MESSAGE

Welcome Speech by Mr Seet Choh San, Honorary President at 15th SISO Annual Conference on 5th October 2017 at Marina Bay Sands Convention Centre

Hot on the heels of the very successful XXI World Congress on Safety and Health at Work 2017 where more than 3,000 thought leaders from around the world gathered in Singapore to share, collaborate and establish higher WSH standards, it is worthwhile at this WSHO Conference to reflect on the changes that have been launched by SISO in the past year or so to uplift the WSH Profession.

At the WSHO Conference last year, SISO launched the SISO Professional Standard to uphold high standards of safety professionalism. SISO then launched the SISO Career Progression Pathway (CPP) to uplift WSH Professionals across all levels. With the strong support of NTUC and e2i, the WSH Leadership course was launched to equip WSH Professionals for bigger jobs. SISO signed its first MOU with an Institute of Higher Learning (IHL) to broaden and deepen the skills of WSH Professionals so that we can be more effective in this volatile, uncertain, complex and ambiguous (VUCA) world.

Today, SISO will ink another MOU to this effect. The CPP will continue to evolve to help Singapore WSH Professionals continue to value add and value create. All these were done so that no WSH Professional is left behind as old jobs are destroyed and new ones created. I strongly encourage us to seize these opportunities to stay relevant.

Looking inward is not good enough. Singapore WSH Professionals, through SISO, need to be known for who we are – innovative, trustworthy and able to deliver. SISO continues to influence beyond its borders, and often punching above its weight. This year, SISO also chaired a symposium at the XXI World Congress on Safety and Health at Work 2017. SISO hosted the International Network of Safety and Health Practitioner Organisations, INSHPO, an alliance of 14 Occupational Health and Safety [OHS] practitioner organisations from 11 countries. As many already know, SISO holds one of the 4 key positions in INSHPO as its Secretary-Treasurer. SISO also hosted the Asia-Pacific Occupational Safety and Health Organization, APOSHO, comprising more than 35 organisations from the region. Together with the National Safety Council of Singapore, SISO co-chaired APOSHO.

Anticipating the need to rally OHS organisations from around the world to uphold high standards of OHS Professionals, SISO conceived the idea of the Singapore Accord on the Standards of OHS Professionals (Singapore Accord). We thought that if OHS organisations from around the world can come together to uphold high standards of competent health and safety professionals and practitioners, we can better contribute to the prevention of accidents and transform Vision Zero from vision to reality. Garnering the support of its INSHPO partners at the Vancouver meeting, and with the strong support of Minister for Education (Schools) and Second Minister for Transport, Mr Ng Chee Meng, we may be pleased to know that as of today, 50 organisations from 19 countries have become signatories of the Singapore Accord. For SISO and its members, it was a dream realised.

All these would not mean much if we lack empathy - the ability to feel for what we care about. To do this, we need a Mindset Change towards Zero Harm. The WSH Profession is not just a job. It is a calling. It is a calling because for every decision that we make or don’t make, a life and a family is at the receiving end. We care about zero harm for each worker and their families in Singapore. As WSH Professionals, we must also not be oblivious to what is happening to Singapore - its well-being and its security. Therefore, it is imperative that we, as the WSH Profession, choose not to become by-standers in the SG Secure movement. After all, this is home.

As the Commissioner has challenged SISO previously, may I now do the same and encourage all of us to see beyond ourselves, to look to the broader good and to stretch our imaginations as we thrive in the VUCA environment.

Thank you.
I am happy to join you here today for the 15th SISO Annual WSHO Conference.

I would like to congratulate the Singapore Institution of Safety Officers for successfully organising this Conference annually for 15 years. The conference is an excellent platform for WSH professionals to meet and network with peers and associates, and learn more about the latest WSH developments and safety practices.

I am heartened to see over 400 delegates here today. By coming together as a community of safety officers, it not only shows how seriously each and every one of you take safety and health matters at your workplaces, but more importantly, it shows your commitment as a community of safety officers to improve safety standards and practices at workplaces.

This collective mindset of wanting to do better in workplace safety and health is crucial. Together in solidarity we can do more to change mindsets and cultivate a culture of prevention at workplaces.

The Vision Zero movement was launched by the Workplace Safety and Health Council in 2015 with the message “I can prevent all injuries and be healthy at work.” Since its launch in 2015, various stakeholders in the WSH ecosystem have developed programmes and activities to support the Vision Zero movement. This Conference is another commendable effort to support the movement.

The theme of the Conference refers to a mindset change to achieve zero harm. Workplace Safety and Health must become second nature to everyone. Employers and workers alike must be constantly aware of safety risks at workplaces and be able to manage these risks.

That is a huge task. Almost impossible, some may say. But I believe Singapore is well-placed to achieve this mindset change. Our tripartite partners work closely with various government agencies to actively support the WSH community. With the commitment and efforts of our professional associations, institutions of higher learning, and WSH-related organisations – we can achieve a unique, effective, national WSH mindset.

The rewards for achieving a national WSH mindset is worth highlighting. As a nation, we will have a safer and healthier workforce, which will translate to significant productivity gains for Singapore. WSH professionals will gain higher recognition and grow in importance. More importantly, young talents will want to become WSH professionals and contribute to raising our national WSH standards.

We can all agree that when we, as employers and employees, know that our workplaces have taken all preventive measures necessary to minimise safety and health risks, we can fully commit to giving our best at work. More importantly, our loved ones – parents, children, siblings, or spouses – will not have to worry when we go to work as they are assured of our safe return every day.

Today, you stand to gain many nuggets of wisdom and knowledge from the distinguished Speakers and from participating in the various dialogues and discussions. I trust that you will be re-energised and be even more motivated to promote and further entrench a strong WSH culture in our workplaces.

With that, I wish you a fruitful conference and a safer and healthier year at work.

Thank you.
On 3 September 2017, just before the Opening Ceremony of the XXI World Congress on Safety and Health at Work that was held at the Marina Bay Sands Convention Centre, representatives from business and workers, education institutions, policy-makers in governments and public authorities, OHS professional organisations, and experts in occupational health and safety (OHS) joined the International Network of Safety and Health Practitioner Organisations (INSHPO) and its members to sign the Singapore Accord, a commitment to improving OHS professional and practitioner capabilities so that they may more effectively guide and lead the creation of healthier and safer workplaces.

Mr Chan Chun Sing, Secretary-General, NTUC, was the Guest-of-Honour at the Singapore Accord Signing Ceremony.

The Singapore Accord is a call to action initiated by the Singapore Institution of Safety Officers (SISO) and organised by the International Network of Safety and Health Practitioner Organisations (INSHPO). It calls for OHS professional and practitioner organisations around the world to commit to the Global Vision of Prevention through the adoption of a global framework for good OHS practice. INSHPO has developed such a framework which seeks to uphold high standards of practice among health and safety professionals and practitioners. SISO chairs the Singapore Accord Steering Committee comprising nine members from five countries.

The Singapore Accord Steering Committee believes that broad partnership at various levels can bring greater success. It seeks to engage governments and public authorities, employers, employee organisations, human resource and talent acquisition bodies, educators and trainers to join the OHS community in committing to enable the standards set in the OHS Professional Capability Framework, which was developed by INSHPO.

