



Issue 58 (Sep 2017)

SPOTLIGHT

2017 AOSHRI (Asian Occupational Safety and Health Research Institutes) Meeting



16 participants from 10 OSH research institutes across Asia met in Singapore on 7 September 2017. Members discussed formalising the collaboration amongst the institutes through a Memorandum of Understanding, and proposed joint research projects for cooperation.

iReference – the key to WSH knowledge

WHAT'S TRENDING



(Source: The Business Times)

The digital future of construction

Construction projects are becoming larger and more complex. The growing demand for environmentally sensitive construction and shortage of skilled labour and supervisory staff will require new ways of thinking and working.

The article profiled 5 ways that will transform the industry over the next few years:

- Higher-definition surveying and geolocation
- Next-generation 5-D building information modelling
- Digital collaboration and mobility
- The Internet of Things and advanced analytics
- Future-proof design and construction

[More...](#)

Relevance: The transformation of the construction industry through technology seems inevitable. New WSH risks can potentially accompany these changes and it is important that we uncover these early.

Find out all you need to know about vehicle safety at work with the VeSafe e-guide

The VeSafe e-guide is an interactive one-stop shop for information on vehicle-related risks at work. It covers safe driving, workplace transport and working



Having problems searching for relevant WSH resources? Have you tried the [iReference](#) on the WSH Institute website? It is a customised search that allows you to have access to more relevant information on WSH from established and reliable research institutes from around the world.



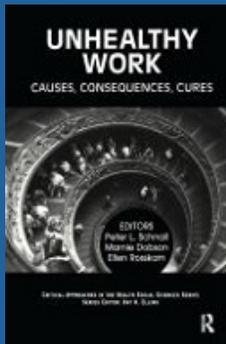
(Source: EU-OSHA)

on or near a road. A joint effort by EU-OSHA and the European Commission, the guide includes many examples of good practice and an overview of relevant regulations. The information can also be filtered by risk, vehicle type and even work areas.

[More...](#)

Relevance: *Vehicle-related incidents is one of the key WSH concerns for Singapore. The guide is useful in providing measures to minimise risks for workers across different situations.*

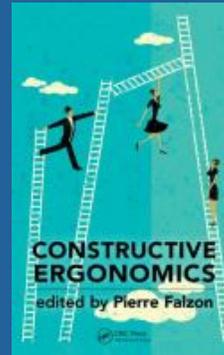
RECOMMENDED READING FROM THE WSH INSTITUTE COLLECTION*



TITLE:
Unhealthy work: causes, consequences, cures

AUTHOR:
Schnall, Peter L.,
Dobson, Marnie,
Roskam, Ellen,

AREA OF INTEREST:
Industrial hygiene, Public health,
Job stress, Occupational Health,
Occupational Diseases,
Occupational Medicine



TITLE:
Constructive ergonomics

AUTHOR:
Falzon, Pierre,

AREA OF INTEREST:
Human engineering, Industrial
Health & Safety

Click [here](#) to access WSH Institute's e-books collection.

* The WSH Institute Collection is a compilation of WSH-related resources accessible to the public through our collaboration with the National Library Board (NLB).

OWL HIGHLIGHTS

1 Managing the impact of chronic diseases and disabilities in the workplace

Date of publication: Jan 2017

Source: European Agency for Safety and Health at Work

Chronic diseases such as musculoskeletal disorders (MSDs), cardiovascular disease and mental health issues amongst older workers are increasingly prevalent in workplaces. The

impact of these chronic diseases leads to major financial burdens for employers, governments and society in general, and compels employers in Europe to improve sickness absence management.



The article provides examples of preventive measures and early intervention programmes to help retain workers who are subject to physical, mental or social strain. They include the use of well-being programme to reduce sick rates, absences related to MSDs and stress; provision of injury management and rehabilitation services; workplace adaptations to enable workers suffering from chronic conditions to either remain in their roles and return-to-work measures that aim to help get people back to work after a period of sick leave.

To read more, click [here](#)

2 Making safety at height work



Date of publication: Apr 2017
Source: International Institute of Risk and Safety Management

Fall prevention begins with conducting a thorough risk assessment, which must be based on avoidance, prevention and mitigation in the planning stage. The outcome of the risk assessment is important in determining the choice of access equipment. Using mobile towers as an example, the article listed a number of factors in selecting the right type of equipment.

These include:

- Ensure that the users possess the knowledge, experience and training necessary to build, inspect, use, move and dismantle a mobile tower safely
- Buying or hiring mobile towers from an accredited supplier to ensure that the towers complies with standard requirements
- Ensure that all the necessary components are available and compatible and that they have been supplied complete with the manufacturer's instructions before building the tower
- Ensure that the tower is inspected by a competent person once it is built and at suitable intervals
- Carrying out a routine and documented inspection of the components of the tower

To read more, click [here](#)

3 Stop talking about safety culture and get real about risk

Date of publication: 2017

Source: Haley & Aldrich

Companies have to shift their focus from going after a "traditional, generic safety culture" that is only intended to demonstrate regulatory compliance. Instead, they should nurture a culture based on risk competence, with a "synchronized risk picture" across all levels.



It further outlines five effective ways to create a risk-competent culture:

1. Safety is everyone's job and everyone needs to feel empowered and committed to creating a safe workplace. This involves creating an atmosphere where employees can feel comfortable reporting potential safety problems, the levels of risk they may be undertaking and openly discussing near-miss incidents.
2. Safety is as important as performance. Too often, employees feel pressured to cut corners to meet performance goals. Top management should make it clear that safety equally is as important as production and quality, and that understanding and mitigating the risks associated with production are expected of everyone's job.
3. Create a shared definition of risk. Since different people have different risk tolerances and perceptions of safe operations, each organisation needs to define its own risk tolerance, and ensure that it is shared and understood organisation-wide.
4. Measure what is, not what should be. Instead of measuring risk based on standard work procedures, focus on actual day-to-day tasks, which may need to deviate from standard processes. Find the gaps in "work as imagined" versus "work as completed" to identify hidden risks.
5. Ensure that an in-depth analysis is conducted to get an accurate picture of safety gaps and also consider the severity of incidents. Management should determine how all the data will be measured to help further define the organisation's risk parameters and tolerance and more effectively prioritise those risks.

To read more, click [here](#)

4 Exercise to reduce work-related fatigue among employees: A randomized controlled trial

Date of publication: 2017

Source: Scandinavian Journal of Work, Environment & Health

The negative consequences for employees that experience work-related fatigue includes impaired cognitive functioning, reduced productivity, and health issues such as depression and cardiovascular diseases.

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An Initiative of



The Observatory for WSH Landscape (OWL) is a function of Workplace Safety and Health Institute. OWL aims to observe, analyse and communicate changes in the workforce, workplace and working life to researchers, policy makers and industries in Singapore and Asia.