



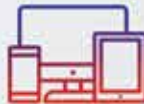
EVERSAFE ACADEMY®
Steps To Success

ENGLISH



EA Journal

JULY 2025 | ISSUE #34



**Responsive Design
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TABLE OF CONTENTS

1. MD'S MESSAGE
2. OUR ACHIEVEMENTS
3. FEATURES & HIGHLIGHTS
4. INDUSTRY NEWS & TRENDS
5. TECH BITES
6. MOTIVATIONAL STORY
7. OUR TRAINERS
8. TESTIMONIALS
9. HEALTH & FITNESS PROGRAMMES - (STAFF & STUDENT)
10. HEALTH TIPS & STRATEGIES
11. FUN WITH PUZZLE & GAMES
12. SOCIAL MEDIA PRESENCE
13. CORPORATE SOCIAL RESPONSIBILITY - CSR EVENTS
14. EA GREEN PLAN **NEW**
15. LATEST EA COURSES & UPCOMING EVENTS
16. EA SKY YOGA
17. JOIN US
18. ABOUT EVERSAFE ACADEMY

WE'LL KEEP YOU INFORMED WITH THE
NEWEST FACTS AND KNOWLEDGE.
PLEASE CONTINUE TO SUPPORT US.



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**“KNOWLEDGE IS OF NO VALUE UNLESS YOU
PUT IT INTO PRACTICE.”**

— ANTON CHEKHOV



Dear Esteemed Readers, Greetings from Eversafe Academy!

It is with immense pride and gratitude that I welcome you to the 34th Edition of the Eversafe Academy Journal. As we move further into 2025, this month's highlights are a testament to our institution's growth, not just in numbers, but in values, community engagement, and sustainable progress.

The achievements of the past month reflect a vibrant learning environment where education is more than curriculum. It's a commitment to excellence, responsibility, and personal well-being. Let me take this opportunity to share with you some key milestones and reflections that make us proud to be part of the Eversafe journey.

1. Graduation Ceremony 2025: A Celebration of Perseverance and Purpose

The Graduation Ceremony 2025 for the graduates of 2024, celebrated on 19th July 2025, marked an important milestone in the lives of our learners. It was not just an event—it was a celebration of months and years of dedication, effort, and unwavering commitment.

There were 233 graduates, out of which 52 graduates participated in the event. Our heartfelt thanks also go to those who could not be physically present as they had returned to their home countries after completing their courses. Your Their presence was truly missed, but their achievements were celebrated just the same.





Watching our graduates receive their certificates with pride, often accompanied by their families, reminded us all of why we do what we do. Each graduate is a symbol of transformation—of someone who chose to learn, evolve, and step confidently into the next level in the professional workplace and various industries.

Our heartfelt congratulations to all graduates, and our sincere appreciation to the teachers, academic team, and staff who have been part of their journey. Let us continue to support and guide them as they become ambassadors of knowledge, skill, and excellence in their respective fields.



2. Teachers Meet 2025: Learning from Each Other, Growing Together

We had the pleasure of hosting our much anticipated Teachers Meet 2025 on 30th July 2025, a vibrant gathering that brought together 121 dedicated teachers. This event was not only a celebration, but also a moment of deep reflection, gratitude, and connection.

Our teachers are the cornerstone of Eversafe Academy's success. Their knowledge, commitment, and passion shape not just the curriculum, but the values and vibrancy of our learning environment. This annual meet served as a powerful platform to revisit our journey over the past year, acknowledging the achievements, challenges, and milestones that defined 2024.

The meeting began with an impactful presentation by me, which took everyone through the defining moments of 2024, recognizing key contributors, appreciating the resilience shown during challenging times, and celebrating the excellence that continues to elevate the Eversafe Academy name.





We were proud to honour several remarkable trainers who have consistently delivered quality, inspired learners, and contributed to institutional growth. Awards were presented to outstanding trainers, including the Best Trainer for 2024, as well as long-service awards for those who have served the academy for more than 5, 10, and even 15 years—a true testament to their unwavering loyalty and dedication.

The celebrations continued with an engaging mix of party games, camaraderie, and laughter, followed by an exciting lucky draw, where 50 lucky teachers walked away with wonderful prizes—ranging from a 75-inch Smart TV to Xiaomi's 33,000W power banks. Every participant also received a thoughtfully prepared goody bag including a memento, adding a personal touch to the event.

The day concluded with a group photo capturing the energy and unity of the moment—a beautiful memory for all who attended.

This event was more than just a gathering; it was a tribute to the people behind our learners' success stories. The enthusiasm, joy, and mutual appreciation that filled the room made it a truly remarkable and memorable experience for everyone involved.

3. Visit to Sree Narayana Mission (Singapore): Embracing Our Role in Community Care

At Eversafe Academy, we believe our responsibility extends beyond the classroom. Our visit to Sree Narayana Mission, 12 Yishun Ave 5, Singapore 768992 was a humbling reminder of the importance of empathy and service. Engaging with the residents, offering support, and simply spending time together reminded us of the power of kindness.

