



Issue 48 (July 2016)

SPOTLIGHT

Singapore WSH Conference 2016



Are Workplace Safety and Health (WSH) challenges keeping you awake at night? Wait no more, [sign up for the Singapore WSH Conference 2016](#) themed “Total WSH: The Future of our Workplace” now and learn from international WSH experts how you can prepare for WSH challenges in your future workplace and achieve business success!

WHAT'S TRENDING

Computer Vision Syndrome Affects Millions



Worldwide, up to 70 million workers are at risk for computer vision syndrome, and those numbers are only likely to grow.

(Source: The New York Times)

[More...](#)

Relevance: *With a growing workforce using computers in their daily work, awareness on computer vision syndrome is important to prevent its debilitating effects on health.*

Reduce the “Big Four” Worker Injuries



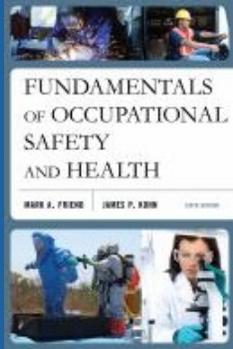
According to the Bureau of Labor Statistics (BLS), nearly 20% of employee fatalities happen in the construction industry. 57% of those are the result of the so-called “Big Four”: falls (35%), electrocution (10%), struck-by incidents (8%), and caught-in and -between injuries (4%).

(Source: Northern Safety)

[More...](#)

Relevance: Lessons that we can learn from the US experience on the top four hazards workers tend to face at construction sites.

RECOMMENDED READING FROM THE WSH INSTITUTE COLLECTION*



TITLE:
Fundamentals of Occupational Safety and Health

AUTHOR:
Friend, Mark A., Kohn, James P

AREA OF INTEREST:
Introduction to occupational safety and health -- Safety legislation -- Accident causation and investigation: theory and application



Please use your QR code scanner to access the recommended reading titles on [Heat Stress](#)

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 Workplace Safety and Health Guidelines: Managing Heat Stress in the Workplace

Date of publication: 2012

Source: Workplace Safety and Health Council

Working in Singapore's hot and humid weather can put workers at an increased risk of heat stress. This set of guidelines introduces the reader to signs and symptoms of heat stress. It also describes the major factors contributing to heat stress in the workplace. They include:

- Personal Worker Factors
- Type/ Nature of Work
- Work Environment

The guide further covers regulations requiring workplaces to conduct risk assessments and take measures to eliminate or reduce risks, such as ensuring that all workers are properly acclimatised to the local weather conditions before they are deployed to operate on the worksite.



To read more, click [here](#)

Wearable devices aim to reduce workplace accidents

2



Date of publication: June 2016
Source: Financial Times

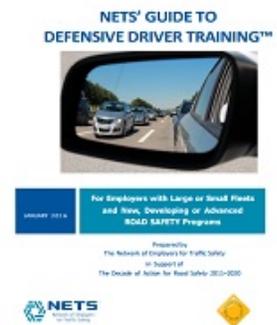
This article looks at how wearable devices can improve safety and reduce workplace accidents. Helmets, watches and visors can be equipped with sensors and connected via mobile or satellite transmission to supervisors and control centres. They can then alert employees to health and environmental hazards, enable 2-way communications, and provide safety training amongst other benefits. While industries with hazardous environments are slowly adopting the use of such wearables, barriers such as the device's battery life and screen size are hindering their wider adoption in the workplace. Additionally, businesses will also need to look into expanding their wireless networks to ensure WiFi connectivity for remote workers, addressing employee privacy concerns, and investing in back-end infrastructures.

To read more, click [here](#)

3 NETS' GUIDE TO DEFENSIVE DRIVER TRAINING™

Date of publication: January 2016
Source: Network of Employers for Traffic Safety

This paper provides guidance on what constitutes an effective and sustainable Defensive Driver Training (DDT) programme. Organisations can use this guide to select defensive driver training providers and to implement a DDT programme that can help improve their drivers' performance and reduce vehicle crashes, injuries, and crash-related costs. It applies primarily to employees who are required to drive using vehicles purchased, leased, or rented for business use. Employers may use this guide as an audit tool to identify gaps and scope for improvement. Finally, it can serve as a benchmark to enable the comparison of defensive driver training programmes across the industry.



To read more, click [here](#)

4 The impact of sleep disruption on complex cognitive tasks: A meta-analysis

Date of publication: September 2015

Source: Human Factors



This review examines how 3 types of sleep disruption – total sleep deprivation, sleep restriction, and circadian cycle - impacts human performance, particularly on complex tasks. 28 papers from scientific and public databases were identified and analysed. The findings reveal that all 3 types of sleep disruption cause workers' performance to decline. Interestingly, performance for simple tasks is more severely affected by sleep disruption than complex ones. The findings also reveal the different impact that sleep disruption has on complex task performance at different times of the day.

To read more, click [here](#)

Other Useful Resources

- Thermal stress, human performance, and physical employment standards ([NRC Research Press](#))
- Protecting Workers from the Effects of Heat ([OSHA](#))
- The Australian Work Exposure Study (AWES): Carcinogen exposures in the construction industry ([Safe Work Australia](#))
- Guide to planning, entering and working safely in confined spaces ([Thames Water](#))
- NETS' Road Safety Recommended Practices ([NETS](#))

OWLlinks is brought to you by Workplace Safety and Health Institute, Singapore. OWLlinks enables leaders and professionals to keep abreast of the latest WSH development and trends from around the world.

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.

