

高明科技工程 KML Engineering

家人同事並肩支持 提升戒煙決心與成功率

早在20年前，高明科技工程的管理層已明白員工的健康與公司業務發展息息相關，因而成立專責團隊，管理職安健事宜，並推行無煙政策。公司認為無煙文化既能改善員工的健康和福祉，提高員工的工作效率及生活質素，亦有助提升公司形象和聲譽，從而吸引和保留優秀的人才，增加公司競爭力。高明科技工程副董事總經理陸季農表示：「我們明白要下定決心戒煙不容易，戒煙者得到身邊的家人、朋友及同事的支持及鼓勵，大大增加他們戒煙的決心，亦是建立無煙社區的關鍵元素。因此本公司舉辦無煙活動時，亦邀請員工家屬參與，藉以鼓勵員工關注自己及家人的健康。」

除了舉辦各項無煙及身心靈活動，幫助員工建立其他興趣以取締吸煙習慣，公司亦透過不同渠道向員工宣傳吸煙禍害及提供戒煙資訊，包括內部通訊、電郵、內聯網、ESG資訊台節目、海報及小冊子等。另外，公司亦以獎賞形式支持同事參與無煙活動，例如贈送禮物包表揚成功戒煙的同事。為響應「世界無煙日」，公司亦自發舉辦運動及戒煙體驗放映會，同事一邊做運動伸展筋骨，一邊觀看精選戒煙影片，從而了解吸煙對自身、身邊人，以及環境的禍害。



Support from Family and Colleagues Boosts Determination and Success in Smoking Cessation

KML Engineering Limited ("KML") believes that a smoke-free culture helps to enhance reputation, which in turn attracts and retains talents and increases the company's competitiveness. "The support and encouragement from family, friends and colleagues greatly increases the determination of quitters to quit smoking and is a key element in building a smoke-free community. Therefore, when we organize smoke-free activities, we also invite the family members of our staff to encourage them to care about the health of their families." said Eric LUK, Deputy Managing Director of KML.

KML also echoes the World No Tobacco Day every year. In 2023, they organized "Sports and smoking cessation movie day", staff in sports uniform stretched their muscles while watching video to learn about harmful effects of smoking on themselves, their family and the environment.



▲高明科技工程自發舉辦運動及戒煙體驗放映會，同事一邊做運動伸展筋骨，一邊觀看精選戒煙影片。

KML arranged a "Sports and smoking cessation movie day" on World No Tobacco Day 2023.