



**EVERSAFE ACADEMY**  
Steps To Success



# EA Journal

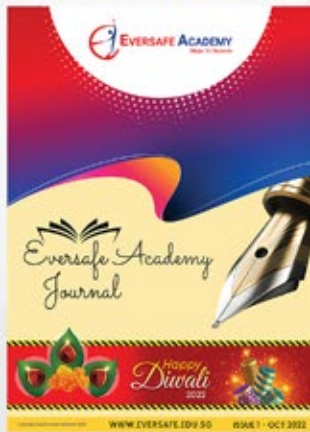
Issue#6 March 2023



WOMEN PLAY  
MANY DIFFERENT  
**ROLES**  
*in our lives*



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



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



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



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



**EA\_JOURNAL  
ISSUE#5 (FEB\_23)**

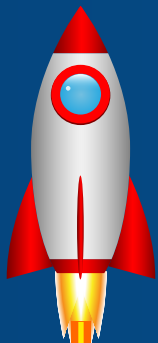


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*Visit:* [www.eversafe.edu.sg/ea-journal/](http://www.eversafe.edu.sg/ea-journal/)

**SCAN TO VIEW**







# IN THIS ISSUE...



- 1 MD'S MESSAGE
- 2 OUR ACHIEVEMENTS
- 3 FEATURES & HIGHLIGHTS
- 4 INDUSTRY NEWS & TRENDS
- 5 MOTIVATIONAL STORIES
- 6 OUR TRAINERS
- 7 OUR STUDENTS
- 8 TESTIMONIALS
- 9 HEALTH & FITNESS PROGRAMMES (STAFF & STUDENT)
- 10 HEALTH TIPS & STRATEGIES
- 11 FUN WITH PUZZLES & GAMES
- 12 SOCIAL MEDIA PRESENCE
- 13 CORPORATE SOCIAL RESPONSIBILITY - CSR EVENTS
- 14 LATEST EA COURSES & UPCOMING EVENTS
- 15 JOIN US
- 16 ABOUT EVERSAFE ACADEMY

# MD'S MESSAGE

Welcome to the 6th Issue of Eversafe Academy Journal for March 2023.

“

A total of 31,728 scam cases were reported in 2022, up from 23,933 cases in 2021. Almost \$1.3 billion was lost to scams in the past two years. Fake friend call scam reports spike by more than 200% in Singapore victims lose \$8.8 million in 2022. ”

- FEBRUARY 2023, STRAITS TIMES

Eversafe Academy is always dedicated to Corporate Social Responsibility (CSR) service by for our communities including our students, staff, clients, migrant workers and including the public as well. As part of our contribution to the national efforts in anti-scam campaigns, we have created an online video “Be aware of scammers” on our YouTube channel to share with our communities at large on staying vigilant against scammers.

National Crime Prevention Council (NCPC) has also launched a new anti-scam campaign on January 2023 with the tagline “I can ACT against scams”. The ACT acronym outlines how the public can stay vigilant and help by:

“**A**dding” security features;

“**C**hecking” for scam signs and verifying with official sources; and

“**T**elling” authorities, family and friends about scams

The Infocomm Media Development Authority (IMDA) has also enhanced the SMS Sender ID Registry (SSIR) to tag “likely scam” messages for SMSes from organisations that had not signed up with the SSIR.

So what is the best way to protect ourselves? It comes back to our own individual effort and being vigilant. Everyone has a part to play in our fight against scams. A simple protective measure would be keep confidential and not share your mobile phone password, computer and all other account passwords for better safety against scammers.



**R. MURUGESH**  
(MANAGING DIRECTOR)

## Healthy Lifestyle @ Eversafe Academy

My dedication towards creating an environment for living a healthy lifestyle in Eversafe Academy materialised in a fitness movement I started last year in November 2022 for my office staff. This fitness programme encourages staff to stay and keep healthy at work by walking 10,000 steps a day and to exceed 300,000 steps in a month to win monthly cash prizes as recognition of their dedication towards keeping healthy. Our staff have registered on our Eversafe Academy fitness portal and record via live updates between mobile apps the walking steps achieved each month as a way to measure their personal fitness achievements, which also goes towards keeping themselves fit and healthy for the sake of their families too. Office staff who achieve or exceed 300,000 steps in a month gets S\$100 each as recognition of their fitness achievements, while the top 3 winners each month gets special prizes on top of the S\$100.

- 1. EXERCISE EVERY DAY**
- 2. EAT LESS TO SLOW THE PACE OF AGING, COMPLETE DINNER BEFORE 7PM EVERY DAY**
- 3. LAUGH FOR LIFE – TO IMPROVE BLOOD CIRCULATION FOR THE WHOLE BODY**
- 4. DO MEDITATION**
- 5. GOOD SLEEP – ABOUT 7 TO 8 HOURS DAILY**

Another way to be more aware of personal health would be to go for a medical check-up every year.

