

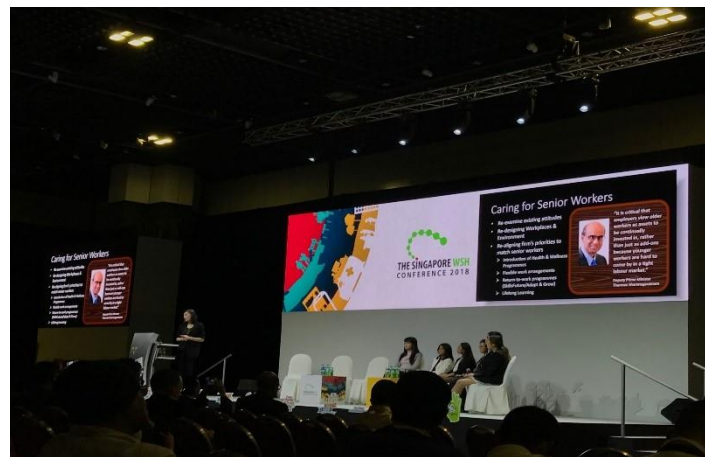
Singapore Workplace, Safety Health (WSH) Conference 2018 - Symposium 6 **(How do Youths view WSH?)**

Date: 30th August 2018

Venue: Suntec Convention Hall

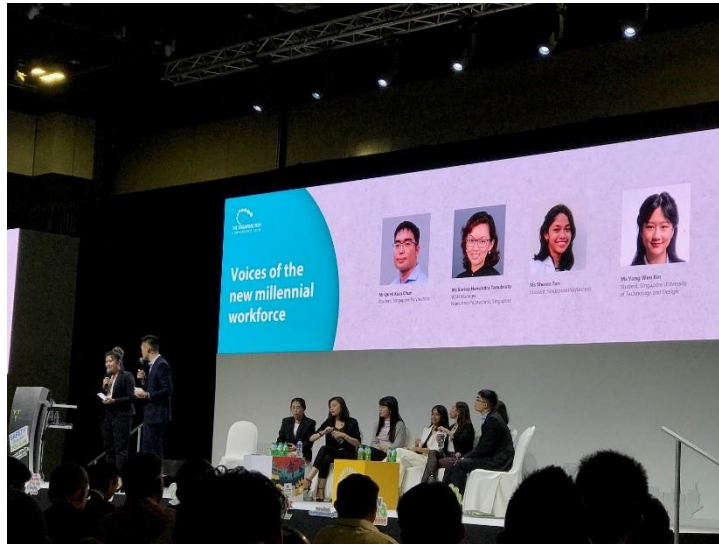
The Singapore WSH Conference 2018 is a symposium that highlights Vision Zero, a movement that aims to inculcate a mindset that all injuries and ill health at work are preventable as well as a belief that zero harm is possible. Youth Symposium 6 is one of the programmes within the conference which involves youths from diverse backgrounds sharing their perspectives such as total WSH, how technology helps reduce incidents at workplace and how to build a culture of health and safety.

One of the topics which resonated strongly with me was regarding how millennials are in a dilemma of choosing between social life, academics and sleep, with the latter usually being the one of least priority. I am also guilty of this offence, due to the fear of missing out on numerous activities such as extracurricular activities, social gatherings and studies. As mentioned by the first speaker, Ms Jasmine Tan from NUS, having a sleep deprivation is detrimental to our health because we will be more prone to binge eating and have lesser focus, which thereby increases our risks to injuries. Taking the speaker's experience as an example, Ms Jasmine's perpetual sleep deprivation has ended up with stitches on her knee due to a fall into a drain while on a bicycle. She reiterated that it is important to have a balanced lifestyle through proper time management.



Ms Jasmine Tan sharing her view on WSH

Technology is being harnessed to improve the safety, health and wellbeing in the workplace. The use of Virtual Reality (VR), Augmented Reality (AR), Artificial Intelligence (AI), drones and automation are increasingly being adopted in the workplace. For instance, real working environments can be simulated with the help of VR. In order to familiarise workers to new processes, VR can be used to simulate real working environments, which further reduces the exposure to risks. Singpost Ecommerce Logistics Hub houses a fully automated parcel sorting facility which reduces the reliance of manual pick-up from racks. This is beneficial because the repetitive exertions and rapid motion from workers will be eliminated. According to WSH Report 2017, musculoskeletal disorder has an incidence rate of 23.6% per 100,000 employed persons. In hopes that with adopting automation, the situation can be improved. While these advancements generate a safer work environment and promote the well-being of workers, obsolete jobs will be superceded. It is therefore important for workers to be equipped with higher skill sets, be adaptable, have an open mind, and keep up with latest technologies.



Q&A segment

Culture influences how safety is perceived. It is important to inculcate the value of safety starting from home and school, which will then be transferred into the workplace. Often, many people view safety as a mandatory obligation, instead of an inclination. The mindset of 'this will not happen to me' is prevalent among individuals, which exposes them to unnecessary risks. However, injuries can happen to anyone, anywhere and anytime. The lack of understanding and awareness of danger, and its consequences, increases the chances of injuries. Only through proper education, a shift in mindset as well as good awareness and practice at home can a culture of safety be fostered.

I strongly recommend that future undergraduates participate in future symposiums of this nature as I believe that they will gain valuable insights. Attending the WSH Symposium was an eye-opening and thought-provoking experience for me, as I have learnt that WSH not only revolves around the workplace, but also involves our surrounding environment and most importantly, it starts with the individual to cultivate a mindset of safety.

The Workplace Safety and Health Council ("WSHC") has invited students from SDE to join the Youth Symposium, held in conjunction with the biennial Workplace Safety and Health Conference 2018: Transforming for the Future - Healthy Workforce, Safe Workplaces.

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