WSQ – Comply with Workplace Safety and Health Policies and Procedures

(FSS--WSH-2092-1.1)

Copyright material @ CBM Pte Ltd
All rights reserved
(2025 version 2.2)

Document Title : **Comply with Workplace Safety and Health Policies and Procedures**

Version number : **WSH 2.2**

Date of issue : **1 January 2025**

LESSON PLAN

DAY 1

1. Course Introduction & Administration (课程介绍和管理)

- Ice Breaker
- Logistic details
- Course objectives

2. Section 1 – Follow Workplace Practices and Risk Control Procedures

- Workplace Safety and Health Act (WSHA) Introduction
- Personal Hygiene
- Use and Maintain Personal Protective Equipment (PPE)
- Safety Signs
- Workplace Hazards & Risks
- Report unsafe acts/practices/behaviours/conditions

3. Section 2 – Participate in Workplace Safety and Health Management Activities

- Your role in Risk Assessment and Risk Control
- Identify and report potential hazards
- Identify correct PPE for work
- Participate in resolving hazards and risk within the work area

LESSON PLAN

DAY 2

4. Section 3 – Follow Workplace Emergency Response Procedures

- Dealing with emergencies and non-emergencies
- Your role in dealing with emergencies
- Emergency Equipment
- Safety Training
- Infectious Diseases

5. Revision (复习)

- Practical Performance – Role play (A 1 – 19)
- Oral Questions (K 1 – 32)

6. Course Administration (课程管理)

- Evaluation feedback

7. Assessment (测验/评估)

- Assessment brief
- Practical Performance – Role play (A 1 – 19)
- Oral Questions (K 1 – 32)
- Brief outcome of assessment

Learning Outcomes

Upon completion of this module, learners must be able to successfully perform the followings:

- Identify hazards at the workplace
- Learn how to deal with hazards
- Perform risk control procedures
- Understand and identify the different safety signs
- Adopt safe work procedures and codes of practice
- Follow and apply emergency procedures
- Identify and report unsafe working conditions
- Adopt the usage of personal protective equipment
- Apply reporting procedures on risks and hazards

Learning Objectives # 1

Section 1 – Follow Workplace Practices and Risk Control Procedures

Follow Workplace Practices and Risk Control Procedures

Workplace Safety and Health Act (WSHA)

The three guiding principles of the WSH Act are to:

- Reduce risk at the source by requiring all stakeholders to remove or minimise the risk they create.
- Encourage industries to adopt greater ownership of safety and health outcomes.
- Impose higher penalties for poor safety management and Outcomes.

Source: Ministry of Manpower

Follow Workplace Practices and Risk Control Procedures

Workplace Safety and Health Act (WSHA)

First published in the Government *Gazette*, Electronic Edition, on 14 October 2022 at 5 pm.

No. 2861 — WORKPLACE SAFETY AND HEALTH ACT 2006

WORKPLACE SAFETY AND HEALTH
(APPROVED CODES OF PRACTICE)
NOTIFICATION 2022

In accordance with section 40B(3) of the Workplace Safety and Health Act 2006, the Workplace Safety and Health Council hereby notifies that the Council has approved the Codes of Practice set out in the Schedule, with effect from 31 October 2022.

Source: Ministry of Manpower

Follow Workplace Practices and Risk Control Procedures

Responsibilities of **stakeholders**

They include **employers, principals, occupiers, manufacturers or suppliers** (including hazardous substances and machinery and equipment), **installers or erectors, employees and the self-employed.**

The WSH Act has four key features:

- It places responsibilities on stakeholders who have it within their control to ensure safety at the workplace.
- It focuses on workplace safety and health systems and outcomes, rather than merely on compliance.
- It facilitates effective enforcement through the issuance of remedial orders.
- It imposes higher penalties for non-compliance and risky behaviour.

Follow Workplace Practices and Risk Control Procedures

Responsibilities of **Employee**

- Maintain Good Personal Hygiene at Workplace
- Use and maintain proper PPEs for the jobs
- Understand and follow safety signs
- Use and maintain machine safety devices
- Monitor and avoid unsafe working conditions or acts
- Aware and avoid workplace hazards
- Report unsafe work conditions & work practices
- Report work incidents and accidents
- Do not tamper with safety equipment/devices
- Co-operate with employer and others to comply with the Act
- Do not endanger the safety and health of others
- Stand at court for conviction if found guilty of any offence

Follow Workplace Practices and Risk Control Procedures

Effects of Accidents

Some of the consequences that employees may experience after accidents include



Personal hardships [pain and suffering]

- High levels of physical changes and pain;
- High emotional suffering and increased anxiety
- Depression



Loss of work

- Reduced capacity to perform daily life activities;
- Increased rates of work absence and unemployment

Follow Workplace Practices and Risk Control Procedures



Reduced prod uctivity

The absence of the injured worker leads to a loss of productivity



Poor employee morale

The psychological toll of witnessing or being involved in an accident can lead to decreased morale and increased stress among employees.

