Micro Builder's Context?

Safety has no size, whether big or small, safety of everyone is top priority. However, micro builders do face different challenges when it comes to safety:

- Work at height
- Space constraints.
- Very close proximity with neighbours

# Falls and Definitions

## Falls

- Are a major cause of work related serious injuries and fatalities
- Falls from heights account for the majority of compensable injuries

## Definitions

- A fall by a person from one level to another at a lower surface or elevation
- Falling objects – an unsecured object falling from heights can cause serious injuries
- Fall hazards – this means exposing a worker in a workplace to a risk of a fall this is likely to cause injury to worker and other persons.



# Examples of Bad Practices



- No Proper Barricade for 2<sup>nd</sup> level shuttering of formwork
- Worker even with proper harness is not secured to any life line





# Examples of Bad Practices



- No safety harness
- Insufficient working platform
- No access (ladder)



- No proper barricade and demarcation on site for workers to avoid.



# Examples of Bad Practices



- Zero access, barricade, lifeline and working platform



- How is the the timber primary bearer is being erected
- Is it safe for workers to work under timber bearer



# Poor Housekeeping causes Trips and Falls



No Proper disposal of debris and waste timber  
Tripping hazard and of course of serious injuries from fall from height





# Common Fall Hazards

Other fall hazards come from

- Working on roofs
- Using ladders
- Working on fragile slippery or sloping surfaces

# Overcoming Common Fall Hazards

## Key Messages

- Eliminating the need to perform tasks that expose workers to risk a fall. But if task is necessary, what controls must to put in place to eliminate this risk
- Only skilled or train workers who are deemed competent should perform activities that involve fall hazards
- Allocate budget and resources to ensure that fall hazards are eliminated or minimized
- Continuous training and monitoring to ensure safety measure are strictly adhered to



# Examples Of Continuous Education By WSH Officer



MBAS builders members do conduct daily toolbox meeting and weekly continuous education and reminder to our workers on work place safety, and Target Zero fall campaign.



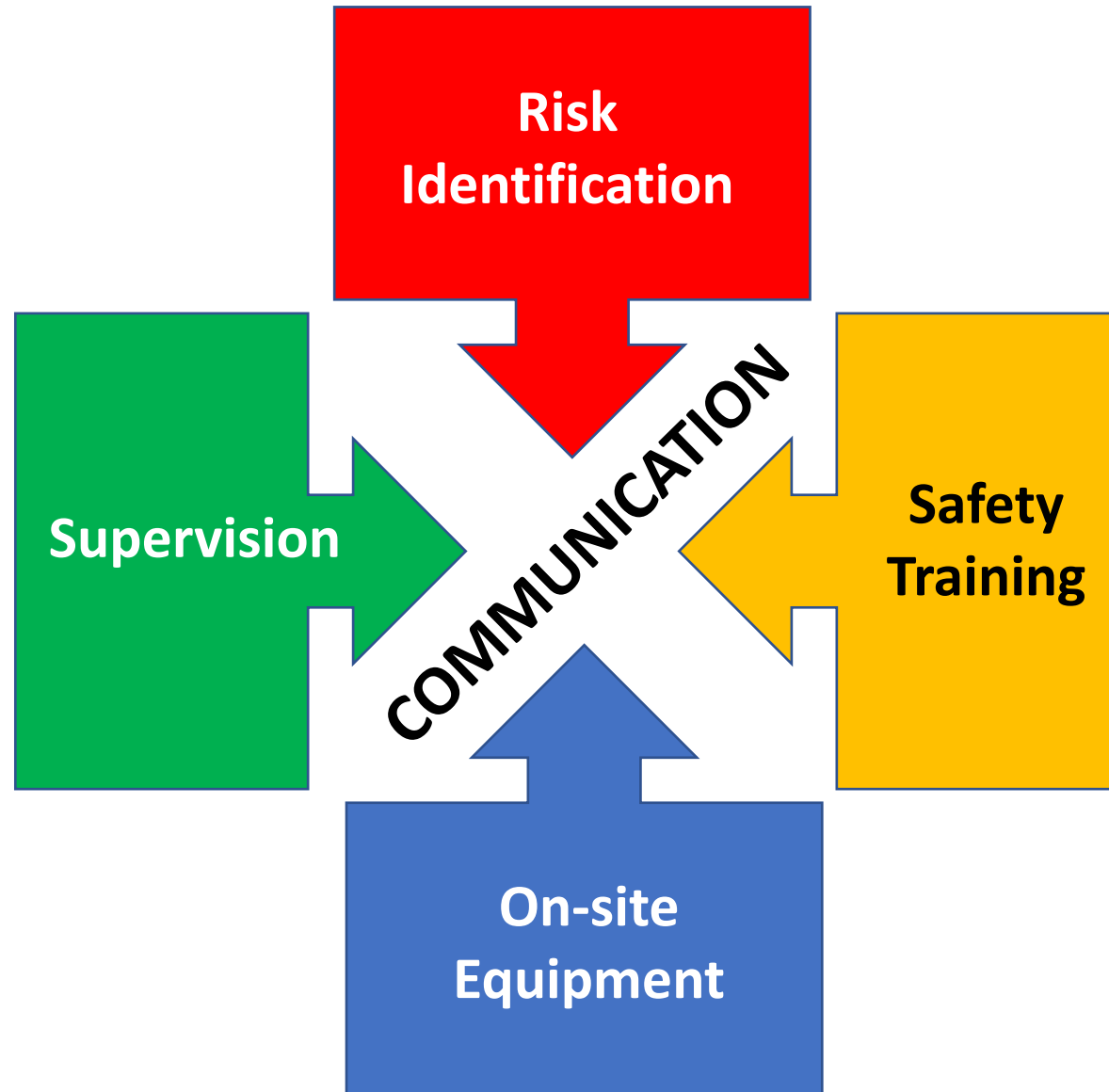
# Examples Of RA/SWP Briefing Before Commencement Of Work