To date, 50 organisations from 19 countries have signed the Singapore Accord. This is the largest grouping of organisations committing to a common framework to improve the capabilities of OHS professionals and practitioners so that they may more effectively guide and lead the creation and sustainability of healthier and safer workplaces.

SISO, being one of the signatory organisations, has moved beyond just signing the Accord. It has launched the SISO Workplace Safety and Health Professional Standard and has also developed a Career Progression Pathway that provides a lifelong career roadmap for WSH Professionals who wish to elevate their knowledge, skills and competencies and chart their career paths.

SMRT is another organisation that has joined the Accord. SISO and SMRT signed an MOU on 2 September 2017, to collaborate in the area of enhancing safety competencies required to meet SMRT’s organisational needs and practices, and facilitating the professional development of WSH officers within SMRT, with reference to SISO’s Career Progression Pathway (CPP). SMRT’s collaboration with SISO reinforces its commitment towards improving workplace safety and health for its 10,000 strong workforce, and ensuring that everyone in its organisation has a safe and secure environment to work in. SISO’s experience and expertise will bolster SMRT’s existing efforts in improving the competencies of its WSH professionals.

NTUC U Associate (UA) is the only union-related organisation from Singapore to join the Accord. UA has pledged to be a partner to share and encourage the adoption of the SISO Workplace Safety and Health (WSH) Professional Standard among unions and the UA eco-system. UA is also working with training providers such as SISO Academy through the SISO WSH Professional Standard and Career Progression Pathway to reskill and upskill WSH professionals in Singapore.
Singapore Accord on the Standards of OHS Professionals
Signatories (as at 13 December 2017)

1. American Industrial Hygiene Association
2. American Society of Safety Engineers
3. Asia Pacific Occupational Safety & Health Organization
4. Associazione Professionale Italiana Ambiente e Sicurezza (Italy)
5. Board of Canadian Registered Safety Professionals
6. Board of Certified Safety Professionals
7. Canadian Society of Safety Engineering
8. Centre for Safety and Healthy Sustainability
9. CQ University Australia
10. Hong Kong Construction Industry Employee General Union
11. Institution of Engineers Singapore
12. Institution of Occupational Safety & Health Management (Mauritius)
13. International Network of Safety & Health Practitioner Organisations
14. Korea Occupational Safety & Health Agency
15. Macedonian Occupational Safety and Health Association
16. Malaysian Occupational Safety & Health Practitioners Association
17. Manufacturing Safety Alliance of BC (Canada)
18. Minerva Canada Safety Management Education
19. Nanyang Technological University
20. National Association of the Centres for Occupational Safety & Health (Russia)
21. National Examination Board in Occupational Safety and Health (UK)
22. National Safety Council (USA)
23. National Safety Council of Australia
24. National Safety Council of India
25. National Safety Council of Singapore
26. National University of Singapore
27. New Zealand Institute of Safety Management
28. NTUC U-Associate (Singapore)
29. Oakand University (USA)
30. Occupational & Environmental Health Society (Singapore)
31. Occupational Safety and Health Council, Hong Kong SAR
32. Public Works Department (Brunei)
33. Safety and Health at Work Promotion Association (Thailand)
34. Safety Institute of Australia
35. Singapore Human Resources Institute
36. Singapore Institution of Safety Officers
37. Sinosteel Wuhan Safety and Environmental Protection Research Institute (PRC)
38. SMRT Corporation Ltd
39. Society of Registered Safety Officers, Hong Kong SAR
40. Sport Singapore
41. Temasek Polytechnic
42. The Royal Society for the Prevention of Accidents (UK)
43. University of Central Missouri
44. University of Fredericton (Canada)
45. University of New Brunswick (Canada)
46. University of Newcastle
47. Vietnam Occupational Safety and Health Association
48. Workplace Advocates on Safety in the Philippines
49. Workplace Safety and Health Council (Singapore)
50. Workplace Safety and Health Council (Singapore)

SISO was honoured to host the International Network of Safety and Health Practitioner Organisations’ (INSHPHO) Annual Business Meeting at Temasek Polytechnic from 30 August 2017 to 1 September 2017. Over the three days, more than thirty INSHPHO members attended the INSHPHO Executive Council Meeting, INSHPHO Workshop and INSHPHO Annual Business Meeting.

On 31 August 2017, SISO’s Executive Committee hosted dinner for the INSHPHO delegates. Over delicious local delicacies like the famous Singapore chilli crabs, invaluable friendships were established and many fond memories were made.

As the XXI World Congress on Safety and Health at Work was also held in Singapore from 3 to 6 September 2017, the INSHPHO members stayed on to attend the Congress. Significantly, just before the Opening Ceremony for the Congress on 3 September, INSHPHO and SISO jointly organised the Signing Ceremony for the Singapore Accord on the Standards for OHS Professionals on 3 September 2017 at the Marina Bay Sands Convention Centre. With Mr Chan Chun Sing, Secretary-General of the National Trades Union Congress as the Guest-of-Honour, about 200 distinguished guests and World Congress delegates witnessed the Signing Ceremony.

On 6 September 2017, as part of the Congress programme, INSHPHO, SISO and the National Safety Council of Singapore (NSC) also organised a 2-hour Symposium entitled “OHS Professional Standards for a Safe, Healthy and Productive Work Life”.

At a dinner hosted by INSHPHO on 1 September, Ms Eldeen Pozniak, President of INSHPHO, thanked SISO for hosting the INSHPHO meetings and for the wonderful hospitality showered on the INSHPHO delegates. Ms Pozniak, the pleasure’s all ours, and we thank you and all the wonderful INSHPHO delegates for giving SISO the opportunity to get to know INSHPHO, to learn from INSHPHO, as well as to showcase Singapore!
VINAS Anti-Slip Lightweight Protective Footwear

- Composite toe cap absorbing 200 joules of kinetic energy
- Like Kevlar midsole to prevent nail penetration and other sharp objects
- Anti-slip outsole
- Anti-static
- Light weight @500 to 800 gm
- Oil resistant
- Shock absorption

CE EN ISO 20345:2011, SS513:2005

+65 67452966 | sales@qss-safety.com

QSS Safety Products (S) Pte Ltd 239 Ubi Avenue 4, Intrepid Warehouse Complex, Singapore 408821
Tel: +65 6745 2966 Fax: +65 6841 2966 www.qss-safety.com
Inaugural Asia Pacific Occupational Health and Safety (OHS) Training Convention 2017

The inaugural Asia Pacific Occupational Health and Safety (OHS) Training Convention was held on 2 September 2017 at the Fullerton Hotel, with Mr Heng Chee How, Senior Minister of State, Prime Minister’s Office, and Deputy Secretary-General of the National Trades Union Congress, as the Guest-of-Honour.