Follow Workplace Practices and Risk Control Procedures



Increased unnecessary costs to the organization

- Medical expenses,
- Increased worker's compensations,
- Increased insurance premiums

Follow Workplace Practices and Risk Control Procedures

Personal Hygiene



Follow Workplace Practices and Risk Control Procedures

Personal Hygiene



Follow Workplace Practices and Risk Control Procedures

Personal Hygiene

- Wet hands with water, apply soap and lather well

  先用清水冲洗手，然后仔细涂上肥皂。

- Rub each area together for at least 15 seconds 仔细搓手至少15秒

  1. Palm to palm 手掌对手掌
  2. Back of hands 手背
  3. Between fingers 手指间
  4. Back of fingers 手指肚
  5. Base of thumbs 大拇指底部
  6. Fingernails 指甲
  7. Wrists 手腕



- Rinse hands and dry thoroughly with a clean towel/ paper towel

  最后用水将手冲洗干净，用干净的毛巾或纸巾彻底擦干。

Follow Workplace Practices and Risk Control Procedures

Use and Maintain Personal Protective Equipment (PPE)



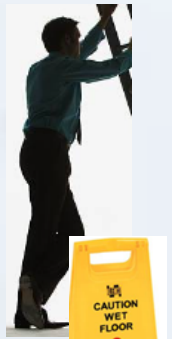
Follow Workplace Practices and Risk Control Procedures

PPE provide a means to protect you against injuries. But you must know the limitations of the PPE

Ear Plugs		Rubber Boots	
Goggles		Safety Helmet	
Face Mask		Protective Gloves	

Follow Workplace Practices and Risk Control Procedures

Learning Activity 1 – Identify the missing PPE







Follow Workplace Practices and Risk Control Procedures



Follow Workplace Practices and Risk Control Procedures

Safety Sign Logo

Shape	Meaning	Explanation
	Prohibition (禁止/Dilarang)	Must not do what as indicated by the symbol
	(Red Circle & Diagonal Line)	禁止做标志上所指的事情
	（红色圆圈及对角线） (Bulatan Merah)	Jangan melakukan perkara yang dipampangkan
	Mandatory (强制性的/Wajib)	Follow the instruction as indicated by the symbol
	(Blue Circle)	遵循标志上的指令
	（蓝色圆圈） (Bulatan Biru)	Ikuti arahan yang dipampangkan
	Warning (警告/Amaran)	Presence of certain hazard as indicated by the symbol
	(Yellow/ Black)	存在一定的风险
	（黄色/黑色）(Kuning/Hitam)	Kehadiran bahaya tertentu seperti yang ditunjukkan oleh simbol

Follow Workplace Practices and Risk Control Procedures

Shape	Meaning	Explanation
	Safe Condition (安全状况 / Keadaan yang selamat)	Existence of safe conditions
	安全标志	安全情况下
	(Green) (绿色） (Hijau)	Keadaan yg selamat
	Fire Safety (消防安全/Peralatan Pemadam Api)	Presence of fire fighting equipment and its location
	消防安全	表明消防设备及其位置
	(Red) (红色） (Merah)	Kehadiran Peralatan Pemadam Api

Follow Workplace Practices and Risk Control Procedures





Follow Workplace Practices and Risk Control Procedures



Mandatory Signs specify that an instruction must be carried out. Symbols (or "pictograms") are depicted in white on a blue circular background. Sign wording, if necessary, is in black lettering on a white background.

Highly visible safety signs can help prevent injuries and ensure that all staff and visitors are aware of any dangerous hazards.



Follow Workplace Practices and Risk Control Procedures

Safety Sign Purpose

Safety signs and symbols are used as safety communication tools—they help send clear messages, instructions, and warnings without the use of too many words.

Designed to regulate and control safety related behaviour, to warn of hazards and to provide emergency information including fire protection information.

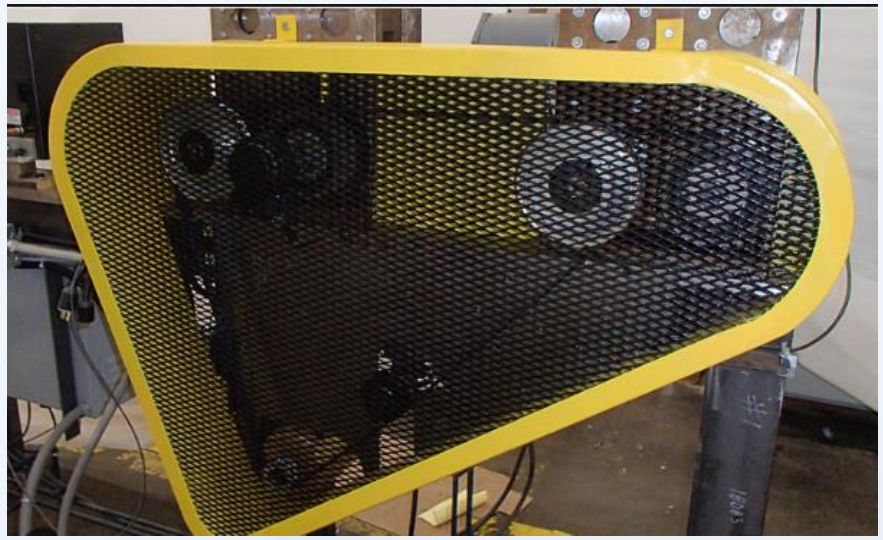
- Safety communication
- Accident prevention
- Fire protection
- Health hazard identification
- Emergency evacuation

Follow Workplace Practices and Risk Control Procedures

Safety Devices



Earth-Leakage Circuit Breakers (ELCB)
The earth leakage circuit breaker (ELCB) is used to protect persons against electric shock hazards and to prevent a fire.



Machine guarding is a safety feature on or around engineering equipment consisting of a shield covering hazardous areas of a machine to prevent contact with body parts or to control hazards like chips or sparks from exiting the machine.

Follow Workplace Practices and Risk Control Procedures

Safety Devices



Safety Barrier



Safety Signboard



Safety Harness

Follow Workplace Practices and Risk Control Procedures

WSH Issues at Workplace

A. Unsafe conditions
B. Unsafe acts
C. Workplace Hazards



Follow Workplace Practices and Risk Control Procedures

WSH Issues at Workplace

A. Unsafe Condition

Unsafe conditions are hazards that have the potential to cause injury or death to an employee.

