

Induction Training on Workplace Safety and Health for Workers



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Acknowledgement

The Singapore Contractors Association Limited (SCAL) would like to acknowledge the Workplace Safety and Health Council (WSHC), the Real Estate Developers' Association of Singapore (REDAS) and members of SCAL's Workplace Safety & Health (WSH) Sub-committee for their inputs and guidance in preparing this programme. SCAL would also like to acknowledge the contributions and permission from various parties to use the images shown in these slides

Disclaimer: *The information provided in this document is accurate and has no legal standing. In case of doubt, reference should be made to the Workplace Safety and Health Act, its subsidiary legislations and relevant Singapore Standards and Approved Code of Practice.*



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Contents:

- Objective
- Prevent Fall from Height
- Prevent Injuries from Falling Objects Hazards
- Protection Against Protruding Objects
- Prevent Electrocution
- Prevent Being Struck by Machinery
- Prevent Fire at Worksite / Storage and Handling of Hazardous Substances
- Workplace Health & Hygiene
- Traffic Management & Emergency Preparedness
- Personal Protective Equipment (PPEs)

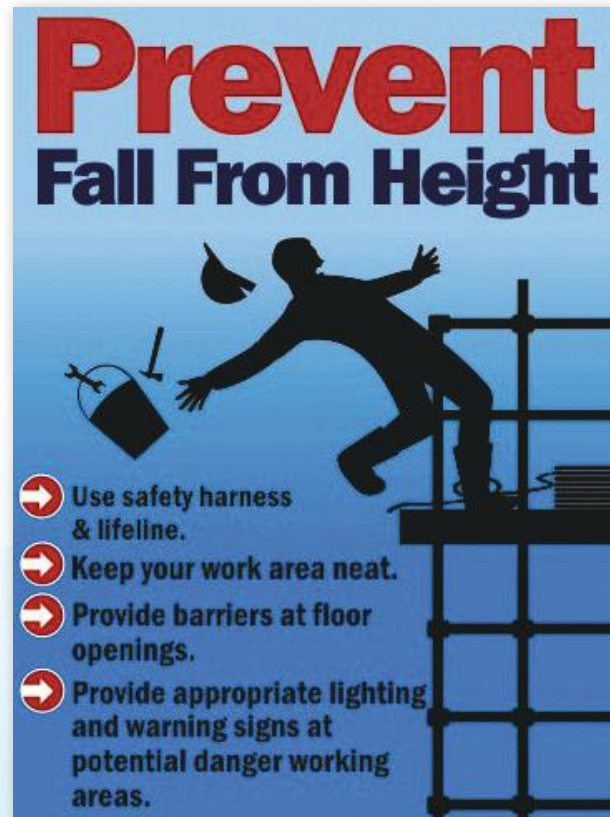


Objective:

This induction training programme helps to provide pictorial guidance for workers to reinforce their workplace safety and health awareness on sites.