With the theme of “Upskilling OHS Trainers For Future Workplaces”, this event had strong support from the Ministry of Manpower, the Workplace Safety and Health Council, the Employment and Employability Institute (e2i), U Associate, the Institute for Adult Learning Singapore, Temasek Polytechnic, the European Network Education and Training in Occupational Safety and Health (ENETOSH), the Asia Pacific Occupational Safety and Health Organisation, the Society of Registered Safety Officers (Hong Kong), the Hong Kong Federation of Occupational Safety and Health Associations (HKFOSHA), and the International Powered Access Federation. It was sponsored by Wong Fong Academy and New West Coast (NWC).

The Singapore Institution of Safety Officers (SISO) organised this event in order to provide a platform and thus a rare opportunity for OSH trainers in Singapore and the region to congregate, network and hear distinguished overseas and local speakers present the tenets, tools, and latest developments in training technologies. The Convention is targeted at OHS/WSH trainers who are key in ensuring a trained, competent and safe workforce in their respective organisations and countries.

More than 150 delegates attended this Convention and they provided invaluable feedback that the event was well organised and had more than met their expectations. Based on the feedback, SISO has decided to organise this event on an annual basis.

The event included the following Distinguished Speakers:

- **Mr Gilbert Tan**, CEO of e2i, who shared on “Future Landscape of Learning”
- **Ms Eldeen Pozniak**, Director, Pozniak Safety Associates Inc., who shared on “Why Micro-Learning”
- **Dr Ulrike Bollman**, Institute for Work and Health of the German Social Accident Insurance, who shared on “Competencies of OHS Trainers towards a Culture of Prevention”
- **Ms Terrie S. Norris**, Manager, Risk Control Services, Bickmore, who shared on “Framework of Personal Knowledge Mastery (PKM)”
- **Ms Teresa Budworth**, Chief Executive, National Examination Board in Occupational Safety and Health, who shared on “Reflective Learning”
- **Dr Marilyn Hubner**, Director, BuildUp Research, who shared on “The Art of Transforming your Presentation”
- **Dr Goh Yang Miang**, Deputy Head (Research), Department of Building, National University of Singapore, who shared on “A Study on the Effectiveness of Simulation Gaming in OHS Education”
- **Ms Sheri E. McKillop**, Dean of Occupational Health and Safety, University of Fredericton, who shared on “Managing and Addressing Multigenerational in Your Class”
- **Ms Renee Tan**, Deputy Director, Learning and Professional Development Division, Institute for Adult Learning Singapore, who shared on “Quality of Training”
uvex pheos cx2

Winners at Work

uvex pheos cx2 sets standards
Innovative features ensure that the new uvex pheos cx2 spectacles perform particularly well - various tests have verified their first class performance. For example, the advanced X-Twist technology and the new X-tended eye shield are proven to ensure an optimal fit as well as complete coverage of the eye area, providing reliable protection in every situation.

Close fit

The distance between the forehead and spectacles has been measured at four different points to ensure the right curvature for most facial shapes.

Leak test

Did not let a single droplet through - whether sprayed from the front (as per the standard), from above or laterally (in accordance with uvex procedures).

X-tended eye shield

The soft components, which are fixed directly to the lens, provide dependable protection from dust and water.

X-Twist Technology

The light spring effect of the side arm ensures that spectacles fit individual head shapes ergonomically.
The Singapore Institution of Safety Officers (SISO) and the National Safety Council of Singapore (NSCS) jointly hosted the APOSHO 32 Annual General Meeting and the APOSHO 32 Conference. The Annual General Meeting (AGM), with about 100 delegates from 19 countries and districts in the Asia Pacific Region, was held at the Senate Room, Temasek Polytechnic, on Saturday, 9 September 2017. The AGM was chaired by Mr Ameerali Abdeali, Chairman, APOSHO 32 and President, NSCS. At the close of the meeting, the Singapore contingent handed over the APOSHO flag to the Hong Kong delegation who will be hosting APOSHO 33 in 2018.

In the tradition of APOSHO, SISO and NSCS also organised a one-day Conference to coincide with APOSHO 32. Held at the Novotel Singapore Clarke Quay on Friday, 8 September 2017, the Conference was honoured with the presence of Mr Sam Tan, Minister of State (Manpower), as its Guest-of-Honour.

With the theme of “At the Forefront of Occupational Safety and Health Progression”, the Conference was well attended by delegates from the Asia Pacific region. In his welcome address, Mr Ameerali Abdeali, Chairman APOSHO 32, and President, National Safety Council of Singapore said, “All of us have been immeasurably enriched by the value of the knowledge and experiences in our sharing sessions at the many conferences.”

In his speech at the Conference, Mr Law Chi Ming, Secretary-General, APOSHO, expressed his deep appreciation for the warm hospitality provided by the co-hosts, NSCS and SISO, to the APOSHO delegates, and congratulated the hosts for delivering a well-organised APOSHO 32.

The following panel of Distinguished Speakers at the Conference explored different perspectives of the Conference theme:

- Mr Niranjan Masurekar, Vice-President, Singapore Institution of Safety Officers, who shared on “Sharing of SISO’s Programmes Aimed at OSH Progression”
- Mr Winston Yew, Deputy Director, Workplace Safety and Health Council, Singapore, who shared on “bizSAFE – An Enterprise WSH Capability Building Programme”
- Dr. Treasa Turnbeaugh, CEO, Board of Certified Safety Professionals, who shared on “Improving Business Outcomes Using Behaviour-Based Safety Techniques”
- Ms. Alice Lam, Senior Consultant, Occupational Safety and Health Council, Hong Kong, who shared on “Cultivating a Healthy and Joyful Workplace in Hong Kong SAR”
- Mr. Dan Yak Eng Chuan, Director, DJH Services, who shared on “Integrating Safety into the Business Model”
- Mr. Hong In-pyo, Assistant Manager, Korea Industrial Safety Association, who shared on “The New Approach of Construction Safety Education by VR (Virtual Reality)”
- Mr. Andy Lo, Council Member, IOSH, who shared on “Design for Safety – The Hong Kong Experience”
- Mr. Jaewang Lee, Deputy Director, Korea Occupational Safety and Health Agency, who shared on “Risk Assessment, Management System in Korea”
- Mr. PVN Chandrasekaran, Risk Management Consultant, who shared on “Operationalising Risk Management at Workplaces using Bow-Tie Method”
- Mr. Jim Whiting, MD & Principal Risk Engineer, risk@workplaces Pty Ltd, who shared on “A New Version of the Hierarchy of Risk Control”
Pallet Rack Installation and Safety Guide

We have Adjustable Pallet Racking installed in our warehouse, but how do you know if the APRS is installed and if it is fit for use? How can you minimise the possibility of any rack collapse during use? How to improve APRS & workplace safety in the warehouse? I hope to clear some basic questions that you may have with APRS. The following are logically simple steps you may like to adapt to your existing APRS.

Storage racks should only be assembled and installed by trained rack constructors who have experience with racking and storage equipment assembly and installation. Ensure all Steel Adjustable Pallet Racking System is assembled and installed as prescribed by an established Code of Practice or manufacturer’s manual / instruction.

