



Issue 53 (December 2016)

SPOTLIGHT

Visiting Expert Series Seminar on "Return-To-Work: What's Next?"



Do you know that one in four injured workers do not return to work following the injury?

This and other findings from a research study conducted by WSH Institute on local injured workers were presented during the Visiting Experts Series Seminar on 18th November 2016. Close to 240 participants attended the event and heard from the academia, industry, and insurance sectors, who shared their views on RTW management.

For more information on the event and access to the presentation slides, click [here](#).

New study on Healthy use of new Display Screen Equipment

WHAT'S TRENDING

An integrated perspective on the future of mobility



A number of social, economic, and technological trends will work together to disrupt mobility, potentially creating three new urban models by 2030.

(Source: McKinsey & Company)

[More...](#)

Relevance: Possible changes in mobility and its knock-on effects present potentially new safety and health concerns that we should be prepared for.

A cool shirt



A team from Stanford University have discovered a fabric that keeps skin 2°C cooler than a cotton T-shirt.

(Source: The Economist)

[More...](#)



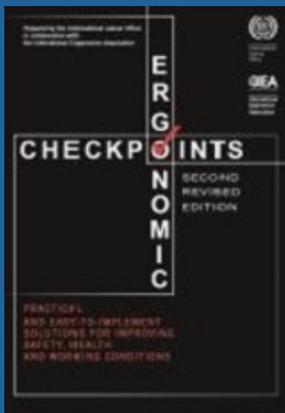
Does using a smartphone or tablet contribute to muscle aches and pains or other problems? There are growing concerns about ‘smartphone thumb’ or ‘tablet wrist’ due to the extensive use of such gadgets – exactly how big is this problem?

WSH Institute is collaborating with IOM Singapore on a study with the aim to find out more on the use of smart devices at work and its implications, so as to develop relevant guidance on their use.

Click [here](#) for more information about this study and how your company can benefit from being part of this study!

Relevance: *This is a useful discovery to those working in hot environments, potentially decreasing the incidence of heat stress.*

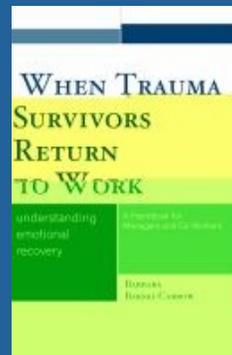
RECOMMENDED READING FROM THE WSH INSTITUTE COLLECTION*



TITLE:
Ergonomic checkpoints: practical and easy-to-implement solutions for improving safety, health and working conditions

AUTHOR:
International Labour Office

AREA OF INTEREST:
Materials storage and handling, Machine safety, Workstation design



TITLE:
When trauma survivors return to work: understanding emotional recovery: a handbook for managers and co-workers

AUTHOR:
Barski-Carrow, Barbara

AREA OF INTEREST:
Post-traumatic stress disorder, Rehabilitation, Victims of crimes, Mental health, Helping behavior

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 Virtual reality for workplace safety in the industrial and manufacturing industry

Date of publication: October 2016

Source: Centric Digital

Experiential learning is recognised as one of the most important methods for imparting knowledge, particularly for physical or crisis-related activities. Hence, virtual reality (VR) is a unique powerful tool that can provide hands-on experience in responding to exceptional circumstances which can be used in training and safety education. The value of VR for workplace safety initiatives is its ability to overcome classic learning problems. Traditional teaching procedures such as 2D written or video material lack realism, while virtual safety training allows workers to directly experience many of the actual sights and sounds of real-life emergencies and learn to respond appropriately to such situations regardless of their emotional reaction. Through VR, workers can gain experience in recognising hazards and responding to crises while remaining physically safe.



Apart from training, VR can aid inspections to be completed more efficiently and effectively by modelling expected conditions, thus allowing problems to be detected earlier.

To read more, click [here](#)

2 Engagement of micro, small and medium-sized enterprises in occupational safety and health “Project know-how”



Date of publication: 2016

Source: Institution of Occupational Safety and Health

This study looks at how small and medium enterprises (SMEs) in the United Kingdom perceive OSH, where they obtain their OSH knowledge, how this knowledge is used in practice, and the enablers and barriers they face.

Findings showed that SMEs acquire OSH knowledge from larger organisations, both formally and informally, across a number of sectors. For those in the construction and logistic sectors, clients are often cited as the source of OSH knowledge.

To communicate and share OSH knowledge, the most common channel used by SMEs is face-to-face verbal communication. SMEs also communicate through formal written communication to cascade OSH information down through the organisation. There are differences in the levels of OSH awareness observed among SMEs and these were influenced by the type of work undertaken and the personal interest of the individuals concerned.

The study also revealed common barriers to acquiring new OSH knowledge. They include:

- Having no perceived need for OSH knowledge as they felt their working practices were already safe

4 extremity musculoskeletal disorders?



Date of publication: 2016
Source: Institute for Work and Health

The prevalence of work-related upper extremity musculoskeletal disorders (MSDs) such as painful conditions and injuries of the muscles, tendons, joints, and nerves that affect the neck, shoulders, elbows, wrists, and hands are common and costly. To tackle this problem, workplaces have implemented a range of interventions ranging from ergonomics training and onsite physiotherapy clinics to workstation adjustments and work re-design.

This study seeks to investigate which interventions are effective in preventing and managing upper extremity MSDs by reviewing 61 studies through a systematic review. The review finds strong evidence of a positive effect in preventing upper extremity MSDs through workplace-based resistance training – exercises that cause the muscles to contract against an external resistance such as dumbbells, rubber exercise tubing, or own body weight etc. There is moderate evidence of a positive effect for stretching exercise programmes (including yoga), vibration feedback on static mouse use and workstation forearm supports. However, the review found moderate evidence of no effect for job stress management training, electromagnetic (EMG) biofeedback training, and workstation adjustments with minimal worker engagement, hence these practices may have no effect on upper extremity MSDs. Given the limited evidence available on the effectiveness of many MSD prevention practices, the study suggests that occupational health and safety practitioners should use their health, safety and ergonomics knowledge and experience when considering the practices and programs best suited to their work contexts..

To read more, click [here](#)

Other Useful Resources

- Preventive effects of safety helmets on traumatic brain injury after work-related falls (*Journal of Environmental Research and Public Health*)
- Delivery and despatch riders' safety and health: A European review of good practice guidelines (*European Agency for Safety and Health at Work*)
- Awareness of occupational skin disease in the service sector (*Occupational Medicine*)
- ACOP: MANAGEMENT AND REMOVAL OF ASBESTOS (*WorkSafe New Zealand*)
- Respirable crystalline silica on construction sites: new European Guidance for Labour Inspectors just launched (*European Agency for Safety and Health at Work*)
- Ten global challenges for social security (*ISSA*)

For enquiries or feedback, please email us at contact@wshi.gov.sg
Visit the *WSH Institute website* for updates on WSH-related matters, information and events.

Vision: A leading Institute for WSH knowledge and innovations.
Mission: Enhancing WSH through knowledge, innovations and solutions.

The information provided here is based on information available at the time when this issue of *OWLlinks* was compiled. The information provided here is not to be construed as implying any liability to any party nor should it be taken to encapsulate all the responsibilities and obligations of the reader of *OWLlinks* under the law. Please note that Workplace Safety and Health Institute will be unable to provide full-text of articles listed in this *OWLlinks* if it contravenes the copyright regulation.

If you wish to update your *OWLlinks* profile, please click [here](#).

If you do not wish to continue receiving the *OWLlinks* by email, please click [here](#) to unsubscribe.

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.