

鼓勵同儕互相支持 與戒煙者同行

要上下同心推動無煙文化,管理層的參與及支持極為重要。偉邦物業管理有限公司(下稱「偉邦」)一直關注員工及客戶的健康,管理層不但積極推行無煙政策,更動員非吸煙員工與戒煙者同行,透過「戒煙煙包」送上窩心支持字句以加強其決心,一同投入健康生活。

對物業管理公司而言,人才是最大的資本。偉邦擁有1,400多名員工,為全港各區共24個屋苑提供服務。偉邦物業管理有限公司副總經理陳偉光形容,無煙政策對公司百利而無一害,「員工戒煙對自己及家人的健康均有裨益,減少患病可有助提高工作效率及生產力,同時提升公司的專業形象。」因此,偉邦自2000年起成立職安健委員會,負責訂立及推行無煙政策,管理層更親自發送電郵分享成功戒煙的秘訣,帶領更多員工投入無煙生活。

巧用創意 加強戒煙決心

偉邦於2014年開始統計吸煙員工人數,以訂立適切的無煙措施,並於旗下每個屋苑選出職安健代表,



▲ 公司在員工休息室內設立「戒煙閣」,鼓勵員工支持吸煙同事戒煙。

A smoke-free corner was set up at staff rest area to mobilize colleagues to support smokers to kick the habit.

透過內聯網、會議及資訊板,發放煙草禍害及戒煙好處等資訊,將 無煙信息傳遞予各屋苑員工及居民。公司更在休息室內設立「戒煙 閣」,鼓勵員工發揮創意為戒煙者打氣,例如在特別設計的「戒煙 煙包」寫上支持的字句,以及播放員工分享戒煙心得的短片。另 外,還備有檸檬水及戒煙香口珠等,免費供戒煙者對抗煙癮。

「戒煙煙包設計具創意,推動同儕間互相支持,加強同事戒煙的決心。」陳偉光指出,同事的自發支持,對戒煙者是莫大鼓舞,公司亦向成功戒煙者頒發證書以示嘉許。

多管齊下 成績斐然

無煙文化需要持續推行,並由各方合力共同營造。偉邦積極參 與不同的無煙宣傳活動,包括由香港吸煙與健康委員會舉辦的「戒 煙大贏家」比賽、九龍樂善堂的「愛·無煙」前線員工戒煙計劃 等,冀讓員工、客戶及居民了解公司的無煙政策。公司亦定期舉辦 戒煙講座,為員工提供一氧化碳呼氣測試,讓他們正視吸煙對健康 的影響,從而踏出戒煙第一步。有意戒煙的同事會獲轉介至合適的 戒煙服務機構,並獲准於辦公時間參加戒煙輔導工作坊。

從事物業管理的員工多需輪班工作,工時長及壓力大成為吸煙

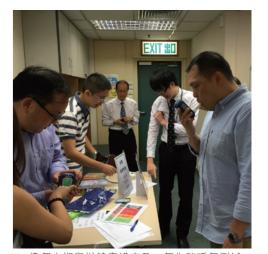
的主因。有鑑於此,偉邦不 時舉辦各類康體及義工活 動,幫助員工減壓,亦進行 職安健問答比賽以提高員工 的健康意識。

在公司多方面的推動下,員工吸煙情況顯著改善,吸煙率由2014年的13%降低至2016年的9%,旗下客戶對吸煙的投訴亦下跌25%,可見公司的無煙政策成效顯著。



▲ 公司透過舉辦職安健問答比賽,冀員工關注健康。
Safety and health quiz was organized to raise staff's awareness on well-being.





▲ 偉邦定期舉辦健康講座及一氧化碳呼氣測試 向員工推廣戒煙的好處。 Well Born organized health talks and carbo

Well Born organized health talks and carbon monoxide breath tests for staff on regular basis to promote smoking cessation.

公司簡介

信邦物業管理有限公司於1996年 創立,是恒基兆業地產集團成員之一,為集團發展的豪宅物業、大型 屋苑、商場及停車場提供管理服務。偉邦朝著強化團隊合作和專業 水平方向進發,矢志成為亞太區最 卓越的房地產及資產管理機構。

Well Born Real Estate Management Limited

Mobilize co-workers to support smokers to kick the habit

Well Born Real Estate Management Limited ("Well Born"), a member of Henderson Land Group, is a management service provider of 24 housing estates in Hong Kong and owns over 1,400 workforce. To enhance working efficiency, productivity and corporate image, Well Born has been striving to protect staff's health by implementing smoke-free policies and helping smokers quit smoking since 2014. Frankie CHAN, Deputy General Manager, shared that their management supported smoke-free culture and shared quit tips with staff through emails. Occupational safety and health ambassadors were assigned at sites to spread smoke-free messages among staff and residents.

A smoke-free corner was set up at staff rest area to mobilize coworkers to share cessation experiences and write supportive messages on specially designed cigarette packs which helped strengthen quitters' determination. Well Born also organized stress relieve workshops, safety and health quiz, health talks and carbon monoxide breath tests on a regular basis to raise staff's awareness on well-being. With the concerted efforts, the smoking prevalence among staff decreased from 13% in 2014 to 9% in 2016, while smoking-related complaints received from customers also dropped by 25%.

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