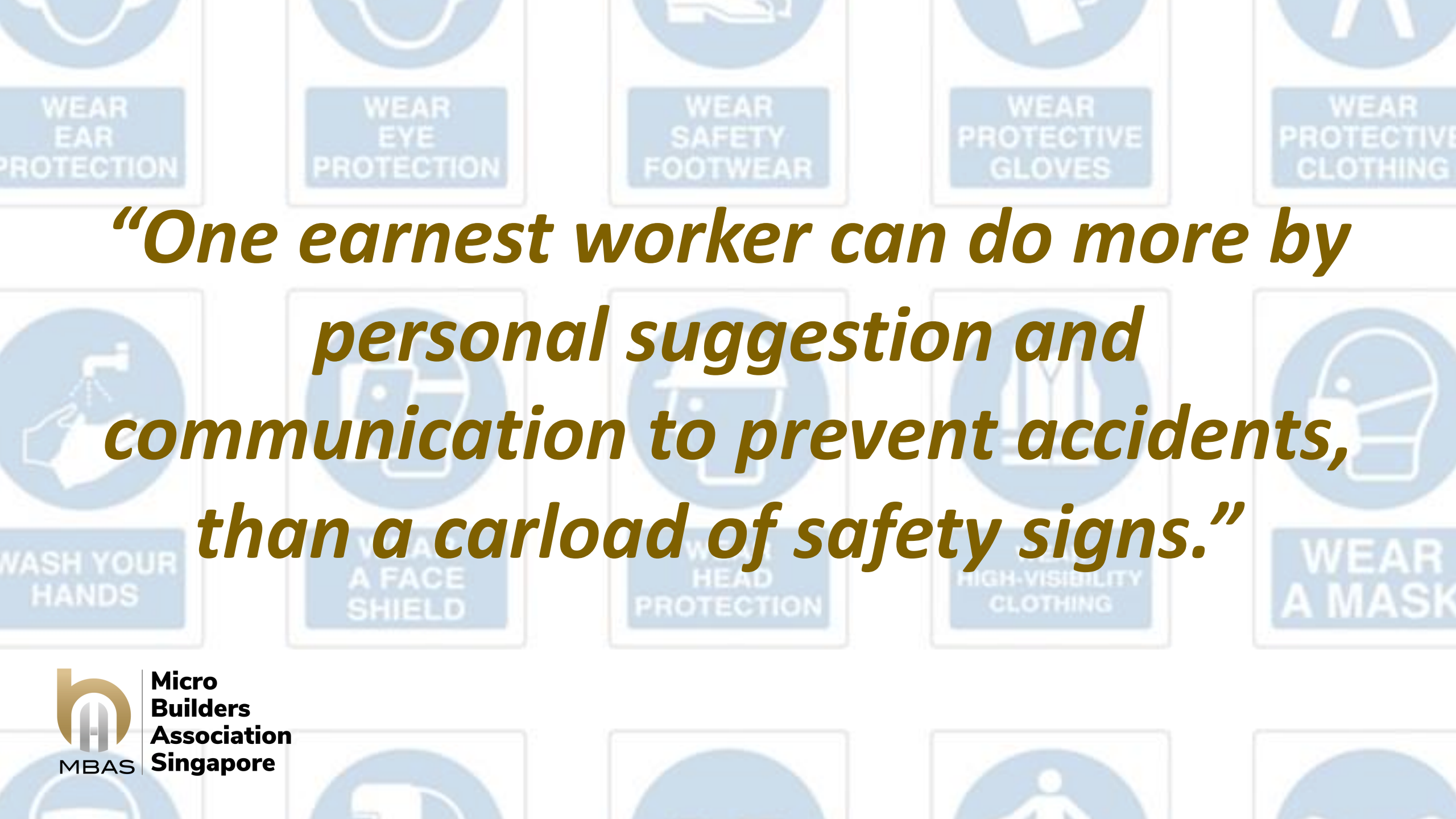
MBAS Builders members do engage WSH officers to conduct briefing to project supervisors before any commencement of work to reduce our target for zero fall campaign



