



EVERSAFE ACADEMY®
Steps To Success

ENGLISH



EA JOURNAL

M A Y 2 0 2 6

44TH ISSUE



**SCAN THE QR CODE
TO READ OUR ALL
PREVIOUS JOURNALS**



www.eversafe.edu.sg



ISLAND WIDE: LITTLE INDIA | PIONEER | JOO KOON | WAN LEE

Table of Content

	pg#
01 MD's Message	04
02 Our Achievements	07
03 Features & Highlights	08
04 Industry News & Trends	09
05 Tech Bites	13
06 Motivational Story	17
07 Our Teachers	19
08 Testimonials	20
09 Health & Fitness Programmes	22



VISION

Educate, Empower and Transform



MISSION

Quality, Innovation and Research



VALUES

Excellence, Life-Long Learning and Technological Advancement

	pg#
10 Health Tips & Strategies	23
11 Fun with Puzzle & Games	24
12 Social Media Presence	26
13 Corporate Social Responsibility - CSR Events	27
14 EA Green Plan	28
15 Latest EA Courses & Upcoming Events	29
16 About Eversafe Academy	30
17 EA Sky Yoga	31
18 Join Us	32

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





MD'S MESSAGE

Dear Esteemed Readers,

I am delighted to welcome you to the 44th Edition of the EA Journal.



Greetings from Eversafe Academy!

At Eversafe Academy, our journey is defined by a shared commitment to holistic development where education, well-being, and values come together to shape individuals who are prepared for both life and career. We believe that true learning extends beyond the classroom, encompassing physical health, mental well-being, appreciation of achievement, and the continuous pursuit of excellence.

In this spirit, we are pleased to share three meaningful highlights that reflect our culture and values: our celebration of International Yoga Day 2026, our upcoming Graduation Day and Teachers' Day celebrations, and our guiding message, "Learning Today. Leading Tomorrow." Together, these initiatives represent our dedication to nurturing healthy minds and bodies, honoring achievement and contribution, and preparing future-ready professionals.

I hope this edition inspires you to embrace continuous learning, value good health, celebrate success, and contribute towards building a safer, smarter, and more compassionate society.



R. Murugesh
Managing Director
Eversafe Academy Pte Ltd.

WWW.EVERSAFE.EDU.SG

LITTLE INDIA

PIONEER

JOO KOON

WAN LEE





MD'S MESSAGE

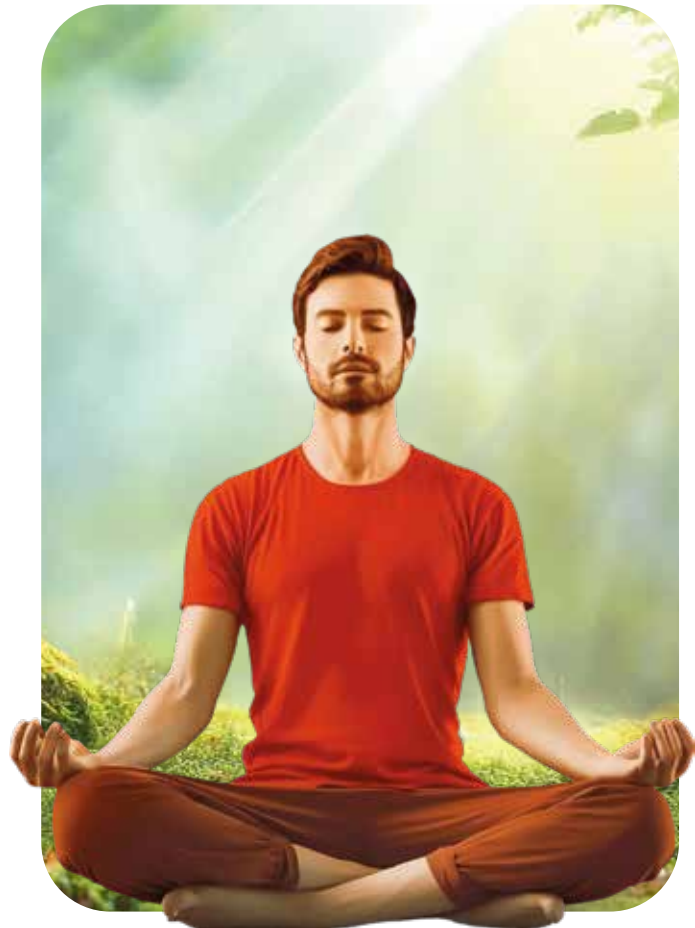
1. Eversafe Academy Celebrates International Yoga Day 2026

In line with our commitment to promoting health, well-being, and a positive learning environment, Eversafe Academy is proud to celebrate International Yoga Day on 21 June 2026 across all our branches.