Prevent Fall From Height



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Prevent Fall From Height



Work on a safe work platform



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Prevent Fall From Height



Safe scaffold platform



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Prevent Fall From Height



**Proper barricades with
toe-boards for open sides**



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Prevent Fall From Height



Effective barricades at construction level



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Prevent Fall From Height



Use staircase with effective hand rails



Prevent Fall From Height



Effective barricades



Prevent Fall From Height



Use scaffold tagged with
"Safe for Use" label



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Prevent Fall From Height



**Observe all
warning signages**



Prevent Fall From Height



**DO NOT overload
work platform**

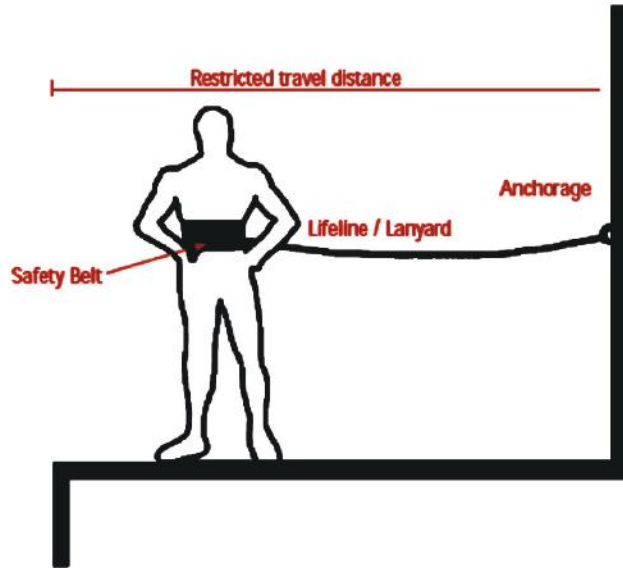


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Prevent Fall From Height

Travel restraint systems

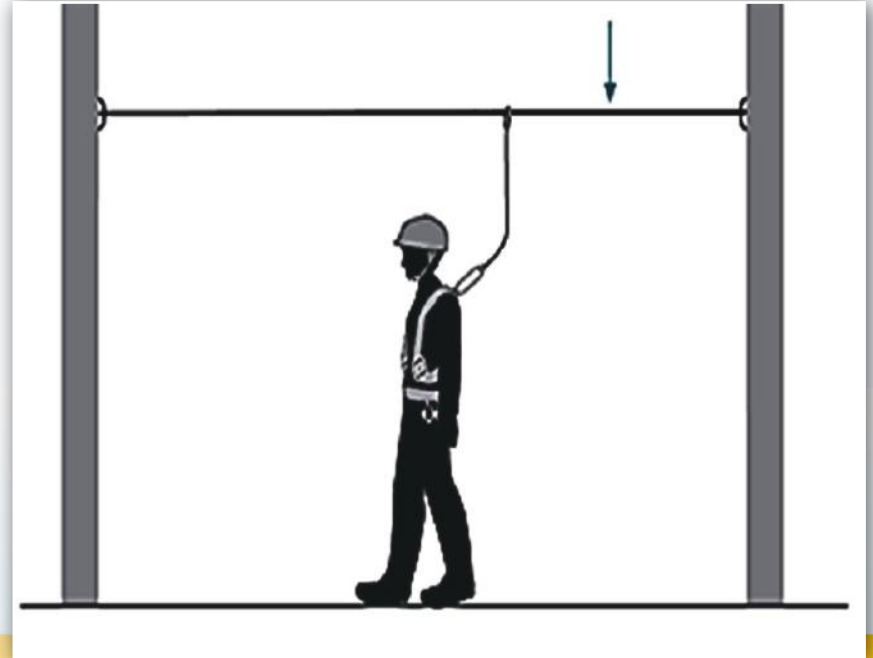


Use fall restraint equipment

This is **NOT** a FALL ARREST Equipment



Prevent Fall From Height



Fall protection and fall arrest equipment

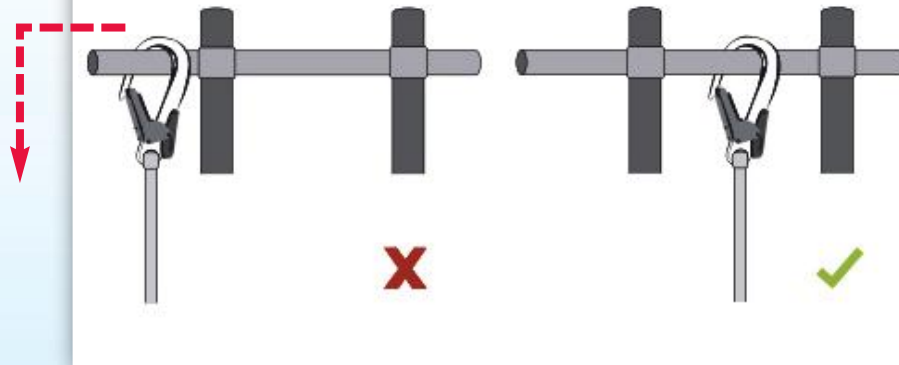


Prevent Fall From Height



Safety harness must be worn and anchored

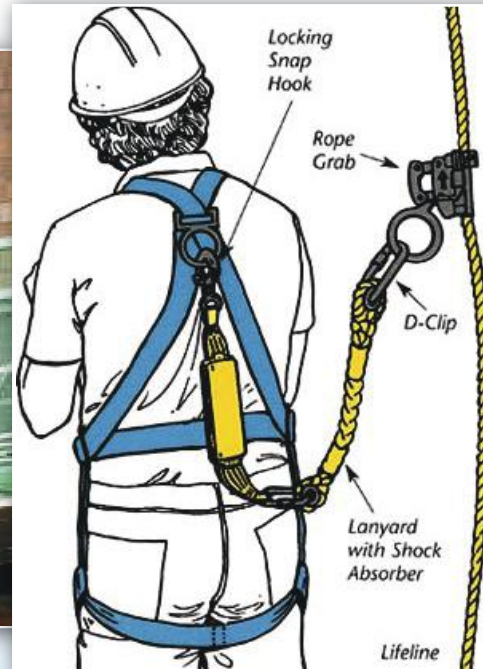
Anchor Points



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Prevent Fall From Height



Full body harness worn and attached to lifeline



Prevent Fall From Height



NO edge protection, fall protective equipment and housekeeping



Prevent Fall From Height



**NO secured
foothold**



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Prevent Fall From Height



Ladder Safety



Prevent Injuries from Falling Objects Hazards



Falling objects



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Prevent Injuries from Falling Objects Hazards



**Maintain good housekeeping
- Keep materials away**



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Prevent Injuries from Falling Objects Hazards



Toe-boards and perimeter debris netting at edge of floor and platform



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Prevent Injuries from Falling Objects Hazards



**Barricade and
warning sign to
demarcate hazardous area**



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Prevent Injuries from Falling Objects Hazards



Only authorised personnel allowed to enter work area



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Prevent Injuries from Falling Objects Hazards



**Barricade
hazardous areas**



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Prevent Injuries from Falling Objects Hazards



**Catch nets directly below
construction floor**



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Prevent Injuries from Falling Objects Hazards



External netting provided



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Prevent Injuries from Falling Objects Hazards



Peripheral overhead protection and catch platform



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Prevent Injuries from Falling Objects Hazards



**Use designated
entry and exit**



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Prevent Injuries from Falling Objects Hazards



**Use designated
entry and exit**



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Prevent Injuries from Falling Objects Hazards



**Use sheltered walkway
and access**



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Prevent Injuries from Falling Objects Hazards



Safe hoisting of loose materials with a receptacle (cargo net)



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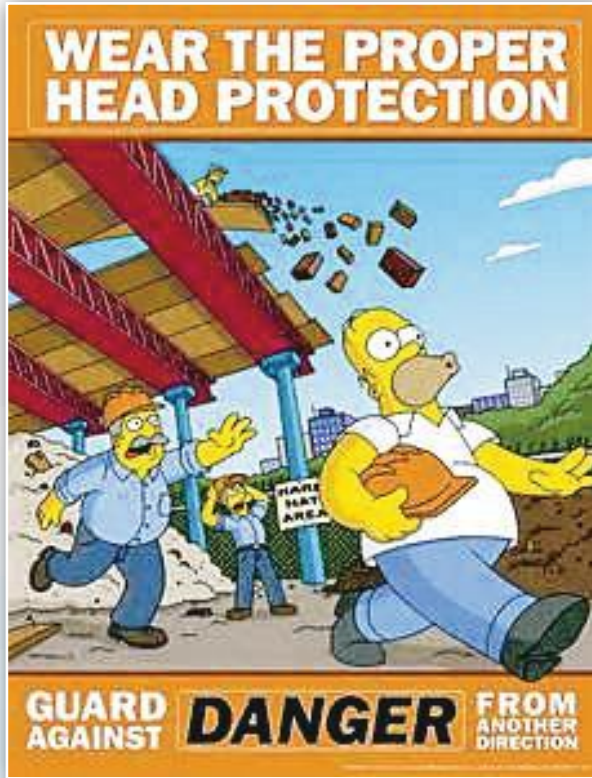
Prevent Injuries from Falling Objects Hazards



