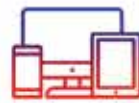


read now!

EA
Journal

AUGUST 2025 | ISSUE #35



Responsive Design
for All Devices!

/EVERSAFE_ACADEMY



SCAN THE QR CODE
TO READ OUR
PREVIOUS JOURNALS

WE TRAINED ∞
900,000+
STUDENTS

WE HAVE ∞
150+
COURSES

WE HAVE ∞
200+
TRAINERS

WE OPEN ∞
365 DAYS
8AM TO 10PM



www.eversafe.edu.sg

Table of Contents

1. MD'S MESSAGE
2. OUR ACHIEVEMENTS
3. FEATURES & HIGHLIGHTS
4. INDUSTRY NEWS & TRENDS
5. TECH BITES **NEW**
6. MOTIVATIONAL STORY
7. OUR TRAINERS
8. TESTIMONIALS
9. HEALTH & FITNESS PROGRAMMES
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. ABOUT EVERSAFE ACADEMY
17. EA SKY YOGA
18. JOIN US



**“ANYONE WHO STOPS LEARNING IS OLD,
WHETHER AT TWENTY OR EIGHTY. ANYONE
WHO KEEPS LEARNING STAYS YOUNG. THE
GREATEST THING IN LIFE IS TO KEEP YOUR
MIND YOUNG.”**

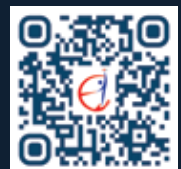
— HENRY FORD



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



**SCAN THE QR
TO READ OUR ALL
JOURNAL ISSUES**



DEAR ESTEEMED READERS

Greetings from Eversafe Academy!

It is with great pride and heartfelt gratitude that I welcome you to the 35th Edition of the Eversafe Academy Journal. As we progress through 2025, August has been a month filled with reflection, learning, and celebration. From our participation in the WSHC Training Provider Forum to the National Day special classes, these activities have reinforced our commitment towards compliance, professional growth, and community engagement. This edition of the EA Journal highlights key moments that exemplify our unwavering responsibility and dedication to excellence, integrity, and the continued development of both our learners and staff.

1. Training Provider Forum 2025

We were pleased to participate in the Training Provider Forum organized by WSHC on 1st August 2025. The session was insightful and highlighted the importance of strict compliance with Technical Notes, effective assessment management, continuous professional development of trainers, and maintaining the highest standards in safety and facility management. It also reinforced the critical need for integrity and professionalism in every aspect of training delivery.

At Eversafe Academy, we have taken these reminders as an opportunity to further strengthen our systems and processes. Every procedure has been carefully reviewed to ensure full compliance with requirements. We remain deeply committed to upholding the highest standards of quality, transparency, and accountability—ensuring that every learner benefits from a safe, ethical, and effective training experience.



1. MD'S MESSAGE

2. National Day Special Classes

In view of celebrating Singapore's National Day, we organized special classes on 9th, 10th, and 11th August. It was heartening to see many migrant workers utilizing the holiday period to upgrade their skills and knowledge. Their enthusiasm to learn, even on their rest days, is a true reflection of resilience, determination, and the desire for self-improvement.

This initiative was more than just a learning opportunity—it was a celebration of the spirit of progress. By aligning our training opportunities with this special occasion, we not only honored Singapore's journey as a nation but also reaffirmed our role in supporting individuals who contribute so much to the country's growth.



3. Simple Gestures, Lasting Impact

At Eversafe Academy, we believe that even the smallest act of kindness or thoughtfulness can leave a profound mark on others. A simple gesture—a word of encouragement, a helping hand, or a smile—can uplift someone's day and create a lasting sense of belonging. These everyday actions, though small, build the foundation of trust and respect within our learning community.

As we continue our journey, let us remember that true impact does not always come from grand actions, but from the consistent practice of care, empathy, and professionalism. Together, these simple gestures shape a culture where everyone feels valued and inspired to give their best.

1. MD'S MESSAGE

4. Upcoming Audits – September & October 2025

As we approach September and October, Eversafe Academy will undergo several key audits to ensure compliance and continuous improvement across our operations. The scheduled audits include **ISO 29993, ISO 27001 (ISMS), ISO 22301 (BCMS), ISO 55001 (AMS), and SRFAC.**

These audits provide an important opportunity to review our systems, processes, and documentation, and to showcase our ongoing commitment to quality, safety, and best practices. We encourage all staff to maintain the highest standards and ensure that all records, procedures, and practices are fully audit-ready. Your diligence and professionalism are essential in upholding Eversafe Academy's reputation for excellence in education and administration.



Looking Ahead:

As we move forward into September and October, with several important audits on the horizon, let us carry the lessons from these experiences into our daily practices. By embracing continuous improvement, fostering a culture of care, and upholding the highest standards of professionalism, we ensure that Eversafe Academy remains a trusted institution where learners thrive and safety, quality, and integrity are always paramount.

WARM REGARDS,



R. MURUGESH
(MANAGING DIRECTOR)
EVERSAFE ACADEMY PTE LTD

2. OUR ACHIEVEMENTS



WE HAVE
SUCCESSFULLY
TRAINED AND GRADUATED



904,273+
STUDENTS

AS OF JULY 2025



STEPS
TO
SUCCESS

3. FEATURES & HIGHLIGHTS

1. EA SAFETY COMMITTEE MEMBERS MEETING

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. July month meeting was conducted on 28 July 2025 at our Little India location.



