



**EVERSAFE ACADEMY**  
Steps To Success



# EA JOURNAL

Issue#5 Feb 2023

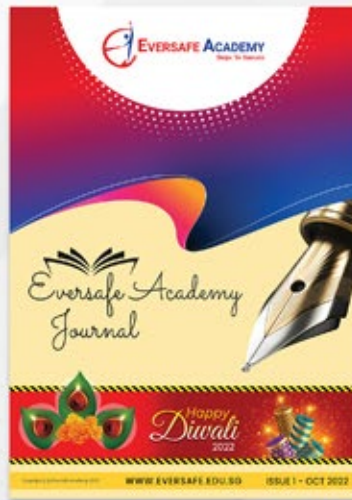


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[TRAINING@EVERSAFE.COM.SG](mailto:TRAINING@EVERSAFE.COM.SG)

**EA\_JOURNAL**  
**ISSUE#1 (OCT\_22)**



**EA\_JOURNAL**  
**ISSUE#2 (NOV\_22)**



**EA\_JOURNAL**  
**ISSUE#3 (DEC\_22)**



**EA\_JOURNAL**  
**ISSUE#4 (JAN\_23)**



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**SCAN TO VIEW**



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CORPORATE SOCIAL RESPONSIBILITY  
- CSR EVENTS



OUR TRAINERS



UPCOMING EVENTS



JOIN US



ABOUT EVERS SAFE ACADEMY

## WELCOME to the 5<sup>th</sup> Issue of Eversafe Academy Journal for February 2023

“

"The education system must pay attention to those who have already graduated and retrain about half a million adult learners each year, said Education Minister Chan Chun Sing" - The Straits Times Education Forum 2022 (in partnership with SMU)

”



We at Eversafe Academy have been actively graduating and providing professional training for adult learners since the year 2008. We are in a good position to take up the call for action by our Education Minister Mr Chan Chun Sing, to conscientiously provide our quality training services and professional programmes and courses towards "retraining about half a million adult learners each year" annual national goal announced in 2022.

We are most pleased to share that our team of dedicated trainers and staff have successfully completed the annual series of Chinese New Year Special Classes for migrant workers and PMETs across the long public holiday period in January 2023 at all our 4 training branches. This annual event is specially designed primarily for migrant workers and PMETs to make full use of the long stretch of public holidays to up-skill themselves, as a key part of providing Holistic Education for adult learners. In our constant commitment to Corporate Social Responsibility (CSR) service by Eversafe Academy for the migrant worker community, we have started offering a FREE Spoken English Class series (5-day, 15 hours course) for migrant workers, and we are most pleased to share that there was a high demand for this series of FREE classes.

We are also glad to offer and have received registration requests for the FREE Spoken English Class series from our graduating students of Level B courses, which further reinforces our commitment to Corporate Social Responsibility (CSR) services for our adult learners. Additional plans are in place to also offer more CSR services for our adult learners and migrant worker community through empowering and enrichment courses like CV/Resume Preparation and soft skills classes (communication skills, etc)

We have also started plans for 2 dedicated projects of quality accreditation towards the achievement of Service Excellence and Human Capital Development for our staff via the organisation-wide implementation of the adoption of International Standard ISO/IEC 27001:2022 - Information Security Management Systems (ISMS) and ISO 22301:2019 - Business Continuity Management System (BCMS) for all our systems and processes. These 2 projects will also be a strong validation of 4 of our key Values "Quality, Excellence, Life-long Learning & Technological Advancement".

We are also most pleased to announce our winner for the "2022 Best Trainer" Award, identified and recognised via the consistent and high quality professional training demonstrated throughout the year of 2022 - Mr Chandra Segar.

I am also most privileged to have brought our team of volunteer staff to the SUNLOVE HOME for senior residents and we also arranged a small contribution of a Chinese New Year celebratory lunch with mandarin oranges for all the senior residents, as a gesture of festive celebration with the elderly.