Condition can refer to

- Environment 所处的环境
- Tools 使用的工具
- Equipment 使用的设备





Follow Workplace Practices and Risk Control Procedures

B. Unsafe Act refers to:

Unsafe acts are actions or behaviors of an individual that can lead to accidents or injuries.

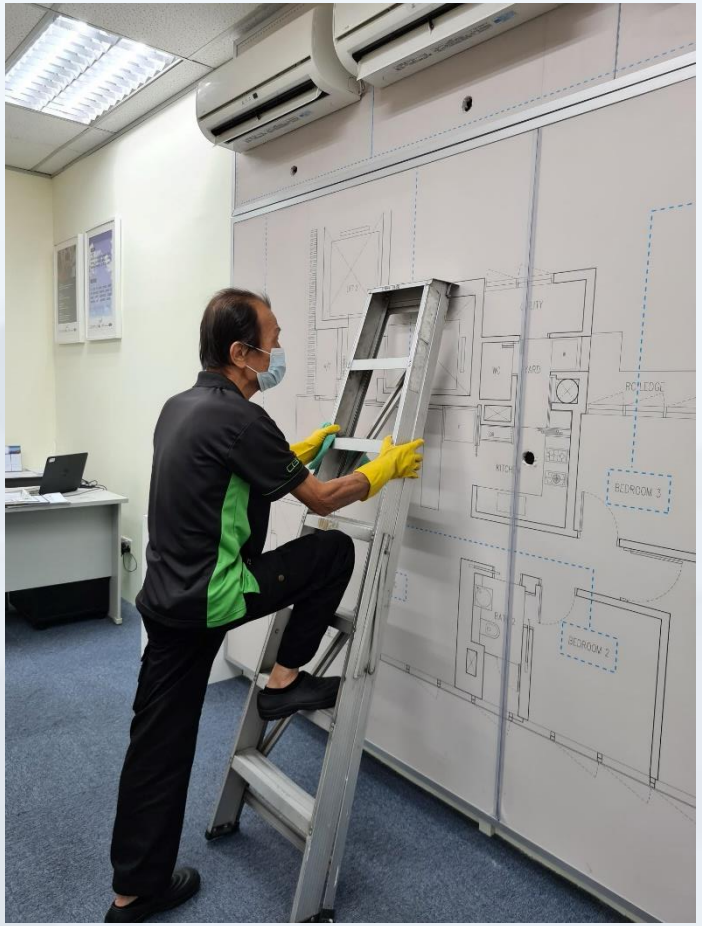


Follow Workplace Practices and Risk Control Procedures

B. Unsafe Act refers to

The actions that a person does







Follow Workplace Practices and Risk Control Procedures

C. Workplace Hazards













Follow Workplace Practices and Risk Control Procedures

C. Workplace Hazards



Hazards - Biological Hazard and Infectious Diseases

Causes:

- Human Contact (Bacteria & Viruses)
- Infectious diseases



Cough and Flu

Follow Workplace Practices and Risk Control Procedures

C. Workplace Hazards



Hazard: Falling hazard



Slip:
Fall to the Back



Trip:
Fall to the Front



Fall

Follow Workplace Practices and Risk Control Procedures

C. Workplace Hazards



Hazard: Falling hazard



Falling Object



Working at Height NOT more than 3 Metres

Follow Workplace Practices and Risk Control Procedures

C. Workplace Hazards



Hazard: Ergonomic Hazard

Includes

- Backache
- Shoulder aches
- Knee pains



Repetitive tasks



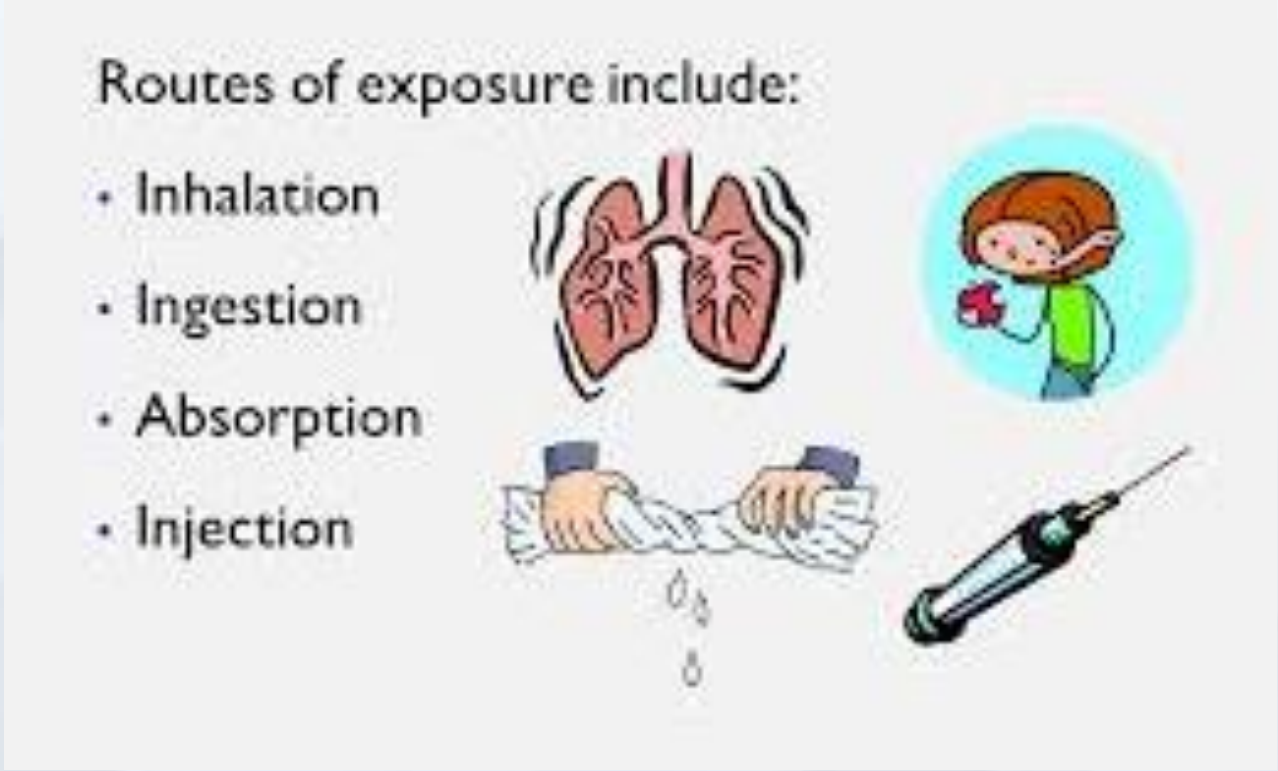
Wrong posture

Follow Workplace Practices and Risk Control Procedures

C. Workplace Hazards



Hazard: Chemical Hazard



Follow Workplace Practices and Risk Control Procedures

C. Workplace Hazards



Hazard: Electrical Hazard



Overloading of sockets



Messy extension wires under the table

Follow Workplace Practices and Risk Control Procedures

C. Workplace Hazards



Hazard: Fire & Explosion Hazard



Follow Workplace Practices and Risk Control Procedures

C. Workplace Hazards

Hazard: Fire & Explosion Hazard

- Know the location of fire-fighting equipment
- Participate in training
- Familiarize with fire exits
- Comply with all fire prevention procedures





- PASS Method
  - P: Pull the pin
  - A: Aim at the base of the fire
  - S: Squeeze the trigger
  - S: Sweep side to side

Follow Workplace Practices and Risk Control Procedures

P Pull out safety device of fire extinguisher	A Aim nozzle at base of fire	S Squeeze top lever of fire extinguisher	S Direct discharge at fire using sweeping motion	Open all windows to allow sufficient ventilation
				
• Hold the extinguisher in an upright position. • Pull out the safety device which is fitted to prevent accidental discharge.	• Aim the extinguisher nozzle at the base of the fire. • Keep a safe distance of about 1 to 1.5 metres away from the fire.	• Press the top lever of the extinguisher.	• Use a sweeping motion to allow the discharge to be directed over the entire area of the fire.	• When the fire is extinguished, open all doors and windows to ventilate the area.

P - Pull
A - Aim
S - Squeeze
S - Sweep

Follow Workplace Practices and Risk Control Procedures

What to do if a Fire Breaks Out

If you discover a fire, do not panic. Just follow these simple steps:

Evacuate premises



- Get everyone out.

Contain fire



- Close the door to contain the fire.

Turn gas mains off and call for help



- Turn off the gas mains if you can reach it. **Call 995 for SCDF.**

Fight fire without endangering self



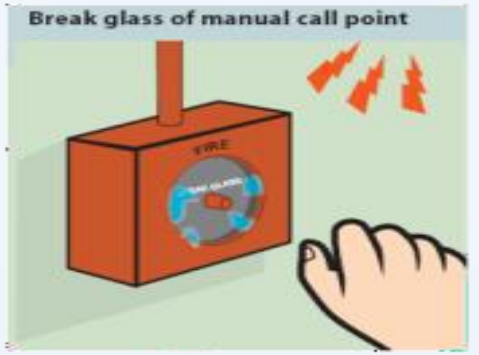
- Fight the fire if you can, but ONLY do so without endangering yourself or others.

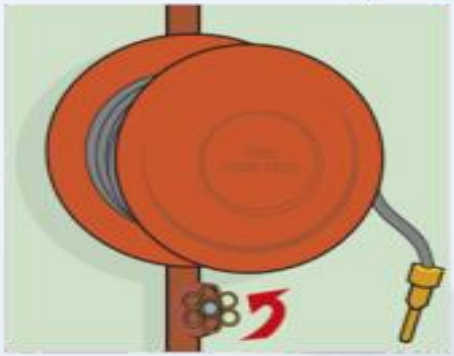
Escaping through Smoke



If you have to escape through smoke, keep low by crawling on your hands and knees.

In a fire, smoke will naturally rise leaving some fresh air about 30cm to 60cm off the floor. Crawling keeps your head in this safety zone, away from the smoke's toxic content.





Operating a Hose Reel

- Turn on the hose reel valve before releasing the hose reel.
- Run out the hose.
- Turn on water at nozzle and direct the stream at the base of the fire.

Follow Workplace Practices and Risk Control Procedures

Learning Activity 2 – Fire fighting

Scenario:

A waste dustbin was on fire and quickly it spreads to nearby cartons of card board along the corridor.

Fire Extinguisher was located nearby the vicinity.

