



MP's Message



Welcome to the 3rd Issue of Eversafe Academy Journal, our end-of-year bumper issue for December 2022.

As we look back on the year of 2022 for Eversafe Academy, we can say that we have kept true to our Vision, Mission and Values as well as our Philosophy of Holistic Education (Education, Environment & Employability) through rigorous quality implementation of various initiatives and projects across the various departments and the hard work of our high quality trainers, giving our best to ensure we provide the best quality training to students, innovative and quality facilities for learning and training, as well as developing quality academic and professional programmes and courses to meet industry demands and needs for upskilling PMETs and migrant workers.



Milestones in 2022

- ★ Introduction of Holistic Education
- ★ Recognition of Excellence in Teaching and Administration with the EduTrust 4-year Accreditation Award
- ★ Experiential Learning Stations (ELS) in Joo Koon Campus Branch
- ★ 4th Campus Branch at 2 Wan Lee Road
- ★ Launch of monthly EA Journal
- ★ Cashless Payment as part of EA Green Plan

We are always dedicated to offering the best in terms of quality for our learners and clients, with a financial commitment of nearly a million dollars spent towards the successful achievement of all our milestones in 2022.

We are also most glad to offer our Experiential Learning Stations (ELS) comprising of 10 safety simulation learning stations for the worker level construction course, to create high awareness in safety in line with stringent standards in worker safety in construction sites.

Outlook for 2023

Eversafe Academy is dedicated to achieving innovation in learning and continuous improvement in sustaining excellence in quality education and administration for our learners and clients in 2023.

Preview of Committed Projects

- 1. We are planning to improve via phased upgrades our suite of online applications in our Digital Ecosystem, as part of our EA Green Plan, making all our processes and systems 90% paperless.
- 2. Academic Partnerships
- 3. Industrial Attachment Programme
- 4. International Students Committee
- 5. More Innovative and Blended Learning Methods

We hope you enjoy our focus selections for your reading enjoyment in our bumper 3rd issue of Eversafe Academy Journal (December 2022).

HAPPY HOLIDAYS

THANK YOU!

03 www.eversafe.edu.sg

: Our Achievements

ISO 29993 CERTIFICATION

Eversafe Academy has successfully completed the series of surveillance audit (ISO 29993) for courses for the year 2022 and conducted a new course certification audit for the non-CFP courses and is proud to announce that all our SSG-approved courses are accredited with ISO 29993 certification.



EA JOURNAL IN 6 LANGUAGES

With the overwhelming response from our learners and clients on the launch of EA Journal and based on suggestions from our well-wishers, we noted the importance of making our EA Journal available to different language speakers, especially learners who are migrant workers. Eversafe Academy's 3rd Issue (Dec 2022) of EA Journal is now available in 6 languages (English, Mandarin, Malay, Tamil, Bengali and Burmese).





Features & Highlights



PUZZLE WINNERS – NOVEMBER 2022

The winners of the puzzle game released in November 2022 EA Journal



1 Satheesh Kumar



2. Kadiresan Sivakumar



3. Elangovan Vanthiyadevan









GLOBAL LIFELONG LEARNING SUMMIT 2022 (SKILLSFUTURE SINGAPORE - SSG) (1ST TO 2ND NOVEMBER 2022)

MAXIMISING THE SOCIO-ECONOMIC IMPACT OF LIFELONG LEARNING

The inaugural Global Lifelong Learning Summit 2022 was launched by Senior Minister Tharman Shanmugaratnam on 1st November 2022, with a key focus on lifelong learning system designed to ensure progress for everyone, including three core groups of workers and professionals who are at risk of being left behind.

Mr Tharman advocated for the approach of lifelong learning for our workforce "as a means to build collective resilience, in order to withstand present and future crises as a society".

He also emphasised the vigilance on "constant upskilling and reskilling, and regular injects of learning throughout life" as this approach to training the workforce "will become the norm", helping to raise productivity as the basis for improved living standards for the workforce.

The Senior Minister called upon institutions and training providers to anticipate the demand for skills across the whole economy and connect these demands to training content and methods, in turn offering these training courses to people both in the workforce and those looking for jobs to help them develop their careers.

Mr Tharman further shared that the three core groups of workers and professionals who are at risk are blue-collar and non-professional white-collar workers, mid-career workers, and those working in small and medium-sized enterprises (SMEs).

