

YEAR 2023 RECAP

HSB WSHE PERFORMANCE OF YEAR 2023

In 2023, we have achieved **2,950,470** accident free man-hours,

while in 2022, we achieved **2,212,652** accident free man-hours

In the first half of 2023, the WSH National statistics indicated a total of 6347 workplace injuries. Out of these, 14 were fatal of which 12 were Non-WRTA (Work-Related Traffic Accident) and 308 were major injuries. Of these, 87 were from the Construction with 49 of it classified as Type A incidents which is identified to have a higher risk of fatality.

HSB EHS Performance

	HSB Overall
AFR < 0.46	0.34
ASR < 9.43	19.32

The table below illustrates the data from first half 2021 to first half 2023.

	1H 2021	2H 2021	1H 2022	2H 2022	1H 2023 ^P
Workplace Injuries ¹	6486	6280	6101	6474	6347
Workplace Injuries ^{[N]2}	11271	10915	10444	11322	11222
Fatal	23	14	28	18	14
From WRTA	4	2	4	3	2
From Non-WRTA	19	12	24	15	12
Major Injuries ¹	316	294	298	316	308
Major Injuries ^{[N]2}	316	294	298	316	311
Minor Injuries ¹	6147	5972	5775	6140	6025
Minor Injuries ^{[N]2}	10932	10607	10118	10988	10897
Dangerous Occurrences	7	6	13	14	12
Occupational Diseases (OD)	333	326	332	370	671

Note: Following the amendments to the Work Injury Compensation Act (WICA) which took effect from September 2020, employers need to report all work injuries with any instance of medical leave or light duties. From January 2021, major and minor injury numbers will include injuries with any instance of medical leave or light duties. Numbers presented under this new series are marked with [N].

Below table is a comparison of HSB injury rate against the data from the WSH National Statistics

	1H 2021	2H 2021	1H 2022	2H 2022	1H 2023 ^P	HSB 2023
Workplace Injury Rate ^[N]	683	673	605	614	622	68.8

Through all the challenges, we did manage to get some WSH honors. A total of 8 WSHE awards were received including the maintaining of certification of such as BizSafe Star, Bizsafe Partner, BizSafe Advocate and GGBS Star.

2023 EHS Awards & Certification

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WSH SHARP Award	DE113
WSH SHARP Award	J113
WSH SHARP Award	RC118
WSH Performance Awards (Silver)	
LTA ASAC Award - Construction Safety Excellence Award for Category A, Civil Contracts more than \$50 million	DE113
LTA ASAC Award - Construction Safety Excellence Award for Category 2, Civil Contracts less than \$120 million	DE113
LTA ASAC Award - Good Housekeeping Award	DE113
Singapore Environment Council (SEC) Certification - Eco Office (Elite)	DE160

Let us keep improving in our WSHE journey. One team, One Spirit, Zero Accident.

MENTAL WELLNESS FOR THE NEW YEAR

Welcome to 2024! The new year usually starts with plenty of plannings and meetings as you step into the opening month, let the air of excitement fill your lungs.

While the new year presents us with a fresh start, it can also be a challenging time as we kick-start new tasks for the year. Taking care of one's mental wellness at the workplace is thus crucial. A positive mental state enhances overall job satisfaction and motivation, leading to increased productivity and better work outcomes.

Here are some pointers to manage our mental wellness, reducing the risk of burnout, and ensuring a healthy work environment.

Establish a mindful routine

Incorporate short breaks for deep breathing or quick walks to refresh your mind.

Prioritize tasks and set realistic goals

Break down larger projects into manageable steps to alleviate overwhelm.

Communicate Openly

Share concerns with colleagues or supervisors, fostering a supportive work environment. Remember, taking small, intentional steps can significantly reduce mental stress, promoting a healthier and more balanced work experience.

A mindful routine involves intentionally engaging in daily activities with present-moment awareness. It includes practices like meditation, deep breathing, and conscious focus on tasks. This cultivates a heightened sense of attention, reduces stress, and promotes overall well-being by fostering a deeper connection to the current experience and surroundings.



At HSB, we are prioritizing mental health at work to reflect a commitment to employee welfare, fostering loyalty, and creating a supportive culture that benefits both individuals and the organization in the long run.

Bonus Tip!

Regular exercise is a powerful tool to promote mental wellness. Physical activity releases endorphins, the body's natural mood lifters, which can alleviate symptoms of stress, anxiety, and depression. It enhances cognitive function, improving memory and focus. Exercise also provides a constructive outlet for managing emotions and reducing tension. Additionally, it promotes better sleep, which is crucial for mental health.

All staff are welcomed to our HQ GYM equipped with cardio machines, a diverse range of free weights, and other training equipment. Or join HSB various sports club by contacting the team captains.



