



# 香港 無煙領先企業大獎

HONG KONG SMOKE-FREE  
LEADING COMPANY AWARDS **2023**



[www.smokefreeleadingcompany.hk](http://www.smokefreeleadingcompany.hk)

主辦機構  
Organizer



香港吸煙與健康委員會  
HONG KONG COUNCIL ON SMOKING AND HEALTH

合辦機構  
Co-organizers



職業安全健康局  
OCCUPATIONAL SAFETY & HEALTH COUNCIL



RTMK  
FM 92.6





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為推動無煙香港，香港吸煙與健康委員會自2011年起舉辦「香港無煙領先企業大獎」，鼓勵商界持續將無煙信息推廣至不同持份者，當中包括員工、客戶及社會大眾，同時表揚於無煙政策上表現傑出的企業及機構，以推動各行各業宣揚無煙文化，攜手建設無煙香港。本屆「香港無煙領先企業大獎」吸引超過730間企業及機構參加，受惠員工超過15萬人，數量為歷年之冠。

經過獨立評審團於2024年1月進行最後評審，3間企業獲頒「無煙領先卓越金獎」，以表揚其持續推行無煙措施的努力；9間企業獲頒「金獎」；11間企業獲頒「銀獎」；1間企業獲頒「最積極參與大獎」，以及逾600間企業獲頒「優異獎」。近年企業發展講求ESG概念，即包括環境（Environment）、社會（Social）及公司治理（Governance），本屆大獎增設「傑出ESG無煙企業參與大獎」，並有1間企業獲此殊榮。獲獎機構遍布不同行業，如建築、物業管理、銀行、飲食、物流運輸、大學及政府部門等，足見本地企業積極與員工攜手建立無煙健康生活，並致力提升社會大眾對煙害的認識，成效有目共睹。

In order to promote a smoke-free Hong Kong, Hong Kong Council on Smoking and Health (COSH) organized the "Hong Kong Smoke-free Leading Company Awards" since 2011, with the aims to encourage the business sector to promote smoke-free messages to their stakeholders including employees, customers and the general public on a continuous basis as well as to commemorate the outstanding companies/ organizations for their efforts in implementing smoke-free policies. The Awards in 2023 scaled a new height with over 730 companies/ organizations participating, over 150,000 employees were benefited.

After the final judging by the independent judging panel in January 2024, 3 companies were awarded "Smoke-free Leading Excellence Gold Awards" for their continuous commitment; 9 companies were awarded "Gold Awards", 11 companies were awarded "Silver Awards", 1 company were awarded "Outstanding Participation Award" and over 600 companies were awarded "Certificate of Merit". In recent years, corporate development emphasizes the concept of ESG (Environment, Social and Governance). COSH introduced the "Outstanding ESG Smoke-free Involvement Award" and 1 company was honoured with this Award. The Awardees are from different industries including construction, property management, banks, catering, logistics, universities and government departments, etc., showing that local enterprises are working actively to raise public awareness of the harms of smoking, and the results are obvious to all.



**湯修齊 MH 太平紳士**  
**Mr Henry TONG, MH, JP**  
香港吸煙與健康委員會主席  
Chairman, Hong Kong Council on Smoking and Health

香港吸煙與健康委員會多年來肩負使命，在控煙路上凝聚各界力量，推動無煙文化。委員會主辦的「香港無煙領先企業大獎」旨在鼓勵企業向不同持分者，包括員工、客戶及社會大眾，攜手建設無煙香港，保障市民大眾的健康。

根據政府統計處數字顯示，2023年香港的就業人口超過380萬人，佔香港人口超過55%。香港人普遍工時較長，工作間是僱員每日逗留時間最長的地方之一，推動清新健康的無煙工作間，建立無煙工作文化，能有效幫助員工免受煙害、改善健康、提升工作效率和士氣，同時建立公司正面形象，實在百利而無一害。

今屆，我們樂見大獎獲得多個機構支持，並吸引來自各行各業的企業及機構參加。各參加企業及機構別出心裁以具創意、多元化而有效的措施，鼓勵員工戒煙及建立無煙健康生活模式，例如成立戒煙互助小組、提供獎勵誘因等，更有公司與時並進，透過公司手機應用程式發放煙害及無煙健康生活資訊等，實在值得各大小企業仿效。

在此，本人謹代表委員會衷心感謝一眾無煙領先企業積極推動及鼓勵無煙文化，我們深信憑政府、企業及社會各界共同努力協作，實現無煙香港乃指日可待。

Over the years, Hong Kong Council on Smoking and Health (COSH) has been sparing no efforts to fulfill our mission in tobacco control and rally the efforts of all sectors to build a smoke-free Hong Kong. "Hong Kong Smoke-free Leading Company Awards" encourages all industries to promote smoke-free culture and smoking cessation to their stakeholders including employees, customers as well as general public.