# Best Practices at Work Site





The background of the slide is a repeating pattern of safety signs. Each sign consists of a blue circular icon on top and a blue rectangular text box below it. The signs include: 'WEAR EAR PROTECTION' (earplugs icon), 'WEAR EYE PROTECTION' (goggles icon), 'WEAR SAFETY FOOTWEAR' (sneakers icon), 'WEAR PROTECTIVE GLOVES' (gloves icon), 'WEAR PROTECTIVE CLOTHING' (hazmat suit icon), 'WASH YOUR HANDS' (handwashing icon), 'WEAR A FACE SHIELD' (face shield icon), 'WEAR HEAD PROTECTION' (hard hat icon), 'WEAR HIGH-VISIBILITY CLOTHING' (high-visibility vest icon), and 'WEAR A MASK' (face mask icon).

***“One earnest worker can do more by personal suggestion and communication to prevent accidents, than a carload of safety signs.”***

# Examples of Good Practices



Safety netting to prevent both small debris & workers from falling down.



# Examples of Good Practices



Safety barricades with toe-board and safety netting installed at open sides.



# Examples of Good Practices



Top 2 rungs of A frame ladder covered up



# Examples of Good Practices



Marking of designated walk-way on site & signages in multi languages



# Examples of Good Practices (cont)



Good housekeeping and safe working environment are maintained on site, to prevent injuries to workers falling from height



# Examples of Good Practices (cont)



- Sub-Contractor working on metal roof
- With necessary life line and harness that is checked by PM on site for validity



- Simple timber barricade with GI pipes in place at lift pit to prevent falls



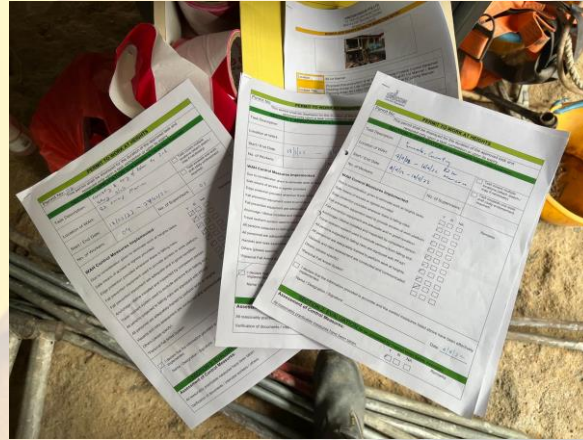
# Examples of Good Practices

**Access Control Form**  
NEW BUILDING TO EMPLOYEES

Form Number: [blank]  
Date Issued: [blank]  
Issued by: [blank]  
Valid until: [blank]

| No. | Name      | Designation | Signature   |
|-----|-----------|-------------|-------------|
| 1   | PERMANENT | WORKER      | [Signature] |
| 2   | PERMANENT | WORKER      | [Signature] |
| 3   | PERMANENT | WORKER      | [Signature] |
| 4   | PERMANENT | WORKER      | [Signature] |
| 5   | PERMANENT | WORKER      | [Signature] |

Remarks: [blank]



**Safe to Use**  
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DATE OF INSPECTION: 03-12-2020  
NAME OF SCAFFOLD SUPERVISOR: [Signature]