As part of our Corporate Social Responsibility (CSR) initiatives, guided yoga sessions will be conducted for our learners, trainers, and staff. These sessions aim to encourage physical fitness, mental wellness, stress management, and overall work-life balance. Participation is entirely voluntary, and the activity is conducted purely as a wellness initiative, with no affiliation to any religion.

At Eversafe Academy, we believe that a healthy mind and body are essential for personal growth, workplace safety, and lifelong learning. Through this celebration, we hope to inspire our learning community to adopt healthy lifestyle practices that contribute to greater productivity, resilience, and well-being.

We extend our appreciation to all our branches, trainers, staff, and learners for supporting this meaningful initiative. Together, let us embrace the spirit of International Yoga Day and continue building a healthier, safer, and more vibrant community.



2. Graduation Day & Teacher's Day Celebration

Eversafe Academy is delighted to announce the upcoming Graduation Day and Teachers' Day Celebrations, marking two significant occasions that honor achievement, gratitude, and the spirit of learning.

The Graduation Day will be held on 4th July, celebrating the hard work, dedication, and success of our graduating students. This important milestone reflects their commitment to learning and their readiness to step confidently into the professional world. In continuation of the celebrations, Teachers' Day will be observed on 6th July, as a tribute to our dedicated trainers and educators whose guidance, passion, and commitment play a vital role in shaping the future of our learners.





MD'S MESSAGE

These celebrations reflect Eversafe Academy's core values of excellence in education, appreciation of contribution, and the continuous pursuit of knowledge and growth. We warmly invite all students, trainers, and staff to join us in making these events memorable and meaningful.

Together, let us celebrate achievement, honor dedication, and strengthen the bond that drives our learning community forward.



3. Learning Today. Leading Tomorrow

At Eversafe Academy, we believe that learning is the foundation of leadership. Every new skill acquired, every challenge embraced, and every lesson learned today prepares us to lead with confidence, competence, and purpose tomorrow. Learning is not merely about acquiring knowledge—it is about developing the ability to adapt, innovate, and create positive change in an ever-evolving world.

As industries continue to transform through technological advancement and changing workforce demands, our commitment remains unwavering. We are dedicated to delivering quality education, fostering a strong culture of workplace safety, and equipping individuals with the knowledge, skills, and values needed to succeed professionally while contributing meaningfully to society.

We are proud to be more than a training provider—we are a partner in every learner's journey. Through innovation, collaboration, and continuous improvement, we create opportunities that support personal growth, professional development, and career success for our learners, trainers, and staff alike.





MD'S MESSAGE



Looking Ahead

As we reflect on these initiatives, we are reminded that education is not limited to academic achievement alone. It is a lifelong journey of growth, discipline, gratitude, and transformation. From promoting wellness through International Yoga Day, to celebrating the accomplishments of our graduates and the dedication of our trainers, every effort reinforces the values that define Eversafe Academy

Moving forward, let us continue to strengthen our commitment to learning, well-being, and excellence in everything we do. Together, we are building not only careers but also character, resilience, and purpose. With unity and determination, we will continue to shape a future that is safer, smarter, and more meaningful for all.

Learning Today. Leading Tomorrow.





OUR ACHIEVEMENTS

Since 2008

WE'RE PROUD TO REPORT THAT, AS OF MARCH 2026
WE HAVE SUCCESSFULLY TRAINED AND CERTIFIED

985, **985+**
STUDENTS.





FEATURES & HIGHLIGHTS

1. **EA Safety Committee Initiatives:** The EA Safety Committee consists of members of the EA Management Team and a panel of senior, highly experienced WSH trainers.



THE COMMITTEE OVERSEES:



Daily Surveillance



Routine Safety Reviews



Compliance assurance across all four training branches



The monthly meeting had placed on 25th May 2026 at Jookoon.



The meeting was chaired by the Managing Director, Mr. Murugesh, alongside other committee members. The committee remains committed to strengthening safety governance and enhancing operational safety performance.





FEATURES & HIGHLIGHTS

2.



On 30th May 2026, Eversafe Academy conducted an Extracurricular Activities workshop titled "Teamwork & Collaboration". The workshop engaged 70 participants gained knowledge on building stronger teams through effective collaboration.

3.



FREE Spoken English: During the month of May 2026, Eversafe Academy conducted Spoken English Class, through which 07 students gained speak with confidence, communicate with clarity.

4.



Hari Raya Haji & Vesak Day: Eversafe Academy proudly conducted special holiday classes during the Hari Raya Haji & Vesak Day, and the session was a great success. Many students benefited from this initiative, making the sessions highly productive and impactful.

5.