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

Eversafe Academy conducted workshop on “Extracurricular Activities: “Workplace Etiquette” on 02nd August 2025 with 68 members.

2. EXTRA CURRICULAR ACTIVITIES

3. FEATURES & HIGHLIGHTS

3. FREE SPOKEN ENGLISH CLASS

Eversafe Academy had conducted Free Spoken English class on July month, 12 students got benefited.

Eversafe Academy had conducted Teachers Meet on 30th July 2025, around 118 Teachers participated

4. TEACHERS MEET PROGRAM

5. NATIONAL DAY SPECIAL CLASSES

Eversafe Academy had conducted National Day Special Classes in the month of August 2025, many students got benefited.



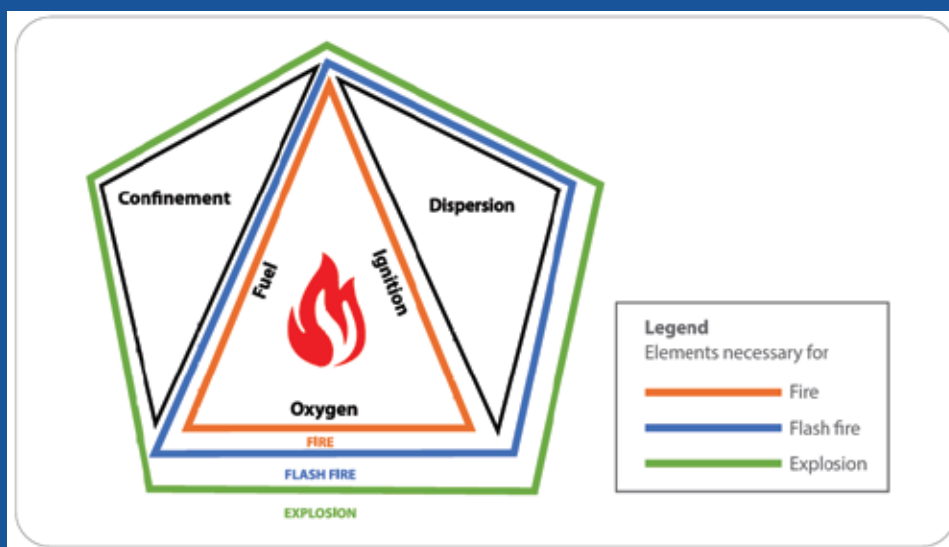
Understanding the Hidden Hazard: Combustible Dust

As of January 1, 2025, combustible dust has been added to the list of hazardous substances in the Fifth Schedule of the WSH Act. The duties of manufacturers and suppliers have been extended to include combustible dust.

Solid combustible materials, when in a finely divided form like dust, can burn rapidly. When this combustible dust is suspended in the air at an optimal concentration under specific conditions, it can pose an explosion hazard. The force from such explosions can lead to fatalities, injuries, and structural damage. Combustible dusts are broadly categorized into four types: metals, chemicals, plastics, and organic matter.

A flash fire is a momentary flame that moves rapidly through a combustible dust cloud. It rarely lasts for more than a few seconds but can cause severe injury to any worker(s) in its path. Under specific conditions, an explosion can result from the rapid combustion of dust particles, leading to devastating consequences.

To understand how these events occur, it is essential to know the five elements of the Dust Explosion Pentagon:



Fuel (Combustible Dust): The particle size of combustible dust typically determines the ease of ignition and the consequences of an explosion. Any combustible dust with a K_{st} value greater than zero can potentially cause a dust explosion.

K_{st} is a deflagration index, and a larger value indicates a more severe explosion.

Oxygen: Oxygen in the air supports combustion.

Ignition: This is a source of energy sufficient to initiate combustion of dust particles. Examples include naked flames, sparks, static electricity, and hot surfaces of engines.

Dispersion: Dust explosion can occur when dust particles are suspended in the air and reach the Minimum Explosible Concentration (MEC). The MEC is the minimum concentration of a combustible dust suspended in air that will support an explosion.