My staff and I were also humbled by the highly meaningful time spent with the senior residents while helping to serve the festive lunch. We had inspiring interactions and conversations with the senior residents, making us more committed in our belief to plan to contribute more for the elderly.

We are now motivated to plan more activities throughout the year as part of our Corporate Social Responsibility and Holistic Education, to encourage more staff and learners to take some time to interact and visit the elderly or those less fortunate, as part of our contribution to society.

We hope you enjoy our February 2023 edition for your reading enjoyment of our 5th Issue of our EA Journal.



**SUNLOVE HOME**



# Our Achievements

**WE HAVE**  
Successfully  
Trained & Graduated  
OVER **630,312 +**  
*Students.*



## ★ Features & Highlights

### PUZZLE WINNERS OF JANUARY 2023

1st Winner

Ravichandran  
Dharmaseelan



2nd Winner

Sathaiah  
Maheswaran



## CNY 2023 SPECIAL CLASSES

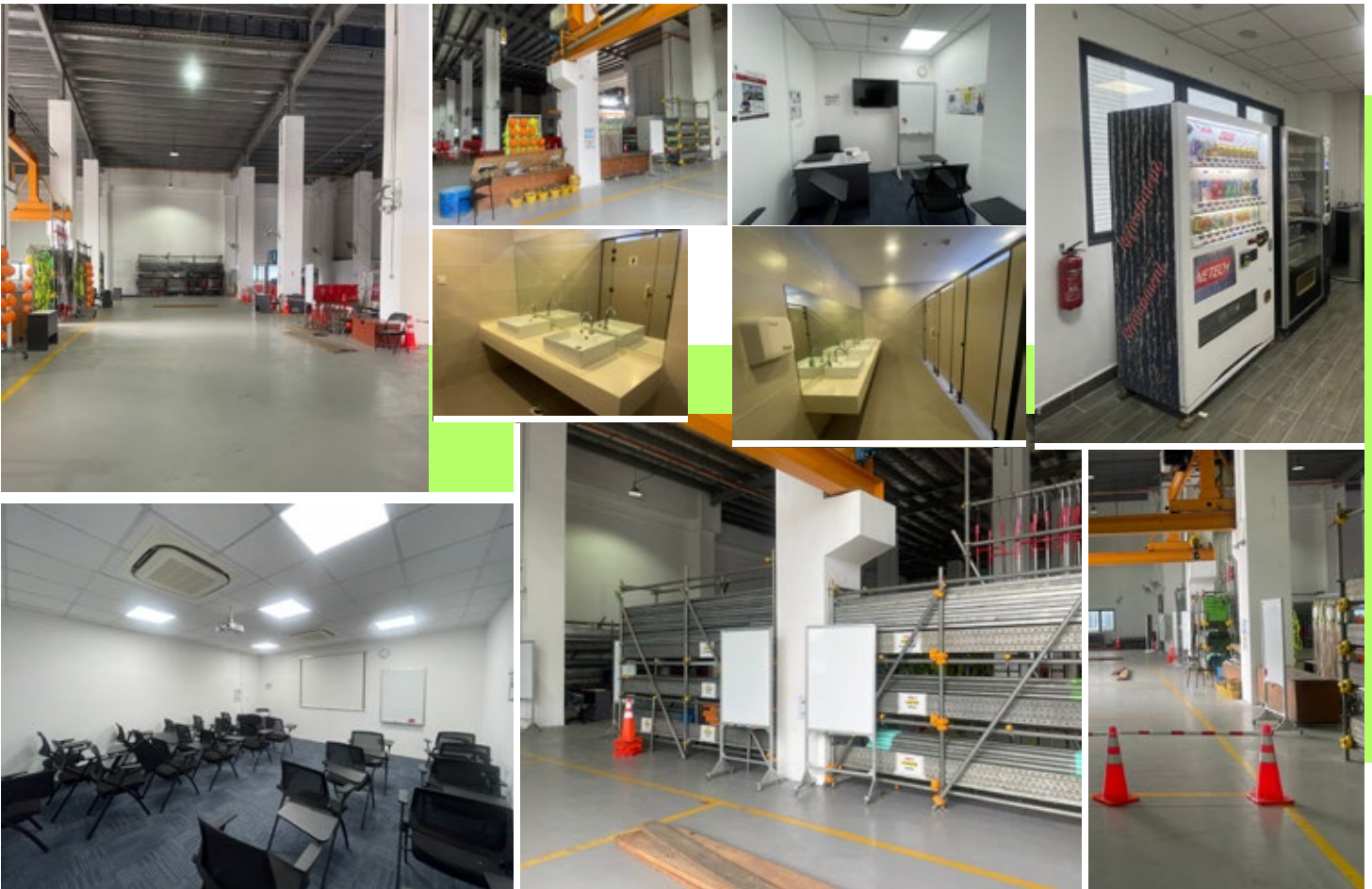
Eversafe Academy organized special classes at all our 4 training branches during the **Chinese New Year** period primarily for migrant workers and other PMETs to make full use of the long stretch of public holidays to upskill themselves, as a key part of our Holistic Education philosophy for adult learners.