This initiative is not a one-off activity but part of our growing social outreach. As an institution, we are committed to making meaningful contributions to society, especially to those who need it most. I encourage all members of our academy to participate in such opportunities to give back. It enriches both the giver and the receiver.





4. EA Green Plan: Advancing Our Commitment to a Sustainable Future

Our environment shapes our future and at Eversafe Academy, we are committed to being proactive and responsible stewards of sustainability. The EA Green Plan, launched earlier this year, continues to gather momentum as we embed eco-conscious practices into every aspect of our daily operations.

Notable initiatives include the reduction of single-use plastics, the transition from printed to e-invoicing, and the implementation of IoT-based energy-saving systems across our facilities. These efforts are already bringing visible improvements to our campuses by reducing waste, lowering energy consumption, and promoting digital-first thinking.

This is not just a compliance initiative. It reflects a cultural shift toward mindfulness, responsibility, and environmental leadership. We believe that meaningful change begins with small, consistent actions, and when multiplied across a community, the results are profound.

I warmly encourage every one of you to be part of this movement. Whether it's turning off unused lights, choosing digital alternatives, or encouraging someone to recycle - every action counts.

Together, let's lead by example and build a greener, cleaner, and more sustainable future not just for ourselves, but for the generations that follow.



5. International Yoga Day 2025: Celebrating Unity Through Wellness

Our celebration of International Yoga Day 2025 was one of the most heartening and unifying moments of the month, with an outstanding 550+ participants across our four Eversafe Academy locations. The participation and energy from staff, students, trainers, and guests was truly inspiring, reflecting a shared commitment to physical well-being and mental clarity.





1. MD'S MESSAGE

SINGAPORE
NATIONAL DAY

9TH AUGUST 2025



Here's a snapshot of our collective efforts:

-  **60+ participants at our Head Office**
(2 Kampong Kapur Road), led by **Mdm. Nalina**
-  **61+ participants at our Branch Office**
(3 Soon Lee Street, Pioneer Junction), led by **Mr. Subramanian Sivaprakasam**
-  **139+ participants at our Branch Office**
(2 Wan Lee Street), led by **Mr. Saravanan Karunakaramoorthy**
-  **290+ participants at our Branch Office**
(2 Joo Koon Road), led by **Mr. Vadivelu Shanmugam Natarajan**

Yoga is more than just a physical activity—it is a holistic philosophy rooted in discipline, focus, and harmony. At Eversafe, we believe that professional success must go hand-in-hand with personal well-being. Events like these remind us to pause, breathe, and care for ourselves—mentally, emotionally, and physically.

It is our hope and intention to make wellness a consistent and integral part of Eversafe Academy's culture, promoting not just academic and professional excellence, but a lifestyle of balance and mindfulness for all.

Looking Ahead:

As we enter the second half of the year, these experiences reaffirm our direction: a future built not just on academic success, but on social impact, environmental consciousness, and human connection.

Let us carry this momentum forward with the same energy, empathy, and excellence that define who we are.

Thank you for your continued support in building an institution we can all be proud of.



**STAY SAFE, STAY COMMITTED,
AND KEEP LEARNING!**

**WARM
REGARDS**

R. MURUGESH
(MANAGING DIRECTOR)
EVERSAFE ACADEMY PTE LTD



WE HAVE
SUCCESSFULLY
TRAINED AND GRADUATED

890,333+

AS OF JUNE 2025.





1. EA Safety Committee members Meeting

The meeting was headed by our Managing Director Mr. Murugesh along with the 11 other members.

Our EA Safety Committee was created comprising of EA Management and selected highly experienced WSH Trainers with a focus on the daily safety surveillance and safety reviews of our 4 training branches. June month meeting was conducted on 30 June 2025 at our Pioneer location.

The meeting was headed by our Managing Director Mr. Murugesh along with the 11 other members.



EA SAFETY COMMITTEE MEETING



3. FEATURES & HIGHLIGHTS



2. Eversafe Academy conducted workshop on “Extracurricular Activities: **Robotics Redefined**: Shaping Tomorrow’s Industries” on 28th June 2025 with 80 members.



EVERSAFE ACADEMY
FOLLOW US ON SOCIAL MEDIA
WORKSHOP ON
Robotics Redefined
SHAPING TOMORROW'S INDUSTRIES
VENUE: ZOOM (ONLINE)
28/06/2025 (SATURDAY) TIME 7.40 TO 8.40 PM
Call to find out more (65)62978417
WhatsApp Now (65)93813608
E-CERTIFICATES WILL BE ISSUED FOR THOSE SUBMITTING FEEDBACK.

3. Eversafe Academy had conducted **Free Computer Class** on june month, 10 students got benefited.



4. Eversafe Academy had conducted **Graduation Day** on 19th July 2025, around 52 students participated.



ENSURING SAFETY ON WATER: YOUR SIMPLE GUIDE TO LIFE JACKET SAFETY

When you work near water, your life jacket is one of the most important pieces of safety gear you have. It's like a silent friend that helps keep you safe if you ever fall into the water. The new "Workplace Safety and Health Guidelines on Personal Flotation Devices Life Jackets" (WSH Guidelines, 2025) is like a helpful map to make sure we all use life jackets the right way (WSH Guidelines, 2025, p. 4).

