



HAPPY
Chinese New Year

Gong Xi Fa Cai

- 2023 -



EA Journal

"A book is a gift you can open again and again."
— Garrison Keillor



Issue #4 - Jan 2023



**ISSUE#1
(NOVEMBER)**



**ISSUE#2
(OCTOBER)**



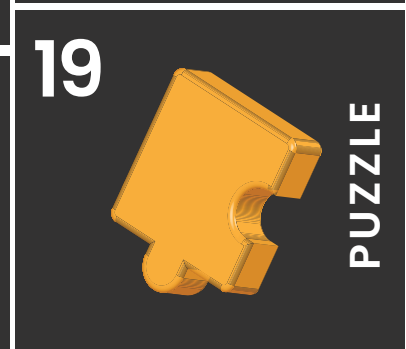
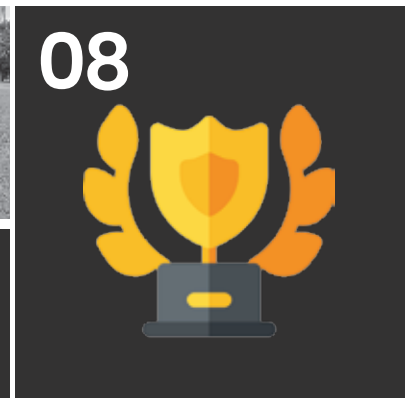
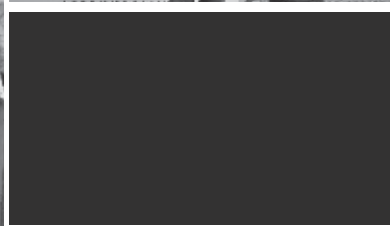
**ISSUE#3
(DECEMBER)**

**TO READ OUR
PREVIOUS JOURNAL ISSUES**

Visit to:
www.eversafe.edu.sg/ea-journal/

**SCAN
TO
VIEW**





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Welcome to our January 2023 edition of Eversafe Academy Journal (4th Issue).

We are immensely heartened by the enjoyment and positive, constructive reviews received from our learning and professional community from our service and provision of 6 languages (**English, Mandarin, Malay, Tamil, Bengali and Burmese**) of the

Eversafe Academy Journal for greater outreach to our multi-cultural learners and professionals. We are also grateful for the volume of articles we have received from our staff and trainers to be curated and shared with our learners and professionals in their upskilling and lifelong journey with us.

We are also preparing for our upcoming Annual Graduation Ceremony 2023 in February for our graduates in 2022. We have 2 major events lined up in 2023 – our 15th year Anniversary Celebration since incorporation of Eversafe Academy in 2008, and another “mystery event” which I shall unveil sometime in 2023, celebrating another tremendous milestone in our service for adult learners across these years.

Our focus and major projects in 2023 in service to our learners will be in the area of “Holistic Education”, which we have started back in 2021. Some of our key areas of development and project towards the achievement of our

“Philosophy of Holistic Education – Education, Environment & Employability” are:

1. Enhanced Quality and Standardisation of our Training Materials and Resources
2. Incorporation of new and innovative learning technologies and blended learning methods in our Training Materials and Resources
3. Improved and Enhanced branch facilities for learners to enjoy a conducive learning environment
4. Enhancement and Upgrading of Classrooms towards “SMART Classrooms” for all branches
5. TQA System to select and screen for higher quality Trainers and Teachers
6. Develop more in-demand (Soft Skills, Engineering, etc) and holistic courses for learner’s upgrading and lifelong learning
7. Adoption and Accreditation Journey of 2 additional global ISO standards –
 - a. ISO 22301:2019 Business Continuity Management (BCM)
 - b. ISO/IEC 27001 Information Security Management Systems (ISMS)
8. Holistic Education engagement through our 2 monthly Corporate Social Responsibilities (CSR) activities

Eversafe Academy is also gearing towards providing more opportunities for international students to benefit from diplomas with industrial attachments to companies in various industries for more professional learning and practical application of knowledge and skills learned in courses. We hope you enjoy our January 2023 edition for your reading enjoyment in our 4th issue of Eversafe Academy. Thank you.