Keep out of hazardous areas



Prevent Injuries from Falling Objects Hazards



Wear proper head protection



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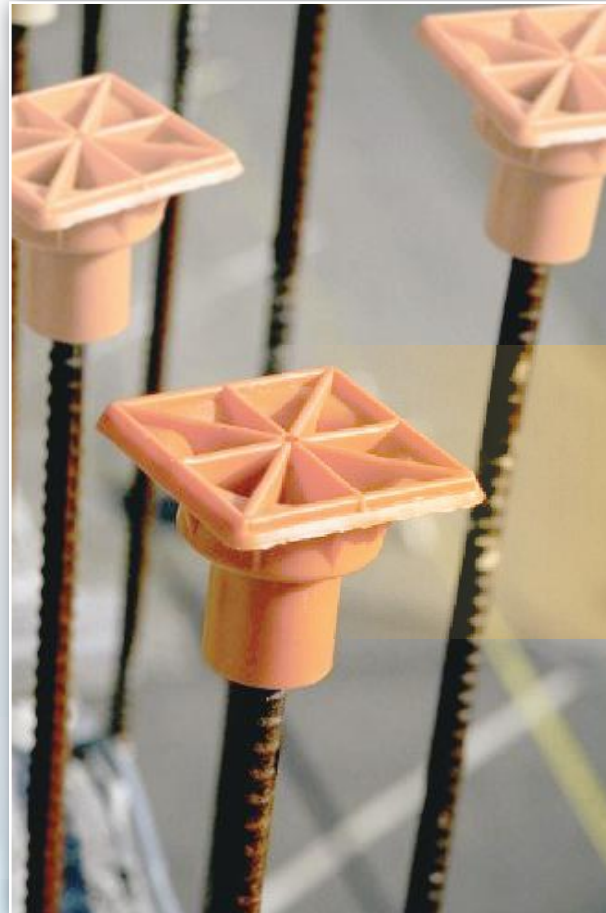
Protection Against Protruding Objects



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Protection Against Protruding Objects



**Cover the
protruding objects**



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Protection Against Protruding Objects



**Protective cover
for starter bars**



Protection Against Protruding Objects



**Extract all
protruding nails**



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Protection Against Protruding Objects



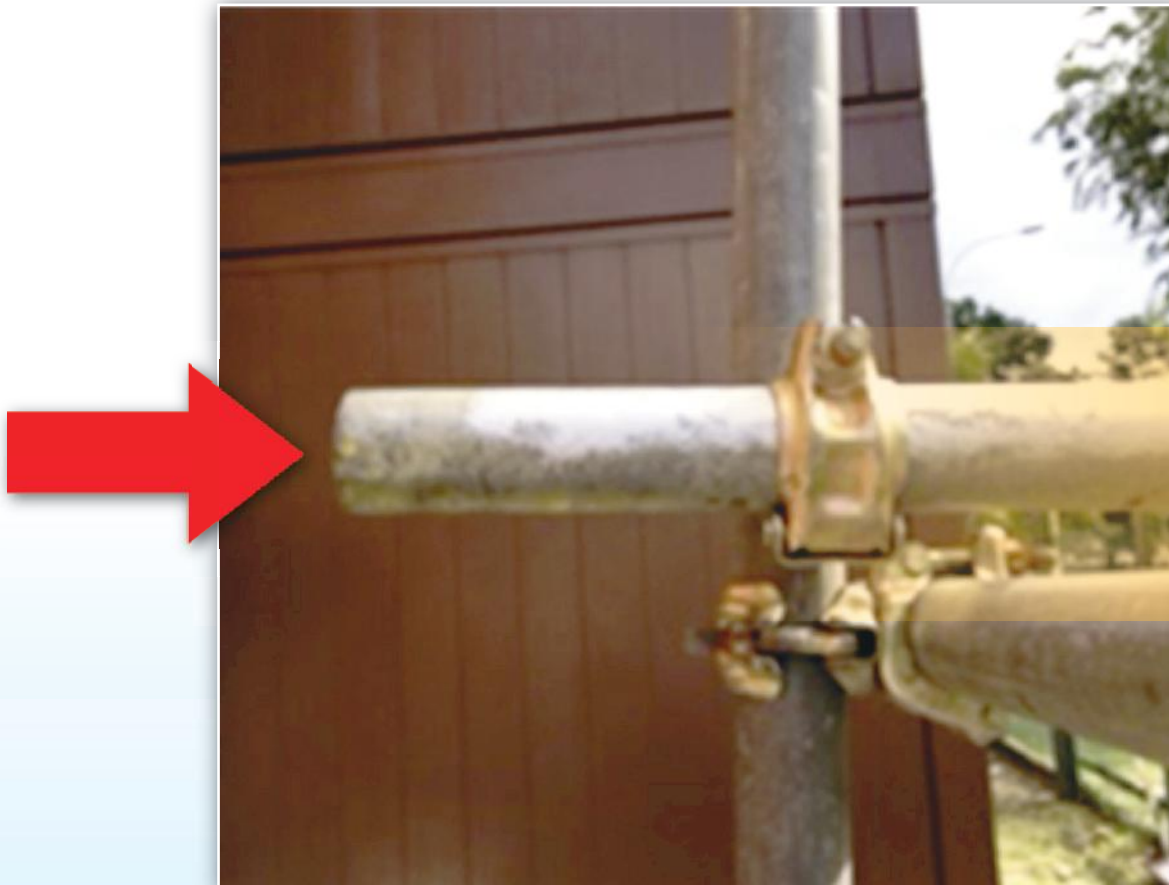
**Cover the
protruding objects**



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Protection Against Protruding Objects



**Beware of
protruding objects**



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Protection Against Protruding Objects



**Beware of
protruding objects**



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Protection Against Protruding Objects



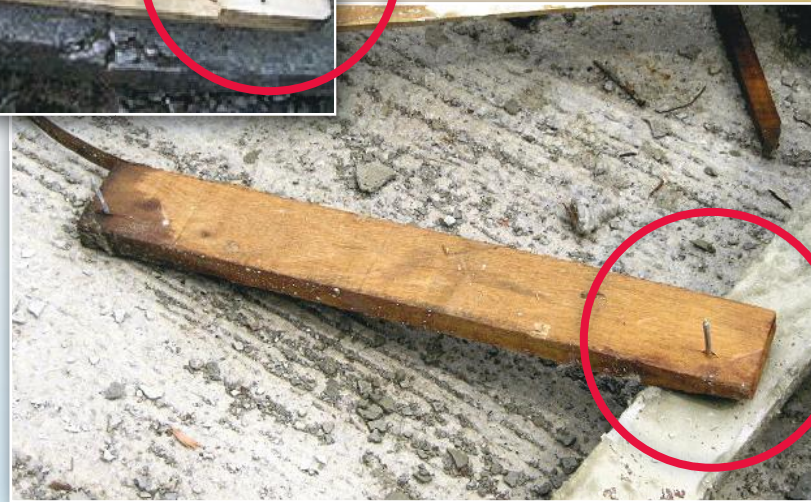
**Beware of
protruding re-bars**



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Protection Against Protruding Objects