These guidelines, released in July 2025, are made to help everyone who works near water in Singapore. The main goals are simple: to help you pick the right life jacket for your job and to show you the best ways to use and take care of it (WSH Guidelines, 2025, p. 4).

It's important to know the difference between a "life jacket" and a "buoyancy aid." A life jacket is designed to turn you onto your back, keeping your face out of the water, even if you're tired or unconscious. A buoyancy aid needs you to actively move to keep your head above water and is not meant for work (WSH Guidelines, 2025, p. 4).

Know how your life jacket works.



Taking care of life jackets isn't a one-time thing. It's a continuous process that involves picking the right one, checking it often, using it properly, and keeping it in good shape (WSH Guidelines, 2025, p. 5). Every step is connected to make sure you stay safe.

Picking the Right One: Your employer must pick the right type of life jacket for your job, based on how well it floats (WSH Guidelines, 2025, p. 11).

Types: Foam life jackets float naturally and are always ready. Inflatable life jackets are lighter and more comfortable but need air from a gas cartridge. Automatic inflatable types are suggested if you might fall in unexpectedly and become unconscious (WSH Guidelines, 2025, p. 8-9).

Performance Levels: Life jackets have levels (100, 150, 275). Higher numbers mean better flotation for tougher conditions. Level 100 is for calm waters, Level 150 for rougher, open waters (recommended for work), and Level 275 for very bad weather or heavy gear (WSH Guidelines, 2025, p. 11-12).

Extra Features: Reflective strips, whistles, and lights add safety (WSH Guidelines, 2025, p. 12-13).

Buying Right: Make sure life jackets come from trusted sellers and meet safety standards (WSH Guidelines, 2025, p. 15).

Ensure its performance level is suitable for the task.



Checking It Before You Start: Always look over your life jacket before each use to make sure it's in good shape. Check the straps, buckles, zippers, and for inflatable types, the gas cartridges and firing parts (WSH Guidelines, 2025, p. 16). If you see any damage, like rust or tears, do not use it – get it replaced right away (WSH Guidelines, 2025, p. 16-18).



Check that the life jacket has been serviced according to manufacturer's instructions.



Wearing It Correctly: A life jacket that fits well will keep you floating, let you move easily, and won't block your view (WSH Guidelines, 2025, p. 20). Pick the right size, wear it over your clothes (never underneath), fasten all buckles, and adjust the straps so it's snug but comfortable. For inflatable life jackets, make sure the pull cord for manual inflation is easy to reach (WSH Guidelines, 2025, p. 20-21).

Storing and Caring for It: To make your life jacket last longer, you need to store and maintain it properly. After using it, wash it by hand with clean water to remove dirt. Then, let it air dry in a place with good airflow, away from direct sunlight and extreme temperatures. Don't use harsh chemicals or put heavy things on it (WSH Guidelines, 2025, p. 22). For inflatable life jackets, keeping them dry is extra important to prevent rust or accidental inflation (WSH Guidelines, 2025, p. 22). Your life jacket also needs regular check-ups by a trained service center, usually once a year for inflatable types. (WSH Guidelines, 2025, p. 22-23).

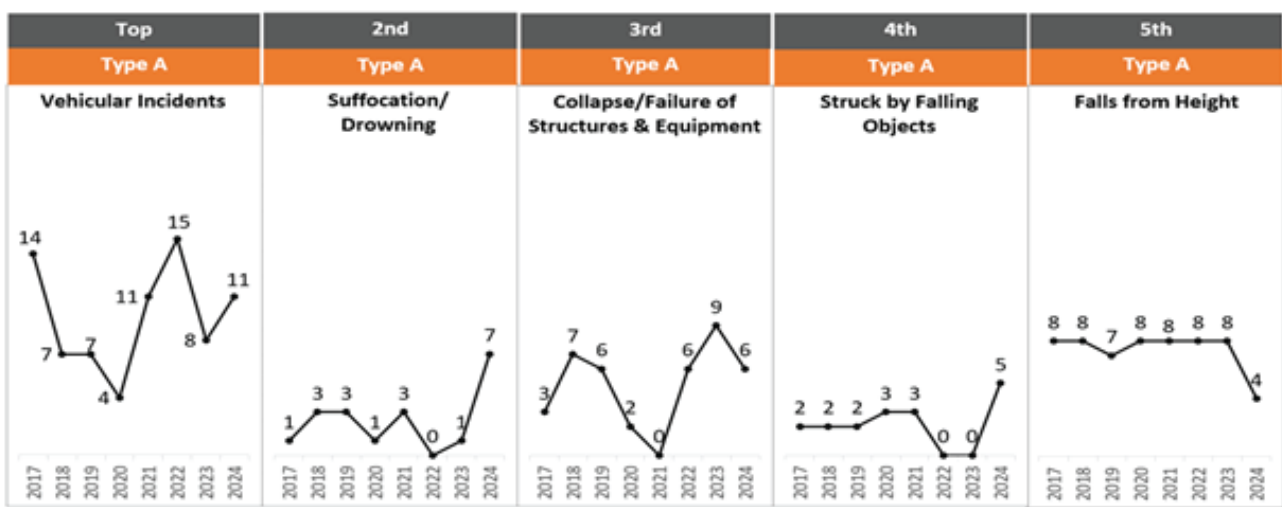
Real Stories, Real Lessons: Why Life Jacket Safety Matters



First, let's look at the bigger picture. The image below shows that "Suffocation/Drowning" was the second highest cause of workplace fatalities in 2024, leading to 7 fatal injuries. This highlights how serious the risk of drowning is in our workplaces and why taking life jacket safety seriously is not just a rule, but a life-saving action.

