

# Examples of regulations involving workplace health and safety in Singapore

## Job task

## Regulations, expert guidelines



Handling hazardous chemicals in sectors like manufacturing, petroleum, marine and industrial waste disposal.

- Appropriate personal protection equipment – impervious gloves, face shield, eye goggles, coveralls and boots – must be provided to workers.
- Medical examination of workers at risk for any signs of occupational diseases.



Handling noisy equipment in sectors like building and construction, manufacturing.

- Workers to be given earplugs and earmuffs.
- Periodic tests must be carried out to check for any hearing loss.



Lifting heavy materials, repetitive work movements that risk musculoskeletal diseases. For example: machine operators, parts assembly operators, movers, nurses, warehouse operators, stock keepers, computer or visual display unit users, typists and musicians.

- Companies to observe safe work practices, ensure workers do not carry very heavy loads, get workers to move instead of sitting all the time, use ergonomic chairs and adjustable tables.