🗨️ Our Eversafe Academy family is most happy to share that we will be celebrating our Crystal Anniversary in 2023. 🗨️



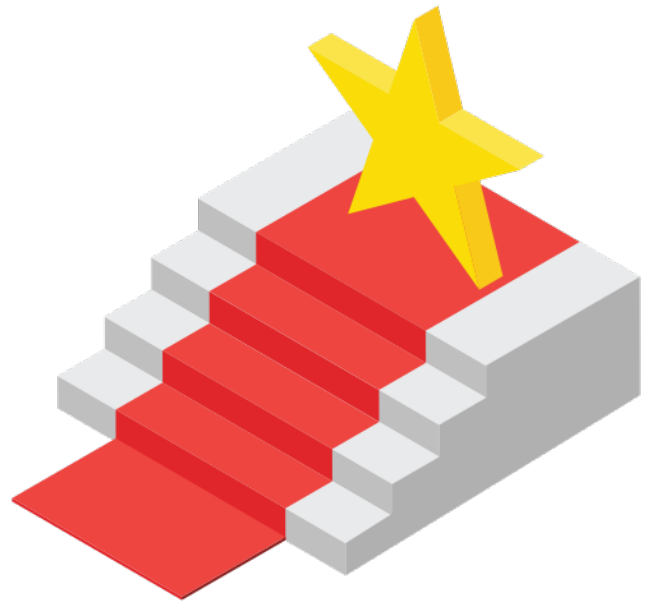
Our
Crystal Anniversary

15th Year

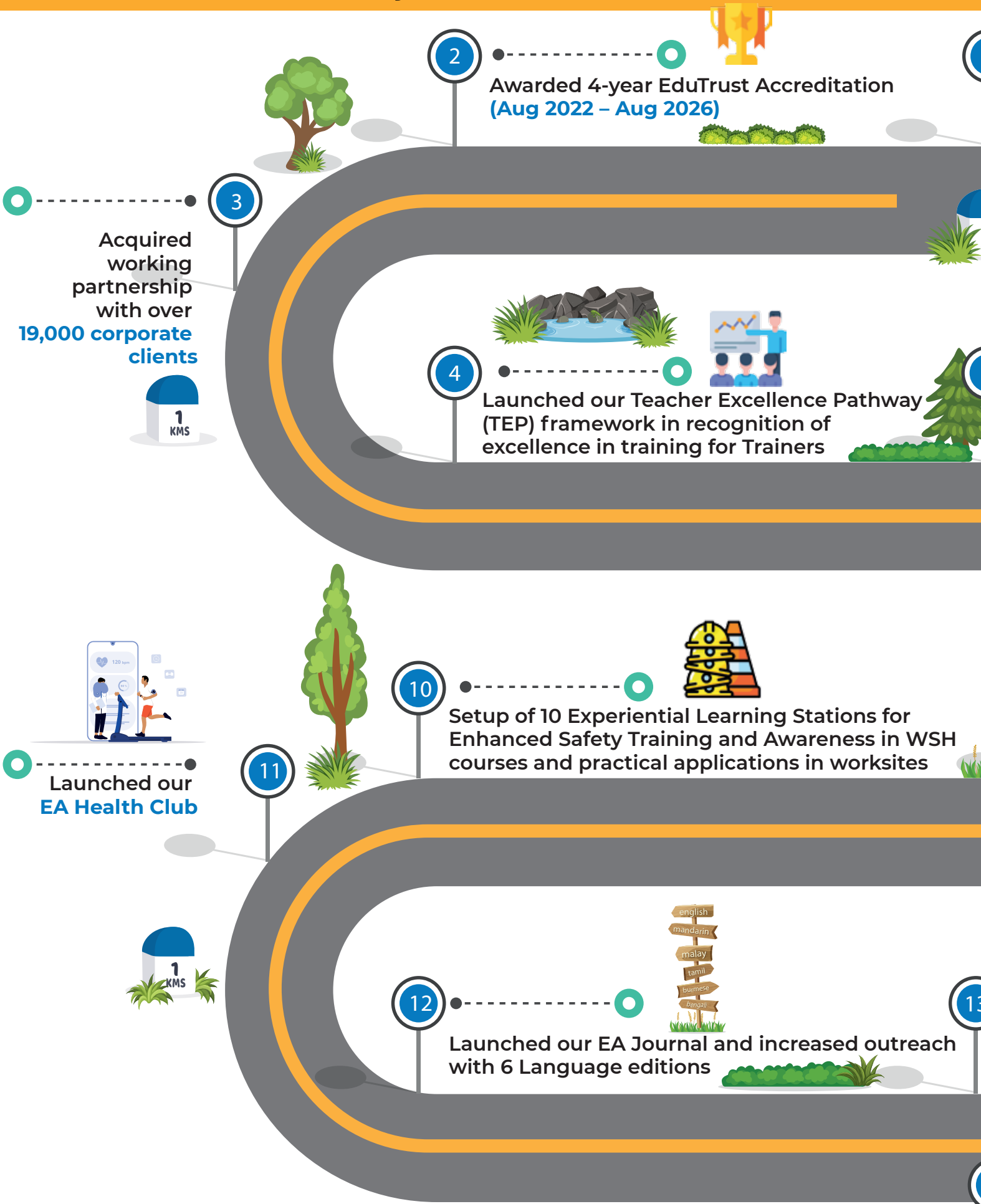
CELEBRATING OUR CRYSTAL ANNIVERSARY

It's been an amazing journey through the years together since 2008.

More good years coming up...



Overview of Major Achievements and Milestones



...nes in 2022

1 Awarded 2 Call For Proposals (CFP) by SSG for selected WSH and MEWP courses



5 Appointed as Accredited Training Organisation for SCDF CERT Training & HMTD (SSG Approved)



6 Expansion and upgrading of classrooms and facilities at our Little India, Pioneer and Joo Koon branches



9 Launched our EA Alumni Programme and Alumni Committee



7 Setup of 4th Training Branch Centre at 2 Wan Lee Road



8 Successfully completed series of surveillance audit (ISO 29993) for courses for 2022 and new course certification audit for non-CFP courses



13 Cashless Payment as part of EA Green Plan



14 Successfully trained and graduated over 625,000 students



More milestones coming up

15 All our SSG-approved courses are accredited with ISO 29993 certification

Puzzle winners

of December 2022



WINNER

Mr. RAVICHANDRAN DHARMASEELAN

Save-A-Life Initiative (SCDF & SHF) – AEDs for Public Service

– Corporate Social Responsibility and Contribution of Eversafe Academy for Emergency Public Service

Installation of 3 Publicly Accessible Automated External Defibrillators (AED)