The top three causes of workplace fatalities in 2024 were Vehicular Incidents, Suffocation/Drowning, and Collapse/Failure of Structures & Equipment. These collectively accounted for 56% (24 fatal injuries) of the total number of workplace fatal injuries in 2024.

Figure 2c: Number of workplace fatal injuries by cause of injury, 2017-2024



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

Case 1: Uninflated Life Jacket

A technician fell into the sea from a tanker. Even though he was wearing a manual inflatable life jacket, it did not inflate when he needed it most (WSH Guidelines, 2025, p. 24-25). The investigation suggested he might have been confused or didn't know how to inflate it. The big lesson here is clear: everyone who works near water must not only wear a suitable life jacket but also know exactly how to use their specific type. Training and clear instructions are key (WSH Guidelines, 2025, p. 25).

Case 2: Wrong Life Jacket, Heavy Bag

Another case involved a shore technician who fell into the sea from a ship. Sadly, he did not survive. The life jacket he was wearing was likely a Level 100, which was not right for the rough, open waters where he was working. He was also carrying a heavy 8kg backpack, which made it much harder for him to stay afloat (WSH Guidelines, 2025, p. 26-27). This story teaches us two vital things: always use the right life jacket for the conditions, and keep your hands free when getting on or off a ship. If you have bags or equipment, move them separately (WSH Guidelines, 2025, p. 27).



Case 3: No Life Jacket, Can't Swim

Finally, a tragic case where a worker drowned after falling into a river. This worker did not know how to swim and was not wearing a life jacket when the accident happened (WSH Guidelines, 2025, p. 28). This incident highlights a simple but extremely important point: if you are working near water, you must always wear a suitable life jacket, especially if you cannot swim. It also showed the need for a full safety check (risk assessment) before starting any work near water, looking at all possible dangers (WSH Guidelines, 2025, p. 28).

These real stories are powerful reminders that life jackets are tools that save lives. Their effectiveness depends on all of us:

how we pick them, check them, use them, and care for them. By following the WSH Guidelines, we can all help ensure that everyone working near water is prepared and confident, making sure these vital protectors are always ready to do their job.



Workplace Safety and Health Council. (2025). Workplace Safety and Health Guidelines: Personal Flotation Devices Life Jackets

https://www.tal.sg/wshc/-/media/tal/wshc/resources/newsletters/wsh-bulletins/files/20250710_wsh_bulletins.ashx



Mr. Thanikachalam Rameshkumar
Head – Academic Department
Eversafe Academy Pte Ltd



SPATIAL COMPUTING – A 2025 TECH TREND

WHAT IS SPATIAL COMPUTING?

Spatial computing is a 3D human–computer interaction paradigm that lets digital systems understand, augment, and interact within our real-world surroundings—right in physical space—instead of hiding content behind flat screens.

Spatial computing represents a transformative leap in how humans interact with digital technology. Unlike traditional computing, where information is confined to two-dimensional screens, spatial computing brings digital elements into our three-dimensional physical world. It allows computers to understand and respond to real-world spatial environments, enabling users to see, touch, and interact with virtual objects as if they were physically present. The term broadly includes technologies such as Augmented Reality (AR), Virtual Reality (VR), Mixed Reality (MR), and Extended Reality (XR). With spatial computing, digital content is no longer just on your screen—it lives in your space.

HOW IT WORKS

At its core, spatial computing relies on advanced sensors and computing power to perceive and map the world around us. Devices like the Apple Vision Pro, Meta Quest, and various smart glasses are equipped with LiDAR scanners, depth sensors, cameras, and inertial measurement units (IMUs). These components capture real-time data about the user's surroundings and movements. Sophisticated software then processes this data to create spatial maps and recognize objects and surfaces. Digital elements can then be overlaid onto these real environments, adjusting dynamically based on the user's location and gestures. This seamless blending of digital and physical space forms the essence of spatial computing.





REAL-WORLD USE CASES

Spatial computing is already making a significant impact across industries. In business and productivity, professionals can use virtual desktops, interactive 3D data, and immersive meeting environments—eliminating the need for physical monitors or travel. Designers and engineers use digital twins to simulate and monitor machinery or infrastructure remotely. In retail, apps like IKEA Place use AR to let customers preview furniture at home before buying. The healthcare industry benefits from AR-based surgical guidance and hands-on training using virtual anatomy. Meanwhile, the entertainment world is embracing spatial gaming, immersive sports experiences, and next-generation concerts that respond to user interaction in real-time.