17th May 2026, Eversafe Academy will conduct a CSR activity at the SBS International Migrants Cricket Festival to support and engage with the migrant worker community through sports and recreational activities.

6.



On Monday, 25th May 2026, Eversafe Academy will conduct a CSR Fire Drill activity at Avery Lodge Jalan Papan Dormitory to promote fire safety awareness and emergency preparedness among residents.

7.



On 21st June 2026, in observance of International Yoga Day, Eversafe Academy conducted a yoga session for students. Many students actively participated and benefited from the session, which promoted physical well-being, mental relaxation, and a healthy lifestyle.





INDUSTRY NEWS & TRENDS



Step Up Measures to Safeguard Workers' Safety and Health

Introduction and Context

Workplace safety remains a cornerstone of sustainable industrial growth. In Singapore, the Workplace Safety and Health Council has consistently emphasized vigilance, particularly during July when injury rates historically rise in construction, manufacturing, and transport and storage sectors.

This advisory calls for companies to step up measures against five recurring hazards: slips, trips, and falls (STF), falls from height (FFH), structural and equipment failures, machinery incidents, and vehicular incidents.

The urgency lies not only in protecting workers but also in ensuring business continuity, public trust, and compliance with the WSH Act. This article critically analyzes the advisory, elaborating on risks, stakeholder duties, preventive strategies, and systemic improvements.

Analysis of Common Workplace Hazards

Slips, Trips, and Falls (STF)

- STF incidents are deceptively simple yet account for a large proportion of injuries.

Root Causes:

Wet surfaces, poor housekeeping, worn footwear.

Preventive Measures:

Anti-slip flooring, footwear inspections, and strict housekeeping regimes.

Critical Reflection:

STF prevention requires cultural discipline. Workers often underestimate minor spills or clutter, making supervisory enforcement essential.

Falls from Height (FFH)

- Falls remain the leading cause of workplace fatalities.





INDUSTRY NEWS & TRENDS



Controls: Fall Prevention Plans (FPPs), permits-to-work, guardrails, and fall-arrest systems.

Training: Workers must complete accredited courses such as the WSQ Perform Work-at-Heights.

Critical Reflection: FFH prevention is not just technical—it demands behavioral compliance. Even with equipment, lapses in tie-off discipline can prove fatal.

Vehicular Incidents

- Industrial vehicles pose risks in congested worksites.

Controls:

Traffic management plans, driver training, vehicle maintenance, and vehicular safety technologies.

Critical Reflection: Technology such as collision warning systems and fatigue monitoring can complement human vigilance, but only if integrated into daily operations.

Duties of Stakeholders

Under the WSH Act, stakeholders bear legal and moral responsibilities:

Employers and Occupiers: Conduct risk assessments, enforce controls, and train workers.

Project Managers and Engineers: Ensure safe design, installation, and maintenance.

Directors and Top Management: Accountable for fostering a safety culture and preventing incidents.

Workers: Expected to comply with safe work procedures and report hazards.





INDUSTRY NEWS & TRENDS



Legal Implications

Corporate offenders: fines up to \$500,000.

Individuals: fines up to \$200,000 and/or imprisonment up to 2 years.

Critical Reflection

Accountability must cascade from boardrooms to shop floors. Safety cannot be delegated away—it requires visible leadership commitment, resource allocation, and continuous monitoring.

Preventive Strategies and Systemic Improvements

- General Measures
- Risk assessments and self-inspection regimes.
- Monitoring devices (video surveillance, sensors, data loggers).
- Immediate corrective action when unsafe conditions are identified.

Codes of Practice and Resources

Professional WSH practitioners should align with national standards:

- WSH Risk Management
- Working Safely at Heights
- Workplace Housekeeping
- SS 679: 2021 – WSH Management System for Construction Worksites

Reflection and Future Directions

The advisory highlights that safety is not optional—it is a legal and ethical duty. Preventive strategies must evolve beyond compliance into proactive culture building.





INDUSTRY NEWS & TRENDS

Leadership Commitment: Directors must champion safety as a core business value.

Worker Engagement: Toolbox meetings and hazard communication foster ownership.

Technology Integration: Sensors, fatigue monitoring, and speed limiters complement human vigilance.

Continuous Learning: Incident reviews should feed into training and system redesign.

Conclusion:

The WSH Council's advisory is a timely reminder that workplace safety requires vigilance, discipline, and innovation. STF, FFH, machinery, and vehicular incidents are preventable through robust systems, stakeholder accountability, and cultural transformation. Embedding safety into daily routines, reinforced by leadership commitment and technological support, is essential to achieving a resilient workplace safety culture.

Resources and Reference Standards

Workplace Safety and Health Council.
WSH Advisory: Step Up Measures to Safeguard Workers' Safety and Health. Singapore.