Beware of protruding nails



Prevent Electrocution



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Prevent Electrocutation



**Proper electrical
distribution board**



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Prevent Electrocutation



Electrical panel and tools inspected regularly by licensed electrical worker (LEW)



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Prevent Electrocution



**Use only
approved-type
plug and socket**



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Prevent Electrocutation



**Secured
distribution board**



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Prevent Electrocutation



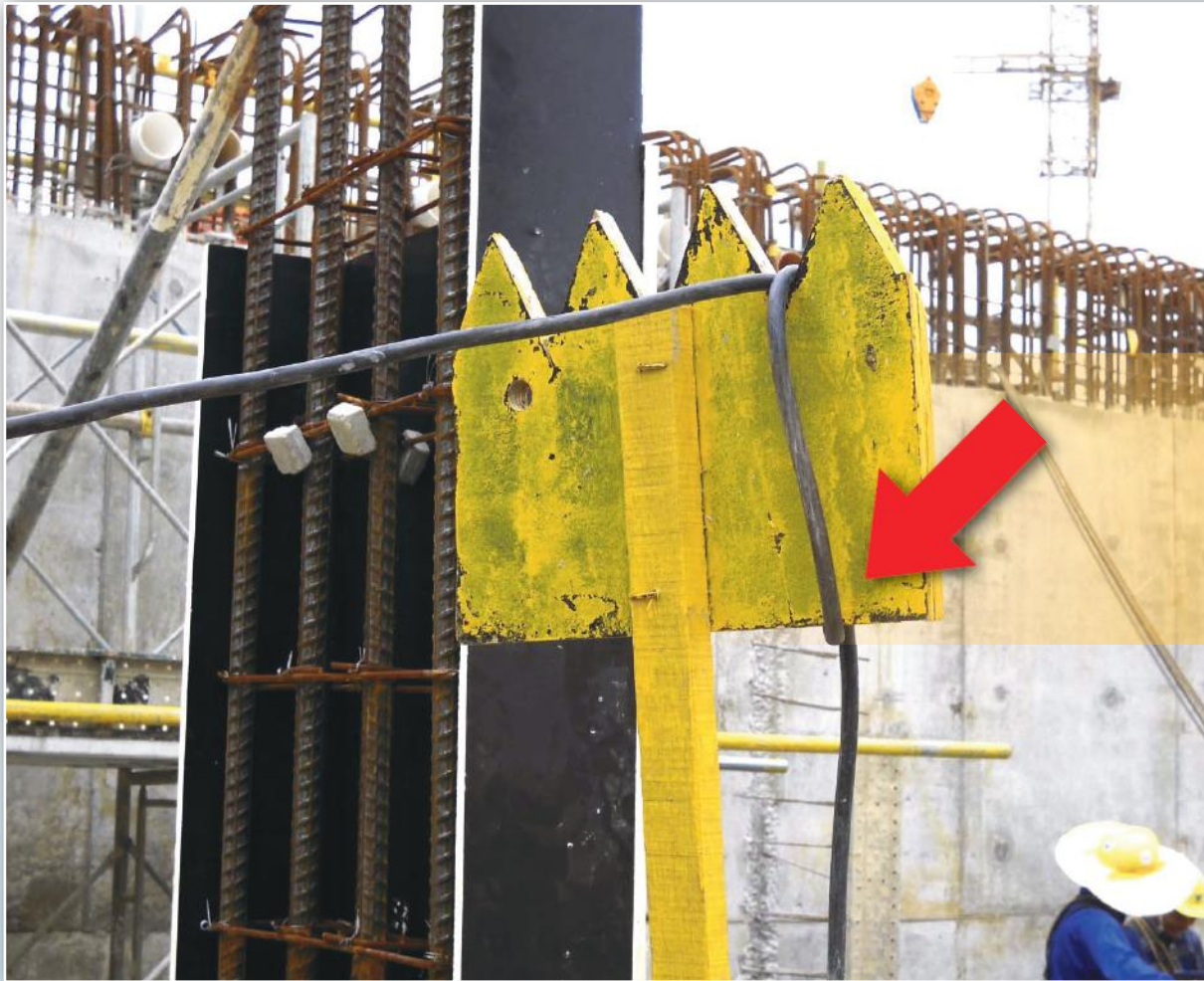
Generator must be earthed, fenced and locked



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Prevent Electrocutation



**Proper elevation
and protection of
electrical cable**



Prevent Electrocutation



**Good cable
management**



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Prevent Electrocutation



**Hang up all
electrical cable on
insulated support**



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**Proper hook to
elevate the
electrical cables**