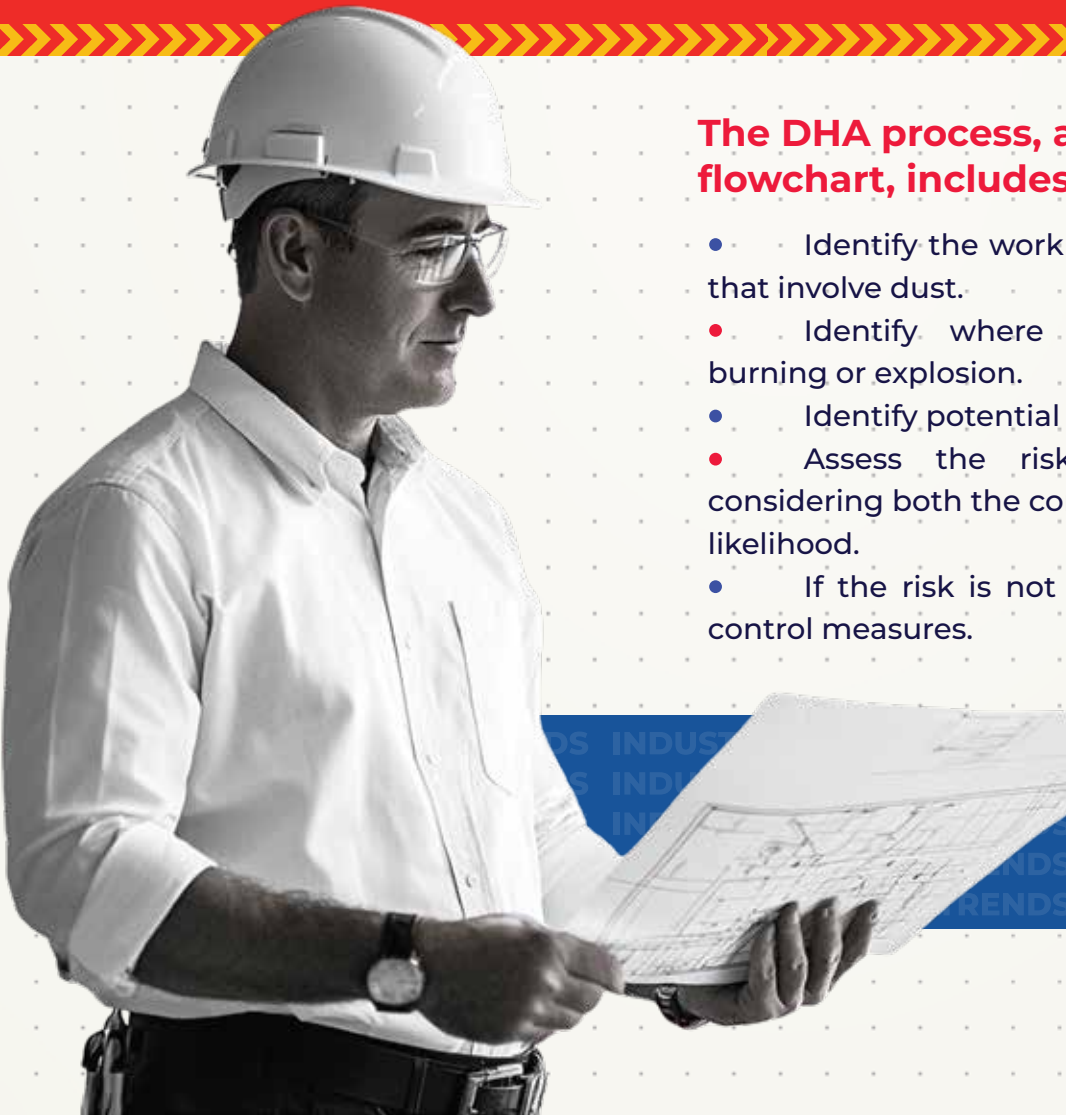
Confinement: When a combustible dust cloud ignites in an enclosed or semi-enclosed space, the pressure from the primary explosion can build up. Confinement increases the destructive power of a dust explosion by not allowing the pressure and flames to dissipate.

Identifying and Assessing Combustible Dust Hazards

The occupier of the workplace is responsible for determining whether the materials used are combustible dusts. As part of a risk assessment, combustible dust-related hazards from work activities need to be identified and evaluated. A Dust Hazard Analysis (DHA) is a systematic way to identify and evaluate the potential for fire, flash fire, or explosion due to the presence of particulate solids in a process or facility. A DHA should be performed or led by a competent person. A competent person has sufficient experience and training to perform the required work.

The DHA process, as outlined in the flowchart, includes these key steps:

- Identify the work activity and processes that involve dust.
- Identify where dust could support burning or explosion.
- Identify potential ignition sources.
- Assess the risk of the event by considering both the consequences and likelihood.
- If the risk is not tolerable, recommend control measures.



There are several ways to identify combustible dusts:

Warning Labels: A warning label on a container or package will state, "Warning: May form explosible dust-air mixture if dispersed"

Safety Data Sheets (SDS): An SDS provides comprehensive information about a substance. A combustible dust hazard is present if Section 2 of the SDS contains the warning statement: "Warning: May form explosible dust-air" mixture if dispersed".

International References: Lists of combustible dusts are available from sources like NFPA 660 Standard for Combustible Dusts and Particulate Solids, and the GESTIS-DUST-EX Database.

Laboratory Tests: If the combustibility of a dust is unknown, it can be classified using tests such as the "Go/No-Go" screening test methodology in ASTM E1226.

The Hierarchy of Control for Combustible Dust: Hazard control and risk reduction can be achieved using the Hierarchy of Control. Upstream controls like elimination, substitution, and engineering controls are more effective in reducing risk and should be considered first.

Elimination: This is the most effective method and involves removing the hazard at its source. For example, doing away with the introduction or use of a combustible dust. However, it is not always possible or practical, such as for a bakery that uses flour or a factory that generates sawdust.

Substitution: This involves replacing a process or material with a less hazardous alternative. For instance, using a material with a higher MIE significantly reduces the likelihood of ignition. Another example is to substitute a powdered form of a material with pellets, a paste, or a slurry.