The success of this fitness movement programme has encouraged us to offer a new fitness achievement recognition programme to our students at Eversafe Academy, which will be launched soon.

## WSH Training Providers Forum 2023

Another industry highlight in February would be the annual WSH Training Providers Forum 2023 which we also attended, which we attended together with more than 100 trainers and management, representing numerous WSH training organisations. Mr Silas Sng, Commissioner for Workplace Safety and Health, called upon all training providers to take ownership of their WSH training. Mr Silas Sng also highlighted the need for trainers to provide effective course delivery, coupled with quality training to help workers gain a deeper understanding of WSH, and to apply their WSH knowledge at work to prevent worksite accidents.

The latest training developments and resources which will be rolled out soon were also shared with all the participants at the Forum, including the bizSAFE Service Provider Eco-System.

*We hope you enjoy our March 2023 edition for your reading enjoyment of our 6th Issue of our EA Journal.*

# OUR'S ACHIEVEMENTS

WE HAVE SUCCESSFULLY  
TRAINED AND GRADUATED

OVER 637,738 STUDENTS



Keep Moving  
**Forward**

## FEATURES & HIGHLIGHTS

Puzzle winners of February 2023

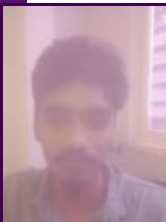
1<sup>st</sup>



RAVICHANDRAN  
DHARMASEELAN

— \$50 —

2<sup>nd</sup>



RAJENDRA  
RAGUPATHI

— \$40 —

3<sup>rd</sup>



RAJAPANDIAN  
KARTHIKRAJA

— \$30 —





# FEATURES & HIGHLIGHTS

## Graduation 2023 (for Class of 2022)

Eversafe Academy held its 2nd Graduation Ceremony 2023 on 25th February 2023, for the student graduands in the year 2022, who have graduated from the courses as listed below:

No of  
**Graduates**  
in 2022

**51 GRADUATES**



● WE WOULD LIKE TO EXTEND OUR BEST WISHES FOR THE STUDENT GRADUANDS IN THEIR PROFESSIONAL CAREER AHEAD.



# FEATURES & HIGHLIGHTS

## International Women's Day 2023 #IWD2023 #EmbraceEquity

International Women's Day (8 March) is a global day celebrating the social, economic, cultural, and political achievements of women.

Encourage and rally your friends, family, colleagues, and community to embrace equity.

Together we can work collectively to impact positive change.

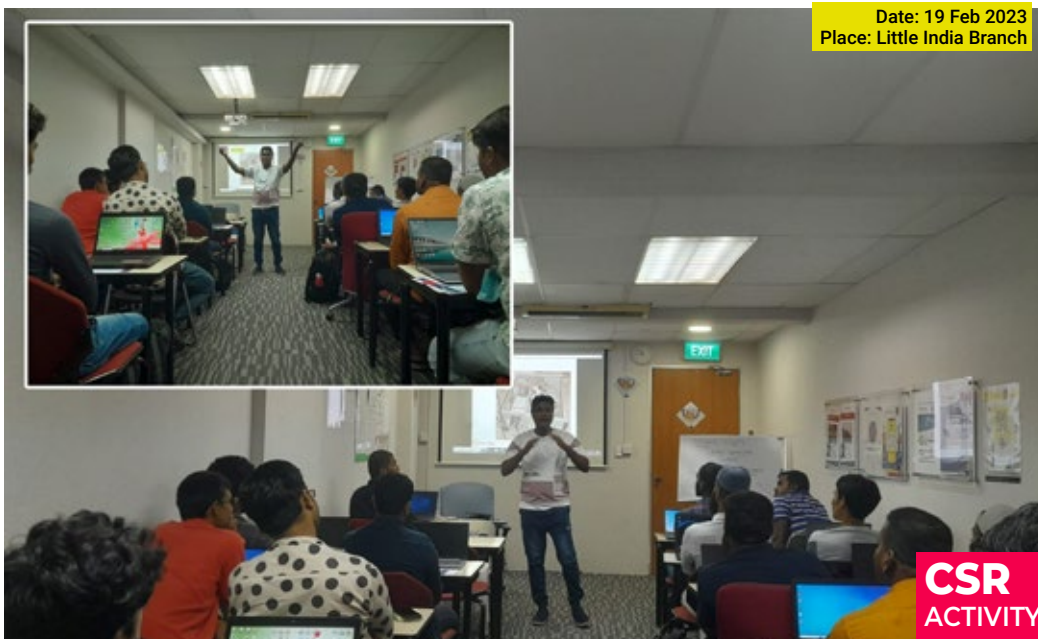
Together we can all help forge an equal world.

Let's all embrace equity today, and always



## Free Computer Classes for migrant workers

We have started FREE Computer classes (5 day - 15 hours) for migrant workers, and we are most pleased to share that as there was a high demand for this class, we have accepted 19 students on a first come first serve basis, with more on our waiting list for the next class.