We are most glad to share that the signup rate from these learners for these CNY classes have been high, empowering them to enrich themselves with key skills and knowledge for their personal and professional career progression.



## EXPANSION OF TRAINING FACILITIES AT OUR 4TH TRAINING BRANCH (2 WAN LEE ROAD)

We have expanded the training facilities at our Wan Lee branch by adding 15 newly renovated classrooms and 12 practical areas for the various WSH professional courses to cater to the demand for up-skilling and upgrading PMETs and migrant workers.



## ERRATA FOR 4<sup>TH</sup> ISSUE EA JOURNAL (JAN 2023)

Eversafe Academy has the privilege of co-organizing with Westlite Accommodation, a well-established Workers Dormitory, a CSR Activity of Cricket Tournament for migrant workers on Sunday 18 December 2022, in celebration of International Migrant's Day. The First Prize money and all participating prizes were co-sponsored by Eversafe Academy and Westlite Accommodation.



## WSH TECHNOLOGY – WORKFORCE HEALTH:

### WSH Technology

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 behaviours and reduce human error
- ▶ Assess and alert on ill health that may increase the risk of work accidents

### FOR WORKFORCE HEALTH:

#### WSH technology

Digital wearables for real-time health monitoring.  
Noise and heat stress sensors

#### Can address

Musculoskeletal disorders (MSDs)  
Noise induced deafness (NID)  
Fatigue  
Heat stress  
Worker's health or chronic conditions affecting safety





## Digital wearables for real-time health monitoring:

Digital wearable devices provide employers and employees real-time tracking of critical health and wellness information. It can monitor health indicators such as fatigue and heat stress, and alert affected parties of anomalies to avoid safety incidents. Common data collected include sleeping hours, heart rate variability (HRV), heart rate (HR), maximal oxygen consumption (VO2 max) and oxygen saturation (SpO2).

Some wearables detect biomechanics and alert workers when they are adopting unsafe postures such as improper bending, over-reaching, twisting, or prolonged exposure to body vibration transmitted from work tools. These wearables can also collect and store high risk posture and vibration data for employers to pin-point work activities and develop intervention measures to improve workplace ergonomics.

## Workplace noise monitoring:

Noise is generated during industrial processes, operations and work activities involving machineries. Typical high noise works include machine stamping, use of pneumatic blower, grinder and machine sawing.

Noise is a prevalent health hazard in the industry. Prolonged exposure to excessive noise can cause noise-induced hearing loss or noise-induced deafness (NID).



Noise Induced Deafness (NID) is a condition where there is permanent hearing loss due to prolonged exposure to excessive noise. It results in communication difficulties and affects your workers' quality of life.

Identification of noise hazard 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 participation of the affected employees and those who understand the works, operations or processes and have knowledge of the work situation. The measurement of real-time noise levels using sound level meters allows you to effectively manage noise in workplaces. Intervention measures can be taken before noise levels exceed pre-set thresholds, to prevent damages to your workers' hearing.