According to the latest statistics released by Census and Statistic Department, total employment in Hong Kong over 3.8 million, accounting for more than 55% of Hong Kong's population. As Hong Kong people generally work longer hours, workplace being one of the locations where employees spend most of their time every day. A smoke-free workplace can effectively help protect them from the harmful effects of tobacco, enhance their efficiency, and at the same time build up a positive image of the company.

I am pleased to see over 730 companies participating in the Awards this year. They come up with creative, diversified and effective measures to encourage their employees to quit smoking and build a healthy lifestyle, such as setting up smoking cessation supporting groups, providing incentives and disseminating smoke-free information through the company's mobile phone application. These best practices are worth to be adopted by all companies.

On behalf of COSH, I would like to take this opportunity to express my sincere gratitude to the Awards participating companies and organizations who have made strenuous efforts in promoting a smoke-free workplace. We believe that with the tripartite cooperation between Government and all sectors, a smoke-free Hong Kong is just around the corner.





**陳志球博士 SBS, BBS 太平紳士**  
**Dr Johnnie CHAN, SBS, BBS, JP**

香港無煙領先企業大獎籌備委員會主席

Chairman, Organizing Committee of the "Hong Kong Smoke-free Leading Company Awards"

香港吸煙與健康委員會副主席

Vice-Chairman, Hong Kong Council on Smoking and Health

要建立無煙香港，企業的支持及參與不可或缺。香港吸煙與健康委員會自2011年起舉辦「香港無煙領先企業大獎」，歷年來見證及表揚不少企業及機構不遺餘力推動無煙文化，鼓勵員工戒煙，建立無煙健康生活，實在令人欣喜。

今屆大獎吸引了逾730間來自不同行業的企業及機構參加，參與企業數目較上屆增加近四成，為歷屆之冠，讓超過15萬員工受惠。近年企業發展講求ESG概念，包括環境（Environment）、社會（Social）及公司治理（Governance），除了公司自身發展外，企業亦注重如何對社會產生更廣泛的影響，因此今屆大獎特別增設「傑出ESG無煙企業參與大獎」，鼓勵企業推動無煙政策時，加入ESG的元素，甚至更進一步，於公司的ESG政策中包括無煙推廣，關顧員工身心健康，提升他們的工作表現及專業形象，讓企業和員工共同得益。

今屆大獎得以順利進行，並獲得豐碩成果，實在有賴一眾持分者鼎力支持。本人謹代表委員會衷心感謝贊助人醫務衛生局局長盧寵茂教授、評審團、顧問團，以及協辦機構職業安全健康局和香港電台第一台。同時，委員會亦特別鳴謝65間來自不同行業的商界及業界組織成為支持機構，協助宣傳及動員旗下會員參加，以及各戒煙服務機構致力提供不同的戒煙服務支援。我們期望，透過大獎的廣泛宣傳，各界同業相互影響，將無煙文化融入社區，攜手共建無煙香港。

In order to build a smoke-free Hong Kong, it is essential to gain support and participation from business sector. Hong Kong Council on Smoking and Health (COSH) has organized the "Hong Kong Smoke-free Leading Company Awards" (the Awards) since 2011 to motivate companies and organizations to advocate a smoke-free culture, encouraging their employees to quit smoking and building a smoke-free healthy lifestyle.

With a record high number of applications, over 730 companies/organizations spread smoke-free messages among more than 150,000 employees this year. The number of companies/ organizations participating increased by almost 40% over the previous year. In recent years, the concept of ESG (Environment, Social and Governance) has been emphasized in corporate development. Companies/ organizations focused more on how to create impact on the society, hence the "Outstanding ESG Smoke-free Involvement Award" was introduced with a view to encouraging companies to incorporate ESG elements into their smoke-free policies, or even including smoke-free promotion in their ESG policies.