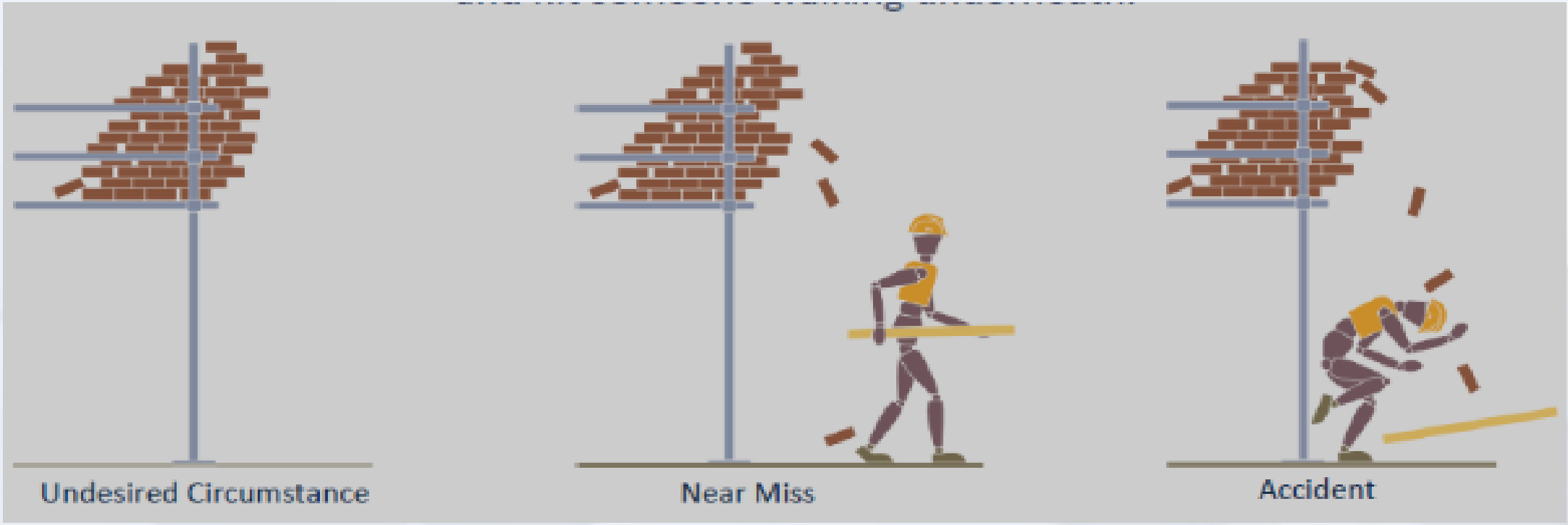
- **What do you do?**
- **How are you going to put off the fire**
- **Who do you report this to?**

Follow Workplace Practices and Risk Control Procedures

Reporting of Incidents

What to report? ⟷

- Potential incident (Undesired Circumstances)
- Near-missed incident
- Accident



Follow Workplace Practices and Risk Control Procedures

Reporting of Incidents

Incident Reporting What is an Incident? Should I report Incidents? An incident is an unplanned or undesired event that can cause injury, asset damage and or impact environment or reputation. Should I report Incidents? Report all incidents, whether they are Near Misses or Incidents with or without Injury, Asset Damage or Environmental Impact. Report to your Line Supervisor without fear of reprisal. Why should I report Incidents? Incident investigation always provides Learning which when applied prohibit reoccurence

A Near Miss is reported into PIM What is a Near Miss? An incident that could have caused illness, injury or damage to assets, the environment or company reputation, but did not. All near misses shall be treated as incidents and shall be investigated and reported according to their potential risk

Follow Workplace Practices and Risk Control Procedures

Reporting of Incidents

How to report?

- Informal – Verbal (By Call / Face to Face)
  - Report to project leader/ supervisor/ WSHO/ WSHC/ facility manager
- Formal – Written report (Note / Message via HP / Writing a report)
  - Report to project leader/ WSHO/ WSHC/ MOM/ Police

Follow Workplace Practices and Risk Control Procedures

Incident Reporting procedures

IMMEDIATE reporting to the Supervisor whenever an

- Accident
- Near-missed incident
- Potential incident

24 hrs CBM Control Centre (CCC) – 67186999
CBM-IMS-WIC008-02 (wef 1 Dec 2021)

Categories	Description	Verbal Report	Written Report
Cat 1 **Severe Incident at Workplace**	**Loss of Life**	**< 1 hr**	**< 3 hrs**
	Loss of Equip/Property		
	Life Threatening Injury		
	Incident which attract media and lead to bad publicity of Company		
	Fire/Flood/Power failure		
Cat 2 **Major Incident at workplace**	**Injury > 3 days of Medical leave, regardless of whether these were consecutive days**	< 6 hrs	**< 12 hrs**
	All Hospitalized Incidences >24 hours		
	Breakdown of critical system as defined in the Service Contract		
	Hospitalistion of HOD		
Cat 3 **Minor Incident at Workplace**	**Injury with 3 or Less consecutive days of Medical Leave**	**Upon notification of staff**	**< 24 hrs**
	All Hospitalized Incidences < 24 hours		
	Work-related traffic accidents < 3 days medical leave		
	Any Near Miss Incident		
Cat 3 **Non-Workplace**	**All non-workplace incidents with or without Medical Leave**	**Upon notification of staff**	**< 24 hrs**

Learning Objectives # 2

Section 2 – Participate In Workplace Safety and Health Management Activities

WSH Committee (WSHC)

- Form a WSH Committee (WSHC)
  - A management committee for workplace safety & health
  - A link between management and workers for WSH
- Composition
  - Management staff: HODs/GM, WSH Officers & VPs/Managers
  - Junior staff: Supervisors, workers & union reps
  - Odd numbers of members (voting)
  - Number of junior staff > Management staff
- Functions
  - Review safety & health issues of the workplace
  - Discuss and recommend corrective actions & monitor results of implemented solutions
  - Organize safety promotional activities
  - Promote cooperation between management staff and employees to achieve safety and health objectives
  - Conduct incident investigations
  - Conduct workplace inspections
  - Exercise such functions and duties as prescribed under the WSH regulations