1

Productivity & Collaboration

- Virtual monitors, immersive meetings (e.g. Apple Vision Pro, Meta Workspaces)

2

Design & Maintenance

- Digital twins for industrial operations, remote assistance, virtual training

3

Retail

- Preview furniture in AR apps like IKEA Place

4

Healthcare

- AR medical training
remote surgery assist

5

Entertainment

- Spatial gaming, immersive sports & concerts



Some of the Use Cases Related to Safety and Civil Workers are as follows

1. CONSTRUCTION SITE SAFETY & HAZARD DETECTION

AR-based hazard visualization: Workers wear AR headsets (e.g. Microsoft HoloLens) to see live overlays of danger zones, buried utilities, or unstable structures.

Real-time site scanning: Drones and LiDAR create 3D maps to detect risks like structural deformation or unsafe terrain in real time.

Proximity alerts: Wearables notify workers when they're too close to heavy machinery or hazardous areas.



2. FIREFIGHTER & FIRST RESPONDER ASSISTANCE

AR-assisted navigation in smoke-filled buildings: Smart helmets display floor plans and safe exit paths using spatial mapping and thermal imaging.

Digital incident twin: Command centers use a 3D model of the scene to coordinate teams, assess building layout, and locate hazards or trapped individuals.

Drone surveillance: Real-time drone feeds with spatial mapping help identify hotspots and assess structural integrity from a safe distance.





3. INFRASTRUCTURE INSPECTION & CIVIL ENGINEERING

Bridge and tunnel inspections with AR overlays: Engineers use tablets or AR headsets to visualize stress points or previous inspection data aligned in 3D.

Digital twins of urban infrastructure: Real-time data on traffic, vibrations, weather, and wear can be modeled to anticipate failures and schedule maintenance.

Remote expert guidance: Technicians in the field receive spatial annotations from off-site experts who see exactly what they see through AR devices.



4. EMERGENCY EVACUATION PLANNING & DRILLS

AR evacuation simulations: Workers can rehearse real-time emergency responses in an immersive environment, improving preparedness.

Dynamic evacuation routing: Systems calculate safest exit paths during events like fires, earthquakes, or chemical leaks, adjusting based on real-time conditions.



5. UTILITY AND UNDERGROUND MAPPING

AR visualization of buried assets: Workers can "see" underground pipes, electrical lines, and fiber optics using spatial data overlays, reducing accidents.

Collision prevention: Excavation equipment integrated with spatial computing avoids striking hidden utilities using live geospatial models.





WHY IT'S TRENDING IN 2025

In 2025, spatial computing is not just a buzzword—it's a strategic technology with real-world traction. Analysts estimate that the global spatial computing market could reach between \$200 to \$500 billion. Tech giants are making bold moves: Apple has marketed its Vision Pro headset as the first “spatial computer,” and Meta continues to evolve its XR platforms for both consumers and enterprises. Businesses are realizing that immersive technologies can dramatically enhance collaboration, training, and productivity. With increasingly powerful and accessible hardware, spatial computing is rapidly shifting from futuristic novelty to mainstream adoption.



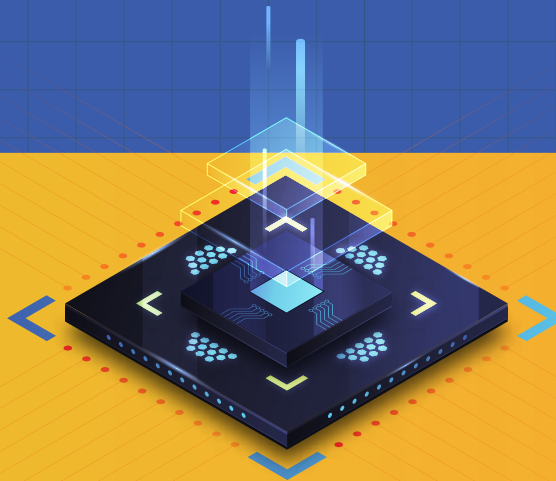
KEY CHALLENGES AHEAD

Despite its promise, spatial computing faces notable challenges. High costs remain a barrier; flagship devices like the Apple Vision Pro are priced around \$3,500–\$6,000, putting them out of reach for many consumers. Comfort and usability are also concerns—headset weight, motion sickness, and limited battery life hinder long-term use. The lack of unified industry standards makes development and interoperability more complex. Additionally, as these devices gather detailed spatial and personal data, privacy and security have become major concerns that must be addressed to gain widespread public trust.



THE ROAD AHEAD

The future of spatial computing is bright—and becoming more accessible. Companies like Meta, XREAL, and Lenovo are working on lightweight, more affordable XR devices. Integration with geospatial AI, such as Nvidia’s Earth-2 platform or Niantic’s AR maps, will enable smarter and context-aware applications. In industries like healthcare, logistics, education, and urban planning, spatial computing is expected to revolutionize operations and communication. As the technology matures, its ability to enrich both our digital and physical lives will make spatial computing an integral part of everyday experiences.