He proposed that "convenient and relevant ways" must be designed to "offer equal opportunities for quality learning for every segment of the workforce" for the blue-collar and non-professional white-collar workers.

The second group of mid-career workers, who have been out of school for a long time and do not have much time on their hands due to other obligations, can be offered innovatively designed courses which allows these adult learners a role in deciding what and how they should learn.

Smaller SMEs can be assisted to develop their own training programmes, so as to increase the range of job options to allow for career advancement within the company for their workers.

Eversafe Academy's Vision, Mission and Values, including "Life-long Learning" is in total alignment with the call for lifelong learning, which was the goal of SkillsFuture Singapore's Global Lifelong Learning Summit 2022, which will further encourage us to provide in-demand and innovative courses for workers and professionals in the years ahead.





Industry News & Trends

SKILLS DEMAND FOR THE FUTURE ECONOMY REPORT (2ND EDITION) (SKILLSFUTURE SINGAPORE (SSG) - 22 NOV 2022)

As announced in the 2nd edition of Skills Demand for the Future Economy Report from national skills agency SkillsFuture Singapore (SSG), which was published on Tuesday (Nov 22), with effect from 1st January 2023, all Singaporeans can undergo specialised training to acquire skills in the digital, green and care industries, through a refreshed series of SkillsFuture courses offered across various training providers, including Eversafe Academy, as well as public and private institutes of higher learning in Singapore.

The Skills Demand for the Future Economy Report aims to help Singapore workers identify "priority skills" and plan their career trajectories. This year's report also detailed potential upskilling and career options specifically for mid-career workers aged 40 to 59 - who make up half of Singapore's resident workforce.

Education Minister Mr Chan Chun Sing, who launched the report at the SkillsFuture Fellowships and Employer Awards Ceremony 2022, said upskilling and reskilling were now increasingly necessary for individuals and businesses to thrive.

"To remain competitive, enterprises have to transform and grow, and that requires new skills and competencies," he said.

"Rather than only seeking to hire individuals from the market to plug these skill gaps, companies can also invest in training their existing pool of workers."

This year's SkillsFuture report grouped priority skills associated with the digital, care and green economies into 18 "emerging domains", ranging from cyber security to green infrastructure to health and wellness.

Aside from the digital, care and green economies, SSG has identified 60 priority skills associated with the increasing adoption of Industry 4.0 (I4.0) technologies and processes, by companies in the manufacturing and related sectors.

Because digitalisation and sustainability are key Industry version 4 (I4.0) themes, there is a "fair degree of overlap" with priority skills linked to the digital and green economies, SSG said.

SkillsFuture Series courses, previously categorised into eight areas, will be reorganised to support these emerging developments.

The courses will continue to be available at different proficiency levels of basic, intermediate and advanced.

Training providers have already rolled out courses in the digital, green and care economies in response to industry trends.

For example, in 2022, institutes of higher learning — which include the six local universities and five local polytechnics — have launched new courses in green skills such as carbon footprint management.

Industry News & Frends

Other new courses include those that provide specialised skills training in areas like green facilities management, sustainable engineering, and environmental sustainability management.

GREEN ECONOMY - IN-DEMAND JOBS

In the green economy, these were jobs the report highlighted as having the highest skills demand growth:

- 1. Architect/architectural associate
- 2. Building supervisor
- 3. Solar photovoltaic project development engineer
- 4. Automation engineer

Jobs with growing skills demand in some emerging domains include food safety specialist and food technologist in the energy, resource circularity and decarbonisation industry.

SSG noted that many existing jobs would require green skills, with companies implementing more environmentally sustainable practices and developing sustainability targets.

DIGITAL ECONOMY

In the digital economy, more job roles and sectors will require skills in e-commerce, digital marketing, artificial intelligence and data and analytics, according to the report.

These are some of the jobs that workers can consider:

- 1. Product development manager
- 2. Customer experience manager
- 3. Data analyst
- 4. E-commerce manager
- 5. Threat analysis manager

MID-CAREER WORKERS

SSG noted that mid-career workers are well-represented across five job scopes:

- 1. Operations and administration
- 2. Sales, marketing and customer service
- 3. Human resource
- 4. Finance and accounting
- 5. Engineering and technology

Mr Chan said the Government was keen to support these workers in job switches - within the same sector or across sectors - by "highlighting possible upskilling pathways and available resources".