Risk Assessments & Management

Risk Assessment Objective

- Identify hazards
- Prioritize measures
- Reduce or prevent risks

Environmental Aspects and Risk Assessment Form

1. Environmental Aspects & Impacts / Hazard Identification				2. Environmental Impact / OSH Risk Evaluation				3. Control Measures	4. Re-Risk Evaluation			5. Responsibility	
1a	1b	1c	1d	2a	2b	2c	2d	3a	4a	4b	4c	5a	5b
No	Routine/Normal Work Activity unless stated otherwise	Env Aspects / OH&S Hazard	Possible Env Impact/Accident /Health & Persons-at-Risk	Existing Control (If Any)	Severity	Likelihood	Rating	Additional Control	Severity	Likelihood	Rating	Legal Reqmt/ other	Designation
Cleaning of Toilet													
	Cleaning of Toilet	E: Use of water & chemical	E: Depletion of natural resources	1) Trained & skilled worker; 2) Procedure SOP	2	1	1	NA	NA	NA	NA	NEA, WSH, CP48	Ops Executive/ Supervisor
		E & OH: Chemical dosing	E: Water / land pollution OH: Ill health	1) Trained & skilled worker; 2) Mixing formula in accordance with Manufacturer's recommendations	2	1	2	NA	NA	NA	NA	NEA & WSH	Ops Executive/ Supervisor
		S: Slipping Hazard	S: Injury to person	1) Trained & skilled worker; 2) Use of P.P.E	3	1	3	NA	NA	NA	NA	WSH	Ops Executive/ Supervisor

Risk Control Measures

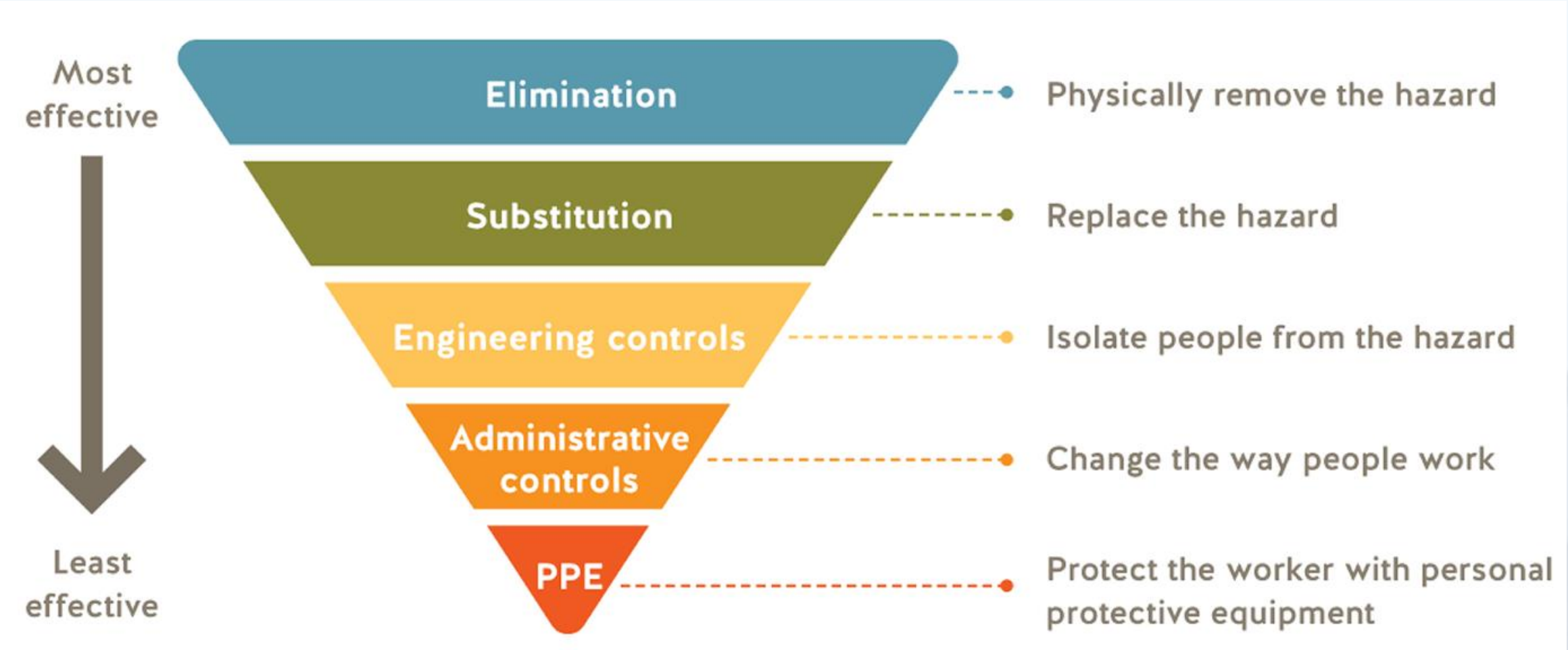
Risk Level	Acceptable of Risk	Recommended actions
Low Risk	Acceptable	-No additional control measures needed -Regular review
Medium Risk	Moderately acceptable	-Should reduce to low risk as soon as possible -Implement interim control measures to ensure that work can continue with low risk -Management attention required
High Risk	Not acceptable	-Must reduce to low risk before work commences -Hazard should be totally eliminated before work commences -Management intervention required immediately

Hazards VS Risk

- **Hazard is**
  - Anything, any **source or situation** with the **potential** to cause harm or injury

- **Risk is**
  - The **likelihood or probability** that a hazard will cause a specific bodily injury to any person

Risk Control Measures



Risk Control Measures Process

- **Identify**
  - **hazards at workplace**
- **Participate**
  - **in RA process**
- **Observe**
  - **safe work procedures**
- **Inform**
  - **supervisors/ management of any shortcomings in the safe work procedures or risk control measures**

Your role in Risk Assessment and Risk Control

As an employee, you must:

- Follow the workplace safety and health system, safe work procedures or safety rules implemented at the workplace.
- Not engage in any unsafe or negligent act that may endanger yourself or others working around you.
- Use personal protective equipment provided to you to ensure your safety while working. You must not tamper with or misuse the equipment.