The APRS should stand the test of time, as I have seen many APRS in use for at least 20 years. Please do note that the APRS should be inspected and maintained to keep APRS in good condition and so as to be fit for use. The APRS intended use or “designed for purpose” and specification may be obsolete / non-applicable, with the evolving change in the basic pallet use or supplier may have an adverse effect. The APRS “designed for Purpose” needs to be revisited with any change of use. For example, if the APRS has been designed for a 1000 kg pallet and the supplier pallet is now 1200 kg, this constitutes as a change specification and use of APRS. The APRS will invariably give way with the excess load resulting in rack collapse.

Wrong rack assembly will not be efficient and will be safety hazard to users; may result in rack collapse. Engage professional and trained rack constructors, with good track record as well as reputation. Many contractors are not trained to assemble or install APRS prescribed by SEMA or manufacturers. What may seem to be right may not be safe for use. The improper assembly and installation will result in reduction of the structural integrity of the APRS and may result in rack collapse.

Racking structures should be installed in a plumb, level, and square fashion. Most warehouse flooring aren’t perfectly flat. As a result, shims are often needed. This shim helps to level the vertical upright. With the upright levelled and squared, the APRS will have less fatigue on the connection and joints.

All beam connectors must be fully engaged through the beam connector and upright connecting holes. Thus, ensuring safety locks are secured. The functional design of the safety locks helps prevent accidental dislodgement of the load beams. Generally, the safety lock is designed with engineered shearing string.

Do not use beams with damaged or missing safety locks. If any beam is without the safety lock, it should not be fit for use.

Anchoring / Fixing is required, the parameters of the row should be secured with specified anchor. For standard floor fixing/ anchor, do refer to the drawing. Any racking installation with the use of material handling equipment (MHE) must be secured with the use of floor fixing unless rack installers / constructors have prior agreement with the racking owners. Note that the risk assessment should address the floor anchoring and hot works orders should be in place.

Racks are not to be installed outdoors unless specifically for this purpose. Outdoor usage requires consideration of weather, and other variables not normally considered in rack design.

Be cautious when mixing new and existing parts. Most racking designs are proprietary and non-compatible with other manufacturers. Thus, mixing racking components with rack type A and type B is not a good idea. The load bearing capacity of the Rack will vary with any change in the manufacturer’s specification. These differences can affect safety and lead to dangerous situations.

USED racking installation. The worst case is when the user of APRS is drawn to the use of Used Pallet racking, the Used rack reseller may not have a full history or specifications of the Used racking. Although they will make claims, most of them cannot back their claims with documentary proof. As we all may have the experience with purchasing used car, furniture etc., the reseller will make all claims to move the stock. Furthermore, the reseller may not be liable for any collateral damage or worst-case scenario fatality should the Rack collapse.

Risk Assessment for the Use of Steel Adjustable Pallet Racking should be identified as a potential hazard. APRS do collapse if users do not have a strict inspection regime in place. A review of warehouse risk assessment is important as many warehouses do not see racking as a potential hazard. During my daily visits to warehouses, I have discovered that the mandatory Risk Assessment for the use of Adjustable Pallet Racking is one of the hazards that has not been identified.

Rack Safety Awareness training. Training has always been an essential element in any process, as administrative control in the Risk assessment. The Rack Safety Awareness programme should and only be conducted by SEMA APPROVED RACK INSPECTORS as it covers not only the Safe Use of Steel Adjustable Pallet Racking. After this training, the delegate will be empowered as a Person Responsible for Rack Safety or PRRS to conduct monthly, quarterly etc. inspection but NOT Annual Rack Safety Inspection. It is important that Annual Rack Safety Inspection should only be carried out by certified SEMA APPROVED RACK INSPECTORS.
Installation of safety load notices recommended. The information on the Safety Load Notice must be displayed prominently at the APRS. This may be an administrative control for the risk assessment but it helps to remind users of the loading capacity of the racking and as information for inexperienced users of APRS.

Rack climbing during or after assembly. Storage racks are not designed to be stepped or climbed on. Severe injury may result from doing this. It is your responsibility to communicate this warning to those who use and come into the area of your storage system. Prominently placed signs like the Safety Load Notice are very helpful. It is very important if your rack is in a retail environment as the APRS is subjected to public mischief regularly.

Allow sufficient aisle spacing. Aisles that are too narrow for Material Handling Equipment increase the danger of contact and collision between lifting equipment and APRS structure. Collisions between MHE and APRS can result in items falling, broken products, rack collapse and thus leading to bodily injuries and fatality.

Ensuring right lighting levels at every rack aisle. Right lighting increases visibility and improves handling efficiency, prevents accidents and reduces damage to rack systems. Install optional column protectors at aisle facing columns, and guard rails at the ends of rack rows. These devices provide a physical and visual barrier against handling equipment impacts.

Do not cut, weld or in any other way modify any component of your storage rack. These modifications can jeopardise the structural integrity of your rack structure. Any modification except performed or authorised in writing by APRS, without such authorisation APRS will make null and void any warranties and guarantees.

Use only high-quality pallets. Broken, cracked, or poor-quality pallets can cause falls from racks, or cause dynamic racks to become jammed or inoperable. Using damaged pallets may be the root cause for Rack collapses. Do check pallet specifications for Rack loading especially plastic pallets, as most plastic pallets are designed to be used for material handling and not for the use with APRS.

Replace damaged or missing beam safety locks immediately! Do not use beams without safety locks. Unload damaged racks immediately and contact Rack Safety for replacement parts.

Minimising contact between storage racks and Material Handling Equipment. This is the key to ensure the APRS last for an a period of time. APRS should be trained in Rack Safety to avoid dropping loads onto rack, ensuring the position of material correctly and rack damage / incident reporting.

Do not overload any rack system or component. Most racking are Designed for purpose at the point of installation. APRS are designed for specific weights and application. Should your load weight requirements change, contact Rack Safety before using the rack for new loads. Rack overloading may result in damaged material, severe injury or fatality.

Always use superior quality pallets. Damaged / weak / wrong pallets design should not be used, as it may fail and cause rack collapse. Check pallet specification with manufacturers, Not all pallet can be used with APRS. Check the rack loading specification of the pallet prior to the use of APRS.

Other Precautions. When using a Material Handling Equipment, be sure that the MHE has the protective equipment installed to protect the operator from accidental crushing against storage, rack loads, or other objects. If your MHE lacks these features, contact the manufacturer/reseller of the forklift equipment and get the proper safety equipment installed.

Housekeeping. Keep aisles clear of trash or obstructions. Do not stack pallets on floor and keep floor surfaces clean and free of moisture. Always keep designated fire escape route free from pallets and other obstruction. As we are all aware Racking Safety does not stop with this.

So if you have questions pertaining to Steel Adjustable Pallet Racking, do email questions to rsi@racksafety.sg. I will try to answer all questions or alternately log into www.racksafety.sg
The findings of the National Health Survey 2016/2017 were not yet available at press time. There were a few disturbing trends highlighted in the National Health Survey in 2010, a 6-yearly report issued by the Epidemiology & Disease Control Division, Ministry of Health, Singapore. Among Singapore residents aged between 18 to 69 years old, 1 in 9 were found to be obese, i.e. their BMI $\geq 30$ kg/sq. metre. 23% were in the high risk BMI range of more than 27.5 kg/sq. metre. Obesity is likely to increase the risk of heart disease, Type II diabetes, certain types of cancer and osteoarthritis. People with osteoarthritis experience joint pain and stiffness. Obesity is commonly caused by a combination of excessive food calorie intake, lack of physical activity and genetic susceptibility.