## Heat stress and preventive measures

A Reduction in the exposure to heat stress would mean that workers can be more productive at work, bringing more benefits to employers. Under heat stress conditions, workers may exhibit poor judgement, making them more prone to accidents.

You can help to implement preventive measures to manage heat stress in the workplace, including heat acclimatization, adequate water intake, shaded rest area and worker awareness.

The process in which the human body adopts to a hotter environment is called heat acclimatization. Employers should provide workers coming from colder climate with sufficient time for their bodies to acclimatise (adjust) to the hotter climate in Singapore prior to work deployment.

The use of mechanical aids like lifting equipment, trolleys and power tools may also be used to reduce the physical workload posed on the worker. This will help to reduce the need for heavy exertion by the worker and decrease his/her metabolic heat generated during the work activity.

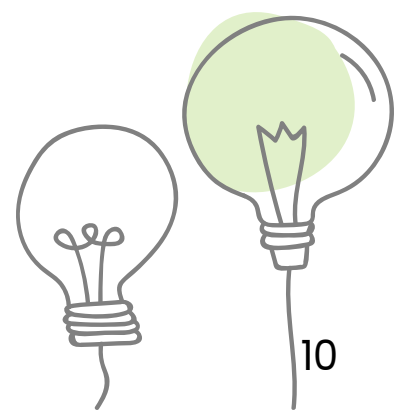
A shaded area with good airflow should be provided for workers who need to spend a significant amount of time under the sun. Good airflow may be achieved through mechanical ventilation, or via the installation of fans. Such rest areas can be set up, for example at or next to a work site. The shaded rest area will allow workers to have their breaks away from the hot outdoor working environment. Cool drinking water should also be provided at these designated rest areas.

All workers should be educated on the hazards of working in a hot environment, the risk factors, that can increase the risk of heat injury, the symptoms of heat stress and the possible consequences of heat stroke. The workers should also learn about the preventive measures they can take and the importance of immediately reporting to the supervisors should they or their fellow worker feel unwell. Workers should look out for one another and know what to do if a fellow worker shows signs of heat injuries. Emergency procedure, must be established and made known to all workers so that they can render immediate on-site assistance.

Adapted from Source : Ministry of Manpower



**Mr. Thanikachalam Rameshkumar**  
Head - Academic Department  
Eversafe Academy



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

## The Jar and the Life Story:

A philosophy professor once stood up before his class with a large empty mayonnaise jar. He filled the jar to the top with large rocks and asked his students if the jar was full. His students all agreed the jar was full.

He then added small pebbles to the jar, and gave the jar a bit of a shake so the pebbles could disperse themselves among the larger rocks. Then he asked again, “Is the jar full now?” The students agreed that the jar was still full. The professor then poured sand into the jar to fill up all the remaining empty space. The students then agreed again that the jar was full.

## The Metaphor:

In this story, the jar represents your life and the rocks, pebbles, and sand are the things that fill up your life. The rocks represent the most important projects and things you have going on, such as spending time with your family and maintaining proper health. This means that if the pebbles and the sand were lost, the jar would still be full and your life would still have meaning.

The pebbles represent the things in your life that matter, but that you could live without. The pebbles are certainly things that give your life meaning (such as your job, house, hobbies etc.), but they are not critical for you to have a meaningful life. These things often come and go, and are not permanent or essential to your overall well-being.

Finally, the sand represents the remaining filler things in your life, and material possessions. This could be small things such as watching television, browsing through your favourite social media site, or running errands.

These things don't mean much to your life as a whole, and are likely only done to waste time or get small tasks accomplished.

# 🔑 Our Motivational Stories

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## The Moral:

The metaphor here is that if you start with putting sand into the jar, you will not have room for rocks or pebbles.

This holds true with the things you let into your life. If you spend all of your time on the small and insignificant things, you will run out of room for the things that are actually important.

In order to have a more effective and efficient life, pay attention to the “rocks,” because they are critical to your long-term well-being.