Eversafe Academy have installed AEDs at all our 3 branches for Public Service and usage in times of emergency first aid for the public. Our 3 AEDs are also on the National Registry for Publicly Accessible AEDs.

The Save-A-Life Initiative is an ambitious undertaking by Singapore Heart Foundation, in collaboration with the Singapore Civil Defence Force, to improve Out-of-Hospital Cardiac Arrest (OHCA) survival rates.



Little India



Joo Koon



Wan Lee

Features & Highlights

We have conducted a workshop on
“Critical Thinking and Decision Making”



on 3-Dec-2022



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

We organized an

“Environmental Cleaning”



17-Dec-2022

As part of Corporate Social Responsibilities (CSR) initiative, Eversafe Academy conducted our “Environmental Cleaning” CSR activity on 17 Dec 2022 with our invited volunteers from our Alumni and current students and helped in environmental cleaning in the designated area of Little India.



CSR ACTIVITY

Features & Highlights

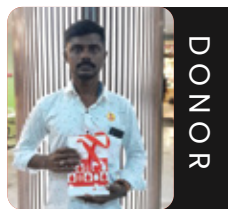


Eversafe Academy participated in a free CSR activity of a Cricket Tournament for migrated workers staying in Westlite Accommodation, a well-established workers' dormitory.

Eversafe Academy sponsored the prize money for the winner and gifts for the tournament.



Eversafe Academy in partnership with Red Cross has successfully conducted our second round of "Blood Donation Drive" on 27 Dec 2022 (Tuesday) with invited students to contribute in saving lives in times of emergencies.