More than half of the sample population did not exercise during leisure time. Only 1 in 5 engaged in regular exercise during their leisure.

1 in 6 had high total blood cholesterol. While the prevalence of high LDL (Bad) cholesterol dropped from 19.8% in 2004 to 15.2% in 2010, the prevalence of low HDL (Good) climbed from 5.5% in 2004 to 8.1% in 2010. High LDL cholesterol is likely to cause atherosclerosis, a disease in which plaque builds up inside our arteries. When our arteries are blocked, blood carrying oxygen and nutrients could not reach our heart and other parts of our body. This so called bad cholesterol is also known to increase the risk of coronary heart disease. Diets high in saturated fat is the common factor for high blood cholesterol.

1 in 9 were found to have diabetes, a disorder of metabolism. Diabetes is characterised by high blood sugar. This is attributed to the pancreas failing to make enough insulin, which is vital for the breaking down carbohydrates in food. Half of the sample population who had diabetes had not been previously diagnosed.

Diabetes is known to cause disability and death through long term complications which include blindness, kidney failure, coronary heart disease and stroke. Type II diabetes is common among older adults and obese individuals.

Slightly less than 1 in 4 Singapore residents aged between 30 to 69 were diagnosed to have hypertension or high blood pressure. Slightly more than 1 in 4 who had hypertension had not been previously diagnosed. Hypertension is a chronic medical condition in which the systemic arterial blood pressure is elevated. Persistent hypertension is likely to increase the risk of stroke, myocardial infarction (commonly known as Heart Attack) and heart failure.

High intake of Sodium increases the risk of high blood pressure. Dietary and lifestyle changes can reduce risk by keeping our body weight, blood sugar, blood pressure and cholesterol levels in control.

Based on the HPB’s Healthy Diet Pyramid Guide, we need to eat a variety of food, a balanced diet and in moderation. That means we have to eat different foods from all the four food groups like carbohydrates, fruits, vegetables, proteins and a bit of sugar, salt and oils as well as at least 1.5 litre of water or soup or porridge. We should also have a variety within each food group like orange, apple, pear or banana for fruits and rice, noodle, chapati and bread for carbohydrates. We should eat the recommended number of servings from each of the four food groups. This means that we should not just eat one particular food group at breakfast and then another particular food group over lunch. We should spread the food groups evenly across our daily meals. The essence of moderation is to eat the right amount of food, neither too much nor too little.

The 3Rs of Staying Healthy

The 3Rs of Staying Healthy

The 3Rs of Staying Healthy

Source: Health Promotion Board

(Continued on page 24)
The Ultimate Modular System Design
Flexible · Cost-Effective · Versatile

The RoofSafe™ Anchor and Cable System

- Horizontal lifeline system that allows continuous uninterrupted access to all areas of a roof while protecting the integrity of the roof
- It can span up to 40 ft. (12m) between anchors and provides continuous hands free versatility for users
- System can be used for either work restraint or fall arrest and can be installed on standing seam, composite and built up roofing systems, multiple flat roofing and membrane roofing systems
- The RoofSafe™ Anchor can also be used as a single point of anchor for maintenance tasks in localized areas
- Conforms to EN 795, OSHA, ANZI, AUS/NZ standards and has been to EN 795 Class C standards

SpiraTech™ Force Management Technology
Ready to spring into action when you need it most

In the event of a fall, the RoofSafe™ Anchor breaks open, deploying the unique and patented SpiraTech™ Force Management Technology absorbing system, which reduces the forces generated on the roof structure to less than 1,350 lbs. (6kN).

This enables the anchor to be installed on a wide variety of old and new roof types without risks to structural integrity.

Connect with us for:
- Site Survey
- System Design
- Installation Service
- Testing and Commissioning
- PE Certification
- Annual Inspection
- Technical Support

Leeden National Oxygen Ltd
1 Shipyard Road, Singapore 628128
Tel: (65) 6268 8333 • Fax: (65) 6268 7515/2838
Email: sgsales@leedennox.com
Website: www.leedennox.com
Feature Honor
Confined Space Rescue

The HONOR FlangeClamp is designed as a mobile anchor point on horizontal manholes, especially ideal for space limitations.

Features
Anchor Point for:
- Self-Retractable Lifeline
- Recovery Blocks
- Rescue Devices
- Man Riding Winches

FlangeClamp Standardized for ANSI and API 20” & 24” flanges.

Extra Features / Benefits
Add a RescueSlide for confined space entry and rescue through horizontal manholes!

Standards and Specifications:
- EN795 Class B
- FlangeClamp max. 1 user
- Weight: 6.5KG
- Comes in Steel, Galvanized and Color Coated

+65 6776 6200  pds@safety.com.sg  safety.com.sg
COMFORTABLE & BREATHABLE with EXCELLENT ANTI-SLIP

- Water-resistant, nubuck leather upper
- Comfortable fit
- Breathable Cambrelle® lining
- Oil, hydrolysis & abrasion resistance
- Anti-slip
- Antistatic insole & steel midsole
- Shock absorption at heel area
- Tested to EN ISO 20345 (S3) & SS513 standards

WORKSafe® 8108
Mid-cut lace-up shoes

WORKSafe® 8107
Low-cut lace-up shoes

WORKSafe® 8108
High-cut rigger boots

+65 6776 6200  pds@safety.com.sg  safety.com.sg
The 15th SISO Workplace Safety and Health Officers (WSHO) Conference was held on 5 October 2017 at the Marina Bay Sands Convention Centre. With a theme of “Vision Zero: A Mindset Change Towards Zero Harm”, this year’s Conference had strong support from the Ministry of Manpower, the Workplace Safety and Health Council, the Workplace Safety and Health Institute, the National Trades Union Council, and Conference and Exhibition Management Services Pte Ltd (CEMS).

Guest-of-Honour, Mr Sam Tan, Minister of State, Ministry of Manpower, said in his Opening Address, “The theme of the Conference refers to a mindset change to achieve zero harm. Workplace Safety and Health must become second nature to everyone. Employers and workers alike must be constantly aware of safety risks at workplaces and be able to manage these risks.

That is a huge task. Almost impossible, some may say. But I believe Singapore is well-placed to achieve this mindset change. Our tripartite partners work closely with various government agencies to actively support the WSH community. With the commitment and efforts of our professional associations, institutions of higher learning, and WSH-related organisations – we can achieve a unique, effective, national WSH mindset.”

The Conference was also held in conjunction with the Work Safe Asia 2017 exhibition, which was organised by CEMS, a SISO Pavilion area was included in the three-day exhibition, where eight exhibitors proudly showcased products and services related to workplace safety and health.

While the Conference was being conducted, plans were already underway to organise the 16th SISO WSHO Conference. Thus, delegates at this Conference were asked in the Conference evaluation form for their preferences in terms of content for the next conference, which will be held during the first week of November 2018. SISO will be announcing more details by the end of the first quarter of 2018.