Mid-career workers should consider upgrading their skills or learning new ones to either stay versatile within their industries - or seize the chance to move into growth roles, said SSG.

https://www.ssg-wsg.gov.sg/news-and-announcements/second-national-skills-report-published-to-help-singaporeans-plan-their-upskilling.html







WSH TECHNOLOGY - VEHICULAR SAFETY

WSH technology is a key approach to achieve the strategic outcomes outlined in Singapore's WSH 2028 masterplan.

The implementation of suitable WSH technology are listed as below:

- 1. Remove workers from risky activities;
- 2. Improve workers' situational awareness;
- 3. Deter risky behaviors and reduce human error;
- 4. Assess and alert on ill health that may increase risk of work accidents.

Examples of WSH technology that can be used for possible vehicular safety scenarios for WSH are:

WSH TECHNOLOGY

- 1. Advanced Driver Assistance System (ADAS) or Advanced Rider Assistance System (ARAS)
- 2. Driver Status Monitoring System (DSMS)
- 3. Driver or rider behavior monitoring
- 4. Blind spot detection
- 5. 360 degrees' camera
- 6. Proximity sensors

CAN ADDRESS

Vehicular and heavy equipment safety due to

Reckless driving or operation

Blind spot

Traffic management (paths and visibility)

Unsafe driver or rider behavior

Caught in or between objects

Vehicular related accidents is one of the top causes of fatal and major work injuries in Singapore. Many of these vehicular accidents were caused by issues relating to drivers' behavior or the lack of situational awareness.

In worksites, poor traffic management practices such as poor indications and separation of vehicular and pedestrian traffic are also key contributors to vehicular accidents.

A wide range of technology solutions is available to improve vehicular safety. Some of these act as an extra pair of eyes to alert drivers (or riders) of impending dangers or enhance their situational awareness, while others help to monitor drivers' attention and behavior.

By monitoring poor driving patterns such as harsh braking, harsh cornering, harsh acceleration and speeding, vehicular safety technology can also help organisations to design training and incentive schemes to shape better driving habits among drivers.

Source: Ministry of Manpower

https://www.mom.gov.sg/workplace-safety-and-health/wsh-technology







ERGONOMIC RISK IN MOBILE PHONE



Mobile phone habits put us an ergonomic risk. Holding Mobile phone up to the ear for long periods of time can cause problems with elbows, neck and Also, shoulders. texting or using smartphone to create text-dense emails and documents can put excessive stress on fingers/thumbs, shoulders and neck. As this head position angle changes with a forward head posture, there is an increased demand on the muscles attached to the skull, shoulder blades. collar bone, and neck. Here are some of the tips to mitigate ergonomic risks when using Mobile phones:



Keep your head up in a neutral position as much as possible, with your elbows relaxed below your shoulders.



Find a phone that your thumb can reach the opposite corner of the phone comfortably



Make sure you have a hands-free option to remove static and awkward postures when talking on the phone



Avoid excessive gripping on the smartphone to reduce strain on the fingers, thumb and wrist while holding the device



Maintain good posture while using the phone. For every 15 minutes of use, take 2-3 min stretch break



Utilize apps available for voice recognition, abbreviation expansion or word completion to reduce key input associated with texting

Thanks to

Mr. Thanikachalam Rameshkumar Curriculum Developer Eversafe Academy

Motivational Story

There was once a prince which inherited a kingdom after his father died. And, like all kings before him, he had everything in abundance growing up. But now only a couple of months when he was king suddenly trouble began in his kingdom. The drought killed many plants, animals, and people, and the diseases that followed killed even more. And then, when things were getting better an enemy state stormed the kingdom and killed or imprisoned the ones who survived. The young king somehow managed to escape. On his way to his childhood friend, who ruled the neighbouring state our young king contemplated how could all of this happened to him. He was born and bred to be a leader of the most powerful and richest kingdom in all the lands known to his people, but now he has lost everything. He believed that he had bad luck as nothing like this happened to his father or any other king he knew.