Sources:

BuiltIn – What Is Spatial Computing?

NVIDIA – Glossary: Spatial Computing

Treeview Studio – Spatial Computing Examples

AP News – Apple Vision Pro

Wow-How – The Era of Spatial Computing

Barron's – Nvidia and Geospatial Models

TV Technology – XR Tipping Point

Adapted from the Original
Mr. Alfrin Vickson
Web Developer



BE AN EAGLE

A STORY OF STRENGTH, FOCUS, AND RISING ABOVE

In the vast sky, among many birds, the eagle is unmatched. It doesn't flap around like the sparrow, nor does it scatter like the pigeon. It soars bold, focused, and fearless.

Have you ever seen an eagle fighting with a crow? No. Even though crows may chase and peck at it, the eagle never wastes its energy on the petty noise. Instead, it simply spreads its powerful wings and flies higher. Higher and higher, until the air becomes too thin for the crow to breathe and it backs away on its own.

Eagles do not fight the distractions. They rise above them.

And when the storm comes thunder, lightning, fierce winds most birds seek shelter. But not the eagle. It welcomes the storm. With its sharp eyes and fearless heart, it uses the winds to lift itself above the clouds.

While others panic, the eagle finds peace not by avoiding the storm, but by rising above it. In the calm above the clouds, there is no chaos. Just clarity, silence, and purpose.

Be like the eagle.

Don't waste your energy on criticism, distractions, or noise that doesn't deserve your attention. When storms of life come don't fear them. Use them to rise. Let adversity become your wind, and your focus become your strength.

Soar high. Leave the noise behind. Create your own calm above the clouds.

BE AN EAGLE

Adapted from the Original
Mr. Rambhu Paul Dhinakaran G
Senior Manager – Human Resources





OUR MD MR MURUGESH PRESENTED
THE MONTHLY TRAINER EXCELLENCY PATHWAY (TEP)
CERTIFICATE OF APPRECIATION FOR JUNE 2025 EXEMPLAR TRAINER'S



FULL TIME TRAINERS



MR. SELVARAJ
POTHIRAJ



MR. CHUA AH
SENG



MR. AFFANDY
WESTLAKE



ASSOCIATE TRAINERS



MR. CHEONG CHAK
WAH



MR. HANUMATHASAMY
ASOKAN



MR. MOHAMED
IMTIAZ HOSSAIN
BHUIYAN

8. TESTIMONIALS (CLIENT)



Endorsement of our Commitment to our **Student and Customers**,
Some of the endorsements and feedback from our valued Clients.



Thank you for your great service! I appreciated your quick and accurate help. You were friendly and easy to work with.
Keep up the good work!"

★★★★★

Company name-Dynamic Recruitment Services Pte Ltd
Company incharge-Chandran Ganesan
Course Incharge-Jaya



"Hi,

Would like to feedback on Sengeni. Her service is excellent and the response is fast. Good work."

★★★★★

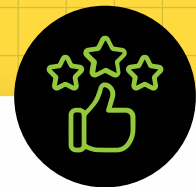
Company name-NANO-TECH INTERNATIONAL PTE. LTD
Company incharge-Jaco
Course Incharge-Ms Sengini



With regards to your feedback, we are happy with your excellent services. Keep it up.

★★★★★

Company name-RAI BUILDERS PTE. LIMITED
Company incharge- Mrs.Rai
Course Incharge-Sengini



Company name-A-STAR GROUP
Company incharge-Malathi
Course Incharge-Ms Shenbagam

I would like to share my feedback on your MWAH safety course booking service. The booking process was smooth and well-organized, making it easy to register for the course. The communication regarding course details, schedule, and requirements was clear and timely.

★★★★★

8. TESTIMONIALS (STUDENT)



Endorsement of our Commitment to our **Student and Customers**,
Some of the endorsements and feedback from our valued Students.



Thank you for the fast response.
The application process is smooth and seamless.
Great coordination with email and phone call follow ups. Details are clear and concise to understand.

★★★★★

Student Name-LIM YAW CHUAN
Course Name-Mwah
Course Incharge-Ms Shenbagam



Student Name-Nadarajan jegan
Course Name-MWAH
Course incharge name-Ms shenbagam

Thanks for your support to clear my manage WAH course, I have completed my course because of your guidelines and support."

★★★★★



Dear Eversafe academy,
I am very glad to chat with DELFIN, Delfin is very helpful and really appreciated for her help.

★★★★★

Student Name-LUO ZURUI
Course Name-Mwshcs
Course in charge -Ms Delfin

Student Name-SUBRAMANIYAN
SARAVANAN,
Course Name-WSHCM
Course incharge -DELFIN

Your Customer Information Industries works very well.You are all the best for customers is all the time date.
Your Customer Care works better in setting up all the time -time date according to the customer's requirement.

★★★★★



9. HEALTH & FITNESS PROGRAMMES - (STAFF & STUDENT)

SINGAPORE NATIONAL DAY
9TH AUGUST 2025



Eversafe Academy Health Challenge Results – June 2025



EZHILMATHI – 621,714 STEPS
(UNSTOPPABLE AND LEADING THE PACK WITH POWER!)