The following panel of distinguished Speakers at the Conference explored different perspectives of the Conference theme:

- Mr. Leow Wee Yee, Production Manager, Rockwell Automation Asia Pacific Business Centre, who shared on “Safety in IIoT, The Connected Enterprise”
- Mr. Darajit Daud, Executive Committee Member, SISO, who shared on “Sharing of Activities at XXI World Congress on Safety and Health at Work 2017”
- Mr. Seet Choh San, Honorary President, SISO, who shared on “SG Secure and the WSHO”
- Mr. Chan Yew Kwong, Director, OSH Inspectorate, OSH Division, Ministry of Manpower, who shared on “Ini lo skati wena sindisile lo mpilo kalo munye madoda?”
- Mr. Ajay Mishra, VP, Risk and Safety Management, SATS Ltd, who shared on “Workplace Vehicle Safety Management At SATS”
- Ms. Carmen Teo, Director and Mindfulness Trainer, Mindful Insights, who shared on “Mindfulness for Wellbeing and Work Safety”
- Mr. Allan Low, EHS Manager, Teambuild Construction & Engineering Pte Ltd, who shared on “Teambuild’s Safety Journey Towards Vision Zero”
- Er. Ho Siong Hin, Commissioner for Workplace Safety and Health, engaged the audience in the traditional “In Conversation with Commissioner WSH” segment, which was moderated by Mr Seet Choh San, Honorary President, SISO, and Mr Darajit Daud, Executive Committee Member, SISO.
Working in demanding environments is tough on workers and tough on personal protection equipment. At Nitti we embrace the challenge of providing work boots that keep workers safe, comfortable and productive in the most demanding environments.
Dialogue Session with Mr Ng Chee Meng, Minister for Education (Schools), and SISO Advisor

On 9 November 2017, SISO organised a dialogue session with Mr Ng Chee Meng, Minister for Education (Schools), and Advisor to SISO. About 50 members from a variety of industries attended the dialogue session, which was held at the Wisdom Room at SISO.

Minister Ng started the dialogue by sharing that he was very happy to accept the invitation to be SISO’s Advisor. The members had a very engaging dialogue session, which extended well beyond the scheduled 90 minutes to more than two hours. The members raised many concerns, including finding jobs for those currently unemployed, upgrading themselves professionally, introducing workplace safety and health to school students, and parenting issues. Minister Ng shared his views and offered suggestions and ideas. In particular, Minister Ng emphasised that SISO members must continue to improve themselves professionally while staying current and relevant.

The Dialogue Session was very successful and the participating members were excited and inspired by the Minister’s refreshing views and suggestions. On behalf of SISO’s Executive Committee, Mr. Darajit Daud, who was the emcee for the event, thanked the Minister for spending invaluable time to meet with SISO members.

SISO members must continue to improve themselves professionally while staying current and relevant.
SAFEGUARDING your WORKPLACE for TOMORROW, TODAY

Book Your Space Now!
www.osha-singapore.com
SISO was invited by Dr. N.C. Amarasinghe, Director-General, National Institution of Occupational Safety and Health (NIOSH) of Sri Lanka to present a paper at their OSH Conference on 11 October, 2017.

The annual conference was organised in conjunction with Sri Lanka’s ‘National Occupational Safety & Health Week’, which falls on every second week of October. The theme of the conference was ‘PREVENT Occupational Injuries & Diseases. RETURN Home Safe & Healthy’. This one-day conference was held at The Kingsbury Hotel, Colombo, and was well attended by more than 500 delegates. The Guest-of-Honour or Chief Guest, as they are referred to in Sri Lanka, was Mr W.D.J. Seneviratne, Minister of Labour, Trade Union Relations and Sabaragamu Development. The event was also attended by many VIPs, including the State Secretary of Labour, Trade Union Relations and Sabaragamu Development and the State Minister of Labour, Trade Union Relations and Sabaragamu Development. SISO was represented by Mr Darajit Daud, Executive Committee Member, who presented on ‘Responsibilities of Safety Officers to Promote Safety Culture’.

The day’s session started with the singing of the National Anthem of Sri Lanka, followed by the traditional lighting of the Oil Lamp Ceremony by the Chief Guest, VIPs and Conference Speakers. Among the other conference speakers was a Professor from the Faculty of Medicine, University of Colombo, a Marketing Leader from Honeywell Industrial Safety, India, an Engineer from Unilever (PvT) Ltd as well as a Management Systems Trainer and a Certified Behaviour Based Safety Trainer.

To mark the start of the conference, the National Anthem of Sri Lanka was played.

Established in April 2005, NIOSH is Sri Lanka’s professional body dedicated to the advancement of workplace health and safety. The institute was founded upon the need to promote total physical and emotional wellbeing among working Sri Lankans by providing information, training, education, research surveys, solutions and management systems that ensure progressive safety and health in working environments.

Having received statutory powers in 2009 under the Ministry of Labour Relations and Manpower of Sri Lanka, NIOSH empowers employers to raise awareness, assess risks and implement world-class solutions in order to improve health, safety and well-being of their employees and other stakeholders of their organisation.

There was a Raffle Draw at the end of the conference where lucky conference ticket holders won many safety related product prizes.
A range of fully adjustable self-closing safety gates for use in rooftop or industrial environments. Ideal for protecting any openings, provide safe access to restricted areas.

- Spring loaded to automatically close behind the user
- Comply with European and American standards
- Hot dip galvanised or powder coated in safety yellow
- European & American options available
- Extensively tested for ensured durability

Full range of guardrails & safety equipment available from our warehouse in Singapore
Mobile Work-at-Height (WAH) Clinic 2017

An inspiring quote for my fellow Safety Officers from SISO who have volunteered for Mobile WAH Clinic 2017 and for their continuing passion to give back to industry since the initial start MWAH 2016 Pilot programme in September 2016. The Mobile WAH Clinic is a programme developed by the Ministry of Manpower [MOM] in collaboration with SISO. The objective of the programme is to raise awareness and competency in managing WAH risks for Employers or Senior Management, and Workers at the workplace. This year’s Mobile WAH Clinic reaches out to a larger pool of the workforce to impart the knowledge and expert options by WSH professionals. The target is to conduct 300 Mobile WAH clinics visits, which is almost a four-fold increase from the 80 visits during the pilot programme in 2016. From SISO, we have a total of 17 members who are volunteering to conduct a minimum of two Mobile WAH Clinics per volunteer. Together with the appointed WSH Consultant by MOM. The new component in this year’s Mobile WAH Clinic 2017 was embracing technology experience. Workers and Management staff had a good feel of experiencing “playing” with gadgets. One such tech equipment is the Virtual Reality (VR) for fall prevention. Workers and management staff are given the opportunity to experience virtual fall prevention while working at height. Another unique technology introduced at the Clinics is the Roughness Tester, which is a portable handheld device. This device is a measuring instrument to determine the surface roughness. Upon activation of the device, it scans the surface within seconds and shows digitally the roughness of the surface. This device can be used to determine whether any surface areas in the workplaces are slip and fall hazards. Although the main focus of the Clinic is on fall prevention, it also aims to create basic awareness on onsite vehicular safety. For those safety professionals who are familiar with the Workplace Traffic Management Plan, it not only helps to effectively manage traffic and operation of vehicles at the workplace but also helps to identify inherent risks and hazards whereby measures can be taken to mitigate them. Technology can also play a part in complementing the Traffic Management Plan. One such tech gadget is the Traffic Management Light being introduced into the programme. This technological device is custom designed and its motion detector will sense any movement in blind spot areas and a warning signal will be triggered to warn the driver.