However, when our young king finally reached the capital of his friend's kingdom, the guards did not let him in the palace as they did so many times before. They didn't believe that he was a king because of his rags. So, the king had to get a job and earn some money to buy decent clothes before attempting to enter again. When he finally got new clothes he was allowed to appear before his friend. His friend listened to the young king's story carefully and with distress. After thinking a while, he ordered his subjects to give the stateless king a herd of 100 sheep.



Motivational Story

The prince scoffed at this "friendly" attitude. He had hoped for much more. He loathed the very idea of becoming a shepherd. But, he had nothing else, and there was no other way out so he took his friend's offer. Sometime later, while he was grazing his 100 sheep, wolves attacked his herd and killed each and every sheep. While the attack was happening the king just ran away. So now he had to go back to his friend and ask for help once again. This time he was given just 50 sheep. Not long after this herd died once again. So he yet again went back to his friend for help. The 3rd time he was given only 25 sheep. Afraid that this number will be halved in case he loses the 25 sheep as well, the young king started caring about his herd. He paid more attention to the placed he took them, to the conditions they found themselves in. He provided more security by standing guard, and he also talked to them. After a while, he had a herd of 1000 sheep. Delighted, he went to the palace and informed his friend that, in a year, he believes to be able to have twice as many. Happy to hear such great news, his friend embraced him and ordered his subjects to give him a whole state to rule over. The young king, who was by now very disillusioned with his friend and was very doubtful of any friendly relations, asked his friend "Why didn't you give me a state right away if you had one too give?" The king's friend responded.

"Well, since I have seen what has happened with your kingdom I was waiting for you to learn how to manage and lead others. You see, you thought that you were born and bred to be a leader, but the truth was far from it. You may have been born into wealth, prestige, and status of power, but you have never been properly educated and trained to lead your people. **Dear friend, now I believe you are prepared to lead others.**"

MORAL OF THE STORY

- Like the young king's friend said, being born into a position of "power" doesn't make you a leader. You may be in charge or responsible for others but that doesn't mean they will follow you if you do not prove your worth.
- The biggest illusion some have is that you have to be born and bred to be a leader. The truth is not so simple. It takes both. You need to be in a position where you have the authority to make changes from an organization's point of view, but at the same time, you need to do the work and win the hearts and minds of the people.

LEADERS ARE NOT BORN, THEY ARE MADE...

SOURCE: LINKEDIN.COM

Thanks to:

Mr. Rambu Paul Dhinakaran Head - Human Resource



Testimonials - Clients

Endorsement of our Commitment to our Students and Customers

Some of the endorsements and feedback from our valued clients





I really appreciate your Patience and guidance towards the whole sequence of Course Booking.

Last but not least, Keep going and Advance Wishes for your future Endeavours...

CR3 (Singapore) PTE LTD





Testimonials - Students

Endorsement of our Commitment to our Students and Customers

Some of the endorsements and feedback from our valued Students



HENG MIN CHING

This Diploma in Civil
Engineering course is
very hopeful for me
and I realized my
dream, thanks to
Eversafe Academy.



MR. KYAW NAING OO

This Diploma in Civil
Engineering course is
very hopeful for me and I

realized my dream, thanks to Eversafe.



MR. MANICKAM AJITHKUMAR

This learning experience with your Academy is very informative and interesting too.



MR. SUBRAMANIYAN KAMARAJ

SMSE Student
Eversafe training
academy is very good
training center and very
good teaching and very
good experienced trainer





Health Tips & Strategies

Some of us are required to sit for long duration at our desks as part of our work, as well as sometimes bending and lifting heavy loads or driving in a vehicle for long periods throughout the day. These activities may result in some of us experiencing lower back pain at some point of time in life.

Lower back pain may sometimes be relieved with a bit of rest, and the pain usually gets better.

Back pain is a symptom rather than an illness. Your body is telling you that your posture isn't right and thus you need to have some changes done in your lifestyle. We should not neglect back pain, rather we can follow some exercises and life style modifications to reduce and prevent it.