## Free Basic Cardiac Life Support (BCLS) course

We have started a FREE BCLS (Basic Cardiac Life Support) course exclusively for our corporate clients, with 5 batches conducted in February 2023.





## Fatigue Management in the Workplace

### Fatigue:

Fatigue is a state of tiredness leading to reduced mental and/or physical performance that can endanger workplace safety. The onset of fatigue while at work can decrease a person's alertness and compromise his or her motor skills, reflex ability, judgement and decision-making. All these have obvious implications for workplace safety and health. Fatigue can be a contributory factor to falls from heights, vehicular incidents, slips, trips & falls & others which may lead to fatal, major or minor injuries.

### Types of Fatigue:

- Physical fatigue (reduced ability to do manual work); and/or
- Mental fatigue (decreased level of concentration, alertness).

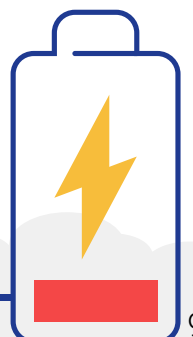
### Fatigue can be caused by:

- Long working hours without intervening rest/recuperation periods;
- Intense and sustained physical exertion;
- Intense and sustained mental effort;

### Symptoms of Fatigue:

A fatigued person generally displays a set of symptoms that can be recognized, but these may often not be identified as fatigue.

- Undue tiredness;
- Higher level of irritability or impatience;
- Person speaks less than usual or is less clear in communication;
- Shorter attention span, easily distracted;
- Slower reaction speed;
- Compromised eye-hand coordination, increased clumsiness;
- Slowed thinking;
- Reduced short-term memory, forgetful;
- Inability to handle information especially under time pressure;
- Reduced ability for problem solving;
- Taking shortcuts to finish jobs, higher tendency of risk taking behaviour;
- Poor judgement of distance, speed, and/or time;
- Use/abuse of substances to cope (e.g. cigarettes, alcohol);
- Loss of appetite or problems with digestion



# INDUSTRY NEWS & TRENDS

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## Effects of Fatigue:

Fatigue can result in sleep deprivation which can lead to:

- Physical and mental impairment;
- Increase in error rates;
- Slow reaction times to respond to situations;
- Increased risk of injuries; and
- Sleepiness and Microsleeps

These can lead to an increased risk of workplace accidents and near-miss incidents, endangering yourself at the workplace.

## Fatigue management:

Fatigue management is the act of addressing fatigue through methods, tactics, or programs. Individual factors play a part in effective fatigue mitigation or minimisation. The following are the good personal practices to avoid fatigue during work.

## Tips to Optimise Sleep Opportunities:

- Ensure seven hours to eight hours of uninterrupted sleep by:
- Choosing a quiet place to sleep and darkening the room and allowing more time than normal to fall asleep.
- Wake up and go to bed at the same time every day to avoid circadian disruptions.
- Keep the sleep environment cool (approximately 26°C).
- Move the alarm clock out of sight to prevent 'clock watching'.
- Avoid using alcohol as a sleep aid. Even though alcohol will induce drowsiness, the quality of sleep will be poor.
- Avoid cigarettes or other sources of nicotine just before bedtime.
- Do something relaxing until there is sleepiness if sleep does not come within 30 minutes.

## Tips on Diet Management:

Digestive problems are common in shift workers due to disruption of the body's biological clock and poor diet.



## The following can help to improve the situation:

- Have regular light meals/snacks rather than a single heavy meal.
- Choose foods that are easy to digest such as pasta, rice, bread, salad, fruit, vegetables and milk products. This is especially useful if there is a pressing need to have some food before sleep to avoid significant hunger.
- Avoid sugary foods such as chocolate.
- Choose fruits as snacks as their sugar is converted into energy relatively slowly, and they also provide vitamins, minerals and fibre.
- Avoid drinking too much fluid before sleeping as this may overload the bladder.
- Avoid caffeinated drinks in the afternoons/evenings.

## Adopt an Exercise Regime:

- Improve fitness by spending 30 minutes a day on a physical activity. Regular physical exercise would improve overall health.

## Tips to Improve Alertness at Work:

- Perform moderate exercise before starting work to help increase alertness during the shift.
- Take scheduled breaks during the shift.
- Interact/talk with co-workers.

## Reaching Home Safely after Work:

It is important to note the state of fatigue after work on the journey home.  
For example:

- Take enough rest before driving. If there is a need to rest along the way, ensure that the vehicle is parked in a safe location.
- Take public transport if feeling severely fatigued.

## Drugs and Alcohol:

- Seek medical advice if regular medication is required.
- Avoid excessive consumption of alcohol as it affects the quality of sleep.
- Avoid stimulants such as caffeinated drinks, for example, coffee/tea as they delay sleep.





