

HIGHLIGHTS

WSHE BULLETIN



Celebrating SG60 Building Our Singapore Together

In celebration of Singapore's Diamond Jubilee (SG60), HSB launched a special edition EZ-Link card featuring our mascot, SMART bear, set against the iconic Singapore skyline.

The design reflects our contribution in shaping the nation while celebrating the values of unity, resilience, and progress. SG60 marks six decades of nationhood and a time to reflect on our journey of growth and innovation.

For HSB, this occasion highlights our dedication to building not only strong infrastructure but also strong communities. Together, we celebrate our nation's achievements and look forward to a safe, sustainable, and prosperous Singapore.



Workers' Health Coaching



As part of the Total WSH Programme, HSB partnered with Fullerton Health and the WSH Council to organize a series of Health Coaching sessions aimed at strengthening our worker well-being.

These sessions are led by doctors and nutritionists, focused on guiding workers to develop healthier lifestyles, and serves as a follow-up to the earlier health screenings



Our workers got a copy of their health test results and received practical advice on managing chronic conditions, improving nutrition, increasing physical activity, and adopting long term healthy habits.



They were also encouraged to take proactive ownership of their well-being so they can stay strong, attentive, and safe on the job each day.

Understanding chronic diseases and their impact on construction work is especially important. Work on site is physically demanding, requires focus, and often involves operating heavy machinery, tools, and working at heights.



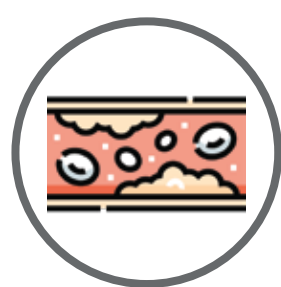
Chronic diseases can directly affect a worker’s ability to perform safely and productively, both directly and indirectly.



High blood pressure can cause dizziness, headaches, or sudden visual problems, which not only raise the risk of heart attack or stroke but also increase the likelihood of incidents on site.



Diabetes can lead to fatigue, blurred vision, or sudden drops in blood sugar, which may cause lapses in concentration or even fainting during work.



High cholesterol, often developing silently without obvious symptoms, increases the risk of heart attack and stroke, posing hidden dangers for workers engaged in strenuous tasks.

On site, we take proactive measures to safeguard workers with chronic conditions. For example, workers with high blood pressure are monitored daily before starting their tasks to ensure they are fit for work. In addition, we assign less strenuous tasks to ensure their safety while maintaining productivity.

At HSB, we believe health and safety go hand in hand. By empowering workers to understand and manage their health conditions, and by encouraging open communication where workers can feel safe to voice their concerns, we continue to prioritize both well-being and safety as the foundation of our work.

PLAY & WIN



1. What topics were covered in the health screening and how does it benefit our workers?
2. How does high blood pressure affect a worker’s ability to work safely?
3. How do we manage workers with chronic health issues on site?

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