Engineering Controls: These are physical means that reduce the likelihood and/or consequences of a dust explosion. They can be divided into two categories:

Explosion Prevention: This involves putting in place proactive measures to avoid an explosion by removing or reducing one or more elements of the Dust Explosion Pentagon. Examples include creating inert atmospheres with nitrogen to reduce oxygen levels within powder handling units, controlling ignition sources by using suitable flame-proof equipment and non-sparking tools, and using dust collection systems to capture dust at its source.

Explosion Protection: These measures limit the consequences of an explosion. Examples include explosion suppression systems that automatically inject a combustion suppressant once pressure build-up or hotspots are detected, explosion isolation devices like flame arrestors to prevent explosions from spreading, and pressure protection systems like explosion vents to release pressure build-up safely.

4. INDUSTRY NEWS & TRENDS

Administrative Controls: These controls reduce exposure to a hazard through adherence to procedures or instructions. Key examples include:

- Establishing safe work procedures for tasks involving combustible dusts.
- Developing a regular inspection and preventive maintenance program for equipment.
- Implementing regular workplace housekeeping to remove dust. Dry sweeping and using compressed air should be avoided as they can suspend combustible dust. Instead, use wet cleaning methods or explosion-proof vacuum cleaners.
- Training employees on the hazards and safe handling practices.

Personal Protective Equipment (PPE):



Workers should be equipped with necessary PPE, such as flame retardant clothing, static dissipative safety shoes and dust respirators.



Lessons Learned from Case Study:

- 🔥 Capture combustible dusts at the source, for example, with mechanical ventilation.
- 🔥 Control dust accumulation by establishing a housekeeping frequency to remove dust build-up.
- 🔥 Put in place and implement emergency action plans for dust explosions, including evacuation procedures.
- 🔥 Provide and ensure workers are equipped with flame-retardant PPE.

Lessons Learned from Case Study 2:

- 🔥 Equipment generating combustible dust should be equipped with dust collectors and extraction systems.
- 🔥 Implement ignition controls to eliminate or reduce sources of ignition.
- 🔥 Use a permit-to-work system for hot work activities such as welding and cutting.

These case studies reinforce the need for proactive and comprehensive measures, including a Dust Hazard Analysis, engineering controls, and robust administrative procedures, to manage the risks associated with combustible dust. It is crucial to remember that secondary explosions can often be more devastating than the primary one due to the increased quantity and/or concentration of dispersed dust.



References:

Workplace Safety and Health Council. (2025). Workplace Safety and Health Guidelines Combustible Dust
<https://www.tal.sg/wshc/-/media/tal/wshc/resources/publications/wsh-guidelines/files/wsh-guidelines-on-combustible-dust.ashx>



**Mr. Thanikachalam
Rameshkumar**

**Head – Academic Department
Eversafe Academy Pte Ltd**


The Vigilant Eye: How AI-Powered Computer Vision is Revolutionizing Workplace Safety

Introduction

Workplace safety remains a paramount concern across industries, particularly in high risk sectors like civil engineering and logistics. Despite stringent regulations and continuous efforts, accidents, injuries, and even fatalities continue to occur, leading to immense human suffering and significant financial losses. The dynamic and often unpredictable environments of construction sites and bustling logistics hubs present unique challenges, making traditional safety measures sometimes insufficient.

However, a new era of safety is dawning, powered by Artificial Intelligence (AI), and at its forefront is AI-powered computer vision. This transformative technology is not just enhancing existing safety protocols; it is fundamentally reshaping how we identify, mitigate, and prevent risks in real-time, creating safer environments for workers and optimizing operational efficiency.

The Power of AI-Powered Computer Vision



AI-powered computer vision refers to the ability of computers to interpret and understand the visual world. By leveraging deep learning algorithms, these systems can analyze video streams from cameras in real-time, identifying objects, people, and their interactions with an accuracy that often surpasses human capabilities. In the context of workplace safety, this translates to a vigilant, tireless eye that monitors for potential hazards 24/7, providing immediate alerts and valuable data for long-term safety improvements.

5. TECH BITES

In Civil Engineering: Building a Safer Future

Construction sites are inherently dangerous environments, with constantly changing layouts, heavy machinery, and a multitude of workers performing diverse tasks. AI-powered computer vision is making significant inroads in mitigating these risks:



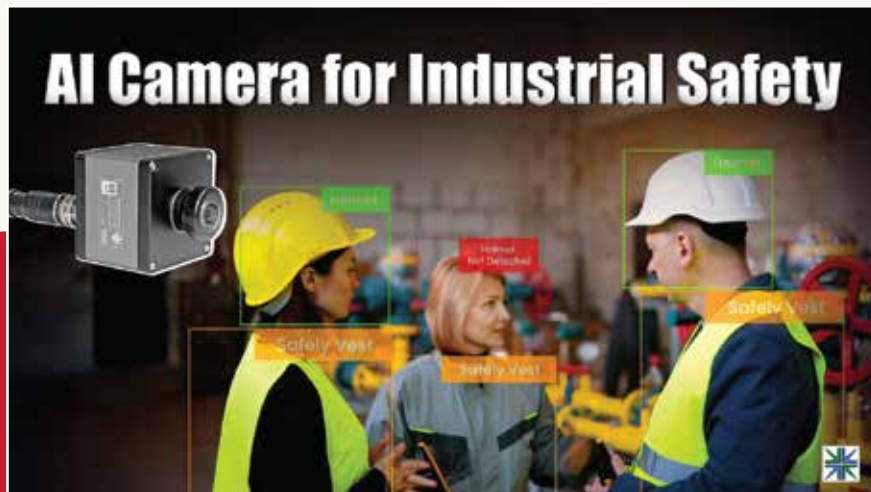
Personal Protective Equipment (PPE) Detection: Ensuring workers are wearing appropriate safety gear, such as helmets, vests, and gloves, is a fundamental aspect of construction safety. AI-powered cameras can automatically detect non-compliance and issue real-time alerts to both the worker and the site supervisor, enabling immediate correction. This proactive approach significantly reduces the risk of injuries from falling objects, impacts, and other common hazards.