## Medical Conditions:

- Seek medical advice for excessive snoring, irregular heart beat and insomnia.
- Seek medical advice for an alternative medication if current medication causes drowsiness while at work.

## Preventing Workplace Fatigue:

The best approach to preventing fatigue is having adequate rest or sleep. As fatigue is normally caused by a confluence of factors, it is necessary to recognize them to prevent the onset of fatigue. A combination of risk control measures will hence be more effective in managing workplace fatigue.

Fatigue Factor	Control Measure(s)
Dim work environment	Provide adequate lighting.
Hot working environment	- Provide adequate ventilation. - Provide facilities for break.
Long working shift	- Limit shift work to not more than 12 hours, including overtime. - Ensure adequate staffing on a shift.
Sustained mentally demanding work	Schedule complex tasks during the day.
Monotonous work e.g. standing in a fixed position for extended time periods	Include activity breaks e.g. simple stretching exercises of limbs and body.

Adapted from Source : WSH Council

<https://www.tal.sg/wshc/topics/fatigue/fatigue-management>



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



## WSH Training Providers Forum 2023

(20 February 2023)

An important industry highlight in February 2023 would be the annual WSH Training Providers Forum 2023 attended by more than 100 trainers and management, representing numerous WSH training organisations. Mr Silas Sng, Commissioner for Workplace Safety and Health, who gave the opening address, called upon all training providers to take ownership of their WSH training, highlighting the need for trainers to provide effective course delivery, coupled with quality training to help workers gain a deeper understanding of WSH, and to apply their WSH knowledge at work to prevent worksite accidents. A proposal for occupiers to introduce worksite specific training requirement was highlighted, and for workers to undergo continuous WSH learning, e.g. refresher training.

The latest training developments and resources which will be rolled out soon were also shared with all the participants at the Forum, including the bizSAFE Service Provider Eco-System.

Some of the initiatives presented included technology solutions that may be implementable at workplaces to help improve WSH and its relevance to the different training programmes by the Workplace Safety and Health Institute, and the importance of leveraging new learning pedagogy and innovations for better training delivery by the Institute for Adult Learning.



Adapted from Workplace Safety and Health Council:  
<https://www.tal.sg/wshc/events/forum/2023/training-providers-forum-2023>



## Be Thankful

A poor blind boy sat on the steps of a building with a hat by his feet. He held up a placard (sign) on display, which said: "I am blind, please help." There were only a few coins in his hat.

A gentleman, who was walking by, took few coins from his pocket and dropped them into the hat of that blind boy. He then took the placard, turned it around, and wrote some words. He put the placard back to its place so that everyone who walked by would see the new words.

Soon the hat began to fill up with coins. A lot more people were giving money to the blind boy. That afternoon the man who had changed the words of placard came to see, how things were. The boy recognized his footsteps and asked, "Are you the one who put changes in my placard this morning? What did you write? "

The man said, "I only wrote the truth. I said what you said but in a different way." I wrote: "This world around you is so beautiful, you can see it, but I can't see."

Both signs told people that the boy was blind. But the first sign simply said the boy was blind. While the second sign told people that they are so lucky that they are not blind. The second sign was indeed impressive and effective!

Be thankful for what you have. Be innovative. Think differently and positively.

Enjoy the world with a heart of gratitude and be thankful to the God that He has gifted you all the sense faculties that are intact.



Adapted from Source : [SpeakingTree.in](http://SpeakingTree.in)

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



# OUR TRAINERS

TEACHER EXCELLENCE PATHWAY (TEP)  
TRAINER FOR THE MONTH OF FEB 2023



# OUR STUDENTS



Our Practical Training Sessions are conducted by our highly experienced and qualified trainers for our students, who can then apply their skills and knowledge under closely guided procedures in authentic training environments for successful application in their workplaces and future careers.

# STUDENT TESTIMONIALS

## Endorsement of our Commitment to our Students and Customers

Some of the endorsements and feedback from our valued Students

★★★★★

Your service is really great, Your explanations were very simple and easy to understand, If we ask you any doubt you handle it very responsibly and very clearly,

**Our sincere congratulations and Thanks for your service.**



**GUNASEKARAN PRABAKARAN**  
(DCE STUDENT)



★★★★★

Of course it's appreciated, mind blowing feedback. especially the quick response helps me more. There are no rating options. Otherwise **I would give you 5 out of 5.** After all thanks for your help and support.



**ANWAR HOSSAIN**  
(AMW STUDENT)

★★★★★

Overall performance of the training programme is good. Usefulness & understanding of the training material / handouts & **teaching method is good**



**SELVAM KANAGARAJ**  
(SMSE STUDENT)



# CLIENT TESTIMONIALS

## Endorsement of our Commitment to our Students and Customers

Some of the endorsements and feedback from our valued Clients



### MIE-TECH ENGINEERING & CONSTRUCTION PTE LTD

Thank you so much for your continual support in coordinating for booking safety courses and construction related courses for our employee from Eversafe Academy. Your timely and swift response were really engaging and appreciate your understandings. We are looking forward for your cooperation likewise in the days to come. Mie-tech engineering and construction pte ltd appreciate and thank you for your service and good wishes to you.