**Mr. Thanikachalam
Rameshkumar**

Head – Academic Department
Eversafe Academy Pte Ltd.





TECH BITES

ARTIFICIAL INTELLIGENCE IN CPR AND FIRST AID: RECENT INNOVATIONS, SAFETY APPLICATIONS, AND FUTURE DIRECTIONS

ABSTRACT

Artificial Intelligence (AI) is rapidly transforming healthcare, including emergency response, cardiopulmonary resuscitation (CPR), and first aid. Recent developments demonstrate that AI can provide real-time guidance during emergencies, improve CPR training outcomes, enhance decision-making, and support first responders. This journal article explores the latest advancements in AI-assisted CPR and first aid technologies, highlights recent research findings, discusses safety implications, and examines future opportunities and challenges. The integration of AI with virtual reality (VR), extended reality (XR), smart sensors, and emergency communication systems has the potential to improve survival rates and strengthen public preparedness during medical emergencies.



INTRODUCTION

Cardiac arrest remains one of the leading causes of sudden death worldwide. Immediate CPR and first aid intervention significantly improve survival outcomes. However, many bystanders lack confidence or training to perform CPR effectively. Recent advances in artificial intelligence offer new possibilities for addressing this challenge by providing real-time coaching, automated performance evaluation, and personalized training experiences. (Dove Medical Press)

AI technologies are increasingly being integrated into emergency response systems, training platforms, wearable devices, and automated external defibrillator (AED) ecosystems. These innovations aim to reduce response times, improve CPR quality, and enhance the effectiveness of first aid interventions. (Dove Medical Press)





TECH BITES

RECENT AI INNOVATIONS IN CPR AND FIRST AID

1. AI-Powered CPR Coaching Systems

One of the most significant developments in 2026 is the creation of ChatCPR, an AI-powered CPR coaching system developed through collaboration among researchers from UC San Diego, Johns Hopkins University, and other institutions.

Research published in 2026 showed that ChatCPR outperformed human 911 dispatchers in simulated and real-call CPR guidance scenarios. The system achieved nearly perfect compliance with guideline-based CPR instructions and provided more consistent coaching regarding chest compression rate, depth, and patient assessment. Researchers emphasized that such systems are intended to support—not replace—emergency dispatchers. (UC San Diego Today)

Key Benefits:

- Immediate CPR guidance for untrained bystanders
- Consistent adherence to CPR guidelines
- Reduced hesitation during emergencies
- Potential integration with emergency call centers

2. AI-Enhanced CPR Training

Modern CPR training is evolving from traditional classroom instruction toward intelligent learning environments.

Researchers recently developed AI-integrated XR (Extended Reality) CPR training systems that combine:

Motion tracking
Sensor-equipped manikins
Speech recognition
Large Language Models (LLMs)



These systems evaluate chest compression quality, body posture, ventilation techniques, and emergency communication procedures while providing instant feedback. The technology can assess verbal emergency protocols with high accuracy and offer personalized recommendations for improvement. (MDPI)





TECH BITES

Advantages:

Personalized learning experiences

Real-time correction of mistakes

Objective performance evaluation

Greater accessibility for remote learners

3. Smart CPR Manikins and Real-Time Feedback

Training manikins equipped with AI-driven sensors are becoming standard tools in modern CPR education. These devices monitor:

- ▶ Compression depth
- ▶ Compression rate
- ▶ Hand placement
- ▶ Chest recoil quality

Immediate feedback allows trainees to correct errors instantly and build muscle memory for real-life emergencies. Modern training centers increasingly combine smart manikins with AI analytics to improve certification outcomes.



4. AI-Assisted AED Deployment

Researchers are exploring AI-enabled systems that improve AED accessibility and deployment. AI algorithms can analyze geographic data, emergency call information, and historical incident patterns to optimize AED placement.

Studies have also investigated AI-guided drone delivery systems capable of transporting AEDs to remote locations faster than traditional emergency services. Such technologies may significantly reduce response times during out-of-hospital cardiac arrests.





TECH BITES

AI Applications in First Aid

Beyond CPR, AI technologies are increasingly supporting first aid interventions.



AI-Based Symptom Assessment



Modern AI systems can:

- Analyze injury descriptions
- Suggest appropriate first aid actions
- Prioritize emergency response requirements
- Provide step-by-step guidance



Such systems may help individuals respond effectively before professional medical assistance arrives.

Voice-Based Emergency Assistance



These tools provide immediate access to life-saving information during critical situations.

AI voice assistants and conversational systems can deliver verbal instructions for:

- CPR**
- Bleeding control**
- Choking emergencies**
- Basic trauma care**





TECH BITES

AI and Safety Considerations

While AI offers significant benefits, safety remains a critical concern.

