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Dear Port Users,

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ADVISORY ON HAZE

1. Under the Workplace Safety & Health Act (WSH Act), employers have a duty to protect their employees' safety and health at work. At higher PSI (Pollutant Standards Index) levels, employees may be exposed to higher levels of safety and health risk due to poor visibility and ill effects of haze.
2. Singapore is currently experiencing uncertain haze conditions. Please find attached Handy Guide on PSI published by the National Environment Agency for your reference.
3. Please disseminate the said information to your employees.
4. If you need clarifications, do contact our WSH officer at 6660 9552 or email: jpfss@jp.com.sg.

Thank you.

Ng Kok Wee
Senior Manager
Workplace Safety & Health
For Jurong Port Pte Ltd

For updates on safety-related news and information, please visit www.wshc.sg

HANDY GUIDE ON PSI

What is PSI?

The Pollutant Standards Index, or the PSI, provides accurate and easily understandable information about air quality.

How is PSI measured?

Using a network of air monitoring stations located in different parts of Singapore, six air pollutants – particulate matter (PM_{10}), fine particulate matter ($PM_{2.5}$), sulphur dioxide, nitrogen dioxide, ozone and carbon monoxide – are measured. These pollutants are used to determine the PSI value.

What do the PSI values mean?

The PSI value gives an indication of the air quality as shown:

PSI	Index Category
0-50	Good
51-100	Moderate
101-200	Unhealthy
201-300	Very Unhealthy
Above 300	Hazardous

How does the air quality information help me plan my next course of action?

When planning next day's activities during haze episodes:
Refer to the 24-hour PSI because it has corresponding health advice and is a better reflection of the total exposure of an individual to $PM_{2.5}$. Scientific studies on the health effects of particulate matter are based on this duration of exposure.

When deciding on immediate activities, such as going for a run outdoors:

Refer to the 3-hour PSI or the 1-hour $PM_{2.5}$ concentration as they provide an indication of the more recent levels of $PM_{2.5}$.

Which index is the health advisories based on?

Health impact is related to concentrations as well as duration of exposure, in addition to the health status of the individual. The 24-hour measurements are a better reflection of the total exposure of an individual to particular matter levels.

Health Advisories

The health impact of haze is dependent on one's health status (e.g. whether one has pre-existing chronic heart or lung disease), the PSI level, and the duration and intensity of outdoor activity. Reducing outdoor activities and physical exertion can help limit the ill effects from haze exposure. Persons who are not feeling well, especially the elderly and children, and those with chronic heart or lung conditions, should seek medical attention.

24-hr PSI	Healthy persons	Elderly, children, pregnant women	Persons with chronic lung disease, heart disease
≤ 100 (Good/Moderate)	Normal activities	Normal activities	Normal activities
101 - 200 (Unhealthy)	Reduce [^] prolonged ^{**} or strenuous ^{***} outdoor physical exertion	Minimise ^{^^} prolonged ^{**} or strenuous ^{***} outdoor physical exertion	Avoid ^{^^^} prolonged ^{**} or strenuous ^{***} outdoor physical exertion
201 - 300 (Very Unhealthy)	Avoid ^{^^^} prolonged ^{**} or strenuous ^{***} outdoor physical exertion	Minimise ^{^^} outdoor activity	Avoid ^{^^^} outdoor activity
> 300 (Hazardous)	Minimise ^{^^} outdoor activity	Avoid ^{^^^} outdoor activity	Avoid ^{^^^} outdoor activity

^{**} Prolonged = continuous exposure for several hours

^{***} Strenuous = involving a lot of energy or effort

[^] Reduce = do less

^{^^} Minimise = do as little as possible

^{^^^} Avoid = do not do