### BRK International Pte Ltd

We appreciate your timely response and help to book the courses on time. We much appreciate your service and your co-operation. Thank you very much for your attention and help at all times

### KING MARS SERVICES PTE LTD

"Eversafe academy is a good place to enrol and learn the forklift courses. The quality of instruction is high and our employees return to work with the skills, experience and understanding of the machines that allows them to work safely and efficiently. Ms Meena is very supportive, responsible and assist our requests with timely manner. Highly recommended"





# HEALTH & FITNESS PROGRAMMES

(STAFF & STUDENT)

## Eversafe Fitness Freak Contest @ Eversafe Academy

Eversafe Academy started a fitness movement last year in November 2022 for our office staff, with a fitness programme encouraging staff to improve their overall health and well-being at work by walking 10,000 steps a day and to exceed 300,000 steps in a month to win monthly cash prizes as recognition of their dedication towards keeping healthy. All of the office staff have started on this fitness movement, making the focus on a healthy lifestyle a massive success for staff well-being.

Eversafe Academy is now opening this "**Eversafe Fitness Freak Contest**" to all students. Registration on the Eversafe Academy health portal will start a fitness record via live updates between mobile apps on the walking steps achieved each month as a way to measure the personal fitness achievements. Office staff who achieve or exceed 300,000 steps in a month gets S\$100 each as recognition of their fitness achievements, while the top 3 winners each month gets special prizes on top of the S\$100.

### LIST OF WINNERS FOR FEBRUARY 2023



K. M. Sankithan

TOTAL STEPS: 514,226



Aparna

TOTAL STEPS: 501,211



Rathi

TOTAL STEPS: 482,959

### Why You Should walk 10000 Steps?

- Promotes weight loss
- Clears up the mind
- Improves sleep
- Stabilizes blood glucose

### Calling All Eversafe Academy Students!

Join our "**Eversafe Fitness Freak Contest**" for a minimum of one month to record your walking steps and a chance to win prizes for achieving 300,000 steps across 30 days.

Scan QR



Register



For more info,  
Visit

[health.eversafe.com.sg](http://health.eversafe.com.sg)

# HEALTH TIPS & STRATEGIES

## 5 Benefits of Laughter - Laugh Every Day!

- 1. Protects Your Heart** – 15 Minutes Of Laughter A Day Is As Important For Your Heart As 30 Minutes Of Exercise 3 Times A Week
- 2. Improves Your Breathing** – Same As Deep Breathing, Which Improves Lung Capacity
- 3. Laughter Helps You Lose Weight** – Raises The Heart Rate And Speeds Up The Metabolism
- 4. Relieves Pain** – Laughter Releases “Feel Good” Endorphins For Increased Pain Tolerance
- 5. Reduces Depression**, Tension And Stress, Lowers Anxiety And Irritation – Laughing Inducing Feelings Of Well-Being And Positivity



