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## ‘Healthier workers, happier workers’ programme: a person-centric approach to promoting health & safety at the workplace for bus captains in Singapore



### Person-centric solutioning

- Customised health & safety programme
- Addressing age- and work-related issues
- Brought to bus captains’ (drivers) doorstep

### Looking through the eyes of the bus driver

- Median: 50 years
- Works 6 days/week, 9 hours/day
- Rotates between shifts
- Short breaks during shift
- > 90 % are unionised
- Key issues faced: health, lifestyle, work-related stress, workplace risk factors

### Bringing together necessary parties (tripartite workgroup)



National Transport Workers' Union (NTWU)

Union representing public transport workers



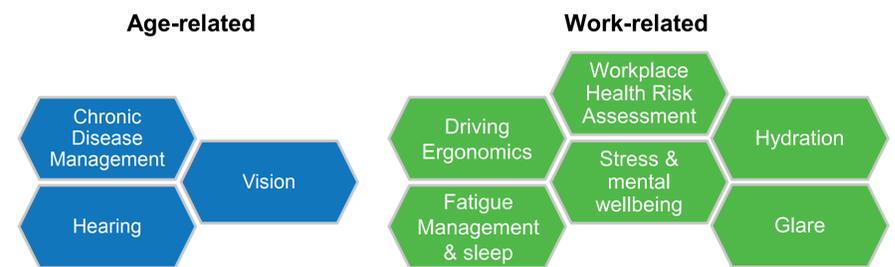
Public transport operators



Programme consultants

### Customising a holistic programme using the 4Rs

1. Right siting
2. Right timing
3. Relevant & customised programme



4. Rapid scale-up

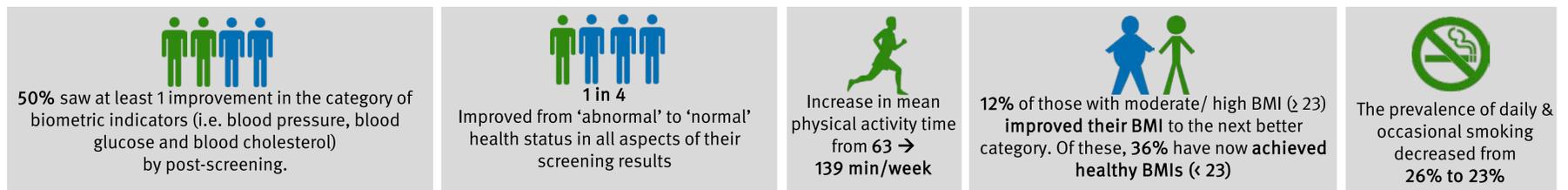
### Results

- Significant health improvements achieved within one year
- Post workplace risk assessment: short-term interventions

### How impact was achieved

- Seeing issues through the eyes of bus drivers
- Working around operational constraints
- Challenging conventions
- Making business sense to companies

### Significant health improvements achieved within one year



Impacting bus drivers’ health through a customised health & safety programme brought to the doorstep