

“DHL希望吸煙員工感受到公司及同事的支持而戒煙。DHL hopes smokers can kick the habit with company and co-worker's support.”

江秀嫻
Donna KONG

敦豪國際速遞

以糖代煙 鼓勵踏出戒煙第一步

健康的體魄成就員工的優秀表現，更可提升服務質素。跨國物流公司敦豪國際速遞（香港）有限公司（下稱「DHL」）重視員工健康，全力推動無煙文化，並響應世界無煙日舉辦別開生面的「以糖代煙」活動，鼓勵員工戒煙，重建無煙的健康人生。

DHL擁有約1,500名員工，惟不少速遞團隊的前線員工均有吸煙習慣。為保障員工健康，DHL推行全面的無煙政策，旗下寫字樓、服務中心、機場中亞區樞紐中心，以至公司的運輸車內，均一律禁止吸煙。敦豪國際速遞（香港）有限公司人力資源副總裁江秀嫻表示，「無煙政策可改善員工健康，並確保顧客貨物及物流中心內設施的安全，同時提升我們團隊的專業形象。」

巧用噱頭宣傳 同事撐戒煙

為提高員工對無煙文化的關注，DHL於2016年5月31日（世界無煙日）舉行一場噱頭十足的「以糖代煙」（A Candy for a Cigarette）活動，向旗下所有員工免費派發棒棒糖，鼓勵吸煙者以享用棒棒糖代替吸煙。



▲ DHL舉辦「以糖代煙」活動，向員工免費派發棒棒糖，鼓勵吸煙者以享用棒棒糖代替吸煙。
DHL organized "A Candy for a Cigarette" event to encourage smokers to replace smoking by enjoying the lollipops offered by the company.

江秀嫻喜見活動的成果，「小小的棒棒糖成功凝聚員工，非吸煙的同事於活動當日紛紛向吸煙者送贈棒棒糖，鼓勵對方戒煙，有同事甚至收到10多支棒棒糖，可見活動非常成功。」是次愛心行動讓吸煙者感受到同事的關懷，反思二手煙對其身邊人包括同事、朋友及家人造成的影響，推動不少員工考慮戒煙。

倡導無煙生活 成戒煙支援平台

過去一年，DHL積極支援員工戒煙，包括與戒煙服務機構舉辦多場無煙健康講座及身體檢查，吸引逾百名員工參加，並即時轉介40多名吸煙者接受東華三院的戒煙療程。為配合前線員工輪班工作，無煙活動更安排於不同時段進行。江秀嫻指出，「戒煙活動初見成果，其中五名同事接受療程後成功戒煙，有同事更表示多年來妻子屢勸戒煙不果，反而公司舉辦的活動令他下定決心戒煙，深感公司對他們的關懷。」

DHL自行設計簡單圖片，透過內聯網、告示板、入職培訓等解釋煙草禍害，又於員工休息室及茶水間位置張貼海報及擺放小冊子，務求將無煙信息全面推廣予所有員工。另一方面，公司透過宣揚健康生活協助員工減壓，包括將寫字樓後樓梯設為健康大道，鼓勵員工多行樓梯做運動，並舉辦瑜珈班、壓力管理工作坊及派發壓力球等健康活動，倡導無煙生活。



▲ DHL的寫字樓後樓梯設為健康大道，鼓勵員工多運動，實踐無煙健康生活。
Back staircases at DHL office was designed as Healthy Road to promote exercise and healthy lifestyle among staff.



▲ DHL為員工提供身體檢查，並轉介吸煙者接受戒煙療程。
DHL provided health screening and referred smoking staff to smoking cessation services.

公司簡介

敦豪國際速遞（香港）有限公司隸屬德國郵政集團，是全球大型的物流公司，其業務遍佈220個國家和地區，本港擁有約1,500名員工，為各種物流需求提供合適的解決方案。

DHL Express Hong Kong

A Candy for a Cigarette to motivate smoking cessation

Healthy staff enhances working performance and service quality. International logistics company DHL Express Hong Kong ("DHL") advocated a smoke-free culture and encouraged smoking cessation to safeguard the health of employees and enhance its logistics team's professional image. To echo the World No Tobacco Day 2016 (31 May), DHL organized "A Candy for a Cigarette" event to encourage smokers to enjoy the lollipops provided by the company and replace smoking. As Donna KONG, Vice President, Human Resources, recalled, non-smoking staff were eager to share their lollipops with smoking co-workers to show their care and support. DHL also

designed simple posters to demonstrate smoking hazards at intranet, notice boards and orientation materials. Health talks and health screening were organized to encourage smoking cessation which attracted more than a hundred staff to participate. Over 40 smokers pledged to kick the habit and five of them succeeded. A participant shared that company's initiatives and encouragement strengthened his determination to get rid of tobacco addiction. Different measures were introduced including Healthy Road at back staircases, yoga class and stress management workshop to help staff develop a healthy smoke-free lifestyle.