**YOU ARE  
CAPABLE**



Adapted from Source : LinkedIn



**Mr. Rambu Paul Dhinakaran**  
Head - Human Resource

Endorsement of our Commitment to our Students and Customers

Some of the endorsements and feedback from our valued clients

## APTITUDE MANAGEMENT CONSULTING PTE LTD



We experienced with few trainings centre previously, but **Eversafe Academy customer service and patience must be appreciated.**

Behalf of Aptitude Management Consulting Pte Ltd would like to take this opportunity.



## SAMCO CIVIL ENGINEERING PTE LTD

Greatly appreciate your patience and efforts in helping us all the time to ensure our workers have classes to attendance.

**Workers are also very happy with your services.**

## YJS AUTOMATION PTE LTD



We are happy with your service and support on course booking and post training sessions .

**We appreciate your fast response and provided correct information about the classes scheduled.**



# Testimonials

Endorsement of our Commitment to our Students and Customers

Some of the endorsements and feedback from our valued Students



I really appreciate the effort and my sincere gratitude and thank you to Eversafe Academy

- JUSTIN HONG (ACS STUDENT)

Eversafe Academy is such an institution where everyone values equally. Because of their honest care, many people became successful in their career.

- HOSSAIN SYED KAMRAN (DEE STUDENT)



Thank you for your timely action, and solutions for my problem. Very good customer support.

- SHEIK MOHAMED MOHAMED SALMAN



## MORE REASONS TO EAT FRUITS



### **Cherries**

help calm your nervous system



### **Grapes**

relax your blood vessels



### **Kiwi**

increase bone mass



### **Apple**

help your body develop resistance against infections



### **Orange**

help maintain great skin and vision



### **Watermelon**

helps control your heart rate



### **Strawberries**

can potentially fight against cancer and aging



### **Pineapples**

help fight arthritis



### **Bananas**

are great for athletes because they give you energy



### **Blueberries**

protect your heart



### **Peaches**

are rich in potassium, fluoride & iron



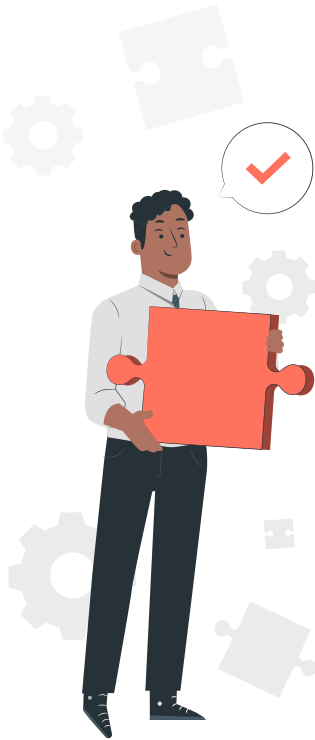
### **Mango**

protect against several kinds of cancer

"Today is your day  
to start fresh,  
to eat right,  
to train hard,  
to live healthily."



## FILL IN NUMBERS – MATCHING PUZZLE




1. Do not exceed the safe working load and maximum number of occupants.
2. Maintain a safe distance from overhead obstacles.
3. Maintain firm footing when working on MEWPs.
4. Ensure that ground conditions are suitable as required by the specific MEWPs.
5. Be trained, Familiarized and authorized before operating any MEWPs.
6. Anchor the harness to the designated and anchor point when working on MEWPs.



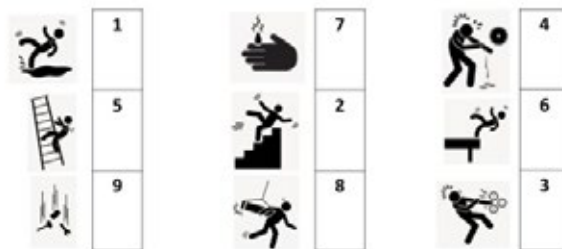
**SCAN QR CODE TO SUBMIT YOUR COMPLETED MATCHING PUZZLE FOR HAZARD SIGNAGES**

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 March 2023.