Learning Objectives # 3

Section 3 – Follow Workplace Emergency Response Procedures

Emergency

- Serious situation happens **unexpectedly** and demands **immediate** action.
- Workplace must have **procedures** to handle emergency.
- All staff to attend training so as to **familiarize** with procedures.
- Emergency procedures to be **reviewed and fine-tuned** overtime.

Emergency Examples

- Fire/ explosions



- Chemical spills



- Chemical burns



- Gas leaks



- Collapse of structures



- Unconscious colleagues



Follow Workplace Emergency Response Procedures

A. Be prepared for emergencies

- Know where is the First Aid Box located
- Know the location of fire extinguishers, fire exits and fire alarms in the building.
- Know the emergency services numbers
- Be familiar with your workplace
- Attend and participate safety training

B. Stay calm

- Wait for further announcement (if there are not visible dangers around you)

C. Follow the emergency response procedures

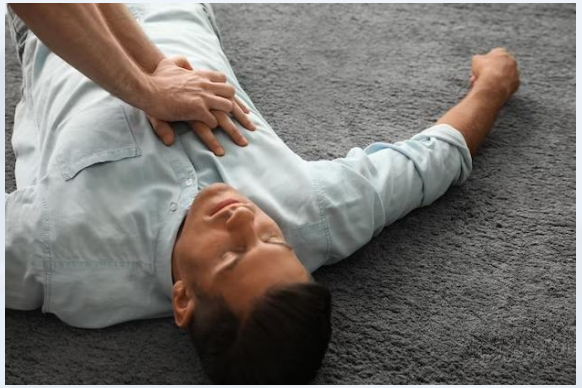
- Exit the building accordingly in a calm manner
- Avoid taking the lifts
- Report to the designated assembly area for head count to be taken

Follow Workplace Emergency Response Procedures

Emergency Vs Non - Emergency

An emergency is an urgent, sudden, and serious event that necessitates immediate action to remedy harm or avert imminent danger to life, health, or property.







Follow Workplace Emergency Response Procedures

Non-Emergency

Injury sustained to a person is not serious or deadly that do not require immediate attention but will still need to do something

Worker to seek first-aid treatment and inform supervisors



Follow Workplace Emergency Response Procedures

Your role in dealing with emergencies

All employees have a duty to keep their workplace and colleagues safe.

As an employee, you should:

- Follow safety and health procedures at your workplace
- Not endanger yourself and your colleagues
- Not tamper with safety devices, or perform wilful or reckless acts
- Report unsafe work conditions, acts and workplace hazards
- Be familiar with the escape routes/evacuation plan in your workplace
- Participate in emergency response exercise/drills conducted
- Know the location of the emergency equipment in the building

Follow Workplace Emergency Response Procedures

Dealing with Emergency

- Emergency procedures (e.g. Fire Emergency)
  - Stop work, raise alarm immediately
  - Combat the fire if safe to do so and if you're trained in the use of fire extinguishers
  - Evacuate by following the emergency exit if necessary
  - Report to the assembly area



Follow Workplace Emergency Response Procedures

Emergency Equipment



Fire Extinguisher

Fire Call Point





Fire Hose Reel

First Aid Box



Follow Workplace Emergency Response Procedures

Emergency / Non Emergency Numbers

SINGAPORE POLICE FORCE

999

995

Examples of emergencies: cardiac arrest, seizures, breathlessness, loss of consciousness , excessive bleeding, major traumas and stroke
An emergency is an illness or injury that could end in death or serious complication if it is not treated immediately. SCDF will dispatch an ambulance from the nearest fire station and strive to arrive at the incident location within 11 mins to render medical aid, 80% of the time.

Follow Workplace Emergency Response Procedures

Emergency / Non Emergency Numbers



1777

Examples of non-emergencies: toothaches, diarrhoea, coughs, headaches, slight burns or scalds, constipation, or medical check-ups.

ESTIMATED WAITING TIME FOR A PRIVATE AMBULANCE OPERATOR (PAO)
(Wait time may vary dependent on road/traffic conditions and weather)

30 mins to 45mins from confirmation of the Private Ambulance Operator services by the Patient or Family Member

Follow Workplace Emergency Response Procedures

- Emergency call 紧急电话

Your identity (Who are you) 你的个人身份（你是谁）
Location of emergency (Where) 紧急事件发生地点（地点）
Type of emergency (What happened)紧急事件类型（发生了什么）
Number of victims (1? 2?) 受害者人数（一个还是两个等等）
Treatment given to victim(s), (if any CPR given)
受害者的处理情况（有没有采用心肺复苏术）
Remain on the phone until information is confirmed
保持通话直到对方确认过相关信息
Remember to ask the name of the receiver
记得要问接电话人的名字



Follow Workplace Emergency Response Procedures

Learning Activity 3 – Calling for Emergency Services

Scenario:

A colleague was found unconscious on the floor.

A ladder was found on the floor beside him and there is blood flowing out from his head.

- **What do you do?**
- **What is the number to call?**
- **Who do you report this to?**

Follow Workplace Emergency Response Procedures

Safety Training

Safety training equips employees with the skills to identify potential hazards, use equipment correctly, and implement preventive measures. By promoting a safety-conscious culture, organizations can significantly reduce the risk of accidents and injuries.