DONOR

Mr. Innasimuthu Sahayaraj



DONOR

Mr. Shanmuganathan Aswinkumar



DONOR

Mr. Kannusamy Elangovan

WSH TECHNOLOGY – CONSTRUCTION AND FACILITIES MANAGEMENT

WSH technology is a key enabler to achieving strategic outcomes in WSH 2028.

The deployment of suitable WSH technology can:

- remove workers from risky activities;
- improve workers' situational awareness;
- deter risky behaviors and reduce human error;
- assess and alert on ill health that may increase the risk of work accidents.

• FOR CONSTRUCTION AND FACILITIES MANAGEMENT SAFETY

WSH TECHNOLOGY	CAN ADDRESS
<ul style="list-style-type: none"> •ELECTRONIC PERMIT-TO-WORK (E-PTW) •BUILDING FAÇADE INSPECTIONS USING DRONES 	<ul style="list-style-type: none"> •SLIPS, TRIPS AND FALLS •FALLS FROM HEIGHT •STRUCK BY FALLING OBJECT •STRUCK BY MOVING OBJECT

• FOR WORKFORCE HEALTH

WSH TECHNOLOGY	CAN ADDRESS
<ul style="list-style-type: none"> •DIGITAL WEARABLES FOR REAL-TIME HEALTH MONITORING •NOISE AND HEAT STRESS SENSORS 	<ul style="list-style-type: none"> •MUSCULOSKELETAL DISORDERS (MSDS) •NOISE INDUCED DEAFNESS (NID) •FATIGUE •HEAT STRESS •WORKER'S HEALTH OR CHRONIC CONDITIONS AFFECTING SAFETY

Source: Ministry of Manpower
<https://www.mom.gov.sg/workplace-safety-and-health/wsh-technology>



ELECTRONIC PERMIT-TO-WORK (E-PTW)

Permit to Work (PTW) is a formal authorisation system used in an organisation to control selected high-risk work activities to ensure safe execution of work onsite. It is widely used in various industries, including the construction industry, and involves at least 3 levels of checks and traditional paperwork.

WSH TECHNOLOGY – CONSTRUCTION AND FACILITIES MANAGEMENT

The e-PTW system can record procedures for requesting, reviewing, authorising, documenting, and deconflicting tasks and then visualise the data, allowing managers to quickly verify that workers have the appropriate authorisation to carry out tasks. The e-PTW replaces paper filing of PTW with a centralised digital management system, allowing your organisation to submit, track and monitor PTW applications digitally via mobile apps and browsers.

Benefits of e-PTW over traditional paper-based

1. Improve coordination and efficiency through real-time notifications.
2. Better traceability and accountability of PTW with an audit trail.
3. Easy identification of incompatible works.
4. Full visibility of PTWs via dashboards.
5. Remove need to rewrite documents when PTW needs to be extended or re-issued.

Building façade inspection using:

The Periodic Facade Inspection (PFI) regime was introduced in 2020 by the Building and Construction Authority (BCA) to enhance the maintenance of building facades for public safety. Benefits of using drones for inspection:

Greatly reducing fall from height risks

- 1. Easier and safer to inspect difficult-to-access areas for buildings with complex design**
- 2. Less time is taken to do an inspection**
- 3. Lower cost of inspection**
- 4. Reduce reliance on manpower**

NOISE HAZARD :

Noise is one of the most common physical hazards present in the workplace. Depending on the frequency, amplitude (volume) and duration of exposure, hearing protection may be required. Inadequate hearing protection or prolonged exposure to noise can result in either temporary or permanent hearing loss. Machinery and equipment are the most likely sources of hazardous noise in the workplace.

Noise is a prevalent health hazard in the workplace. Prolonged exposure to excessive noise can cause noise-induced hearing loss or noise-induced deafness (NID). NID refers to a permanent loss of hearing sensitivity which leads to communication difficulties and can have a severe impact on the quality of life. Identification of noise hazards in a workplace enables employers to identify employees who may be exposed to excessive noise so that their exposures can be assessed. Hazard identification should involve the participation of the affected employees and those who understand the works, operations or processes and have knowledge of the work situation.

