



Issue 51 (October 2016)

SPOTLIGHT

WSH INSTITUTE VISITING EXPERT SERIES

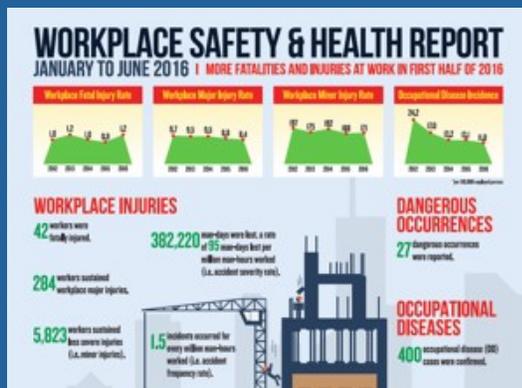
**RETURN TO WORK:
WHAT'S NEXT?**

18 NOVEMBER 2016 | 2.00PM TO 5.30PM
SUNTEC CONVENTION CENTRE
LEVEL 3, ROOM 331



Come and join us at the WSH Institute Visiting Expert Series seminar at Suntec Convention Centre on the afternoon of 18th November. Hear from the academia, WSH Institute and the industry on the challenges faced following a work injury and learn how companies have successfully helped their injured workers return to work.

Seats are limited, click [here](#) for more details of the event and to register!



WHAT'S TRENDING

'Pokemon Go' Technology Is 'So 2011'



(Source: Digital Communities Magazine)

Augmented Reality, the technology that allows smartphone users to find digital characters in the real world has already taken on a practical and serious role in shipyard operations.

[More...](#)

Relevance: *Can ever-changing and dynamic work sites be made safer through this technology's ability to compare digital overlays and reality? Also, will using this technology be a safety concern in itself?*

From flying shuttles to rolling robots, automated supply chains are almost here



(Source: World Economic Forum)

Automation in the world of logistics will create enormous opportunities when it comes to making the flow of goods safer, more efficient and more environmentally friendly. A key concern is cyber risk – the need to ensure that autonomous units cannot be hacked.

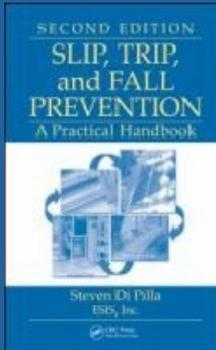
[More...](#)

Relevance: *While embracing new technologies, companies will also need to consider the WSH impact.*

For the full infographic, click [here](#)

Click [here](#) to access the recently published (January - June) 2016 National Statistics on Workplace Safety and Health.

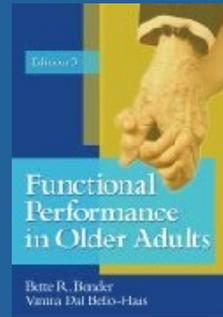
RECOMMENDED READING FROM THE WSH INSTITUTE COLLECTION*



TITLE:
Slip, trip, and fall prevention : a practical handbook

AUTHOR:
Di Pilla, Steven

AREA OF INTEREST:
Accidents, Falls, Industrial safety, Prevention, Rescue work, Safety measures, Scaffolding



TITLE:
Functional performance in older adults

AUTHOR:
Bonder, Bette

AREA OF INTEREST:
Aging, Health and hygiene, Longevity, Older people, Physiology, Psychology

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 A randomized controlled trial of a Return-to-Work Coordinator model of care in a general hospital to facilitate return to work of injured workers

Date of publication: 2016

Source: WORK: A Journal of Prevention, Assessment & Rehabilitation

This randomised controlled trial sought to determine the effectiveness of a Return-to-Work Coordinator (RTWC) model of care in facilitating early RTW for injured workers in Singapore. 160 injured workers were randomly allocated to 2 groups, one with RTW intervention arrangements and one without. Coordinators assigned to the Intervention group proactively worked with employers to develop RTW solutions for the injured workers.

Findings revealed that workers from the Intervention group returned to the workplace 10 days earlier. Furthermore, a higher proportion of workers in the Intervention group returned to modified jobs suitable for the injured.



The study showed that the addition of RTWC in the hospital model of care is effective in facilitating early RTW for injured workers and could be a potential model of care to be adopted for injured workers.

To read more, click [here](#)

2 Tackling the challenges of an aging workforce with the use of wearable technologies and the quantified-self



Date of publication: 2016

Source: DYNA

Employers today face significant challenges with the ageing workforce and increasing number of workers who work past their retirement years. This article looks at these implications and how wearable technologies and quantified-self data can provide opportunities for employers to tackle the challenges of an ageing workforce and to ensure better safety, health and well-being for their employees.

This paper cites several uses of wearable technologies, including:

- Detecting levels of fatigue in workers with a Smart Safety Helmet
- Collecting data on workplace adaptations to compensate for age decline
- Reducing prevalence of chronic diseases through the use of wearables in health promotion programmes
- Facilitating employee's return-to-work through the integration of wearable and ambient sensors for home monitoring while undergoing treatment

To read more, click [here](#)

3 State of science: occupational slips, trips and falls on the same level

Date of publication: 2016

Source: Ergonomics

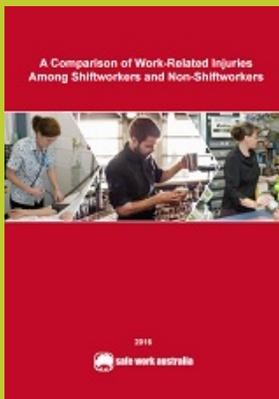
Occupational slips, trips and falls on the same level (STFL) is a major cause of workplace injury worldwide and its prevention requires multi-disciplinary, multi-faceted approaches. This paper outlines the current state of knowledge in understanding the causes of STFL from various perspectives, including epidemiology, biomechanics, psychophysics, tribology, organisational influences and injury prevention.



Despite the progress made in understanding the mechanisms behind STFL, evidence-based prevention practices remains lacking. Also, as STFL typically occurs in a social-technical systems context, a systems approach is needed to bring about its prevention to the next level of progression. More research is also needed to understand the right interventions for STFL prevention, how best to deploy them and their cost and benefits.

To read more, click [here](#)

4 A comparison of work-related injuries among shiftworkers and non-shiftworkers



Date of publication: 2016
Source: Safe Work Australia

A 2013-2014 national survey revealed that the injury rate for shiftworkers in Australia is significantly higher than the injury rate for non-shiftworkers. Although shiftworkers accounted for only 16 percent of hours worked, they made up 30 percent of workers injured. The findings also indicated that shiftworkers who are labourers, community and personal service workers, technicians and trades workers, and professionals; or working in the manufacturing, accommodation and food services, and public administration and safety industries have significantly higher injury rates compared to their non-shiftworker counterparts.

The most common injuries among shiftworkers were sprains, strains or dislocations (33 percent), and chronic joint or muscle conditions (21 percent). However, when compared with non-shiftworkers, shiftworkers accounted for a significantly higher percentage of burn injuries.

With regard to workers' compensation, a significantly higher percentage of shiftworkers did not apply for it as they felt that it was inconvenient or required too much paperwork.

To read more, click [here](#)

Other Useful Resources

- Improving safety climate through a communication and recognition program for construction: A mixed methods study (*Scandinavian Journal of Work*)
- Creating a culture of prevention in occupational safety and health practice (*Safety and Health at Work*)
- Work-related musculoskeletal disorders among physical therapists: A comprehensive narrative review (*International Journal of Occupational Medicine and Environment Health*)
- The Use of Metrics in Process Safety Management (PSM) Facilities (*Occupational Safety and Health Administration*)

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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.

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