In addition, the Clinic also introduced the Pedestrian Warning System, which uses radar sensor to alert pedestrians of approaching vehicle(s). The radar sensor is mounted along the driveway before the identified hazard location, while the audible Warning Sign is placed at a location where pedestrians are likely to step onto the path of approaching vehicle(s). When the sensor detects a vehicle, a signal will be sent to a buzzer and the Audible Warning Sign will flash. The buzzer and flashing sign will be audible and visible from a short distance to give sufficient warning to pedestrians. The system can also be configured to detect pedestrians in blind spots and alert drivers to be careful when exiting. The Clinic also includes a Health Check station for workers. As they are paramount to the workforce, their wellbeing are important to us. We conduct basic health checks using blood pressure device, temperature reading and educating them about heat stroke and fatigue management. Personally, it was indeed an enlightening journey for this year’s programme, and I hope that this programme will be further enhanced to even reach out to more industries and stakeholders. While companies may need time to accept and incorporate these new safety technologies in their businesses, the benefit of creating greater awareness will go a long way in cultivating the mindset to enhance WSH for the industry. Thus, embracing these new technologies is absolutely worth the time and effort.

On behalf of my fellow SISO Volunteers, I would also like to take this opportunity to thank MOM, SISO and the Mobile WAH Clinic programme vendors, especially Mr Daniel Yeo, for their timeless effort in the site preparation works and Mr Gerald Tan for providing the training prior to the commencement of the program. In particular, I would also like to thank all stakeholders who have participated in the Mobile WAH Clinic 2017 “Work Safe, Be Safe, WAH Safe”.
At MSA, we know how important it is that your fall protection works as hard as you do.

With our new V-TEC™ Personal Fall Limiters (PFL) and Self Retracting Lifelines (SRL), all you need to do is select the product based on what user benefit matters to you most. Whether it’s the V-Tec Mini PFL for close connection points, or the V-Tec SRL for overhead use, we deliver fall protection that allows you to remain focussed on the job at hand.

Find out more at sg.MSAsafety.com/fallprotection
We can opt for healthier food. We should therefore be more selective. For example, we should eat more whole grain products like oat, wholemeal bread and brown rice for carbohydrates and consume less white bread or polished rice.

We should avoid added sugar in beverages or canned or bottled drinks. Ask for ‘Kopi Siew Dai’ or ‘Teh O Kosong’ at the next coffee break. We should also avoid adding sauces or salt when food is served on the table. Sweetness and saltiness are acquired tastes. Over time, we should be able to get used to less sweetened and salty food.

We should take more monounsaturated fat or polyunsaturated fat instead of saturated or trans-fat. For example, take more Omega 3 and Omega 6 oil. Look out for products that are labelled with the HPB’s Healthier Choice Symbol (HCS):

- 20% more wholegrain
- 25% more calcium
- 25% less sugar
- 25% less sodium (salt)
- at least 25% less saturated fat
- no or negligible amount of trans-fat

Source: Health Promotion Board

Between processed food and fresh food, the latter is preferred as it contains no added sugar or salt and other preservatives. We should eat less pan-fried or deep fried food and eat more steamed or boiled food which contains lesser oil. Better still, remove the skin of poultry before cooking to further reduce fat.

Eating calcium rich food daily helps to reduce the risk of osteoporosis, a disease that makes bones fragile. Food rich in calcium include no fat or low fat milk, yoghurt and cheese. For those of us who are lactose intolerant, take tofu, beancurd and dark green leafy vegetables as good alternatives. Consuming iron rich food like lean meat, poultry, fish, shellfish, peas, beans and lentils is beneficial for women. Lack of iron in the blood can lead to iron deficiency anaemia.

There are 7 fabulous reasons to sweat it out through physical activity:
- helps manage body mass
- reduces body fat
- increase lean muscles tissues
- increases physical fitness which helps build and maintain healthy bones
- lowers our risk of heart disease, diabetes and stroke
- relieves stress and helps us relax and sleep better

We do not have to exercise vigorously like playing badminton or tennis to reap health benefits. We can stay healthy by doing moderate intensity physical activities like taking the stairs instead of the elevator or getting off the bus one stop earlier and walk the remaining distance or brisk walking or jogging for at least 30 minutes a day, 5 days a week. The 30 minutes activity may be broken down into 10-minute segments throughout the day. Regular health check-ups enable us to keep track of our health status. But there is no 1 size-fit-all recommended frequencies or tests. It is specific to age, sex and types of test to be undertaken. So, it is advisable to seek assistance from a family or company physician.

Reference:
- National Health Survey 2010 issued by Epidemiology & Disease Control Division, Ministry of Health, Singapore.
- ABC of Healthy Eating published in July 2010 by Health Promotion Board, Ministry of Health, Singapore.
FESTIVE SEASON SALE

Promo Period: 01 Jan - 31 March 2018

Up to 45% Off *

KWS800
$34.24
UP: $63.13

KWD805
$58.85
UP: $102.72

KWD805C
$58.85
UP: $102.72

KWD806
$48.15
UP: $85.01

Terms and conditions:
* Prices are inclusive of 7% GST.
* While stocks last. * Offer cannot be used in conjunction with any other discounts, promotions and in-house offers.

For further enquiries, call us at +65 6383 8787 or email us at salesksw@honeywell.com
Honeywell Vertigo Check & Go Safety Gloves
Reliable Hand Protection for Challenging Environments

Vertigo, the latest range of incredibly durable yet lightweight, cut resistant gloves from Honeywell is designed to protect workers’ hands from cuts and abrasions when working in challenging industrial environments.

Why Vertigo?
• Made with Honeywell’s innovative Spectra® Black Fiber – one of the world’s strongest and lightest human-made fibers.
• Recommended for workers in automotive, maintenance, logistics, utilities, and paper and glass recycling industries.
• Meets industry standard EN388 measures of abrasion, cut, tear, and puncture resistance.

To find out more about Honeywell Personal Protective Equipment:
22 Defu Lane 1, Singapore 539493
Tel: +65 6383 8787 | Email: salesksw@honeywell.com
This is the primary objective of the Return to Work (RTW) programme, launched by Minister of State for Manpower (MOS) Sam Tan on November 1st at Suntec Singapore Convention & Exhibition Centre.

Under the programme, a RTW Coordinator will help the injured worker by engaging the doctor and employer to develop a plan that supports faster recovery and return to work.

During the launch, MOS Tan shared that MOM has partnered seven public hospitals to roll out the RTW programme progressively over the next 12 months and Tan Tock Seng Hospital was the first to offer the RTW services starting from 25 September 2017. By the end of 2018, all 7 public hospitals will have RTW clinical services ready.

