

# 健康生活 由家出發

## A healthy life begins at home

家庭是構成社會的基本單位，康泰旅行社由家庭出發，宣揚無煙之家的信息，鼓勵員工向吸煙說不，更進一步惠及員工家人。吸煙不單危害個人健康，二手煙及三手煙更會影響身邊的家人、朋友、同事，甚至是顧客，康泰旅行社遂透過「無煙的家」繪畫比賽，邀請員工子女一同繪出心目中的無煙之家，以親情打動員工戒煙，由公司出發，將無煙理念滲透至員工家庭。公司更為管理層舉辦無煙健康講座，並準備推行戒煙獎勵計劃。公司亦定期舉辦燒烤聚會、運動會等員工同樂活動，倡導健康生活，以減低工作壓力所致的吸煙意慾。

Families are the building blocks of our society. Hong Thai Travel Services Limited promotes the importance of a smoke-free family among its staff to encourage them to say no to tobacco to safeguard the health of their families. Smoking is not only harmful to the smokers, secondhand and third-hand smoke also adversely affects their family members, friends and co-workers, as well as customers. Hong Thai Travel plans to organize a smoke-free home drawing contest which invites the children of its employees to visualize their ideal smoke-free homes aiming to motivate the employees to quit smoking and spread smoke-free messages to their families. Besides, smoke-free seminars were arranged for its management and a smoking cessation incentive scheme will be launched. Staff activities such as barbeques and sports games are also organized regularly to promote work-life balance, thus reducing the likelihood of smoking due to stress.



康泰旅行社

Hong Thai Travel Services Limited