

## 超敏科技 Ultra Active Technology

# 戒煙送電視機 上下一心締造零吸煙率

作為中小企，超敏科技的同事關係親密如家人，管理層的關懷諒解、同儕間的互相鼓勵，實為最有效推動無煙文化的良策。超敏科技行政總裁張仕鵬博士認為：「吸煙人士很多時未必意識到自身散發着煙臭味，會影響到身邊人的情緒與工作環境。因此，我希望透過推廣無煙文化，向員工傳遞正向觀念，幫助他們提升自信，加強戒煙的決心與力度。改善個人由拒絕吸煙開始，推而廣之到戒除其他壞習慣，從而提高個人及團隊的工作效率。」

公司藉獎賞、教育及心靈啟發等軟性方法推動無煙工作間，包括定期邀請戒煙服務機構、身心靈健康單位等舉行講座，讓員工及其家人認識吸煙的禍害，獲取各類型健康資訊。公司報告板及當眼處則張貼無煙海報及健康政策，致力宣揚無煙信息，辦公室洗手間門外更展示巨型「香港無煙領先企業大獎」獲獎海報，表揚同事共同努力的成果，並提醒吸煙員工參與戒煙計劃。公司亦設「無煙茶水間」，定期提供生果及小食讓員工舒緩煙癮。張仕鵬更自創能夠筋展筋骨的「超敏活力八式」，鼓勵員工培養健康運動取締吸煙習慣，而成功戒煙的員工更可獲公司送出液晶電視作獎勵，最終公司於2022年成功達致零吸煙率，成績有目共睹。



## Successful Quitter was Rewarded LCD TV as Encouragement

At a small and medium-sized enterprise (SME), colleagues are as close as a family, which is conducive to the promotion of smoke-free campaigns. "I hope that by promoting a smoke-free culture, we can convey positive values to our employees and help to improve their self-confidence and strengthen their determination to quit smoking," said Tony CHEUNG, CEO of Ultra Active Technology Limited ("UAT").

UAT conducted health talks regularly and a wall-sized poster of the Hong Kong Smoke-free Leading Company Awards was set up outside the restroom to commend the joint efforts of employees on spreading smoke-free messages. Tony has even created his own office exercises to encourage employees to cultivate healthy exercise and eliminate the temptation of smoking. Successful quitter was rewarded LCD TV as encouragement. UAT believes that mutual support among the team can definitely help employees to stop smoking.



▲超敏科技在辦公室展示巨型「香港無煙領先企業大獎」獲獎海報，表揚同事的努力，並提醒吸煙員工參與戒煙計劃。

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