Hazardous Zone Monitoring: Construction sites often have restricted or hazardous zones where only authorized personnel are allowed. Computer vision systems can monitor these areas, detecting unauthorized entry and alerting supervisors to prevent accidents. This is particularly crucial in areas with heavy machinery, deep excavations, or structural instability.



Unsafe Behavior Recognition: AI algorithms can be trained to recognize unsafe behaviors, such as working at height without proper fall protection, operating machinery in an unsafe manner, or being in close proximity to moving vehicles. By identifying these behaviors in real-time, the system can trigger alerts and interventions, preventing potential accidents before they occur.



In Logistics: Streamlining Safety in the Supply Chain

The logistics industry, with its fast-paced warehouses, bustling loading docks, and constant movement of goods, also faces significant safety challenges. AI-powered computer vision is proving to be a game-changer in this sector as well:

Forklift and Pedestrian Safety: Collisions between forklifts and pedestrians are a major cause of accidents in warehouses. Computer vision systems can monitor the movement of both, predicting potential collision paths and issuing alerts to both the forklift operator and the pedestrian. This “sixth sense” for forklift operators significantly enhances situational awareness and prevents accidents.

5. TECH BITES

Ergonomics and Injury Prevention: AI can analyze worker movements to identify ergonomic risks, such as improper lifting techniques or repetitive motions that can lead to musculoskeletal injuries. By providing feedback and data on these risks, companies can implement targeted training and ergonomic improvements to create a healthier and more productive workforce.

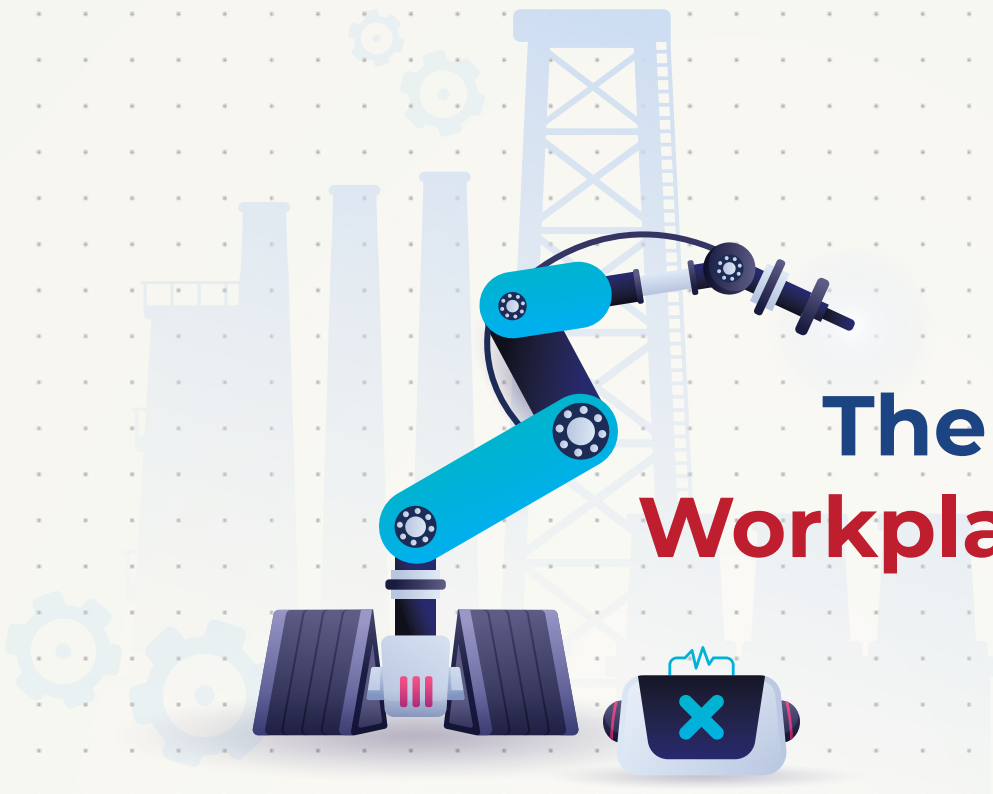
Loading Dock and Vehicle Safety: The loading dock is a high-traffic area with a high risk of accidents. Computer vision can monitor the area for proper vehicle positioning, ensure that safety procedures are followed during loading and unloading, and detect any unsafe conditions that could lead to falls, crush injuries, or other accidents.

