

# INFORM



A Ministry of Manpower (MOM) publication for Migrant Domestic Workers (MDWs) in Singapore



## Did you know?

Your employer cannot keep your passport. Your passport identifies your citizenship and is your travel document. You must have access to it at all times.

Do not ask your employer to keep your passport for you.



**Need to seek help? Contact MOM at 1800 339 5505.**

Scan here to find out the list of useful contacts



For more information related to working in Singapore, visit here:



Publications and resources  
([www.mom.gov.sg/  
fdw-employer-resources](http://www.mom.gov.sg/fdw-employer-resources))



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# Be Kind to Yourself

Be kind and take care of yourself. Learn from your mistakes, after you have tried your best. Ask for help when you need it.



# Volunteer as a MDW Care Sister to make a difference!



Do you know of MDWs who are:

- Feeling home sick or missing loved ones at home?
- Unable to adjust or settle into the new environment?
- Stressed from work or have financial issues?

Join us today as a MDW Care Sister and do your part to help others! You will receive free training from MOM and partner organisations such as FAST and ADEO!



FAST conducting PFA class for Care Sisters (practising breathing exercise)



Why wait?  
Scan here to register now.

## Have you heard of Alliance of Domestic Employees Outreach (ADEO)?

**ADEO** is a movement by Hope Initiative Alliance (HIA) to serve the MDW community in Singapore.



### What does ADEO do?

ADEO provides mental wellness training and counselling. It also organises regular programmes, such as recreational activities and literacy classes.



### Open to all MDWs!

ADEO also organises monthly workshops - "The Life Training" to promote awareness for mental wellness. This training is supported by MOM, FAST and Caring For Life.



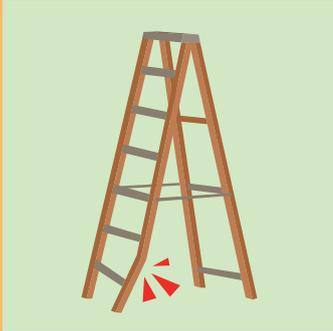
### How to join?

Register with ADEO for FREE at <https://adeo.sg/> to receive special perks!



# Work Safely on Ladder!

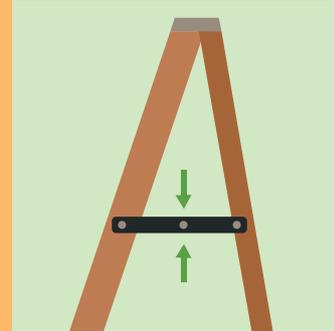
You could sustain serious injuries due to fall from ladder. If you use a ladder for household chores, be sure to follow these safety tips:



Check the ladder before use. Do not use if it is damaged (e.g. missing step or bent)



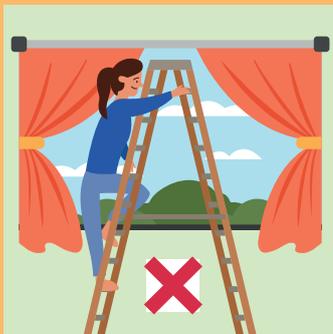
Ensure the spreaders are fully extended before use



Ensure the spreaders have a locking device



Place the ladder on stable and level ground.



Do not use ladder beside an unprotected edge (e.g. an opened window without grills)



Do not carry anything in your hands when climbing the ladder.



Never work on the top rung of the ladder.



Do not lean sideways on the ladder to carry out your chores.

The above safety messages are brought to you with consultation from the Workplace Safety and Health Council

# Do Not Fall into Love Scams!

Scammers like to befriend and develop a relationship with their victims on social media platforms such as Facebook or Instagram.



Once the scammer has your attention, they may do the following:



Request you to pay for the release of his parcel which has been detained by the authorities.



Ask you to transfer money to them as they face financial difficulties. The amount may increase over time. Eventually the scammer will become uncontactable.

Do not be fooled by such love scams!

**If you are in doubt, call the Anti-Scam hotline at 1800 – 722 6688.**