### Prizes

- 1<sup>st</sup> **\$\$50**
- 2<sup>nd</sup> **\$\$40**
- 3<sup>rd</sup> **\$\$30**

### Answer Key for January 2023 EA Journal - Matching Puzzle (4th-edition)



- |                                    |                                  |                              |
|------------------------------------|----------------------------------|------------------------------|
| 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 |

Created  
By:



**Mr. Richard Sim**  
Academic Manager  
Eversafe Academy





## 1. OPERATE HEAVY FORKLIFT COURSE:

This course is mainly designed to provide people already working or wishing to enter the generic manufacturing industry with the skills and knowledge required to operate forklift as Forklift Driver.

## 2. TRAIN THE TRAINER (T3) – OPERATE HEAVY FORKLIFT OHFL:

This course is mainly focused on Training the New Trainer for OHFL, and will be helpful and advantageous for new Trainers who are wishes to conduct theory and practical sessions for OHFL courses.

## 3. TRAIN THE TRAINER (T3) – WSH MANAGEMENT IN CONSTRUCTION INDUSTRY (WSHMC I)

This course is mainly focused on Training the New Trainer for conducting WSHMC I course for adult learners.



1. SURVEYING

2. EXCAVATION

3. INFRASTRUCTURE

4. BUILDING CONSTRUCTION

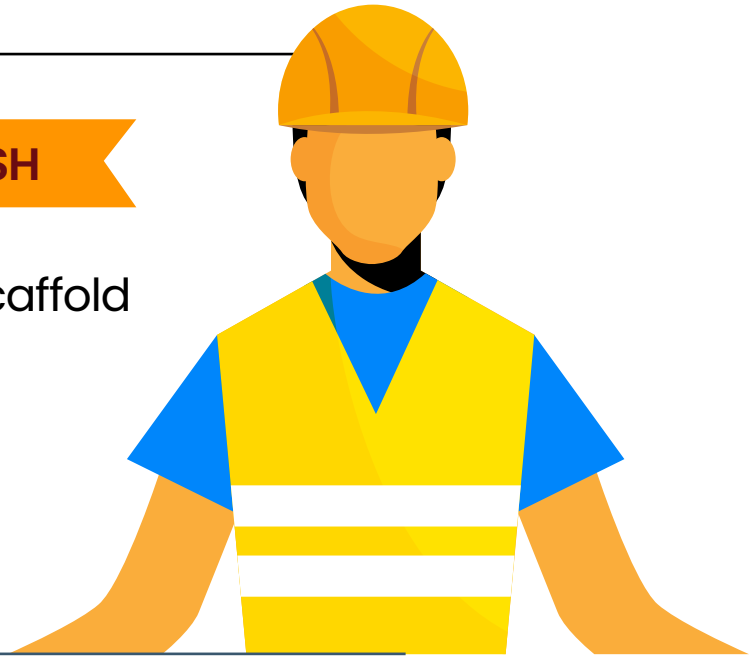
5. READY TO MOVE IN

# Upcoming Events

## LAUNCH OF NEW COURSE FOR WSH

- » Perform Rigging of Suspended Scaffold
- » Supervise Suspended Scaffold

 Join Us



# WE ARE HIRING!



## WSH Trainers

JOIN OUR TEAM



FORWARD YOUR RESUME TO

[hr1@eversafe.com.sg](mailto:hr1@eversafe.com.sg)

Check our website for more details:



[www.eversafe.edu.sg](http://www.eversafe.edu.sg)



## FREE SPOKEN ENGLISH FOR THE MIGRANT WORKERS

We have started offering FREE Spoken English Classes for migrant workers, and we are most pleased to share that there was a high demand for this type of FREE classes, which forms part of our Corporate Social Responsibility (CSR) service by Eversafe Academy for the migrant worker community. We have opened up 20 FREE pax on a first come first serve basis for each of the class dates as advertised to the community.