Badminton

Every Monday 7pm - 9pm
Smash Arena SG Badminton Hall
Contact **Ao Song**



Football

Check for upcoming matches
Contact **Azry Tay**

HSB Annual WSHE and Innovation Day 2023

TEAMWORK LEADS TO SAFE WORK

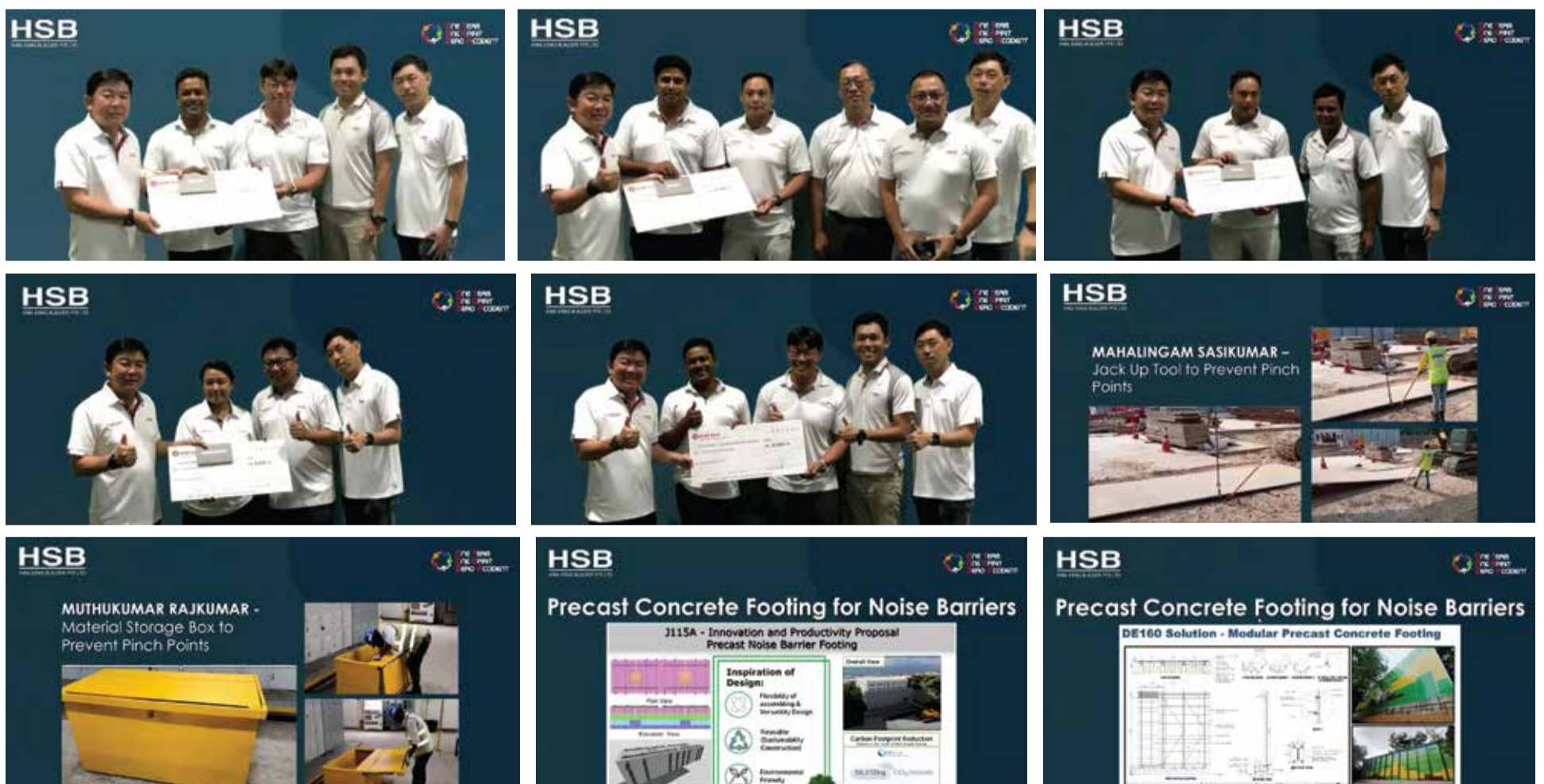
WSHE Day is an opportunity for a company to strengthen its dedication to safety and its achievements. HSB celebrated our Annual WSHE Day 2023 on the 24th Nov 2023. The theme for this year was **“Teamwork Leads to Safe Work”**. The event this year was different from the previous years as our own staff, Mr. Yap Wai Lei and Ms. Sarah, appeared on all of our screens during the virtual event as our emcees. The event kicked off with some fun ice-breaking games, as per the slogan for the year, the nominated participants needed to work in a team to guess the correct answer. Congratulations to our winners!



Our guest speaker, Mr. Yap Chi Ming, from Yakult Singapore, graced the event to deliver a presentation on probiotics and our gut health. Many insightful knowledge on intestinal bacteria and health were shared.



The prize presentation was a highly anticipated segment during our Annual WSHE DAY, during which monetary rewards were distributed to acknowledge the good EHS performances. The Best EHS Performance award was distributed for the Individual, Workers, and Supervisors Category on their excellent work. Prizes for the Innovation and Productivity Award 2023 were also presented to recognise the individuals and groups who contributed solutions in improving workflow. The winners' innovation demonstrated consideration for sustainability in construction, reduction in carbon footprint, and versatile design in terms of flexibility and reusability for other projects.



The event was concluded by our Managing Director, Mr. Thomas Ng, as he delivered a speech extending his congratulations to the winners, while also encouraging all to work as a team to maintain their endeavours towards creating a workplace with zero accidents.

PLAY AND WIN

1. What is the difference between the number of WSHE awards won in 2023 as compared to 2022?
2. What is the theme of WSHE Day 2023?
3. Give one example of Mindful Routine.

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

Email your answers to yingying@hwaseng.com.sg and stand a chance to win a prize!

ISSUE #61 WINNERS



1. Ang Shu Yi
2. Oun Hui Peng
3. Ashley Goh

Your prizes will be sent to your specific site

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