K. M. SANKITHAN – 591,479 STEPS
(A STRONG DEBUT ON THE LEADERBOARD—WATCH THIS ONE!)



SHENBAGAM – 572,876 STEPS
(CONSISTENCY IS HER SUPERPOWER—AND WE'RE HERE FOR IT!)

**Huge applause to our June champions!
Your dedication is the heartbeat of this challenge.**

As we step into July, let's keep the momentum going.
Every step counts—so let's keep moving, Eversafe Academy!



QUICK REMEDIES FOR ACIDITY & GASTRIC DISCOMFORT



1. WARM WATER:
SIP WARM WATER SLOWLY TO NEUTRALIZE ACID AND AID DIGESTION.

2. JEERA (CUMIN) WATER:
BOIL 1 TSP OF CUMIN SEEDS IN WATER, COOL AND DRINK HELPS REDUCE BLOATING AND ACIDITY.



3. COLD MILK:
A GLASS OF COLD, FAT-FREE MILK CAN SOOTHE THE STOMACH LINING AND REDUCE ACID.

4. GINGER TEA:
MILD GINGER TEA CAN HELP RELIEVE GAS AND IMPROVE DIGESTION.



5. BANANA OR PAPAYA:
NATURAL ANTACIDS THAT CALM THE STOMACH.

6. AVOID SPICY/FRIED FOODS:
THESE CAN WORSEN ACIDITY. EAT LIGHT, NON-OILY MEALS.



7. DON'T LIE DOWN IMMEDIATELY:
WAIT AT LEAST 2-3 HOURS AFTER EATING BEFORE LYING DOWN.

8. SMALL, FREQUENT MEALS:
HELPS PREVENT ACID BUILDUP AND KEEPS THE DIGESTIVE SYSTEM ACTIVE.





RADIOGRAPHY SAFETY QUIZ

1. The primary source of radiation exposure in radiography comes from the _____.
2. To minimize radiation exposure, radiographers must always use _____ to protect themselves and others.
3. The use of _____ can help prevent unnecessary exposure by ensuring only the required area is imaged.
4. _____ is the unit of measure used to quantify radiation dose.
5. The _____ principle stands for keeping radiation exposure as low as reasonably achievable.
6. _____ is a key protective barrier that should be used during radiography to reduce radiation exposure.
7. The _____ badge is used to monitor an individual's radiation exposure over time.
8. Radiographers must stand behind the _____ during the imaging process to avoid direct exposure.
9. In the event of a radiation spill, the first step is to _____ the area to prevent access by others.
10. The _____ must be checked regularly to ensure radiation equipment is functioning properly and safely.



LAST MONTH WINNERS (JUNE)



1st S\$50
SOHEL MD
AL AMIN



2nd S\$40
RAVICHANDRAN
DHARMASEELAN



3rd S\$30
CHIDAMBARAM
ILAYARAJA

11. FUN WITH PUZZLE & GAMES

SINGAPORE
NATIONAL DAY

9TH AUGUST 2025



Question No	Answer	Question No	Answer
A	Equipment	1	
B	Protective barrier or lead glass screen	2	
C	Sievert (Sv)	3	
D	X ray tube	4	
E	Lead shielding	5	
F	Secure or cordon off	6	
G	Dosimeter	7	
H	Lead aprons	8	
I	Collimation	9	
J	ALARA	10	

**SCAN QR CODE TO SUBMIT YOUR
COMPLETED MATCHING
SAFETY PUZZLE**



Please complete the matching puzzle questions and snap a picture to upload via our QR Code with your details for a chance to win prizes before 1st July 2025.

Prizes



S\$ 50



S\$ 40



S\$ 30



QUIZ DEVELOPED BY

Mr. Richard Sim
Academic Manager
Eversafe Academy Pte Ltd



Eversafe Academy reach and Impressions for June 2025



SOCIAL MEDIA VIEWS **#1,083**

MOBILE APP VIEWS **#31,785**

YOUTUBE IMPRESSION - 1.3K

Eversafe Academy believes that creating awareness through Social Media can make a positive impact on the public and learning communities. Eversafe Academy has been producing helpful and informational videos on our YouTube Channel “Eversafe Academy”.

Some of the recent videos posted on our channel are



01. Student Testimonial Videos

Posting testimonial videos can be a great way to showcase positive experiences and feedback from the students by obtaining proper consent from them.



2. Course Informational Videos

Engaging videos with course information such as contents, duration of the course, fee, and other details, to encourage and promote learning in-demand skills and courses to improve career advancement chances for various industries.



3. General & Safety Videos:

In June 2025, we launched a Hari Raya Haji Special Classes promo, a general video showcasing our safety courses across different levels and industries, and a special video encouraging our audience to follow us on social media, aiming to enhance visibility and engagement.