## VISIT TO SUNLOVE HOME – SENIOR CARE FACILITY @ BUANGKOK VIEW

Eversafe Academy Management Team is most honoured to be one of the participating organizations to visit SUNLOVE HOME at 70 BuangkokView Singapore 534190 on Friday 27 January 2023 to celebrate Chinese New Year with the senior residents. Our team of volunteer staff, led by our Managing Director Mr Murugesh, who kindly arranged a small contribution of a Chinese New Year celebratory lunch with mandarin oranges (with the approval of the administration of SUNLOVE HOME) for all the senior residents, as a gesture of festive celebration with the senior residents. Our staff and MD Mr Murugesh spent a highly meaningful time with the senior residents, helping to serve the festive lunch as well as handing out the mandarin oranges with well wishes and festive greetings. We had inspiring interactions and conversations with the senior residents, making us want to do and contribute more for the elderly. We were motivated to plan more activities throughout the year as part of our Corporate Social Responsibility and Holistic Education, to encourage more staff and learners to make time to interact and visit the elderly or those less fortunate, as part of our contribution to society.

# Corporate Social Responsibility – CSR Events



**01** Assistance for the Needy and Less Fortunate in Collaboration with Neighbourhood Community Club (CC) -(21st March 2023)

**02** Safety Awareness at Worksite Event

**03** Free Basic Computer Classes (5-day 15 hours) for Migrant Workers and Level B course graduating students will be conducted on the scheduled dates:

- SUNDAY**
- 19 FEBRUARY 2023
  - 26 FEBRUARY 2023
  - 5 MARCH 2023
  - 12 MARCH 2023
  - 19 MARCH 2023
  - 26 MARCH 2023

<b>TIMING:</b> 6 PM TO 9.45 PM	Little India Branch 2 Kampong Kapur Road, Singapore 208674
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Current worker students and migrant workers who wish to attend this free computer class can register with their email address and contact numbers.

**EVERSAFE ACADEMY**  
SINGAPORE

EVERSAFE ACADEMY PRESENTS  
**FREE**  
**SPOKEN ENGLISH CLASS**

**COURSE DATE**  
29 JANUARY 2023 &  
05, 12, 19 & 26<sup>TH</sup> FEBRUARY 2023

**COURSE TIMING:** 06.00PM TO 09.15PM (SUNDAY)

**LOCATION**  
**LITTLE INDIA**  
2 KAMPONG KAPUR RD, SINGAPORE 208674  
training@eversafe.com.sg

**WHATAPP** 9855 2417 **HURRY UP** LIMITED SEATS AVAILABLE **REGISTER NOW** 6297-8417  
www.eversafe.edu.sg

**Teacher Excellence Pathway (TEP) Trainers for the month of Dec 2022**



VELAYUDAM SUBRAMANIAN  
RAVICHANDRAN



CHANDRA SEGAR



MD RAKIBUL ISLAM



# About Eversafe Academy



**E**versafe 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 & TRANSFORM.



## OUR **MISSION**

QUALITY, INNOVATION & RESEARCH



## OUR **VALUES**

EXCELLENCE,  
LIFE-LONG LEARNING  
AND TECHNOLOGICAL  
ADVANCEMENT



**15<sup>th</sup> year**  
*Crystal Anniversary*



**THANK YOU!**

**We hope you  
enjoyed our  
5<sup>th</sup> Issue of  
EA Journal.**



[www.eversafe.edu.sg](http://www.eversafe.edu.sg)



**EVERSAFE ACADEMY**  
Steps To Success



**FEEL FREE TO CONTACT US FOR MORE COURSE DETAILS**



+65 6297 8417

+65 9381 3608

[www.eversafe.edu.sg](http://www.eversafe.edu.sg)

[training@eversafe.com.sg](mailto:training@eversafe.com.sg)

Scan QR Code to view our courses



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Kampong Kapur Rd,  
Little India  
Singapore 208674



No.3,  
Soon Lee Street, #04-14,16,17  
Pioneer Junction,  
Singapore 627606



No.2,  
Joo Koon Road,  
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 / CITYCAB 6552 1111
- SMRT 6555 8888