The Impact of AI-Powered Computer Vision:

A Comparative Look

The adoption of AI-powered computer vision is not just about adding another layer of safety; it represents a fundamental shift from a reactive to a proactive safety culture. The table below highlights the key differences between traditional safety measures and AI-powered computer vision:

Feature	Traditional Safety Measures	AI-Powered Computer Vision
Detection	Manual observation, Incident reporting	Real-time, Automated detection
Response Time	Delayed, Dependent on human intervention	Instantaneous alerts and notifications
Accuracy	Prone to human error and oversight	High accuracy and consistency
Data Analysis	Manual data collection and analysis	Automated data collection and predictive analytics
Scalability	Limited by human resources	Easily scalable with additional cameras
Cost	High labor costs for safety personnel	Lower operational costs over time



The Future of Workplace Safety

The integration of AI-powered computer vision into workplace safety is still in its early stages, but its potential is undeniable. As the technology continues to evolve, we can expect to see even more sophisticated applications, such as predictive risk modeling, automated safety training, and seamless integration with other safety systems. The result will be a future where workplaces are not just safer, but also more efficient and productive.

Sources:

- [1] Protex AI. (2025, January 6). 2025 Workplace Safety Trends: Leveraging AI for Safer...
<https://www.protex.ai/post/workplace-safety-trends-ai>
- [2] Pelco. (n.d.). AI in Construction Safety: Latest Innovations and Trends.
<https://www.pelco.com/blog/ai-in-construction-safety>
- [3] gomotive.com. (2025, April 28). AI in Construction Safety: How Artificial Intelligence is Reducing Risk.
<https://gomotive.com/blog/ai-in-constructionsafety/>
- [4] LVT. (2025, May 2). AI Is Rewriting the Rules of Supply Chain Safety.
<https://www.lvt.com/blog/ai-rewriting-rules-supply-chain-safety>
- [5] DHL. (n.d.). AI in logistics: 5 trends you need to know about.
<https://www.dhl.com/global-en/delivered/innovation/ai-trends-in-logistics.html>

6. MOTIVATIONAL STORY

THE STORY OF THE YOUNG MOUNTAINEER

A young mountaineer dreamed of climbing the tallest peak in his region. He trained hard, gathered the best equipment, and studied every possible route. Yet, on the day of the climb, he froze at the mountain's base. His heart pounded—not because the peak was too high, but because fear whispered in his ear:

- **“What if you fall?”**
- **“What if you're not strong enough?”**
- **“What if you fail in front of everyone?”**

His first enemy wasn't the mountain **It was his fear.**

That night, while sitting with his mentor by the campfire, the young mountaineer confessed his fears. Suddenly, they heard a loud commotion nearby. They stepped aside and saw two animals locked in a fierce fight. One was strong, fighting to hunt. The other was weak, fighting only to survive. Though weaker, it refused to give up. It did not show fear. After a long struggle, the stronger animal surrendered and walked away—leaving the weaker one alive.

The mentor turned to him and said: “Did you see that? If the weaker animal had feared the stronger one, it would have lost. It fought back fearlessly, and that's what saved its life. Kill the fear in you—only then will you win.”

The words struck deep. The young mountaineer realized: “Mountains don't defeat climbers, fear does. The moment you step beyond fear, you've already conquered half the mountain.”

The next morning, he rose with new courage. His first step wasn't against the mountain—it was against his fear. Step by step, he climbed. Each time fear whispered, he answered with determination. Hours later, standing at the summit, he discovered a powerful truth.

✦ ESSENCE OF THE STORY

The mountain was never his greatest challenge—his fear was. Once he defeated fear, victory followed. **Fear is our first enemy. It builds obstacles before life even does. Be fearless because once we conquer fear, no challenge in life is truly unbeatable.**

Mr. Rambhu Paul Dhinakaran G
Senior Manager – Human Resources

7. OUR TRAINERS

OUR MD MR MURUGESH PRESENTED THE MONTHLY TRAINER EXCELLENCY PATHWAY (TEP)

CERTIFICATE OF APPRECIATION FOR JULY 2025 EXEMPLAR TRAINER'S



FULL TIME TRAINERS



**MR. SELVARAJ
POTHIRAJ**



**MR. PRINCETON
SINCLAIR PETER**



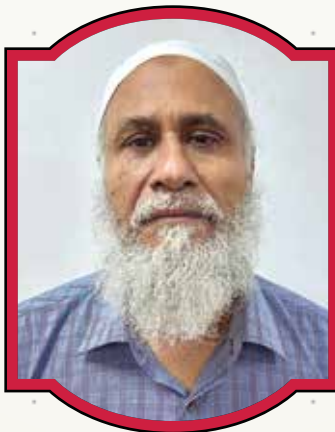
**MR. CHAU
AH SENG**



ASSOCIATE TRAINERS



**MR. JOHN MOHAN
DURAISANGAM**



**MR. MOHAMMAD IMTIAZ
HOSSAIN BHUIYAN**



**MR. HANUMANTHASAMY
ASOKAN**

8. TESTIMONIALS (CLIENTS)



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



Great service and fast replies! I'm really satisfied with the overall experience.



Company Name : Yeo Hong Construction & Engineering Pte. Ltd.

Company Incharge : Erin Teoh

Course Incharge : Ms Jaya



We greatly appreciate the excellent service and prompt assistance that you and your team have provided.
Thanks a bunch



Company Name : B S M Engineering Works & Trading Pte Ltd.