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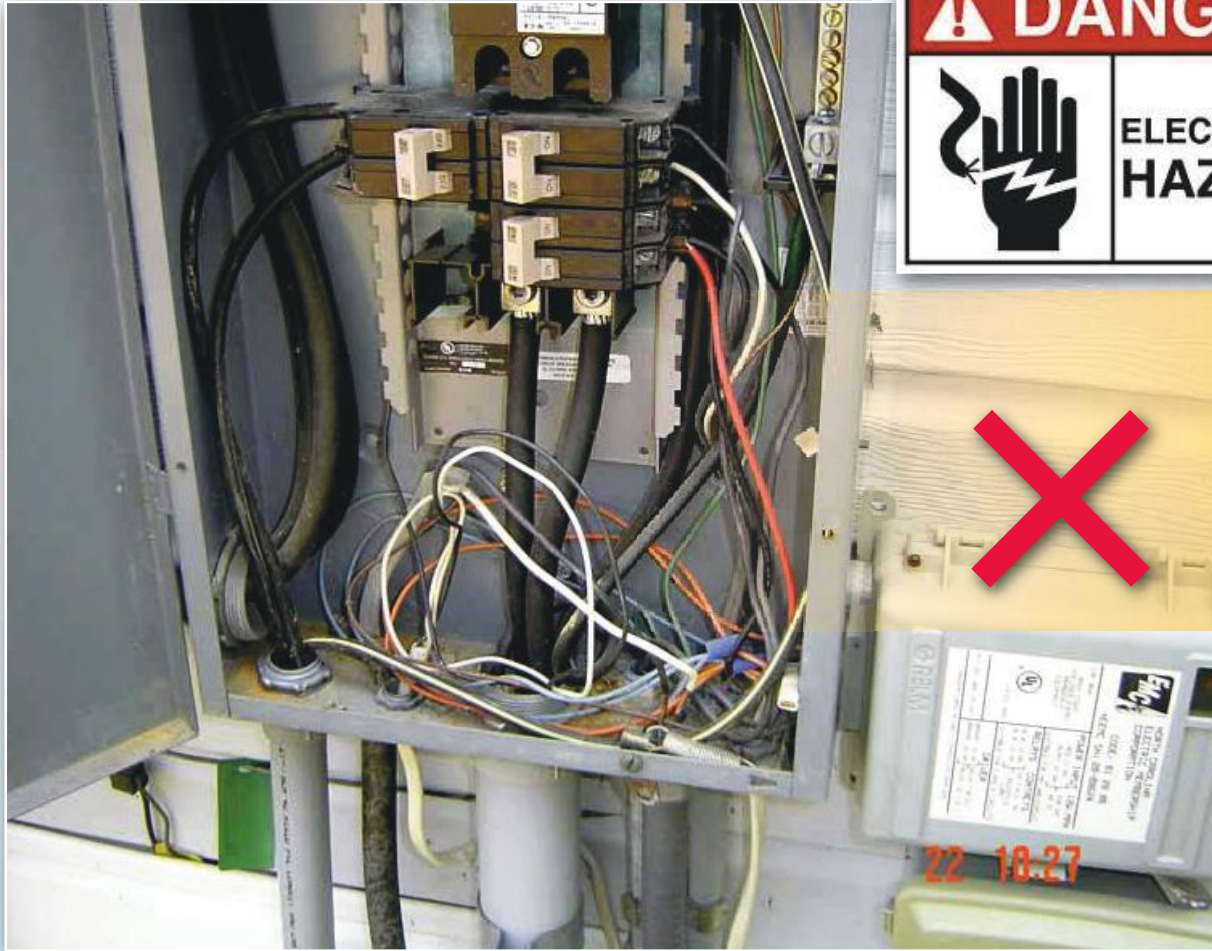
Prevent Electrocution



DO NOT run electrical cable on ground or hang on metal supports



Prevent Electrocutation



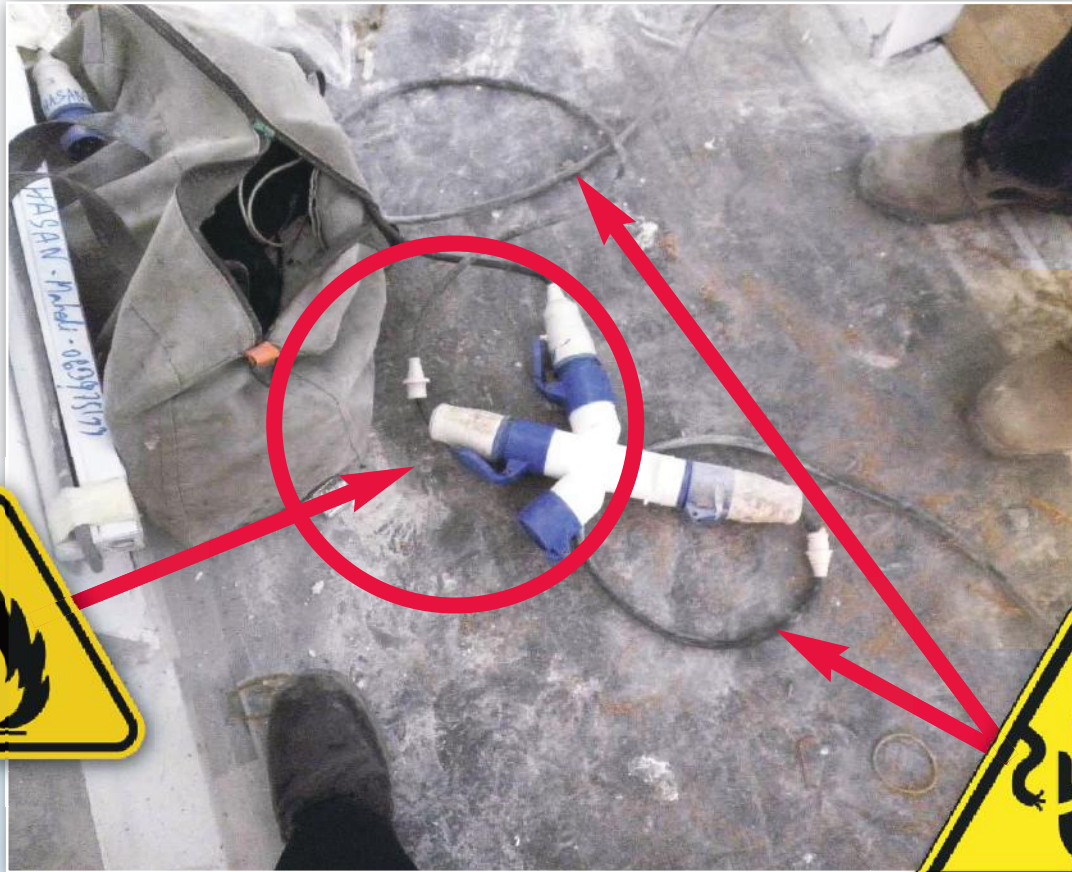
DO NOT USE
switch box
without
proper cover



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Prevent Electrocution



DO NOT use multiple plugs – prevent fire. Cables should not run on floor



Prevent Being Struck By Machinery



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Prevent Being Struck By Machinery



Barricade and warning sign to demarcate hazardous area



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Prevent Being Struck By Machinery



**Demarcate work area
to prevent
unauthorised entry**



Prevent Being Struck By Machinery



DO NOT enter hazardous area



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Prevent Being Struck By Machinery



**Danger sign displayed
on machinery -
"Keep Out"**



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Prevent Being Struck By Machinery