INTERNATIONAL DAY OF HAPPINESS

20TH MARCH



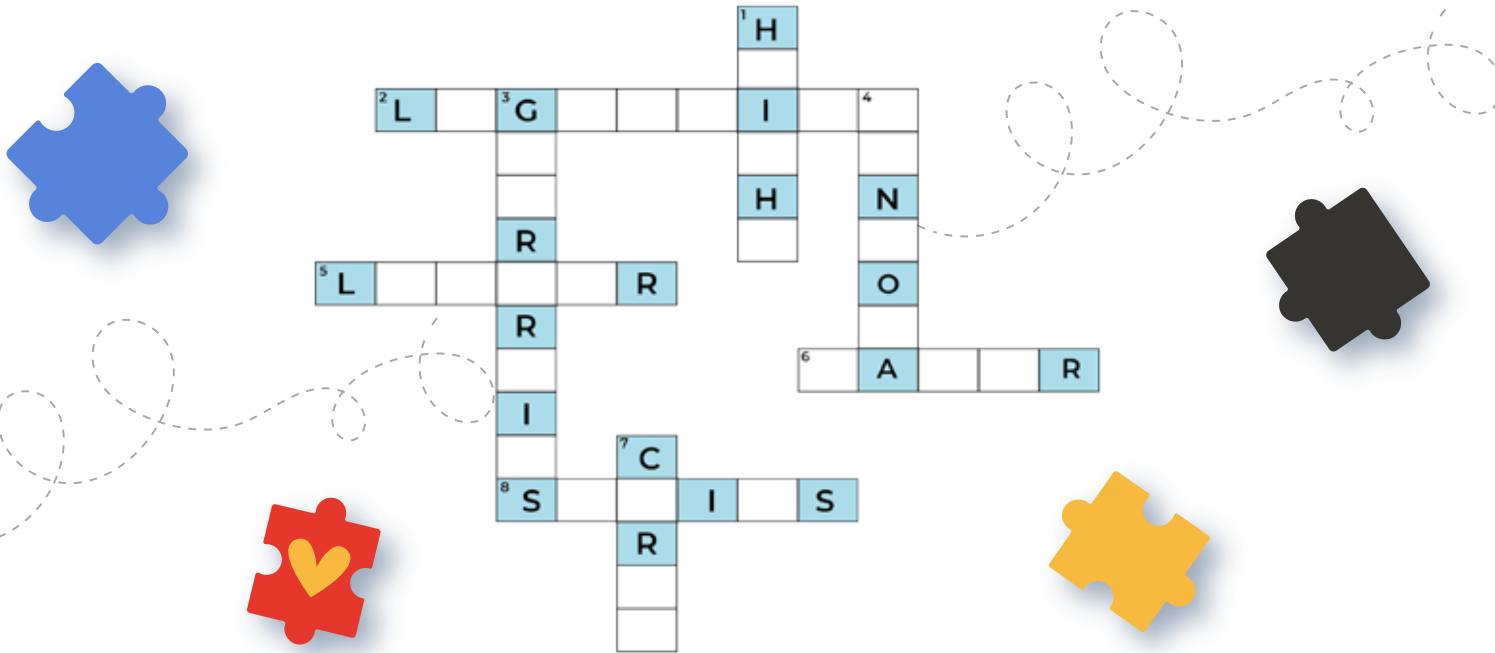
HEALTHY LIFESTYLE

“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.”

~ Buddha

# FUN WITH PUZZLE & GAMES

## Safety Crossword Puzzle (6th Edition) - Curated by Mr Richard Sim




### ACROSS

- You could be struck by \_\_\_\_\_ when working outdoors on a rainy day.
- Observe 3 points of contact while using a \_\_\_\_\_
- Working outdoors on a hot sunny day, you should drink more \_\_\_\_\_
- \_\_\_\_\_ should be installed with handrails.

### DOWN

- Working high up, you can fall from \_\_\_\_\_
- \_\_\_\_\_ should be installed to prevent workers falling off open edge.
- Use a \_\_\_\_\_ for exterior painting works of a building.
- You should not \_\_\_\_\_ any tools in your hands while climbing a ladder.



**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 April 2023.

**Prizes**

1<sup>st</sup> **\$50**

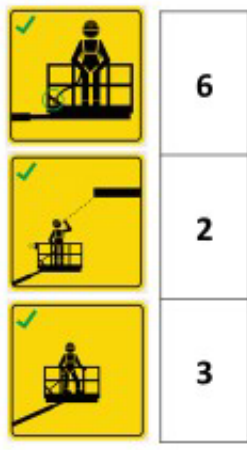
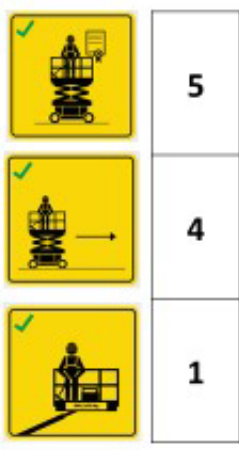
2<sup>nd</sup> **\$40**

3<sup>rd</sup> **\$30**


CREATED BY


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

## Fill in Numbers – Matching Puzzle Answer (5th Edition)



**1<sup>st</sup>**  **RAVICHANDRAN DHARMASEELAN**  
— \$50 —

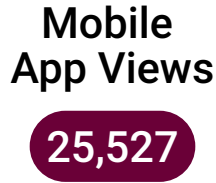
**2<sup>nd</sup>**  **RAJENDRA RAGUPATHI**  
— \$40 —

**3<sup>rd</sup>**  **RAJAPANDIAN KARTHIKRAJA**  
— \$30 —



# •• SOCIAL MEDIA PRESENCE

## Eversafe Academy - Reach and Impressions for February 2023



## •• INFORMATIONAL VIDEOS ON YOUTUBE CHANNEL “EVERSAFE ACADEMY”

Eversafe Academy have been producing some useful and informational videos on our YouTube Channel “Eversafe Academy” for the public and our learning communities. Some of the recent videos posted on our channel are:

### AVOID UNSAFE WORK PRACTICES AT WORKPLACE:



Demonstrations on unsafe work practices to raise awareness and vigilance for better safety at the workplace.

### IMPROVE YOUR CAREER:



Learning in-demand skills and courses to improve career advancement chances for various industries.

### EXPERIENTIAL LEARNING STATIONS (ELS):



Introductory video for the Experiential Learning Stations (ELS) – students receive simulated experiences on 10 safety hazards through hands-on interaction at the ELS.