The Awards was held successfully with the concerted efforts of different stakeholders. On behalf of COSH, I would like to express sincere gratitude to the Patron, Professor LO Chung-mau (Secretary for Health) and the judging panel, consultants, as well as our co-organizers, Occupational Safety and Health Council and Radio 1 of Radio Television Hong Kong. Besides, COSH also thanked the tremendous support from 65 supporting organizations from different industries in promoting the Awards among their members, and the smoking cessation service partners provided professional assistance to smoking employees. COSH hopes that the awardees can be role models in the industry and create a promotion synergy in every stratum of the society to build a smoke-free Hong Kong in joint hands.

## ● 贊助人 Patron



盧寵茂教授 BBS 太平紳士  
**Prof LO Chung-mau, BBS, JP**  
醫務衛生局局長  
Secretary for Health

為保障公眾健康，政府多年來致力推動控煙工作，鼓勵市民不要吸煙、遏制煙草的廣泛使用，以及減低二手煙對公眾的影響。經過政府和社會各界的共同努力，香港的吸煙率已由八十年代超過20%大幅降低至2021年的9.5%，創歷年新低。

香港吸煙與健康委員會2023年再度舉辦的「香港無煙領先企業大獎」，鼓勵商界自發推動無煙工作間，並表揚致力維護員工及社會大眾健康的無煙領先企業。我喜見計劃自2011年舉辦以來，成功吸引逾1,500間來自不同行業的企業及機構踴躍參與，將無煙信息傳遞予超過30萬名員工。員工是企業最寶貴的資產，建立無煙文化不但能夠促進公司生產力，更重要是保障所有人的健康。

我感謝各參與企業發揮創意，推行多元化的無煙措施，並恭賀各獲獎企業為業界樹立榜樣。我同時鼓勵商界繼續支持政府的控煙政策，讓我們攜手長遠構建一個更有活力、更健康的無煙社會。

To safeguard public health, the Government has been strengthening tobacco control efforts over the years through discouraging smoking, containing the proliferation of tobacco use and minimizing the impact of passive smoking on the public. With the concerted efforts by the Government and the entire community, the smoking prevalence in Hong Kong has significantly dropped from over 20% in the 1980s to 9.5% in 2021, which is an all-time low.

The Hong Kong Council on Smoking and Health once again organized the Hong Kong Smoke-free Leading Company Awards (the Awards) in 2023 to encourage the business sector to proactively promote a smoke-free workplace, and commemorate the leading companies that have a strong commitment to protecting the health of employees and the general public. I am pleased to note that 1,500 companies/ organizations from different industries have participated in the Awards and have successfully spread smoke-free messages to more than 300,000 employees since the Awards was first organized in 2011. Employees are a company's most valuable asset. The establishment of a smoke-free culture not only promotes the company's productivity, but also protects everyone's health.

I would like to express my gratitude to all participating companies for their creativity in putting forward various smoke-free policies, and congratulate the award winners for setting good examples as smoke-free businesses. I also encourage the business sector to continuously support the Government's tobacco control policies, and join hands with us to create a vibrant, healthy and tobacco-free society in the long run.







## 林文健醫生太平紳士

Dr Ronald LAM, JP

衛生署署長

Director of Health

香港吸煙與健康委員會40多年來不遺餘力，積極參與及推廣控煙工作。經過委員會與政府和各界的多年努力，香港整體的吸煙率從八十年代的超過20%大幅降低至目前的9.5%，成為全球吸煙率最低的地區之一，實在令人鼓舞。

然而，目前香港仍有近60萬人每日吸煙，其中40至49歲的男性的吸煙率最高，他們大部分都是在職人士。自2007年法定禁止吸煙區的設立以來，各種室內工作間已全面禁煙，而工作間是員工停留時間最長的場所之一，所以無煙措施的有效實行需要企業的積極配合，包括鼓勵員工戒煙，以幫助員工免受煙害，從而提高生產力。我衷心感謝這些無煙領先企業在推動香港無煙文化中作出的努力。