Company Incharge : Thanaletchumi Murugesan

Course Incharge : Ms Surya



Thank you for your kind support.
Your quick response and kind assistance is helpful for u.



Company Name : Enfive Pte Ltd.
Company Incharge : Kazuyuki Matsuzawa
Course Incharge : Delfin



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 : Ms Jaya

8. TESTIMONIALS (STUDENTS)



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



You prioritize tasks effectively and ensure everyone (batch 40) on the team meets their future stating points going well.



Student Name : Rajkumar
Company Incharge : Level b
Course Incharge : Ms Kaushalya



You demonstrated excellent product knowledge during that call, which helped the customer feel confident in their purchase.



Student Name : Prem
Company Incharge : Level b
Course Incharge : Ms Kaushalya



She helped me a lot to apply for this course. her speaking style is amazing and she is so helpful. Thanks to Eversafe.



Student Name : Md Akash
Company Incharge : MWAH
Course Incharge : Ms Shenbagam



She very Helpful To Book a WAH course. And then Guided Step By Step. And also Professionally Advised.



Student Name : Murugan Mohan Kumar
Company Incharge : MWAH
Course Incharge : Ms Shenbagam

Eversafe Academy Health Challenge Results – July 2025



Hey, Eversafe Academy Family!

July was sizzling, and so were our step counts! Our champions kept moving no matter what, showing us that dedication beats the heat every time.



Ms. Ezhilmathi – 578628 steps
(Still setting the gold standard with unstoppable energy!)



Ms. Aparna – 532092 steps
(Proving strength and consistency go hand in hand.)



Ms. Anitha – 504412 steps
(Quietly climbing the leaderboard—step by step!)

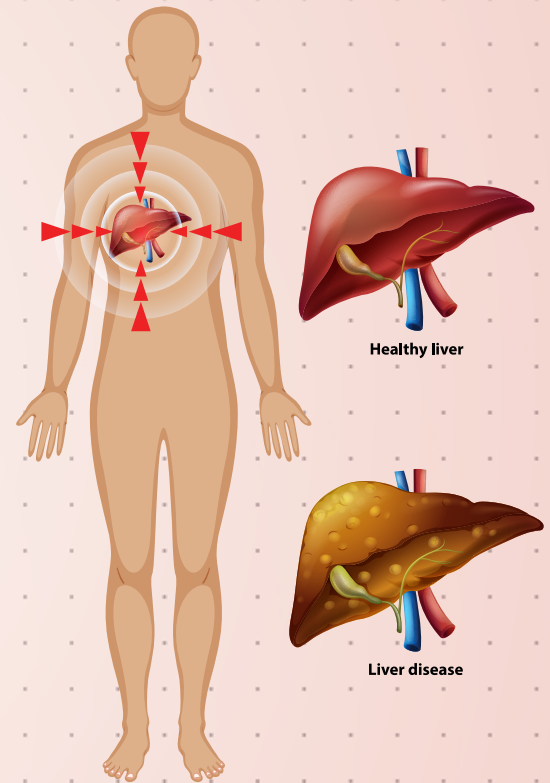
A huge cheer for our July steppers—you're an inspiration to us all!

Let's keep this winning stride alive as we move into August. Step by step, we're building healthier, stronger habits together.

HEALTHY LIVER:

THE LIVER IS ONE OF THE MOST IMPORTANT ORGANS IN OUR BODY, IT ACTS LIKE THE BODY'S NATURAL FILTER AND POWER STATION. HERE ARE THE KEY REASONS WHY IT'S SO IMPORTANT:

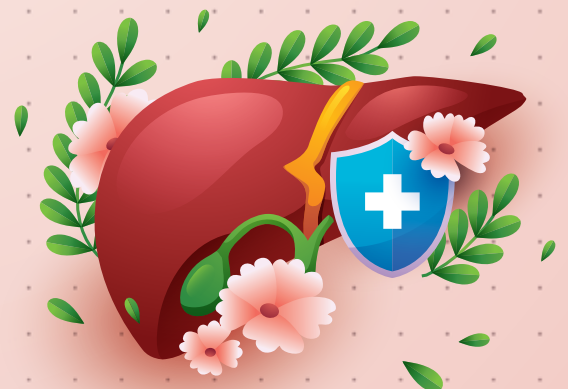
- 1. Detoxification** – The liver cleans the blood by filtering out toxins, alcohol, drugs, and harmful substances.
- 2. Metabolism & Energy** – It helps convert food into energy, stores glucose, and releases it when your body needs fuel.
- 3. Digestion Support** – The liver produces bile, which breaks down fats and helps absorb nutrients and vitamins.
- 4. Storage** – It stores essential vitamins (A, D, E, K, B12) and minerals like iron and copper for future use.
- 5. Immunity** – The liver plays a big role in fighting infections by removing bacteria and supporting the immune system.
- 6. Blood Regulation** – It helps in blood clotting and maintains the right balance of proteins and hormones.



IN SHORT: THE LIVER KEEPS YOUR BODY CLEAN, ENERGIZED, NOURISHED, AND PROTECTED. WITHOUT A HEALTHY LIVER, THE WHOLE BODY SUFFERS.