Noise controls are the first line of defence against excessive noise exposure. The use of these controls should aim to reduce hazardous exposure to the point where the risk of hearing is eliminated or minimized. With the reduction of even a few decibels, the hazard to hearing is reduced, communication is improved, and noise-related annoyance is reduced.

Control or reduction of noise can be carried out:

- **At the source;**
- **Along the path; and**
- **At the receiver.**

The best approach to control noise is to eliminate or reduce the hazard at its source. If the noise cannot be controlled at its source, attempts should be made to control it along the path to which it travels. As a last resort, the noise control problem may be approached at the receivers or exposed persons.



Mr. Thanikachalam Rameshkumar
Curriculum Developer
Eversafe Academy

REDUCE YOUR PLASTIC WASTE :

The plastics's invasion of the planet is a reality. Just remember that the plastic waste island floating in the Pacific Ocean now measures 1.6 million km². If we want to save the planet, the time has come for each and every one of us to take action. Plastic has become a constant element in our lives. It's everywhere: product packaging, cosmetic ingredients, textiles, mobile phones, etc. Its omnipresence is such that many would find the mere fact of giving it up a difficult task. Reducing the consumption of plastics therefore requires not only a change in habits, but also a change of mindset.



PLASTICS, A GLOBAL PROBLEM :

Reality is plastics are now a serious problem for the planet is proved by the fact that more governments are proposing measures to reduce their impact on the environment. In July 2021, Europe banned the sale of Single Use Plastic Products (SUPP) such as drinking straws, cutlery or cotton buds. To put the magnitude of the problem into context, let's review some objective data:

- Every year, 500 billion plastic bottles are produced worldwide.
- Plastic in the ocean is already more than 150 million tons of waste.
- By 2050, plastics could contain more than fish.
- Each year around eight million tons of plastic ends up in our seas and oceans.

While on the subject of single-use plastics, which account for half of the plastic we use each year, they have an average useful life of 12 to 15 minutes and yet can take up to 500 years to disappear, according to Life Out Of Plastic (LOOP). The good news is that it is in our hands, as consumers, to turn this situation around. We have the power to make manufacturers change the way they produce. How? by changing the way we consume.

How long does it take for single use plastics to Biodegrade.

- Plastic bottle – 500 Years
- Plastic bag – 400 Years
- Drinking straw – 200 Years
- Toothbrush – 500 Years
- Plastic cup – 100 Years
- Plastic cutlery – 400 Years

USEFUL TIPS FOR REDUCING PLASTICS CONSUMPTION :

Avoid single-use plastics such as drinking straws

Single-use plastics, such as plates and cutlery made from this material, make our lives easier, but seriously harm the planet. These types of products have viable alternatives.

If you go shopping, remember to take a cloth bag:

We go to the supermarket at least once a week to fill up our fridges. If every time we go we use reusable bags the health of our planet will improve. From now on remember to take yours when leaving the house.

Buy more bulk food and fewer packaged products:

Disposable containers are inundating supermarkets (polystyrene trays, PET bottles, plastic containers, etc.). But there is an alternative: more and more establishments are offering the possibility to buy in bulk.

Replace plastic Tupperware for glass or steel containers:

Tupperware container is part of your day. Suggest you change your routine and opt for glass or stainless-steel containers. Not only will the planet appreciate it, so will your health because some of these plastic containers can release harmful substances.



Make those around you aware of the importance of reducing the consumption of plastic:

In addition to reducing your consumption of plastic, you manage to get your family, friends and co-workers to do the same by setting an example, the impact of your actions for the good of the planet will increase exponentially.



Pay attention and put your plastic waste in the correct recycling container
Our lifestyle sometimes prevents us from paying attention to details. Therefore, when it comes to recycling plastic waste it can end up in the wrong container. Before throwing your waste away, think where each item has to go. Choose to reuse and give some of the packaging a new purpose
If you have no choice but to buy a plastic bottle or a plastic container at the supermarket, reuse it instead of throwing it away. A bottle can be filled up as many times as you like and containers can be used to store other food.

A Mother's Positive Word Made a Maestro:

One day Thomas Edison came home and gave a paper to his mother. He told her, "My teacher gave this paper to me and told me to only give it to my mother."