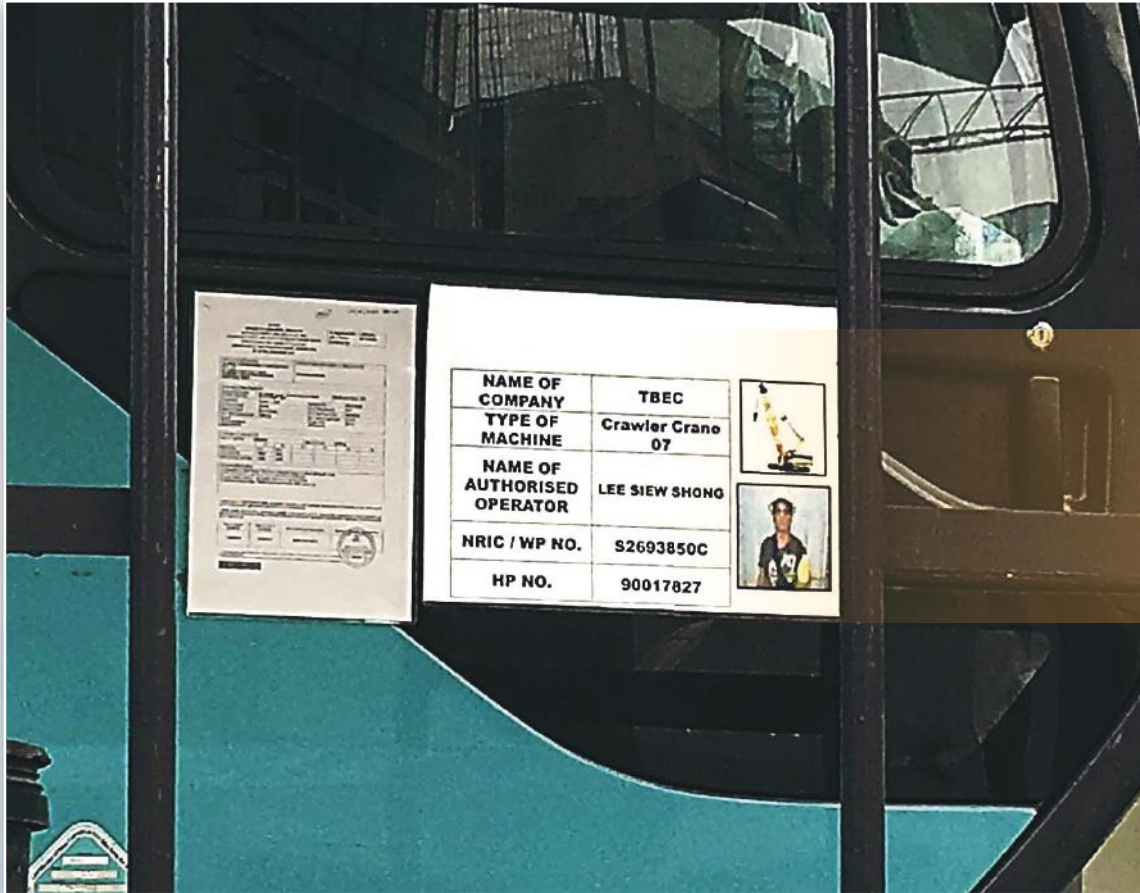
Competent banksman appointed and clearly identified on site



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Prevent Being Struck By Machinery



Competent operator appointed and clearly identified on site



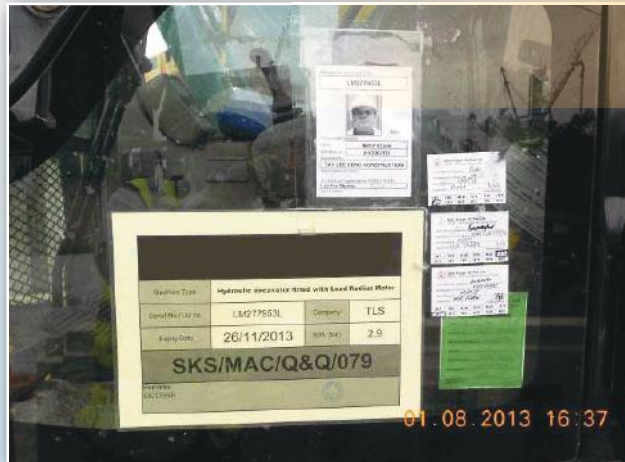
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Prevent Being Struck By Machinery



**Only competent
operator authorised
to operate**



Prevent Being Struck By Machinery



Proper air hose connection with whip-lash



Prevent Being Struck By Machinery



Use of tagline to prevent excessive sway and direct contact



Prevent Being Struck By Machinery



Rotating parts of machine must be guarded



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Prevent Being Struck By Machinery



DO NOT USE
machinery
with missing guard!



Prevent Fire at Worksite / Storage and Handling of Hazardous Substances



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Prevent Fire at Worksite / Storage and Handling of Hazardous Substances