Potential Benefits

- Faster emergency response
- Standardized instructions
- Improved CPR quality
- Increased public confidence
- Better training accessibility

Potential Risks

- Incorrect recommendations due to system errors
- Dependence on internet connectivity
- Legal and regulatory challenges
- Need for clinical validation
- User misunderstanding of AI instructions

Researchers emphasize that AI should function as a support tool rather than a replacement for healthcare professionals or emergency dispatchers. Extensive testing and regulatory oversight are essential before widespread deployment.

Visual Examples of Emerging AI Safety Technologies





TECH BITES

Future Directions

The future of AI-assisted CPR and first aid is expected to include:

Wearable Emergency Monitoring

Smartwatches and health-monitoring devices may detect cardiac arrest indicators and automatically activate emergency response protocols.

Augmented Reality Guidance

AR glasses could overlay visual CPR instructions directly onto a patient, helping rescuers maintain proper technique.

AI-Supported Emergency Dispatch

Future emergency call centers may incorporate AI assistants that monitor conversations, identify critical information, and provide real-time recommendations to dispatch personnel.

Personalized First Aid Education

Machine learning systems may adapt training content based on individual performance, learning styles, and knowledge gaps.

Artificial Intelligence is reshaping CPR and first aid through intelligent coaching systems, personalized training platforms, smart medical devices, and advanced emergency response technologies. Recent research demonstrates that AI-powered tools can enhance training effectiveness, improve guideline compliance, and support bystanders during life-threatening emergencies. However, ensuring safety, accuracy, and proper regulatory oversight remains essential. As AI technologies continue to evolve, they are likely to become valuable partners in improving emergency preparedness and saving lives worldwide.

References

1. UC San Diego. AI-Powered CPR Coach Outperforms 911 Dispatchers in Guiding Bystander Resuscitation (2026). (UC San Diego Today)
2. Kwon, J., & Kim, W.-T. An AI-Driven Trainee Performance Evaluation in XR-Based CPR Training System for Enhancing Personalized Proficiency (2026). (MDPI)
3. Parizad, R., et al. Artificial Intelligence in CPR: Revolutionizing Resuscitation Practices (2025). (Dove Medical Press)
4. Medical Xpress. AI-Powered CPR Coach Outperforms 911 Dispatchers (2026). (Medical Xpress)
5. MedCity News. ChatCPR Might Actually Save Your Life (2026). (MedCity News)
6. Heart Starters Inc. How Advanced CPR Training Tools Are Changing Education in 2025. (heartstarters)
7. CPR Certification Now. The Role of Artificial Intelligence in CPR Training. (MyCPR NOW)





MOTIVATIONAL STORY

THE FARMER, THE BRIDGE, AND TIME...

In a small village, there lived a farmer. Every year during the monsoon, the river near his village overflowed, making it difficult for children to reach school and for sick people to reach the hospital.

Farmer dreamed of building a small bridge across the river. He was not rich, influential, or educated. People laughed at him when he shared his idea to them.

"How can a simple farmer build a bridge?"

The first barrier was money. He had very little savings.

The second barrier was support. Most villagers believed it was impossible.

The third barrier was permission. Government approvals took time.

Despite all this, Farmer's purpose was pure. He wasn't seeking fame or profit. He genuinely wanted to help his village.

Instead of giving up, he started small. Every week, he saved a little money. He spoke to villagers one by one. He wrote letters to local officials. Many times, he was ignored. Some promises were broken. Years passed.

One day, a government officer visited the village and noticed Farmer's efforts.

Impressed by his persistence and the benefit the bridge would bring, the officer helped move the proposal forward. Soon, local businesses contributed funds. Villagers who once mocked him began volunteering.

Within a year, the bridge was completed.

At the inauguration, a young student crossed the bridge and said, "Now I can reach school even when it rains."

Farmer smiled. He realized something important:



"The bridge was not built in a year. It was built by years of patience, faith, and a good intention."



MORAL

When your purpose is selfish, obstacles often stop you.
When your purpose is good, obstacles may delay you—but they rarely defeat you.

Time has a way of bringing the right people, opportunities, and circumstances together. What seems impossible today may simply be waiting for the right moment. "If the purpose is noble, keep moving forward. Barriers may stand in your way, but time will eventually make things fall into place."