Below are some of the tips to reduce and treat/relieve back pain:

- 1. LEAD AN ACTIVE LIFE, DO REGULAR EXERCISES TO KEEP THE BACK MUSCLES FIT AND FLEXIBLE
- 2. GET ADEQUATE SLEEP
- 3. AVOID PROLONGED HOURS OF SITTING
- 4. KEEP A PROPER DIET AND MAINTAIN A HEALTHY BODY WEIGHT
- 5. MAINTAIN CORRECT POSTURE
- 6. AVOID BENDING TOO OUICKLY
- 7. LIFT LOADS WITH THE CORRECT POSTURE
- 8. SWITCH TO LOW HEELED SHOES
- 9. SLEEPING ON YOUR BACK WITH SMALL PILLOW BELOW BACK AREA
- 10. USE ICE OR HEAT PACKS IF EXPERIENCING BACK PAIN FOR OUICK RELIEF

Fun with Puzzles & Games

Matching Puzzle – Fill in the matching description to the matching hazard signage's. (Created by Richard Sim, Curriculum Developer, Eversafe Academy)

Fill in numbers - Matching Puzzle (3rd edition) - created by Richard Sim







- 1. Gas Under Pressure
- 4. Environmental Toxicity
- 7. Corrosive

- 2. Flammable
- 5. Explosive

8. Oxidizer

3. Irritant

- 6. Carcinogenicity
- 9. Acute Toxicity (Severe)



SCAN QR CODE TO SUBMIT YOUR COMPLETED MATCHING PUZZLE FOR HAZARD SIGNAGES

Please complete the matching puzzle for hazard signages and snap a picture to upload via our QR Code with your details for a chance to win prizes before 1st January 2023.

Prizes

1st \$\$50

2nd S\$40

3rd \$\$30



: Catest EA Courses

1. SOFT SKILL COURSES

The person who finds it difficult to communicate in English and is not able to use a computer is considered to be illiterate in the fast-growing world even though they are educated. To help our migrant workers to upgrade their language (to speak simple English at their worksite) and computer proficiency (learn to use the computer for basic and advanced functions), Eversafe Academy has launched the following courses with the revised lesson plans.



- 1. SPOKEN ENGLISH (BASIC) 15 HRS \$200*
- 2. COMPUTER COURSE (BASIC) 28 HRS \$250*
- 3. COMPUTER COURSE (INTERMEDIATE) 24 HRS \$350*

(* BEFORE 7% GST)

2. TRAIN-THE-TRAINER (T3) LIFTING PLAN (T3LP)

Eversafe Academy developed and launched Train-The-Trainer (T3) Lifting Plan (T3LP) course for all trainers who are teaching or eligible or want to teach the "Supervise Safe Lifting Operation" course in Eversafe Academy on 11/11/2022. 18 trainers are trained so far in T3LP.

3. PRACTICAL INDUCTION ON OPERATING MEWP MACHINES

Eversafe Academy developed and launched the "Practical Induction on Operating MEWP machines" course to familiarize trainers with the machinery used to teach MEWP courses. All trainers who are eligible or want to teach "MEWP courses" in Eversafe Academy are required to attend this mandatory course. It was launched on 24/02/2022. 12 trainers are trained so far to conduct MEWP courses in Eversafe Academy.

Scan QR code to view all our Courses

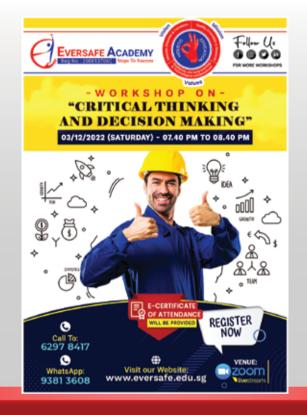




: Opcoming Events

1. WORKSHOP ON CRITICAL THINKING AND DECISION MAKING

To enhance the personality of our ongoing students and prepare them well for their future careers, Eversafe Academy has planned to organize a workshop on "Critical Thinking and Decision Making" on 3 December (Saturday)



Scan QR code to register for the workshop



Upcoming Events

2. ENVIRONMENTAL CLEANING

As part of Corporate Social Responsibilities (CSR) initiative, Eversafe Academy has planned the "Environmental Cleaning" CSR activity on 17 Dec 2022 by inviting 50 volunteers from our Alumni and current students. They will be divided into 5 groups under the guidance of trained Eversafe Academy staff and will help in environmental cleaning in the designated area of Little India.



3. BLOOD DONATION DRIVE

Eversafe Academy in partnership with Red Cross will conduct our second round of "Blood Donation Drive" on 24 Dec 2022 (Saturday) at 2.00 pm to save lives in times of emergencies.