FOLLOW THE 4S FORMULA FOR A HEALTHY LIVER

- 1. Stay Hydrated** – Drink enough water daily to help the liver flush out toxins.
- 2. Smart Diet** – Include liver-friendly foods like leafy greens, beetroot, carrots, garlic, lemon, apples, nuts, turmeric, and green tea. Avoid excess fried, oily, and processed foods.
- 3. Skip Toxins** – Limit or avoid alcohol, smoking, and unnecessary medications, as they put extra load on the liver.
- 4. Stay Active** – Regular exercise prevents fat buildup in the liver and supports overall health.



TUNNELLING SAFETY QUIZ

1. Before entering a tunnel, workers must ensure they have their _____ gear properly fitted.
2. The maximum allowable oxygen level in a confined tunnel workspace should not fall below _____ %.
3. All workers must undergo _____ training before commencing work in tunnels.
4. _____ must be provided at all tunnel entry and exit points to maintain communication during an emergency.
5. The _____ atmosphere must be tested before workers are allowed to enter a confined tunnel space.
6. Workers should never work in a tunnel without proper ventilation to prevent the accumulation of _____ gases.
7. The _____ must be inspected regularly to ensure that it is free from hazards that could endanger workers.
8. A _____ system must be established to manage the safe movement of vehicles and personnel within the tunnel.
9. All electrical equipment used in tunnels must be _____ to prevent potential hazards in a wet or damp environment.
10. The _____ must be aware of emergency evacuation procedures and the location of escape routes.

11. FUN WITH PUZZLE & GAMES

PLEASE PICK FROM THE LIST OF SUGGESTED ANSWER FOR EACH QUESTION:

QUESTION NO	ANSWER
A	PERSONAL PROTECTIVE
B	COMMUNICATION DEVICES
C	WATERPROOF
D	TUNNEL ENVIRONMENT
E	TOXIC
F	TRAFFIC MANAGEMENT
G	WORKERS
H	SAFETY
I	AIR QUALITY
J	19.5



SCAN QR CODE TO SUBMIT YOUR COMPLETED MATCHING SAFETY PUZZLE



Please complete the matching quiz questions and **Snap a Picture** to upload via our **QR Code** with your details for a chance to win prizes.

Prizes



\$ \$ 50



\$ \$ 40



\$ \$ 30

LAST MONTH WINNERS (JULY)



1st \$ \$ 50

SURESH KUMAR



2nd \$ \$ 40

RAZIB UDDIN



QUIZ DEVELOPED BY

Mr. Richard Sim
Academic Manager
Eversafe Academy Pte Ltd

Eversafe Academy reach and Impressions for **July 2025**



SOCIAL MEDIA VIEWS **#744**

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 July 2025, we launched the EA Podcast, featuring our teachers explaining various courses. We also posted the Graduation Ceremony Highlights, where Mr. Chandran Santhosh, a Project Manager, shared a testimonial about the WCRT Course and released a safety awareness video on workplace safety.



Free Yoga Classes

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



Little India Branch



September 2025
(All Saturdays)



October 2025
(All Saturdays)



November 2025
(All Saturdays)

Free Computer Classes

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

- 17th August 2025
- 24th August 2025
- 31st August 2025
- 07th September 2025
- 14th September 2025
- 21st September 2025



FOR MORE INFO



6 PM TO 9.45 PM



LITTLE INDIA BRANCH

CALL: +65 6297-8417 | WHATSAPP: +65 9381 3608
WWW.EVERSAFE.EDU.SG | TRAINING@EVERSAFE.COM.SG

14. EA GREEN PLAN

Eversafe implement Smart TVs which could enhance training delivery while supporting green objectives.



BENEFITS INCLUDE:

Energy Efficiency & Digital Delivery

Smart TVs, especially energy efficient models, could serve as digital signage or educational tools, reducing paper usage and enabling eco-friendly communications

Eco-conscious Display Tech

Deploying super low energy displays like LED TVs with low power modes would echo the national objectives for green buildings and energy-efficient operations.



Potential for Educational Outreach

For environmental education and community engagement (e.g. migrant worker classes), smart TVs could enable more immersive, scalable, and energy-sensitive delivery of content.

BY ADOPTING THIS IN ALL FACILITIES OR OUTREACH EFFORTS, EVERSAFE COULD FURTHER UNDERSCORE ITS GREEN LEADERSHIP.

Eversafe Academy will be soon launching the below new course:

New

1. Managing Combustible Dust Risks (MCDR)

UPCOMING

EVENTS

1.

Safety committee meeting will be conducted at Wan Lee on 25th Aug 2025.



2.

Eversafe Academy has planned to conduct Wife Appreciation Day on 31th August 2025.



2.

Eversafe Academy has planned to conduct workshop on "Team Work" on 06th September 2025.



16. ABOUT EVERSAFE ACADEMY

Eversafe Academy is a well-established training institute providing innovative training to meet the needs of the adult learners and PMETs of Singapore and regionally. We are one of the well-known 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



**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 ARE HIRING

Join our team

- SALES & MARKETING - 1
- STUDENT SUPPORT SERVICE OFFICER (CI) - 1
- VIGILANCE OFFICER - 1
- WSH TRAINERS



A
P
P
L
Y

N
O
W



For more info contact:



Email us your resume at
hr1@eversafe.com.sg

Call: (+65) 9059 6339 | www.eversafe.edu.sg



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

