



A FERRY CAPTAIN DIED AFTER COLLAPSING ON BOARD

Causes of the Accident

A recent incident involving a ferry captain who collapsed and died while inspecting machinery on board highlights the importance of employees' health and the potential dangers of working long hours in physically demanding jobs. In the construction industry, workers are often exposed to high levels of physical and mental stress, which can lead to a range of health problems, including fatigue, heat stroke, and even heart attack.

Critical Control Measures

To prevent such incidents and promote resident site staff's health, it is essential to implement proper safety measures in construction projects. The followings are critical control measures that should be implemented and followed:

- 1. Work Schedule:** Employers should ensure that resident site staff are not overworked and have adequate rest breaks to prevent fatigue. Long working hours and inadequate rest can lead to physical and mental exhaustion, which can increase the risk of accidents and health problems.
- 2. Health Monitoring:** Employers should ensure that resident site staff's undergo regular health checkups to monitor their physical and mental health and detect any potential health problems early.
- 3. Training and Education:** Resident site staff should be provided with training and education on how to recognise and respond to potential health problems. This includes training on how to recognise the symptoms of fatigue, heat stroke, and other health problems, and how to respond appropriately.
- 4. Adequate Resources:** Employers should provide resident site staff with adequate resources, such as rest areas, water, and shade, to prevent heat stroke and dehydration.



Heart Caring Campaign by OSHC

The construction industry should prioritise resident site staff's health and safety. Proper work schedules, health monitoring, training and education, adequate resources, and personal protective equipment are critical control measures that should be implemented to prevent incidents and promote resident site staff's health.