By – Rambu Paul Dhinakaran G
Senior Manager – Human Resources





OUR TEACHERS

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

**CERTIFICATE OF APPRECIATION
FOR APRIL 2026 EXEMPLAR TRAINER'S**

FULL TIME TRAINERS



**MR. AFFANDY
WESTLAKE**



**MR. DEVENTHIRAN
KRISHNAN**



**MR. MD RAKIBUL
ISLAM**

ASSOCIATE TRAINERS



**MR. AMENG
DIDIT**



**MR. ARUMUGAM
SUBRAMANI**



**MR. CHEONG
CHAK WAH**





TESTIMONIALS (CLIENTS)



 **Company name - Successor Corporation Pte Ltd**
 **Company incharge - Xiping (Ms)**
 **Course Incharge - Ms Priyadarshini**

Although I did not require much assistance during the process, I found the communication clear and the overall arrangement smooth. Thank you for your support and coordination.



 **Company name - TechGems Engineering & Construction Pte Ltd**
 **Company incharge - Hazel Tan (Ms)**
 **Course Incharge - Ms Florence Divia**

"Ms. Florance demonstrated good customer service by responding quickly to unavailable class schedules and providing alternative available dates promptly. She also followed up with us through calls to confirm class details and payment received, ensuring clear communication and a smooth experience."



 **Company name - SETSCO Services Pte Ltd**
 **Company incharge - Perumalswamy Murugesan**
 **Course Incharge - Ms Florence Divia**

I am pleased to share my feedback on the excellent service provided by Florance. They have always been professional, supportive, and responsive, ensuring a smooth and positive experience throughout. Thank you for your dedication and outstanding customer service



 **Company name - Sunman Solution Engineering Pte Ltd**
 **Company incharge - ADIM**
 **Course Incharge - Ms Madhumitha**

"I would like to take a moment to express my appreciation for the excellent service provided. The team demonstrated a high level of professionalism, delivering results in a fast and efficient manner without compromising on quality.

Throughout the entire process, the service was reliable, responsive, and well-executed, which made the experience smooth and hassle-free. I am very satisfied with the overall outcome and would not hesitate to recommend your services to others.





TESTIMONIALS (STUDENTS)



 **Student Name - Mohamed Jakkiria Jagabar Ali"**
 **Course Name - WSHMCI**
 **Course Incharge - Ms Nabila**

"I would like to commend the staff for providing excellent service. She was warm, professional, and attentive throughout my visit. Her friendly attitude and willingness to assist made the experience smooth and pleasant. Thank you for the great customer service—it is truly appreciated. Thanks"



 **Student Name - SOONG JOON NGO**
 **Course Name - DQS**
 **Course incharge name - Ms Delfin**

I'm Ms Soong Joon Ngo, just registered for Diploma in QS course. I'm writing this email to feedback the services provided by Delfin is great, she was a helpful staff and prompt replied once I have a doubt.



 **Student Name - YEA WADI LIN HTET**
 **Course Name - DA**
 **Course in charge - Ms Revathi**

I am writing to provide feedback for Ms. Revathi regarding her administrative assistance. Throughout my time here, she has been incredibly helpful, polite, and efficient in handling student queries. Whenever I needed guidance.



 **Student Name - KAMSANI BIN OSMAN**
 **Course Name - MWSHCS**
 **Course incharge - Ms Shenbagam**

"I would like to thank you for your support and coordination from the registration of the MWSHCS course. During the course duration, I really appreciate the guidance that you provided. You will be a great asset to your company. On commitment on your duties deserve to be recognised. Once again, thank you very much, and your effort will be greatly appreciated."





HEALTH & FITNESS PROGRAM

****Eversafe Academy Health Challenge Results – May 2026****

Hey, Eversafe Academy Family!

May encouraged us to stay focused, active, and committed to our wellness journey. Every step taken this month reflected determination, discipline, and the positive spirit of healthy competition. Our participants continued to prove that small daily actions can create meaningful progress over time.

★ ★ ★ ★ ★ ★ ★ **TOP PERFORMERS** ★ ★ ★ ★ ★ ★ ★



Ms. Shenbagam



(532,117)
Steps



Leading the way with outstanding energy and consistency!



Ms. Ezhil



(424,269)
Steps



A remarkable effort filled with dedication and focus.)



Mr. Sabari



(378422)
Steps



Stepping forward with commitment and a strong mindset!

A big congratulations to our top performers and sincere appreciation to everyone who participated. Each step represents a personal commitment to better health and a stronger workplace wellness culture.

KEEP STEPPING, KEEP STRIVING, AND KEEP INSPIRING!





HEALTH TIPS & STRATEGIES

HEALTH TIP TO AVOID LAZINESS FOLLOW THE 5-MINUTE MOVEMENT RULE.

WHENEVER YOU FEEL LAZY, DON'T FORCE YOURSELF TO COMPLETE THE ENTIRE TASK. INSTEAD, COMMIT TO JUST 5 MINUTES OF ACTIVITY—A SHORT WALK, STRETCHING, CLEANING YOUR DESK, OR STARTING YOUR WORK.

