



MARITIME AND PORT AUTHORITY OF SINGAPORE

PORT MARINE NOTICE
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Shipping Community
Harbour Craft Community
Pleasure Craft Community

UPDATED HAZE ADVISORY – GUIDANCE ON USE OF PSI FORECAST AND 1-HOUR PM_{2.5} READINGS

1. The National Environment Agency (NEA) has issued a health advisory on planning outdoor activities during haze, which recommends the use of the PSI forecast for next-day outdoor activities, and the 1-hour PM_{2.5} readings for immediate outdoor activities.
2. In line with NEA's health advisory, the Ministry of Manpower (MOM) has issued additional guidance on the use of 1-hour PM_{2.5} readings to protect outdoor workers. The MOM press release dated 20 October 2026, containing the updated guidelines, is attached at Annex A for reference.
3. MPA advises all maritime companies to monitor the haze situation through NEA's website (www.haze.gov.sg) and observe MOM's haze guidelines (www.mom.gov.sg/haze) when planning and carrying out outdoor work activities. Companies should use:
 - a) PSI forecast: For planning outdoor work activities for the following day, including identifying activities that should be reduced or rescheduled.
 - b) 1-hour PM_{2.5} readings: For monitoring prevailing air quality conditions and making timely adjustments to outdoor work activities.
4. Maritime companies are reminded to review their haze management plans and implement the necessary precautionary measures to safeguard the health and safety of their workers during haze.

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PRESS RELEASE

Additional Guidance for Employers on Use of 1-Hour PM2.5 Readings to Protect Outdoor Workers During Haze

20 October 2026

1 The Ministry of Manpower (MOM) has issued new guidance on how employers should adjust outdoor work based on the 1-hour PM2.5 readings. This complements the existing guidance based on the PSI forecast, and helps employers respond within the day as air quality changes.

Planning Outdoor Work Using the PSI Forecast and 1-hour PM 2.5 Readings

2 Employers should refer to the PSI forecast to plan outdoor work for the following day, including identifying activities to reduce or reschedule (see [Annex](#) – Table 1). During the day, employers should use the 1-hour PM2.5 readings to adjust outdoor work activities as air quality changes (see [Annex](#) – Table 2).

Additional Guidance on 1-hour PM2.5 readings for Outdoor Work

3 Employers should progressively reduce outdoor work as the 1-hour PM2.5 readings rise. For vulnerable employees, including the elderly, pregnant women and those with chronic heart or lung diseases, employers should avoid strenuous outdoor work when readings are Elevated (56–150 $\mu\text{g}/\text{m}^3$), and avoid outdoor work when readings are High (151–250 $\mu\text{g}/\text{m}^3$). When readings are Very High (251 $\mu\text{g}/\text{m}^3$ and higher), employers should prohibit outdoor work for vulnerable employees.

4 For healthy employees, employers should reduce strenuous outdoor work when readings are Elevated (56–150 $\mu\text{g}/\text{m}^3$) and avoid outdoor work when readings are High (151–250 $\mu\text{g}/\text{m}^3$). When readings are Very High (251 $\mu\text{g}/\text{m}^3$ and higher), employers should minimise all outdoor work for their employees. The detailed guidance is at the [Annex](#).

5 Employers should also implement appropriate risk mitigating measures, such as using mechanical aids, implementing job rotation, providing indoor rest breaks and ensuring adequate hydration. Where strenuous outdoor work cannot be avoided when readings are High (151 – 250 $\mu\text{g}/\text{m}^3$), N95 or equivalent masks should be provided. When readings are Very High (251 $\mu\text{g}/\text{m}^3$ and higher) and outdoor work cannot be avoided, masks or appropriate respirators should be provided, and workers given indoor hourly rest breaks.

Employers Should Take Precautions to Protect Workers from Haze Exposure

- 6 Employers are reminded to review their haze management plans, including:
- (a) identifying workers who are more susceptible to the effects of haze;
 - (b) determining which outdoor work activities should be reduced or rescheduled;
 - (c) setting criteria for restricting outdoor work as haze conditions worsen; and
 - (d) maintaining at least a one-week supply of masks as part of their haze-related Business Continuity Plans, if they have employees who are required to work outdoors.