### BE AWARE OF SCAMMERS:



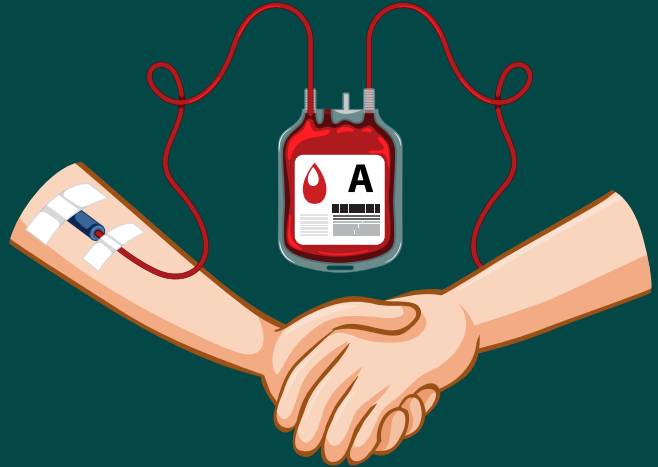
This fictional video with recent scam statistics has been produced to help raise awareness on scammers for the public and communities.

SCAN QR TO VIEW MORE VIDEOS



## 1. BLOOD DONATION DRIVE

Eversafe Academy once again collaborates with Red Cross and will conduct our third round of "Blood Donation Drive" in March 2023 to do our part to help save lives.



2. 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. Free Spoken English class for migrant workers will be conducted on the below scheduled dates.

**19th Mar 2023 | 26th Mar 2023 | 2nd Apr 2023 | 9th Apr 2023 | 16th Apr 2023**



**Timing: 6 PM to 9.45 PM**  
**Location: Little India Branch**  
**2 Kampong Kapur Road, Singapore 208674**  
**Contact No.: +65 6297 8417**  
**Email Address: [training@eversafe.com.sg](mailto:training@eversafe.com.sg)**

**Current worker students and migrant workers who wish to attend this free Spoken English class can register with their email address and contact numbers.**

# 🔴🔵 LATEST EA COURSE & UPCOMING EVENTS

## New Course Launch

We will be conducting the following 2 courses during the middle of March 2023.

1. **Perform Rigging of Suspended Scaffold**
2. **Supervise Suspended Scaffold**

## FIRST AID Awareness talk:

Eversafe Academy is conducting a First Aid Awareness Talk at the Tuas View Dormitory in association with MOM ACE (Assurance, Care & Engagement Division) in March 2023.

## FIRE Safety Awareness talk:

Eversafe Academy in collaboration with Woodlands Dormitory will be conducting the annual Fire Drill with a FIRE SAFETY Awareness Talk at Westlite Dormitory for the migrant workers in the month of March 2023.