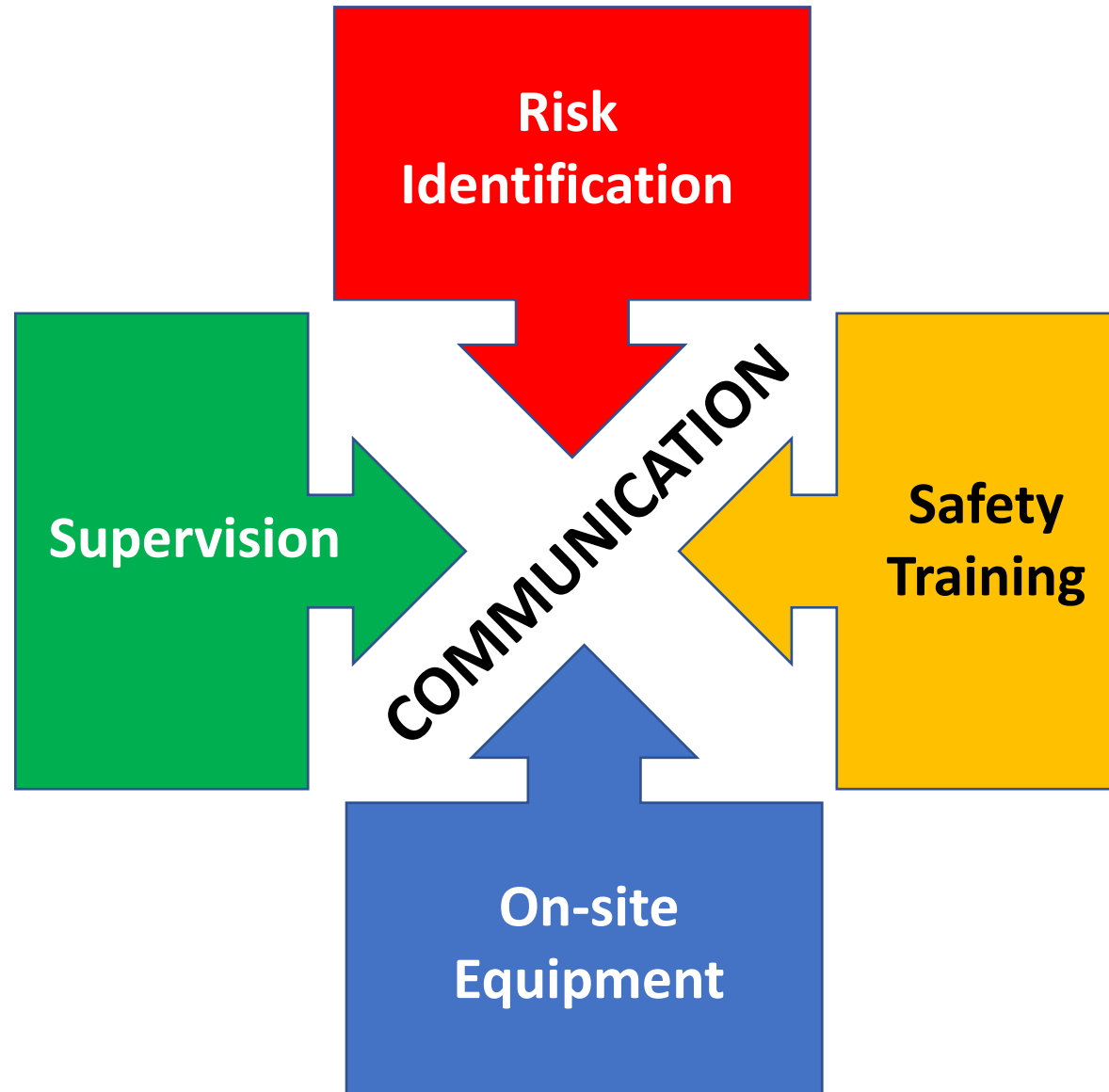
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| 04-12-2020       | [Signature] |
| 11-12-2020       | [Signature] |
| 18-12-2020       | [Signature] |



Proper access with documentation and PE approval for WAH, Temporary access /propping or staging



# Routing Back to Key Practices – ALWAYS REMEMBER



# Key Take Away Messages

- To eliminate the need to perform tasks that exposed a worker to a risk of a fall from any height
- Only workers who are skilled, trained and competent should perform activities that involve fall hazards from heights
- Allocate budget and resources to ensure all fall hazards and fall from heights are eliminated or minimised



***“No Safety, Know Pain.  
Know Safety, No Pain.”***