我衷心感謝香港吸煙與健康委員會一直支持控煙工作，積極鼓勵企業推行無煙工作間，攜手建設無煙香港。

The Hong Kong Council on Smoking and Health (COSH) has been dedicated to tobacco control for over 40 years, demonstrating unwavering commitment in this area. Thanks to the collective effort of the COSH, Government and the community, smoking prevalence in Hong Kong has seen a significant decline, dropping from over 20% in the 1980s to a current rate of 9.5%. These achievements in tobacco control are truly encouraging. However, it is important to note that there are still nearly 600,000 individuals who smoke on a daily basis in Hong Kong. Among them, the highest prevalence of daily cigarette smoking is found among males aged 40-49, who make up a significant portion of the working population.

The workplace is a setting where employees spend a significant amount of their time. Since the designation of statutory no smoking areas in 2007, all indoor areas in workplaces are legally required to be smoke-free. It is crucial for companies to actively promote smoke-free environments and encourage their staff to quit smoking. Such policies can effectively protect workers from the harms of smoking and ultimately enhance overall productivity. I sincerely appreciate the efforts made by all companies in the Awards Programme demonstrating their important contribution to fostering a smoke-free culture in Hong Kong.

I would also like to express my gratitude to the Hong Kong Council on Smoking and Health for its unwavering support in tobacco control efforts and the promotion of smoke-free workplaces among companies. Together, we are working towards the shared goal of a smoke-free Hong Kong.



## 范鴻齡 SBS 太平紳士

Henry FAN Hung-ling, SBS, JP

醫院管理局主席

Chairman, Hospital Authority

癌症是本港頭號殺手，其中以肺癌最常見。根據香港癌症資料統計中心的資料顯示，在2021年，肺癌導致逾4,000人死亡，佔癌症死亡總數26.7%，吸煙或長期吸二手煙人士都是高危一族。吸煙亦可引致心臟病、慢性氣管阻塞病及中風等，嚴重危害健康。

為協助吸煙人士戒煙，醫院管理局（醫管局）於全港公立醫院及普通科門診診所設有70間「無煙新天地」戒煙輔導中心，並設立戒煙熱線供市民查詢有關服務。醫管局的戒煙輔導服務由跨專業團隊主理，為有意戒煙人士提供專業評估、輔導及跟進，並因應戒煙人士的情況訂立合適的戒煙方案。

煙草對市民的健康造成不少禍害，亦大大增加社會醫療開支的負擔。建設無煙城市需要全城參與，由香港吸煙與健康委員會舉辦的「香港無煙領先企業大獎」，今屆有超過730間企業參與，數目創歷年新高，為帶動全港向無煙城市邁進重要一步。醫管局將繼續同行，共建健康生活。

Cancer is the top killer in Hong Kong, of which lung cancer is the leading cause of cancer deaths. According to Hong Kong Cancer Registry, there were over 4,000 deaths due to lung cancer in 2021, accounting for 26.7% of the total cancer deaths. Smokers or individuals who are exposed to secondhand smoke are at higher risk. Smoking can also lead to heart diseases, chronic obstructive pulmonary disease and stroke, etc., posing significant health hazard.

To assist smokers in quitting smoking, the Hospital Authority (HA) provides smoking counselling and cessation service via its 70 smoking counselling and cessation centres in public hospitals and General Out-patient Clinics across the territory, with a public enquiry hotline about the service. The HA's smoking counselling and cessation service is delivered by multidisciplinary team, offering professional assessment, counselling and follow-up services, as well as formulating a tailor-made treatment plan for smokers.

Tobacco use has not only caused detrimental effects on the public's health, but has also constituted heavy burden on health expenditure. Building a smoke-free city cannot be succeeded without universal participation. Hong Kong Smoke-free Leading Company Awards 2023 held by the Hong Kong Council on Smoking and Health has scaled a new height with more than 730 companies participating, taking an important step towards creating a smoke-free society. HA would continue to support and join hands to promote healthy life.