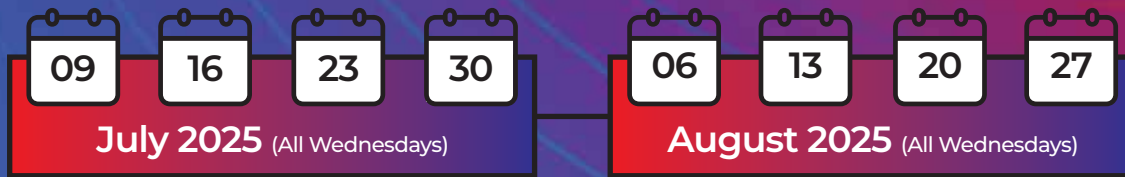


13. CORPORATE SOCIAL RESPONSIBILITY - CSR EVENTS

SINGAPORE NATIONAL DAY
9TH AUGUST 2025



1. We have planned to start the next batch for **FREE YOGA 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.



6 PM TO 9.15 PM



2. EA will be conducting Free Spoken English classes on the below scheduled dates.



6 PM TO 9.15 PM

3. Eversafe Academy has planned to visit Sree Narayana Mission Old Age Home on 25th July 2025.

FOR MORE INFO

CALL: +65 6297-8417 | WHATSAPP: +65 9381 3608

WWW.EVERSAFE.EDU.SG | TRAINING@EVERSAFE.COM.SG



EVERSAFE ACADEMY GREEN PLAN 2025:

As an institution dedicated to safety and lifelong learning, Eversafe Academy recognizes the importance of environmental sustainability. In line with global goals and local green initiatives, we are proud to unveil our 2025 Green Plan — a commitment to reducing our environmental impact, promoting eco-conscious education, and creating a culture of sustainability among our staff, students, and partners.

Eversafe Academy actively supports carbon footprint reduction by integrating sustainable practices across its operations. Key initiatives include:

- **Energy Efficiency:** Upgrading to LED lighting, optimizing air-conditioning usage, and implementing campus-wide energy-saving protocols through integrated IoT systems for real-time monitoring and automation.
- **Eco-Friendly Transportation:** Encouraging public transport and cycling among staff and students.
- **Digital Transformation:** Reducing paper usage by shifting to e-learning platforms, e-invoice, digital assessments, and online communication.



Go Green Grow Green



BY
QUALITY ASSURANCE DEPARTMENT
EVERSAFE ACADEMY

15. LATEST EA COURSES & UPCOMING EVENTS

SINGAPORE NATIONAL DAY

9TH AUGUST 2025



Eversafe Academy will be **soon launching** the below **new courses** which are under development:

NEW COURSE

1. Diploma in Refrigeration and Air-Conditioning Engineering (DRACE)



NEW COURSE

2. Safe Use of Power-Operated Hand Tools (SUPHT)



We Have Courses For

- ◆ Worker Level
- ◆ Supervisor Level
- ◆ Professional Level
- ◆ Manager Level

Scan the QR Code to view all our Courses



15. LATEST EA COURSES & UPCOMING EVENTS

SINGAPORE
NATIONAL DAY
9TH AUGUST 2025





**EVERSAFE ACADEMY
SKY MEDITATION CENTRE**

WCSC APPROVAL NO: WCSC/APP/SGP/054

**SCIENCE OF
UNIFIED LIVING**

A revolutionary insight blending Ancient Indian Wisdom
and Contemporary Science

[Join Now](#)



Scan QR to
View Our
Courses
in detail.

Visit our website for more details:

www.eversafe.edu.sg/yoga-home

Our Featured Courses:

1. YOGA FOR HUMAN EXCELLENCE – FOUNDATION COURSE
2. KAYAKALPA YOGA
3. INTROSPECTION COURSE (I, II & III)
4. CHILDREN YOGA
5. CERTIFICATE IN YOGA FOR HUMAN EXCELLENCE (CYHE)
6. DIPLOMA IN YOGA FOR HUMAN EXCELLENCE (DYHE)



[For more info](#)

Call: +65 6297-8417 | WhatsApp: +65 9381 3608
www.eversafe.edu.sg | training@eversafe.com.sg



We're
Hiring
now!

- Vigilance Officer** - 2 Pax
- Sales & Marketing Executive** - 3 Pax
- Student Support Service Officer** - 3 Pax
- WSH Trainers**



For more info contact:



Email us your resume at
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Call: (+65) 9059 6339 | www.eversafe.edu.sg

18. ABOUT EVERSAFE ACADEMY

SINGAPORE
NATIONAL DAY
9TH AUGUST 2025



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 Training Providers 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.

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 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.



2008

Year Established



4

Locations



150+

Courses



200+

Dedicated Staffs



1500+

Corporate Clients





Island wide 4 Locations

LITTLE INDIA



No. 2, Kampong Kapur Rd,
Singapore 208674

JOO KOON



No. 2, Joo Koon Road,
Singapore 628966

PIONEER JUNCTION



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

WAN LEE



No. 2, Wan Lee Road,
Singapore 627934

WE ARE
ALWAYS WITH YOU
FOR YOUR
TRAINING NEEDS

+65 6297 8417 www.eversafe.edu.sg
+65 9381 3608 training@eversafe.com.sg



TALK TO _____
OUR EXPERT!

Scan to Visit
Our Website