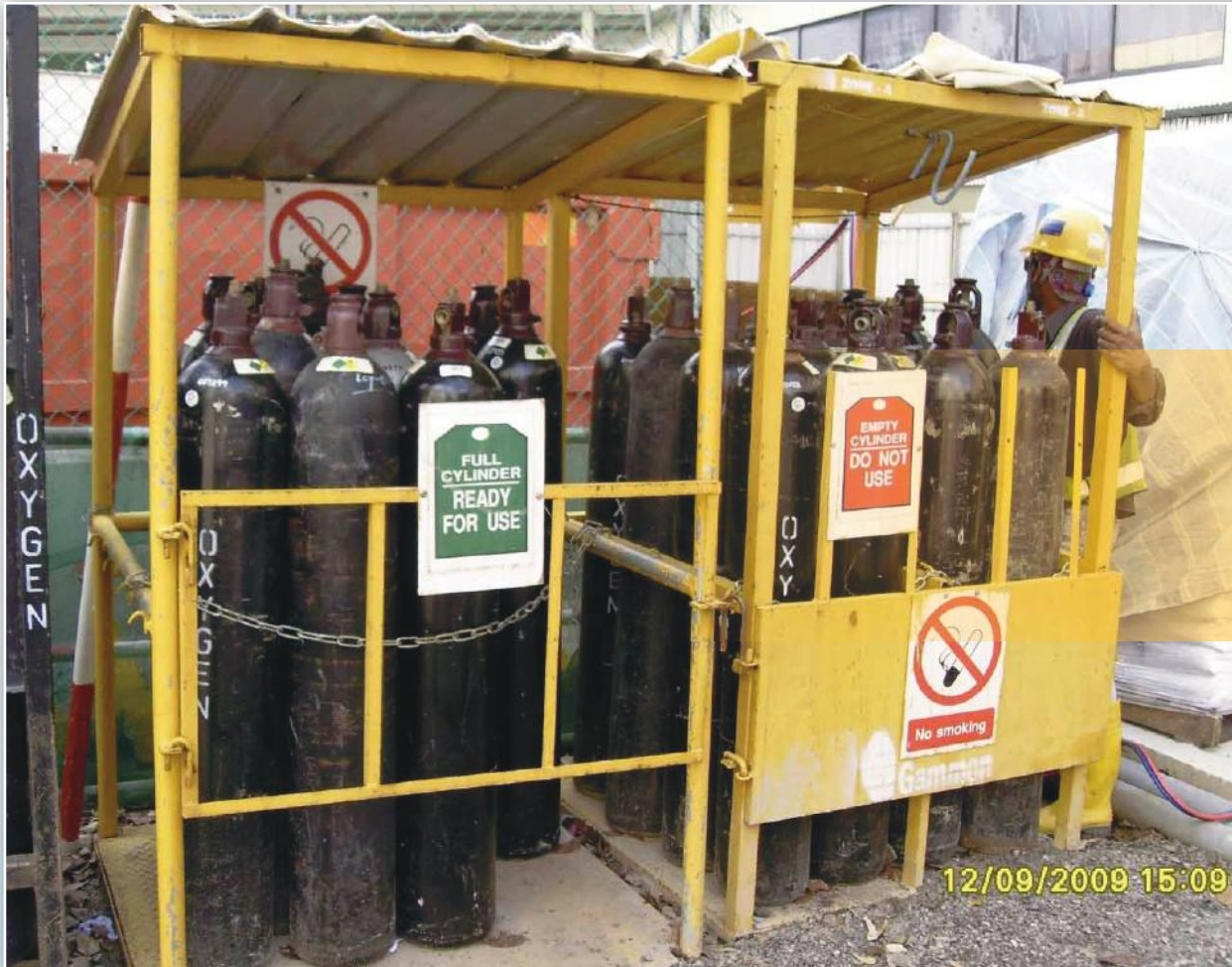
**Designated store
for chemicals**



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Prevent Fire at Worksite / Storage and Handling of Hazardous Substances



**Designated store
for gas cylinders**



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Prevent Fire at Worksite / Storage and Handling of Hazardous Substances



Chemicals and flammables are stored at designated storage



Prevent Fire at Worksite / Storage and Handling of Hazardous Substances



**Gas cylinders
must be secured
at all times**



Prevent Fire at Worksite / Storage and Handling of Hazardous Substances



Check hose connection for leakage



Prevent Fire at Worksite / Storage and Handling of Hazardous Substances



**Obey all mandatory,
warning and
information signs**



Prevent Fire at Worksite / Storage and Handling of Hazardous Substances



Obey
"No Smoking"
signs



Workplace Health & Hygiene



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Workplace Health & Hygiene



Attend regular health checks



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Proper disposal of hazardous waste



Workplace Health & Hygiene



**Proper
labelling**



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**Adequate
ventilation
(eg. dilution
and extraction)**



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**Regular
housekeeping**



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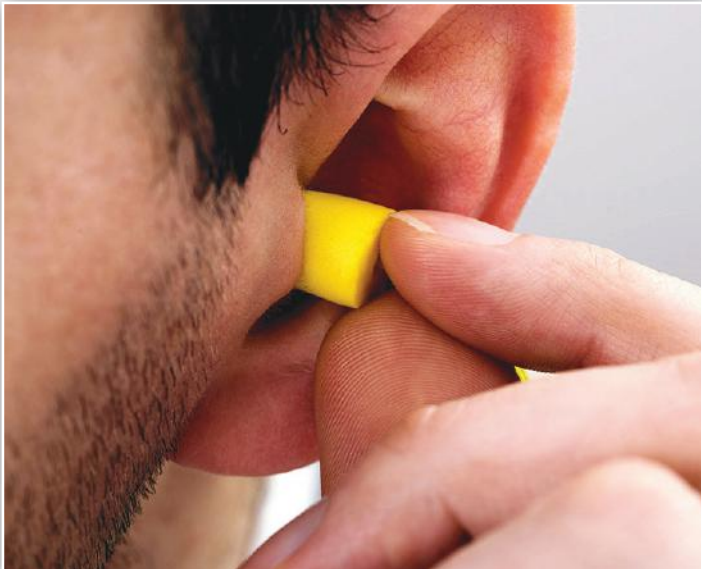
Workplace Health & Hygiene



**Understand
safety data sheets**



Workplace Health & Hygiene



Proper use of hearing protectors



Roll: With clean hands, firmly roll entire ear plug between thumb and fingers to form a thin, tight cylinder.



Insert: Using one hand, gently lift top of ear up to open ear canal. With other hand, insert rounded end of ear plug.



Hold: With forefinger, hold ear plug in place for 30 to 45 seconds to form a comfortable, snug fit.



Correct: When inserted correct, the flat side of the ear plug is positioned at opening of the ear canal.



Incorrect: Flat side of ear plug extends beyond opening of the ear canal.



Workplace Health & Hygiene



**Use designated
debris disposal area**



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Workplace Health & Hygiene



**Observe
temperature and
PSI readings**



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Workplace Health & Hygiene



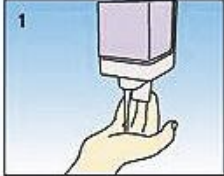
Prevent heat stroke
Drink more water



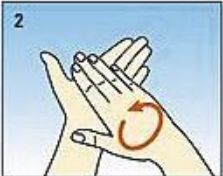
Workplace Health & Hygiene



Wet hands with water



Apply enough soap to cover all hand surfaces.



Rub hands palm to palm



Right palm over left dorsum with interlaced fingers and vice versa



Palm to palm with fingers interlaced



Backs of fingers to opposing palms with fingers interlocked



Rotational rubbing of left thumb clasped in right palm and vice versa



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



Rinse hands with water



Dry thoroughly with a single use towel



Use towel to turn off faucet



Your hands are now safe

Observe personal hygiene



Workplace Health & Hygiene



**Rest only at
designated area**



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Keep toilets clean



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**Keep worker
quarters clean**



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Traffic Management & Emergency Preparedness



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Traffic Management & Emergency Preparedness



CAUTION

**LOOK OUT FOR
CONSTRUCTION
TRAFFIC**

DANGER

**LOOK OUT
FOR MOVING VEHICLES**

**Look out
for traffic**



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Traffic Management & Emergency Preparedness



Obey traffic controller



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Traffic Management & Emergency Preparedness



**Obey speed
limit within site**



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Obey information and warning signs