His mother's eyes were tearful as she read the letter out loud to her child: Your son is a genius. This school is too small for him and doesn't have enough good teachers for training him. Please teach him yourself.

After many, many years, after Edison's mother died and he was now one of the greatest inventors of the century, one day he was looking through old family things. Suddenly he saw a folded paper in the corner of a drawer in a desk. He took it and opened it up. On the paper was written: Your son is addled [mentally ill]. We won't let him come to school any more.

Edison cried for hours and then he wrote in his diary: "Thomas Alva Edison was an addled child that, by a hero mother, became the genius of the century."

MORAL OF THE STORY

*A POSITIVE WORD OF ENCOURAGEMENT
CAN HELP CHANGE ANYONE'S DESTINY.*



Source : LinkedIn

 **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



SRPC Engineering Pte. Ltd

“ The Service from Eversafe Academy is Excellent and friendly. You are so responsible towards your work. You reply to us promptly at any time. Thank you so much for your kind support. Wish to continue your service with our Company. ”



CHIA HOCK TRADING CO PTE LTD

“ We are very satisfied with the services provided and the way we are guided both technically and administratively is very effective. Our candidate also feels comfortable and has got the knowledge you have shared with him. ”



TECHNIQUES AIR-CONDITIONING & ENGINEERING PTE LTD

“ I am impressed with your prompt responsive to our past course registration and enquiries. Keep it up. ”



ONCOD PTE. LTD

“ I am really happy of your customer service that I received from you. It is so prompt and efficient. ”



☰ Testimonials – Students

Endorsement of our Commitment to our Students and Customers

Some of the endorsements and feedback from our valued Students

Kelvin Loh Boon Kiat (DCE Student)

“ Eversafe Academy answered all of my inquiries patiently. The staff is incredibly knowledgeable and friendly. She made the registration process simple and understandable for me, shared useful information, and even offered advice about my education that was helpful to me. ”



Muthu Navaneethakrishnan (DCE Student)

“ Thanks to the trainer, good communication, He is a very good tutor allows timing for all the doubts and cleared all the doubts during classes and after course hours. ”

Md Jenim (SMSE Student)

“ Smse pei batch 32, sir everything is ok, already finish 4 Sunday class, i want to said thanks eversafe because of your teacher, they teach students very very well, easily we understand, and learn, thanks ”



Mr. Ravikumar (DEE Student)

“ Thanks for the kind guidance and directions on my DEE course and allowing me to have the opportunity for deferment on my course of Study ”



FLAT TUMMY INFUSION BEVERAGE

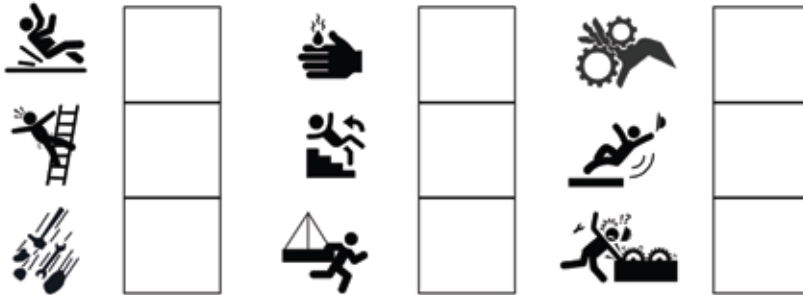
- ❑ 6 Cups of filtered water
- ❑ 1 Tbsp of grated ginger
- ❑ 1 Cucumber (sliced)
- ❑ 1 Lemon (sliced)
- ❑ 1/3 Cup Mint leaves



Let the mixture infuse overnight, drink the healthy infused beverage the next day!