4. SPECIAL CLASSES DURING CHRISTMAS & NEW YEAR HOLIDAYS

To facilitate flexible class scheduling, particularly for adult workers with erratic work schedules, Eversafe Academy organizes Special Classes during the forthcoming public holidays 25th & 26th Dec 2022 and 1st & 2nd Jan 2023.

BOOK NOW!

Scan QR code to register for the Special Classes





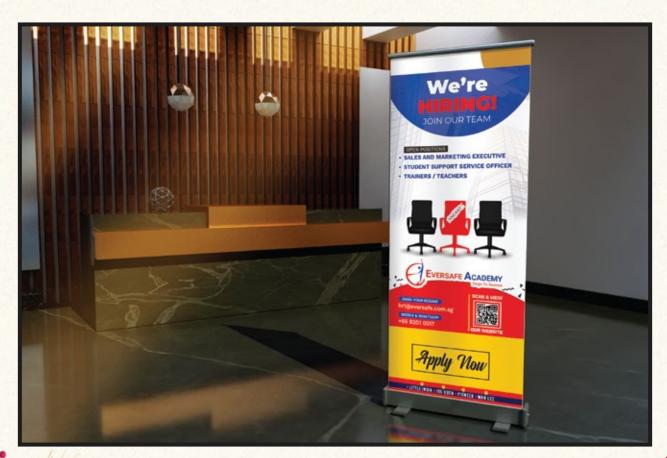




WE'RE HIRING! JOIN OUR TEAM

- SALES AND MARKETING EXECUTIVE 3 PAX
- STUDENT SUPPORT SERVICE OFFICER 2 PAX
- TRAINERS / TEACHERS

EMAIL YOUR RESUME TO: HR1@EVERSAFE.COM.SG



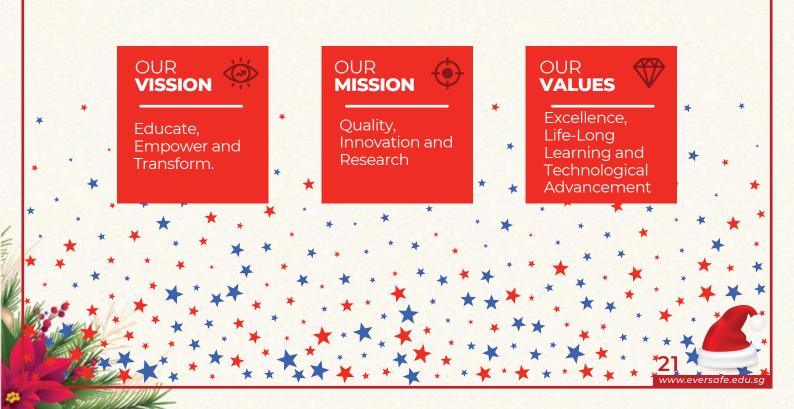
About Eversage Academy

Eversafe Academy is a well-established training institute providing innovative training to meet the needs of the adult learners and PMETs of Singapore and regionally. We are one of the well-known in the WSH sector, with a team of highly experienced and dedicated safety professionals who are trained and capable in the implementation of workplace safety, corporate loss control and regulatory compliance. We have a group of experienced engineers who can assist in the implementation and establishment of various management systems.

We shape the safety skill sets of workers, Supervisors and Managers to ensure that they have adequate knowledge to carry out their works safely. We also organize training for corporate companies.

We provide professional advice and manage a safe workplace for you by providing method statements, risk assessment, safe work procedures and other essential professional consultancy services.

We are also accredited with a 4-year EduTrust Accreditation quality standard mark as part of the recognition of our excellence in quality teaching and student experiences as a registered Private Education Institute.





FOR YOUR VALUABLE TIME

F O L L O W S O C I A L









We hope you enjoyed our 3rd Issue of EA Journal.





Our goal is to provide you with the latest training and education in all aspects of your job.





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EMERGENCY HOTLINE NUMBERS

 POLICE 999 995

FIRE / AMBULANCE

NON EMERGENCY

1777

MOM

SP POWER

NEA

6438 5122 1800 225 5632

1800 778 8888

PUB

1800 225 5782

 COMFORT / CITYCAB

SMRT

6552 1111

6555 8888