WHY IT WORKS:



BEATS LAZINESS

Laziness is often caused by low energy, mental resistance, or lack of momentum, not a lack of ability.



BOOST PHYSICAL & MENTAL ALERTNESS

Physical movement increases blood circulation and oxygen flow to the brain, helping you feel more alert.



BUILDS MOMENTUM

Once you start, your mind naturally wants to continue, and those 5 minutes often turn into 30 minutes of productive work.

ADDITIONAL HABITS TO REDUCE LAZINESS

- ✓ GET 7-8 HOURS OF QUALITY SLEEP.
- ✓ DRINK PLENTY OF WATER THROUGHOUT THE DAY.
- ✓ AVOID HEAVY MEALS DURING WORK HOURS.
- ✓ TAKE A 2-3 MINUTE WALK EVERY HOUR IF YOU HAVE A DESK JOB.
- ✓ GET SOME MORNING SUNLIGHT TO HELP REGULATE YOUR BODY'S ENERGY LEVELS.





FUN WITH PUZZLE & GAMES



1. What is a common cause of slips and falls in hotel kitchens?

- A. High temperature
- B. Loud noise
- C. Wet or oily floors
- D. Overcrowded dining rooms

6. Which document outlines the specific risks and safety procedures for a hotel task?

- A. Pay slip
- B. Service Level Agreement
- C. Risk Assessment (RA)
- D. Guest feedback form

2. Under the WSH Act in Singapore, who is responsible for ensuring workplace safety?

- A. Only the HR manager
- B. Only the cleaning staff
- C. Both employers and employees
- D. Only the WSH officer

7. What should be done if a staff member notices a fire door is blocked?

- A. Ignore it
- B. Inform a guest
- C. Immediately report to the supervisor or safety officer
- D. Use it anyway

3. What is the best way to prevent manual handling injuries for housekeeping staff?

- A. Work faster
- B. Wear gloves only
- C. Use proper lifting techniques and equipment
- D. Avoid cleaning

8. Why is regular training important in the hotel industry for WSH compliance?

- A. To save time during check-in
- B. To reduce employee salaries
- C. To ensure staff are aware of hazards and know how to respond
- D. To improve food presentation

4. Which of the following is a fire hazard in hotel rooms?

- A. High temperature
- B. Loud noise
- C. Wet or oily floors
- D. Overcrowded dining rooms

9. A hotel maintenance worker must enter a confined space. What is required before entry?

- A. Coffee break
- B. Confined space entry permit and proper safety measures
- C. Guest permission
- D. Uniform check

5. What PPE (Personal Protective Equipment) is most appropriate when using strong cleaning chemicals?

- A. Helmet
- B. Gloves and goggles
- C. Ear plugs
- D. Safety boots only

10. What is one way to prevent pest infestations in hotel kitchens?

- A. Leaving food uncovered
- B. Regular pest control inspections and proper waste management
- C. Turning off lights at night
- D. Allowing pets in the kitchen





FUN WITH PUZZLE & GAMES



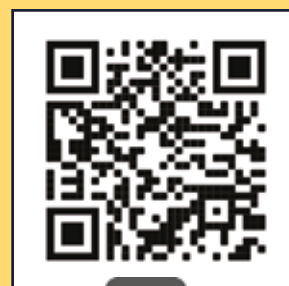
Fill the table with a suitable answer (A, B, C, D)

Question No	Answer
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

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.



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



LAST MONTH WINNERS



RICHARD SIM
ACADEMIC MANAGER
EVERSAFE ACADEMY



Gnanavel
Veeraji



Sundarabal
Sugithar



Kazi Mohammad
Tauhid





SOCIAL MEDIA PRESENCE

Eversafe Academy reach and Impressions for **April 2026**

SOCIAL
MEDIA
VIEWS

#1491

MOBILE
APP
VIEWS

#31,412



YOUTUBE
IMPRESSION - 837



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



1. ANIMATED AWARENESS VIDEO

Empowering learners through modern media, Eversafe Academy introduced a dynamic, high-profile safety awareness video and teacher-led guides in March 2026. This initiative highlights vital workplace safety practices and promotes the return of tools to their proper alignment.



2. COURSE INFORMATIONAL VIDEOS

Our newly launched Course Informational Videos combine classroom-level insights with real-world applications to maximize student engagement. This modern approach ensures learners fully grasp the benefits and safety standards of each specialized program before enrollment.



3. GENERAL & SAFETY VIDEOS

The newly introduced General & Safety Videos offer an interactive look at core risk-assessment methods and vital safety standards. This dynamic visual initiative strengthens Eversafe Academy's commitment to delivering safety-first technical training.