## 合辦機構 Co-organizers



游雯

**Bonnie YAU**

職業安全健康局總幹事

Executive Director, Occupation Safety and Health Council

職安局十分高興再次合辦「香港無煙領先企業大獎」。企業在推廣無煙文化中，擔當重要角色。各得獎企業所展現的企業精神和推動無煙環境的承諾，鼓勵員工培養健康生活習慣，不僅體現了對員工健康的關懷，展示出其對社會的責任，更與職安局致力推廣建立安全、健康的工作環境，保障員工身心健康的理念一致。安全健康的工作環境不僅能減少工作意外，還能提高企業生產力和競爭力，建立正面的企業形象，實現雙贏局面。我們喜見今年參賽企業的數目創新高，顯示了大眾對無煙文化的支持和重視。再次恭賀各得獎企業，我們期待與您們攜手合作打造更安全、健康、清新的無煙工作環境。

It is our great pleasure to co-organize this year's "Hong Kong Smoke-free Leading Company Award". Enterprises play a key role in promoting a smoke-free culture. The commitment and corporate spirit demonstrated by the award-winning companies encourage employees to cultivate a healthy lifestyle, reflecting their care for employees' health and a strong sense of social responsibility. They share the same vision with the COSH Council's dedication to promoting safe and healthy working environments that safeguard employees' physical and mental well-being. A safe and healthy working environment not only reduces workplace accidents but also enhances productivity and competitiveness, establishing a positive corporate image and achieving a win-win situation for all. We are delighted to see a record number of participating companies this year demonstrating public support and recognition for a smoke-free culture. Congratulations once again to all the award-winning companies for their outstanding achievements. We look forward to collaborating with all of you to create a safer, healthier, and smoke-free working environment.



李慶華

**Vincent LEE**

助理廣播處長 (電台及節目策劃)

Assistant Director (Radio & Corporate Programming)

香港電台一直致力於宣揚「健康香港」的訊息，透過製作各種節目和活動推廣健康訊息。多年來，香港電台與香港吸煙與健康委員會聯合推廣無煙生活，合辦「無煙大贏家」、「世界無煙日」等大型活動。

為了締造無煙香港，我們需將訊息推廣至員工、客戶、大眾及不同持份者。而企業角色尤其重要，透過凝聚商界的無煙力量，將健康訊息傳播開去。

在此，我們感謝並祝賀所有「香港無煙領先企業大獎」的得獎者，他們在推廣無煙文化上不遺餘力，攜手共建健康香港。

Radio Television Hong Kong (RTHK) has been actively promoting the message of "Healthy Hong Kong" through a variety of programmes and activities. For several years, RTHK, in collaboration with the Hong Kong Council on Smoking and Health (COSH), has been advocating for a smoke-free lifestyle by co-hosting events, including "Quit to Win" and "Smoke-free Hong Kong".

In order to promote a smoke-free Hong Kong, it is crucial to disseminate this message to our employees, customers, the general public, and various stakeholders. The role of socially responsible enterprises is particularly pivotal. By harnessing the collective power of the business sector, we can spread the health message far and wide.

In this regard, we would like to express our gratitude and congratulate all the winners of the "Hong Kong Smoke-free Leading Company Awards". Their relentless efforts in promoting a smoke-free culture are invaluable in collectively building a healthier Hong Kong.



## 青洲英坭 Green Island Cement

# 持之而恆推動無煙文化 落實公司核心價值

要推動一種文化，需要多年的持之而恆。青洲英坭一直堅持推廣無煙文化，邁步向前。行政總裁曾百中表示：「廠房涵蓋由原材料生產至水泥製造的『一條龍』工序，這裏有很多機器，若因煙蒂的火種引起火警，會對廠房構成很大影響。為此，公司自1996年起決心推行『無煙廠房』政策，至今已踏入第28個年頭。另外，我們關心員工的健康及家庭，亦關心企業的生產品質及形象，因此積極鼓勵同事戒煙，有助實現公司包括『關心環保』、『關愛社群』在內的核心價值。」

青洲英坭在過去三屆無煙領先企業大獎中，均獲金獎殊榮，今屆更奪得無煙領先卓越金獎，令他們更有決心成為行業的領航者。為進一步宣揚禁煙信息，公司在廠房範圍張貼戒煙海報、標語，亦定時在走廊及公司手機應用程式上播放無煙宣傳短片；並設有自動發聲裝置，提醒員工吸煙的禍害，鼓勵他們戒煙。另外，公司上下一心，管理層及員工共同簽署「戒煙承諾書」，並成立「戒煙互助小組」，跟進同事戒煙進度之餘，也為有戒煙困難的同事提供情緒輔導和支援；同時舉辦多項有益身心的康體活動，鼓勵員工以運動取代吸煙，多管齊下地使員工吸煙率下降。



## Consistently Promoting a Smoke-free Culture and Realizing the Company's Core Values

Green Island Cement Company Limited ("Green Island Cement") has been advocating a smoke-free culture in workplace for over 20 years since 1996. Eddy TSANG, Chief Executive Officer said, "We care about the health of the employees, hence has implemented various measures to encourage smoking cessation."