MOS Tan also announced that a new RTW Grant of $500,000 will be established to support companies that participate in the RTW programme. The new grant comprises of two components:

The first component allows employers to claim up to an additional $7,000 per RTW worker for RTW services, if the total medical expenses exceeds the limit of $36,000 under the Work Injury Compensation Act (WICA).

The second component allows expenses related to workplace adjustments which are not claimable under WICA to be supported through the RTW Grant. Employers can claim up to 90% of the total cost, subject to a cap of $1,000 per RTW worker.

Source: WSH Bulletin, 3 November 2017

More workers who have injured themselves at work will be able to return to their work earlier and safer now.
## Welcome New Members

### AUGUST / NOVEMBER

<table>
<thead>
<tr>
<th>NAME</th>
<th>DESIGNATION</th>
<th>COMPANY</th>
</tr>
</thead>
<tbody>
<tr>
<td>A H Ahsanul Kabir</td>
<td>Trainer</td>
<td>Freelancer</td>
</tr>
<tr>
<td>Brandon Ng Hai Chong</td>
<td>Project Manager &amp; WSHO</td>
<td>Poh Huat Heng Corporation Pte Ltd</td>
</tr>
<tr>
<td>Chandrasekaran Raja</td>
<td>WSH Coordinator</td>
<td>Keon Construction &amp; Transport Co. Pte Ltd</td>
</tr>
<tr>
<td>Chia Kah Boon</td>
<td>WSH Officer</td>
<td>Prosafe Consultant Pte Ltd</td>
</tr>
<tr>
<td>Chirrambalam Muniyandi</td>
<td>WSH Trainer</td>
<td>Eversafe Consultants Pte Ltd</td>
</tr>
<tr>
<td>Gutha Kuppuswamy Babu</td>
<td>WSH Officer</td>
<td>Lian Beng Construction (1988) Pte Ltd</td>
</tr>
<tr>
<td>Hee Pak Ngian</td>
<td>Principal Consultant</td>
<td>Safety Ace Management Services LLP</td>
</tr>
<tr>
<td>Irudayam John</td>
<td>WSHO</td>
<td>Hook Lian Seng Infrastruktur Pte Ltd &amp; Semcor Design Pte Ltd Joint Venture</td>
</tr>
<tr>
<td>Kee Chin Song</td>
<td>EHS Trainer &amp; Consultant</td>
<td>Eversafe Consultants Pte Ltd</td>
</tr>
<tr>
<td>Khorul Salleh Bin Abdul Rahim</td>
<td>WSHO</td>
<td>Aver Asia (S) Pte Ltd</td>
</tr>
<tr>
<td>Koh Kok Eng</td>
<td>WSHO</td>
<td>Freelance</td>
</tr>
<tr>
<td>Lee Yong Kian</td>
<td>EHS Consultant</td>
<td>HSE Consultants Pte Ltd</td>
</tr>
<tr>
<td>Li Jiongshen</td>
<td>Manager</td>
<td>C&amp;W Services (S) Pte Ltd</td>
</tr>
<tr>
<td>Mohammad Zamri Bin Kamar</td>
<td>Principal Consultant</td>
<td>A-Bide Safety Solutions Pte Ltd</td>
</tr>
<tr>
<td>Muhammad Ashraf Bin Ab Rahim</td>
<td>Safety &amp; Security Specialist</td>
<td>Ikano Pte Ltd</td>
</tr>
<tr>
<td>Murali s/o Balakrishnan</td>
<td>WSHO</td>
<td>Safety Advisor Services Pte Ltd</td>
</tr>
<tr>
<td>Ng Cheng Boon</td>
<td>WSHO</td>
<td>Safeworks Management Services</td>
</tr>
<tr>
<td>Ng Wei Liang</td>
<td>Manager</td>
<td>TNT Management Pte Ltd</td>
</tr>
<tr>
<td>Oh Beng Hiwee</td>
<td>WSHO</td>
<td>Lim Wen Heng Construction Pte Ltd</td>
</tr>
<tr>
<td>Pay Shir Yi</td>
<td>Safety Manager</td>
<td>Lim Wen Heng Construction Pte Ltd</td>
</tr>
<tr>
<td>Phua Cheow Kwang</td>
<td>WSHO</td>
<td>Global Safety Management Services Pte Ltd</td>
</tr>
<tr>
<td>Poh Wee Soon</td>
<td>Self-employed</td>
<td>Self-employed</td>
</tr>
<tr>
<td>Rajendran Bahadur Singh S/O Ganpat Singh</td>
<td>Trainer</td>
<td>Freelance</td>
</tr>
<tr>
<td>S. Parthiban Naidu</td>
<td>Regional Head, Asset &amp; HSSE</td>
<td>BP Singapore Pte Ltd</td>
</tr>
<tr>
<td>Saravanamari Karthikeyan</td>
<td>Safety Coordinator</td>
<td>Penta Ocean Construction Co. Ltd</td>
</tr>
<tr>
<td>Seah Shengshi</td>
<td>Quality Assurance Executive &amp; Safety Leader</td>
<td>Exion Asia Pte Ltd</td>
</tr>
<tr>
<td>See Neng Chuan</td>
<td>Project Manager</td>
<td>CSH &amp; Focusing Contractors Pte Ltd</td>
</tr>
<tr>
<td>Shanmugam Sundaramraj</td>
<td>WSHO Officer</td>
<td>Shanghai Chong Kee Furniture and Construction Pte Ltd</td>
</tr>
<tr>
<td>Sudarasan Margasagayam</td>
<td>Safety Consultant</td>
<td>Freelance</td>
</tr>
<tr>
<td>Tan Ming Wah</td>
<td>Safety Manager</td>
<td>Boustead Projects E&amp;C Pte Ltd</td>
</tr>
<tr>
<td>Teo Heng Chye</td>
<td>WSHO / ECO</td>
<td>Weltech Pte Ltd</td>
</tr>
<tr>
<td>Vincent S/O V Alias</td>
<td>Regional HSE Manager</td>
<td>ISS Facility Services Pte Ltd</td>
</tr>
<tr>
<td>Wong Kai Yue Rok</td>
<td>Senior Executive Associate [WSH]</td>
<td>&quot;Surbana Jurong Pte Ltd (Banyan Caverns Storage Service Pte Ltd)</td>
</tr>
<tr>
<td>Yap Siew Mei</td>
<td>EHS Consultant</td>
<td>Freelance</td>
</tr>
</tbody>
</table>

### ASSOCIATE MEMBERS

- Ang Ah Yoke: Warrant Officer, Singapore Armed Forces
- Ang Hwee Yong: Warrant Officer, Singapore Armed Forces
- Chandara Seng S/O Rajalingam Pillai: Trainer
- Chen Yuen Cheong Albert: Warrant Officer, Singapore Armed Forces

### COMPANY

- AA International Consultancy Pte Ltd
- AAT Training Hub Pte Ltd
- COSIM Safety & Security Services Pte Ltd
- ISS Facility Services Pte Ltd
- Vision Global Engineering & Safety Services Pte Ltd

---

44th Annual General Meeting (AGM)

Date: 23 Mar 2018 (Friday)

Venue: Novotel Clarke Quay

Look out for more details