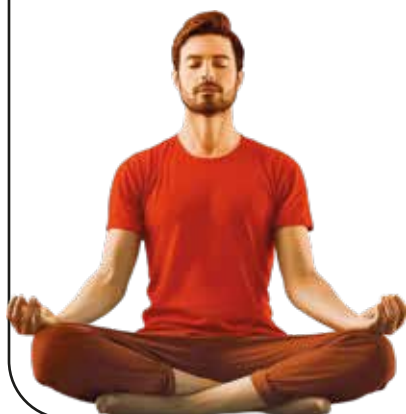




CORPORATE SOCIAL RESPONSIBILITY - CSR EVENTS

1. FREE Yoga Classes for Migrant Workers

Eversafe Academy continues its CSR initiative to promote the physical and mental wellbeing of migrant workers through a series of FREE Yoga Classes. Due to high demand and strong participant engagement, the Academy has launched another batch of sessions scheduled from May 2026 to June 2026. These sessions aim to help participants improve flexibility, reduce stress, and maintain overall health.



- 05th July 2026
- 12th July 2026
- 19th July 2026
- 26th July 2026
- 02nd Aug 2026
- 09th Aug 2026
- 16st Aug 2026
- 23rd Aug 2026
- 30th Aug 2026
- 06th Sep 2026
- 13th Sep 2026

- Timing: 6:30 pm to 8:30 pm
- Location: 2 Kampong Kapur Rd, Singapore
- Contact: (+65) 6297 8417
- Email ID: training@eversafe.com.sg

2. Computer Class for Migrant Workers

As part of its effort to empower migrant workers with essential digital skills, Eversafe Academy will be conducting FREE Computer Classes. The aim of this program is to help participants acquire foundational computer literacy, enhancing their employability and enabling them to navigate digital platforms confidently.



SCHEDULED DATES:

- 28th June 2026
- 05th July 2026
- 12th July 2026
- 19st July 2026
- 26th July 2026
- 02nd Aug 2026

- Timing: 6:00 pm to 9.45 pm
- Location: Little India Branch
2 Kampong Kapur Rd, Singapore
- Contact: (+65) 6297 8417
- Email ID: training@eversafe.com.sg

3. CSR - Activity

On 27th June 2026, Eversafe Academy will conduct a CSR activity at Swami Home, Woodlands, by sponsoring food as part of our commitment to community care and social responsibility

4. Fire Drill

On 19th June 2026, Eversafe Academy will conduct a CSR Fire Drill activity at Jookoon to promote fire safety awareness and enhance emergency preparedness among the residents.





EA Green Plan e-Invoice, e-Receipt & e-Statement

As part of the EA Green Plan, we have implemented e-Invoices, e-Receipts, and e-Statements to reduce paper consumption and promote environmentally responsible business practices. By replacing printed documents with secure digital records, we minimize paper usage, reduce printing costs, conserve natural resources, and improve operational efficiency. EA Green Plan envisages complete removal of paper usage by 2030.

This initiative supports the Singapore Green Plan 2030, particularly its Sustainable Living pillar, which encourages reducing waste, conserving resources, and adopting sustainable practices across organizations. Through digital documentation, EA contributes to a paperless workplace, lowers its environmental footprint, Carbon footprint, and supports Singapore's vision of building a greener and more resource-efficient nation.





LATEST EA COURSES & UPCOMING EVENTS

Eversafe Academy is preparing to launch two new specialized programs designed to strengthen industry competencies and support emerging training needs.



Upcoming Courses:

1.

1. Safe Cargo Loading, Securing and Transport Compliance (SLSTC)

2.

2. Effective LOTO Implementation Techniques (ELIT)



Safety Committee Meeting

Date: 29th June 2026

Venue: Pioneer

Purpose:

Monthly review of safety operations and compliance across all EA training branches.



Workshop “Confidence Building & Public Speaking”

Date: 27th June 2026

Venue: Zoom Platform



Eversafe Academy is going to conduct Fresher’s Day on 22nd June 2026 to warmly welcome our new students and celebrate the beginning of their academic journey.



Graduation Day

Date: 04 July 2026

Venue: 60 Tessensohn Road,
Singapore 217664



Teachers Meet

Date: 06 July 2026

Venue: 60 Tessensohn Road,
Singapore 217664





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.



www.eversafe.edu.sg





EA SKY YOGA

**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)



Tamil & English
Language
Classes
Available!



For more info

Call: +65 6297-8417 | WhatsApp: +65 9381 3608





JOIN US

Build Your Future With Us



1. **VIGILANCE OFFICER**
2. **CENTER INCHARGE**
3. **DIPLOMA TRAINERS**
4. **WSH TRAINERS**



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

Your future starts here...

FOR MORE INFO CONTACT:

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