The main goal of safety and health programs is to prevent workplace injuries, illnesses, and deaths, as well as the suffering and financial hardship these events can cause for workers, their families, and employers.

Follow Workplace Emergency Response Procedures

Safety Training

Safety training and awareness programs make employees better at identifying dangers, risks, and problems, creating a safer work environment.

Effective training programs bring down the number of accidents and injuries in workplaces.

- To be competent at the workplace
- Able to respond to emergencies at workplace quickly

Follow Workplace Emergency Response Procedures

Disease Outbreak Response System Condition (DORSCON) Framework

DORSCON ALERT LEVELS

(Disease Outbreak Response System Condition)

	GREEN	YELLOW	ORANGE	RED
Nature of Disease	Disease is mild **OR** Disease is severe but does not spread easily from person to person (e.g. MERS, H7N9)	Disease is severe and spreads easily from person to person but is occurring outside Singapore. **OR** Disease is spreading in Singapore but is (a) Typically mild i.e only slightly more severe than seasonal influenza. Could be severe in vulnerable groups. (e.g. H1N1 pandemic) **OR** (b) being contained	Disease is severe **AND** spreads easily from person to person, but disease has not spread widely in Singapore and is being contained (e.g. SARS experience in Singapore)	Disease is severe **AND** is spreading widely
Impact on Daily Life	Minimal disruption e.g. border screening, travel advice	Minimal disruption e.g. additional measures at border and/or healthcare settings expected, higher work and school absenteeism likely	Moderate disruption e.g. quarantine, temperature screening, visitor restrictions at hospitals	Major disruption e.g. school closures, work from home orders, significant number of deaths.
Advice to Public	• Be socially responsible: if you are sick, stay at home • Maintain good personal hygiene • Look out for health advisories	• Be socially responsible: if you are sick, stay at home • Maintain good personal hygiene • Look out for health advisories	• Be socially responsible: if you are sick, stay at home • Maintain good personal hygiene • Look out for health advisories • Comply with control measures	• Be socially responsible: if you are sick, stay at home • Maintain good personal hygiene • Look out for health advisories • Comply with control measures • **Practise social distancing: avoid crowded areas**

MINISTRY OF HEALTH SINGAPORE

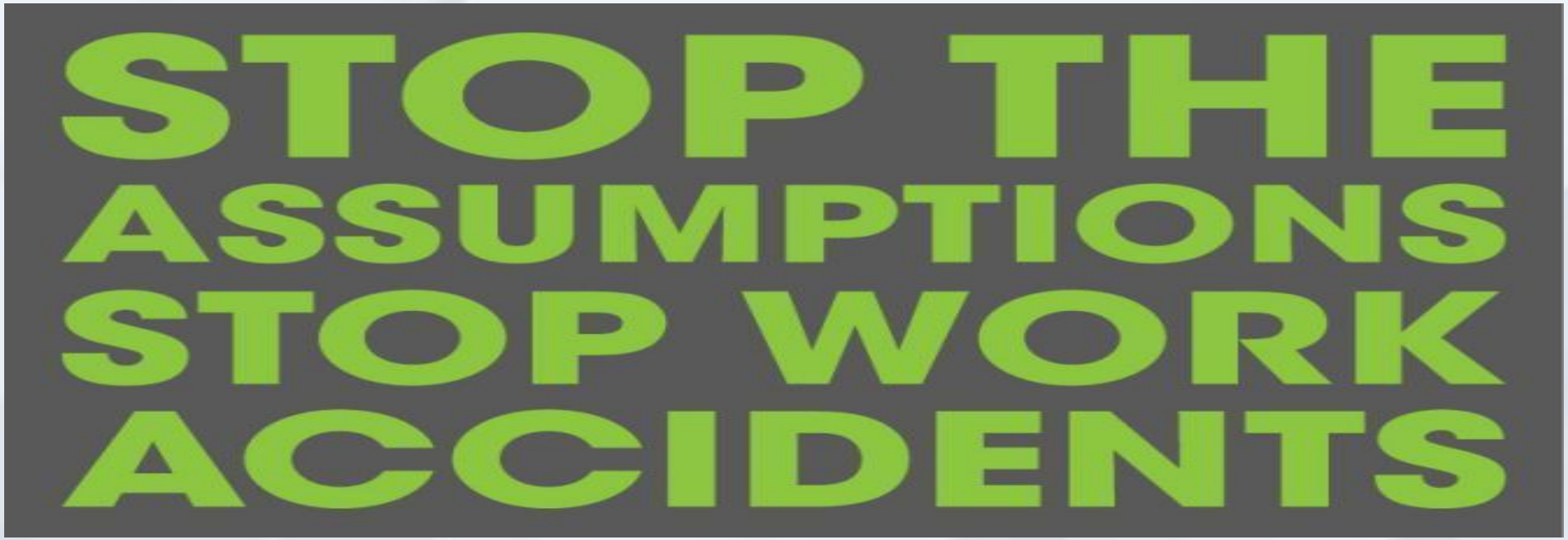
gov.sg

Source: Ministry of Heath

Follow Workplace Emergency Response Procedures

Tag line for Safety – LOOK, THINK, DO

Look out for danger.
Think of how you can protect yourself.
Do your work safely



Thank you for your participation!!!

We look forward to your commitment towards a Healthy and Safety Workplace





CBM International CBM Parking Solutions CBM Security Empire City Consultant Systematic Laundry ingenSys

www.cbm.com.sg

50 Years of Trust
Since 1971