7 Minister of State for Manpower, Mr Dinesh Vasu Dash said, "The health and safety of our workers must always remain a priority, especially during periods of haze. The additional guidance will help employers respond promptly to changing air quality and make informed decisions on outdoor work arrangements. I strongly urge employers to stay alert to haze conditions, take appropriate precautions, and pay particular attention to workers who are more vulnerable to its effects. With timely adjustments to work arrangements and the right protective measures, we can better safeguard workers while supporting business continuity."

8 More information on MOM's haze guidelines is available at www.mom.gov.sg/haze. Information on the PSI Forecast and 1-hour PM2.5 readings can be found at www.haze.gov.sg.

Annex

Table 1: Use PSI forecast to plan outdoor work arrangements for the following day

PSI forecast	Healthy employees	Elderly, pregnant employees	Employees with chronic lung disease, heart disease	General measures to be taken by employers
≤100 (Good / Moderate)	Normal activities	Normal activities	Normal activities	Initiate preparatory measures to protect the safety and health of employees against the effects of haze.

PSI forecast	Healthy employees	Elderly, pregnant employees	Employees with chronic lung disease, heart disease	General measures to be taken by employers
101-200 (Unhealthy)	Reduce prolonged or strenuous outdoor work	Minimise prolonged or strenuous outdoor work	Avoid prolonged or strenuous outdoor work	Take risk mitigating measures such as use of mechanical aids, job rotation, instituting indoor rest breaks, ensuring adequate hydration, etc.
201-300 (Very Unhealthy)	Avoid prolonged or strenuous outdoor work	Minimise outdoor work	Avoid outdoor work	- Take risk mitigating measures such as use of mechanical aids, job rotation, instituting indoor rest breaks, ensuring adequate hydration, etc. - If prolonged or strenuous outdoor work is not avoidable, and an

PSI forecast	Healthy employees	Elderly, pregnant employees	Employees with chronic lung disease, heart disease	General measures to be taken by employers
				employer still requires an employee to do so due to extenuating circumstances, masks should be provided.
> 300 (Hazardous)	Minimise outdoor work	Avoid outdoor work	Avoid outdoor work	- Take additional risk mitigating measures such as job redeployment, reducing the intensity and duration of outdoor work, institute regular indoor rest breaks or deferment of non-essential jobs. - If outdoor work is not avoidable, and an employer still requires an employee to

PSI forecast	Healthy employees	Elderly, pregnant employees	Employees with chronic lung disease, heart disease	General measures to be taken by employers
				do so due to extenuating circumstances, masks or appropriate respirators (e.g. full face respirators for prolonged outdoor work at PSI forecast >400) should be provided. • Risk assessment should consider the additional risk posed by poor visibility for work activities such as lifting operations involving tower and mobile cranes.

Table 2: Use 1-hour PM2.5 readings to make timely adjustments to outdoor work activities

1-hour PM 2.5 level	Healthy employees	Vulnerable employees ¹	General measures to be taken by employers
Band 1 (Normal) (0 – 55 µg/m ³)	Normal activities	Normal activities	• Monitor the haze situation
Band 2 (Elevated) (56 – 150 µg/m ³)	Reduce strenuous outdoor work	Avoid strenuous outdoor work	• Mitigate risks through mechanical aids, job rotation, instituting indoor rest breaks, ensuring adequate hydration, etc.
Band 3 (High) (151 – 250 µg/m ³)	Avoid strenuous outdoor work	Avoid outdoor work	• If strenuous outdoor work is not avoidable, masks should be provided.
Band 4 (Very High) (251 µg/m ³ and higher)	Minimise outdoor work	Prohibit outdoor work	• Prohibit outdoor work for vulnerable employees. • Defer non-essential jobs or reducing the intensity and duration of outdoor work. • If outdoor work is not avoidable, masks or appropriate respirators should be provided. • Affected workers should be given hourly rest breaks (e.g. 10 to 15 mins). Rest breaks should be taken indoors where an indoor area is available. • Risk assessment should account for reduced visibility, particularly for lifting operations involving tower and mobile cranes.

¹ Vulnerable employees include the elderly, pregnant women and those with chronic heart or lung diseases

Explanatory notes: REDUCE (do less), MINIMISE (do as little as possible), AVOID (do not do), PROLONGED (continuous exposure for several hours), STRENUOUS (involving a lot of energy or effort), PROHIBIT (must not allow).