Traffic Management & Emergency Preparedness



Use designated walkway



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**Use of
wheel chokes**



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Wear luminous vest



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Use designated access



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**Use designated
access and
walkway**



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Traffic Management & Emergency Preparedness



Avoid driveway and washing bay



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Traffic Management & Emergency Preparedness



DO NOT
park on slope –
wheels must
be chocked



Traffic Management & Emergency Preparedness



**Know where
are the fire
fighting
equipment**



Traffic Management & Emergency Preparedness



**Know location of
fire extinguishers
and how to
use them**



Traffic Management & Emergency Preparedness



**Be familiar with
alarm system**



Traffic Management & Emergency Preparedness



Keep access clear



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Traffic Management & Emergency Preparedness



**Know the
emergency exit
route and keep it
clear of obstruction**



Traffic Management & Emergency Preparedness



**Participate in
emergency drills**



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**Be aware of
emergency
assembly location**



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**Be aware of
location of
first aid box**



Traffic Management & Emergency Preparedness



Know where is the emergency eye wash station



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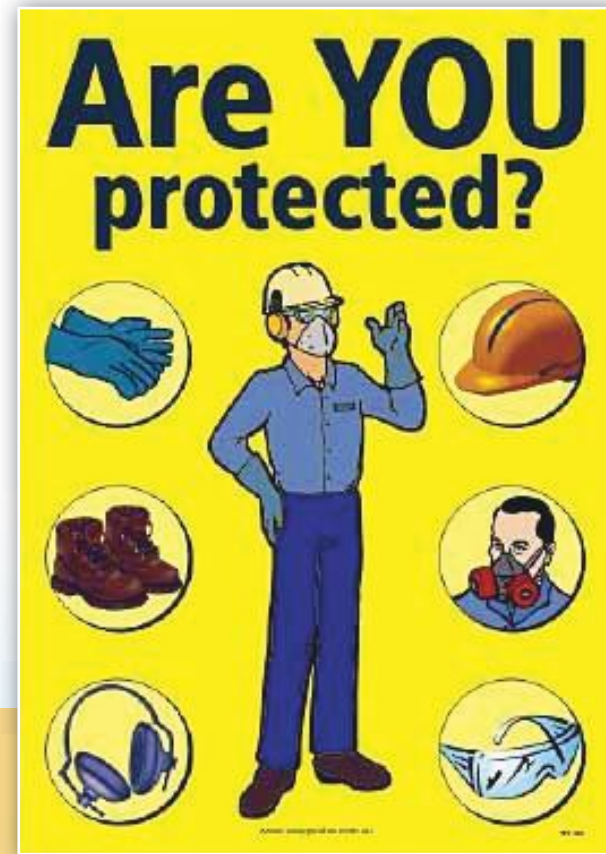
Personal Protective Equipment (PPEs)



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Personal Protective Equipment (PPEs)



Wear suitable PPEs



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Personal Protective Equipment (PPEs)



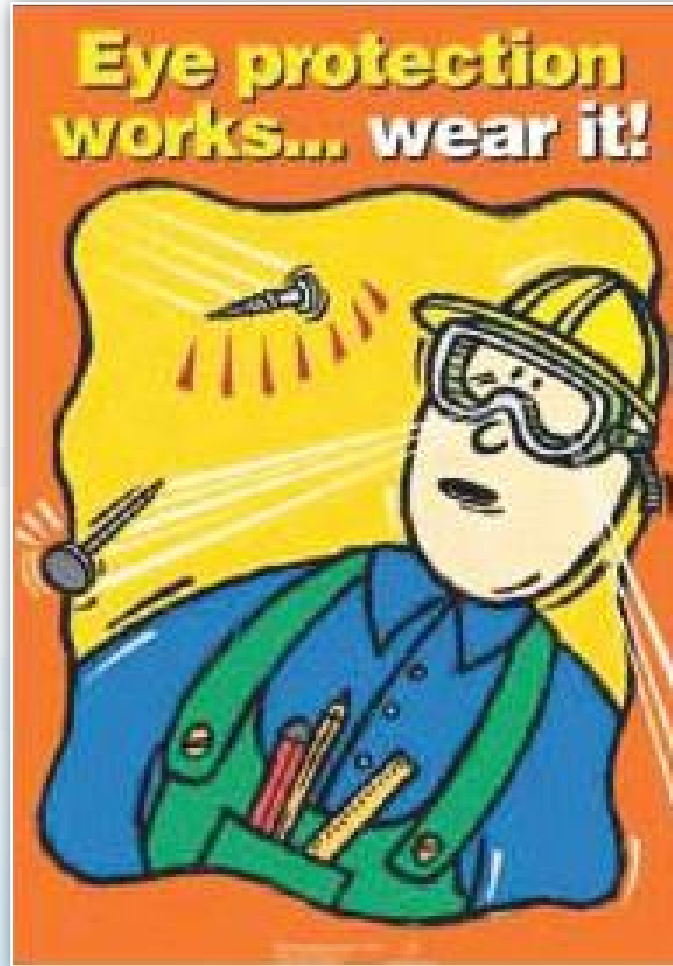
Wear foot protection



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Personal Protective Equipment (PPEs)



Wear eye protection



Personal Protective Equipment (PPEs)



Wear head protection



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Personal Protective Equipment (PPEs)



**Wear
reflective
vest**



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Personal Protective Equipment (PPEs)



Warning noise levels of
85 dB(A) or above

Ear protection
must be worn



**HEARING
PROTECTION**



WEAR IT!

**Use hearing
protectors**



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Personal Protective Equipment (PPEs)



**Wear full body
harness and
attach to secured
anchorage**



Personal Protective Equipment (PPEs)



Observe
PPE's
signage



Personal Protective Equipment (PPEs)



Use proper respirator and eye protectors



Personal Protective Equipment (PPEs)



Protect from haze – wear suitable mask (N95)

1 Choose a small or medium-sized face-piece that fits the face. Pull the head bands loose. The metallic strip should be uppermost. Pass the hand through the head bands.



2 Put on the mask. The head bands should be around the head and neck.



3 Press the metallic strip on both sides with the forefingers and middle fingers of both hands.



4 Seal Check:

Positive pressure checking – cover the mask lightly with both hands. Breathe with deliberation. Air should not leak out from the side of the mask.

Negative pressure checking – cover the mask lightly with both hands. Suck in air with deliberation. The mask should depress slightly inward.



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Safety Starts With Me

Prevent all injuries. Go home safe and healthy.



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