**BOOK NOW**

FOR MORE COURSE INFO

☎ +65 6297 8417    🗨 +65 9381 3608

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

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





## OPEN POSITIONS

1. Administrative Officer
2. Accounts Executive
3. WSH Trainers



FORWARD YOUR RESUME TO

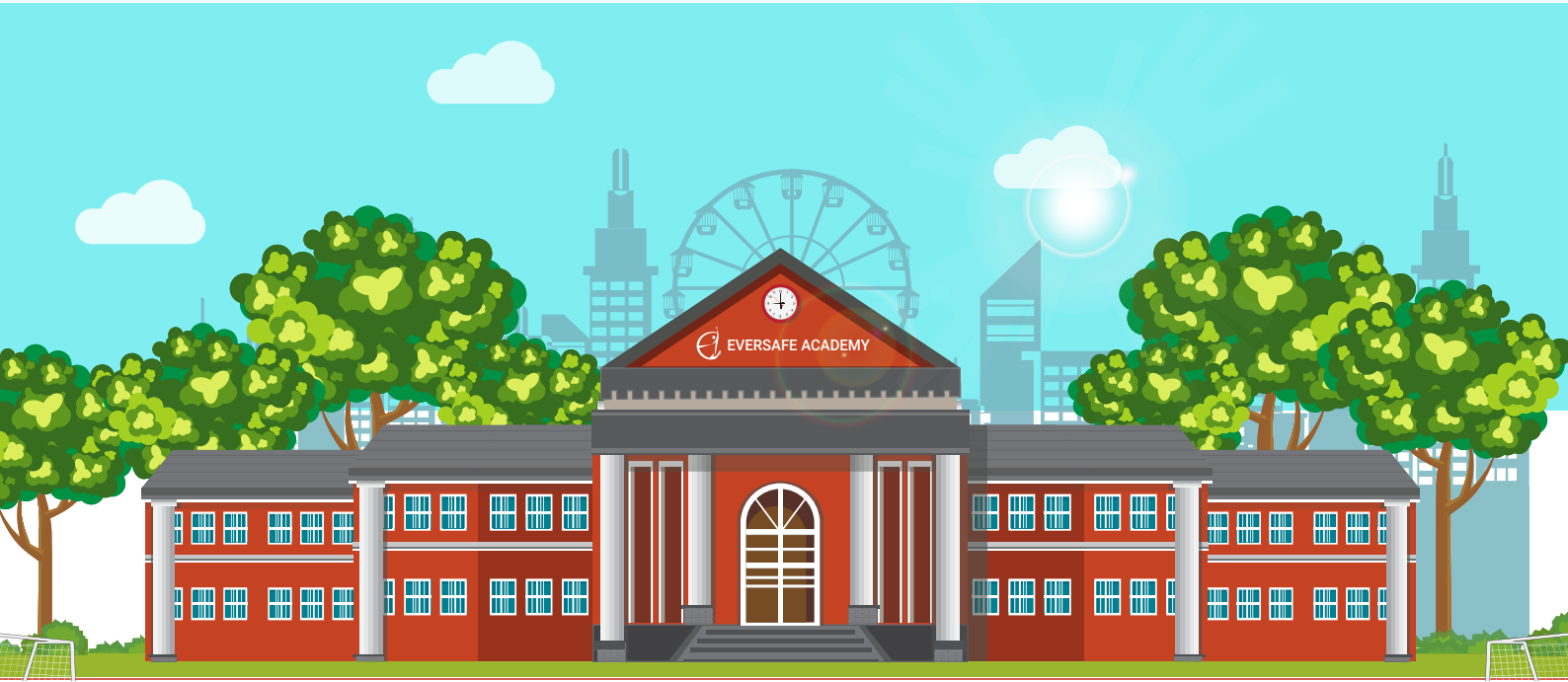
[hr1@eversafe.com.sg](mailto:hr1@eversafe.com.sg)

Check our website for more details:



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

# ABOUT EVERS SAFE 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 & TRANSFORM.

 **OUR MISSION**  
QUALITY, INNOVATION & RESEARCH

 **OUR VALUES**  
EXCELLENCE,  
LIFE-LONG LEARNING  
AND TECHNOLOGICAL  
ADVANCEMENT





# Thank You!

We hope you enjoyed our  
**6th issue of EA Journal**

**FOLLOW  
US!**

[/eversafeacademy](#)



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









# EVERSAFE ACADEMY

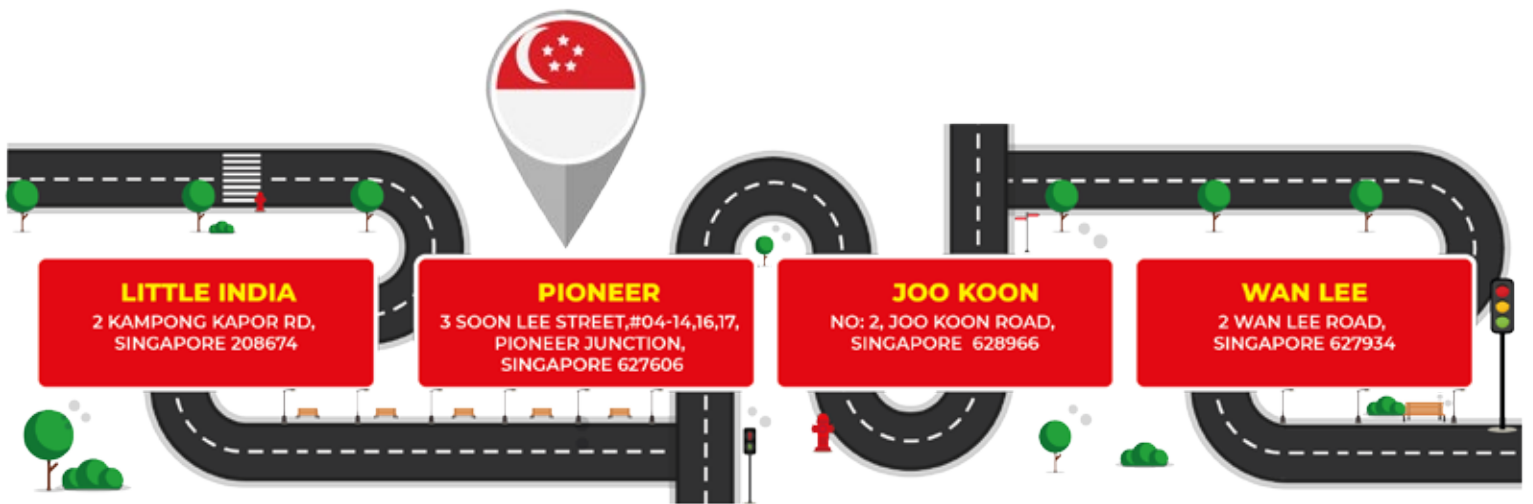
Steps To Success



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## 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