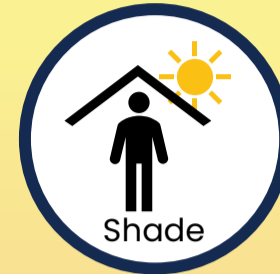


## HEAT STRESS

On 24th October, the Ministry of Manpower announced the “Enhanced Measures to Reduce Heat Stress for Outdoor Workers” with the increase trend of temperature. This implementation is done in consultation with Ministry of Health (MOH)’s Heat Stress Expert Panel. The main concept of the implementation focuses on acclimatise, drink, rest, and shade. Here are some of the implementations that we would like to highlight:



- Workers new to Singapore or returning from prolonged leave of more than a week should gradually increase their daily heat exposure over at least 7 days.
- Identify workers vulnerable to heat stress and make re-deployment arrangements where required.



- Reduce direct sun exposure at rest areas and work areas as far as possible, such as by setting up tentages.



- Rehydrate at least hourly, and drink a recommended intake of 300ml per hour or more depending on the rate of water loss based on work intensity.
- Provide cool or cold drinking water supply near work areas.



- Ensure workers get adequate rest under shade to allow for recovery from heat before restarting work. Rest area to be near work area, where feasible.
- Provide hourly rest breaks of a minimum of 10 minutes for heavy physical work activity when wet bulb globe temperature (WBGT) reaches 32°C or higher. It is recommended to provide longer rest periods as the WBGT increases:

WBGT Value	32 ≤ WBGT (°C) < 33		WBGT (°C) ≥ 33	
	Light Physical Activity	Heavy Physical Activity	Light Physical Activity	Heavy Physical Activity
Frequency, Rest Duration	Hourly, 5 - 10 mins rest	Hourly, 10 mins rest	Hourly, 10 mins rest	Hourly, 15 mins rest



Individually, we should be aware of the tell-tale signs of heat stress. Heat stress is a very serious condition as it may cause damage to vital organs such as the brain, kidney and liver. Here are the symptoms of heat stress:

- Tiredness
- Fainting
- Drowsiness
- Confusion
- Nausea
- Headache

**You should inform your friend or supervisor if you are unwell or experiencing any of these symptoms.**

**If you notice your colleague getting heat stroke, immediately**

				
<b>Move him to a shady or cooler area.</b>	<b>Loosen or remove his clothing.</b>	<b>Apply cool water to his skin and fan him.</b>	<b>Place ice packs under his armpits and groin area.</b>	<b>Quickly call 995 for an ambulance.</b>

## International e-Waste Campaign

In our push for environmental sustainability, HSB is actively participating in e-waste management initiatives. We have collaborated with the Waste Electrical and Electronic Equipment (WEEE) Forum to observe International E-Waste Day on October 14, 2023. The slogan for this year's e-waste campaign is "You can recycle anything with a plug or cable". Over 190 companies took part in the campaign in over 54 countries on 6 continents.

A total of 190 companies worldwide joined forces in this global campaign, spanning across 54 countries on 6 continents. Demonstrating our corporate responsibility, all project sites and our headquarters enthusiastically participated in this initiative by contributing their respective e-waste.



With the collective support and dedication of our staff and workers, HSB successfully recycled a total of 185 kilograms of e-waste in the year 2023. This accomplishment underscores our commitment to responsible waste management and underscores the positive impact achievable through collaborative efforts in addressing the critical issue of electronic waste.

## What can you do as an individual?

### 1. Acquire electrical appliances based on necessity rather than desire.

- A. Start by asking yourself before each purchase: "Do I really need this?".
- B. If the item is indeed something you cannot do without, the next question is if you can reduce your carbon footprint such as the following
  - I. "Do I need a brand new one, or will a second-hand option fulfill my needs?"
  - II. "How often will I use this?"
  - III. "Could I borrow the item from my neighbours?"
  - IV. "Are there reusable options (such as rechargeable batteries) that I can consider?"

There are many ways we can save the Earth; all we need to do is to pause and consider our options to reduce our consumption and carbon footprint



### 2. Repair instead of replace

- A. Rather than discarding a faulty electrical appliance, consider either having it professionally repaired or acquiring the skills to fix it yourself. Engaging in the repair process not only provides a sense of accomplishment but also contributes to both cost savings and environmental preservation.



### 3. Donate your reusable item

- A. You may not have use for the electronic device anymore, but that does not mean it is of no use to others!



### 4. Recycle e-waste in designated bins

- A. If the item is broken and can no longer be repaired or used, it should be recycled. Recycling allows for materials such as gold, silver, copper, and plastics to be recovered and made into new products.

## PLAY AND WIN

1. List 2 implementation on site which aids in preventing heat stress
2. What is this year's e-waste campaign slogan?
3. List 3 ways an individual could reduce e-waste.

**T&C:** Be the first 3 to answer the questions correctly!

Email your answers to [yingying@hwaseng.com.sg](mailto:yingying@hwaseng.com.sg) and stand a chance to win a prize!

## ISSUE #60 WINNERS



1. Sally Tan
2. Jess Chong
3. Kelly Ho

Your prizes will be sent to your specific site

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