Fill in Numbers - Matching Puzzle (4th Edition) - created by Richard Sim



- | | | |
|------------------------------------|----------------------------------|------------------------------|
| 1. Floor/level surfaces | 4. Cuts/stabs from machine parts | 7. Hot scalding liquid |
| 2. Falls from Stair/steps | 5. Falls from ladders | 8. Struck by moving objects |
| 3. Caught in/between machine parts | 6. Falls from structures | 9. Struck by falling objects |



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

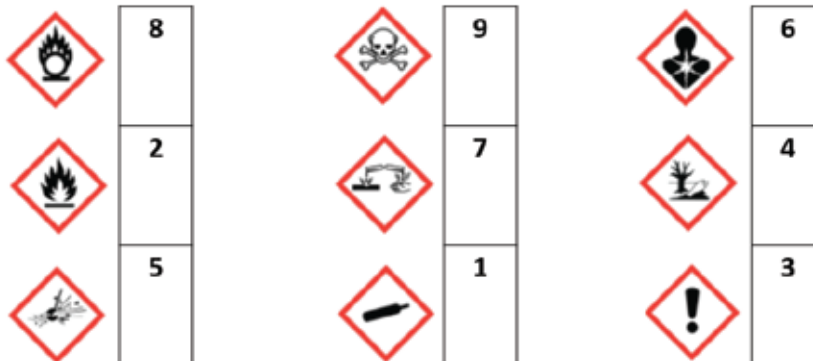
Please complete the matching puzzle for hazard signages and snap a picture to upload via our QR Code with your details for a chance to win prizes before 1st February 2023.

Prizes

- 1st **\$\$50**
- 2nd **\$\$40**
- 3rd **\$\$30**

Answer Key for December 2022 EA Journal Matching Puzzle (3rd Edition)

Fill in Numbers – Matching Puzzle Answer (3rd Edition)



- | | | |
|-----------------------|---------------------------|----------------------------|
| 1. Gas under pressure | 4. Environmental toxicity | 7. Corrosive |
| 2. Flammable | 5. Explosive | 8. Oxidizer |
| 3. Irritant | 6. Carcinogenicity | 9. Acute toxicity (severe) |

Train The Trainer – T3 Courses



This course is mainly focused towards training newly recruited trainers in our training and blended learning methodologies as well as best practices in training.



☰ Upcoming Events

1. SPECIAL CLASSES DURING CHINESE NEW YEAR HOLIDAYS

To facilitate flexible class scheduling, particularly for adult learners with unpredictable work schedules, Eversafe Academy has organized Special Classes during the forthcoming public holidays **22nd, 23rd and 24th January 2023.**



BOOK NOW!

Corporate Social Responsibility (CSR) Activities by Eversafe Academy

1. VISIT TO OLD-AGED HOME (28TH JANUARY 2023)

Eversafe Academy staff and students will be visiting one of the Old-Aged Homes to provide our staff and students to perform and interact with the elderly, giving joy and learning from their life experiences.



2. FREE BASIC COMPUTER CLASSES FOR MIGRANT WORKERS WILL BE CONDUCTED ON THE SCHEDULED DATES:

- Saturday 14 January 2023
- Saturday 21 January 2023
- Saturday 28 January 2023
- Sunday 5 February 2023
- Sunday 12 February 2023
- Sunday 19 February 2023

TIME : 6PM TO 9.45 PM | LOCATION : JOO KOON BRANCH

📍 2 Joo Koon Road, Singapore 628966

Contact No.: +65 6898 2917

Email Address: training@eversafe.com.sg

BOOK YOUR SEATS. LIMITED SEATS ONLY!

Current students and migrant workers who would like to attend this free computer class can register with their email address and contact numbers.

≡ About Eversafe 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.

OUR **VISION**



Educate,
Empower and
Transform.

OUR **MISSION**



Quality,
Innovation and
Research

OUR **VALUES**




Excellence,
Life-Long
Learning and
Technological
Advancement

thank you!

FOR YOUR VALUABLE TIME

F O L L O W U S O N S O C I A L M E D I A



We hope you
enjoyed our
4th Issue of
EA Journal.





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Steps To Success



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No.2,
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Singapore 628966



No.2,
Wan Lee Road,
Singapore 627934



EMERGENCY HOTLINE NUMBERS

- POLICE 999
- FIRE / AMBULANCE 995
- NON EMERGENCY 1777

- MOM 6438 5122
- NEA 1800 225 5632
- SP POWER 1800 778 8888

- PUB 1800 225 5782
- COMFORT 6552 1111
- / CITYCAB
- SMRT 6555 8888