Since 2014, the Company has set up a support group to organize regular meetings in helping employees curb the tobacco addiction and prevent relapse. To encourage smoking cessation, infrared sensing audio reminder system was also installed at the entrance of the designated smoking area outside the plant area, to remind employees and contractors that smoking is hazardous to the health of smokers and their families. Besides, a reward program was introduced to strengthen employees' quit willpower. Green Island Cement is determined to promote smoking cessation among employees and contribute in maintaining a low smoking prevalence in manufacturing field and Hong Kong.



▲青洲英坭推行前線員工戒煙計劃及成立「戒煙互助小組」，全面宣揚無煙工作間。

Green Island Cement implemented a staff smoking cessation program and set up support group to promote smoke-free workplaces.

## 富安集團 Richform

# 從員工角度思考需要 為中小企樹立無煙榜樣

中小型企業佔全港企業總數超過九成，對城市發展舉足輕重，作為其中之一的富安集團，認為中小企應肩負社會責任，當中包括推廣無煙文化。集團早在2013年已將無煙文化融合公司政策，多年來有賴管理層與前線員工的通力合作，員工吸煙率降至新低。集團企業持續發展總監劉駿楷認為：「員工是公司重要的資產，其健康直接影響公司的營運效率，建立無煙工作間讓同事在清新健康的環境工作，保障他們的身心免受煙害影響，減少缺勤率，長遠提升生產力及團隊士氣，在客戶心目中亦能建立正面形象。」



集團憑藉多年行之有效的無煙政策，獲得本屆無煙領先企業卓越金獎。當中「友導Buddy計劃」建立了互相支持的同行者團隊，從員工角度思考及關心他們的困難與需要，以愛心感染吸煙者戒煙。此外，集團上下一心執行政策，由行政總裁劉富成博士為員工提供免費中醫諮詢服務，從養生角度提倡戒煙的重要性。為確保無煙信息能夠準確傳遞予每位員工，集團定期透過電郵及內聯網發放戒煙資訊，同時安排無煙講座、戒煙工作坊、戒煙輔導等，並以有薪假期、現金獎賞作誘因鼓勵員工積極參與無煙活動。集團期望樹立無煙榜樣，將公司無煙運動的成功經驗推廣給其他中小企業，鼓勵更多同業一同實踐無煙文化。

### Thinking from the Staff's Perspective Setting a Smoke-free Example for SMEs

Richform Holdings Limited ("Richform") is dedicated to being a smoke-free pioneer among Small and Medium Enterprises since 2013 and was awarded the Smoke-free Leading Excellence Gold Award this year.

Terence LAU, Business Sustainability Director, shared that a "Buddy Scheme" was established to care about the difficulties and needs of the staff from their perspective, and to encourage smokers with love to quit smoking. Besides, Dr Jimmy LAU, Chief Executive Officer provides complimentary Chinese medical consultation for staff to enhance smoking cessation. At the same time, Richform also arranges smoke-free seminars, workshops, counseling, and various incentives to motivate employees to actively participate in smoke-free activities. Looking forwards, they aim at being a role model to share their experience with other SMEs so as to encourage them to join hands in practicing smoke-free workplace.



▲富安集團行政總裁劉富成博士為員工提供免費中醫諮詢服務，從養生角度提倡戒煙的重要性。

Dr Jimmy LAU, Chief Executive Officer provides complimentary Chinese medical consultation for staff and encourages smoking cessation.



## 偉邦物業管理 Well Born Real Estate Management

# 成立安全健康委員會 結合科技推行無煙活動

物業管理行業需要以人為本，偉邦物業管理一向注重員工與客戶的安全和健康，為此積極推行無煙文化，創造一個安全、健康和專業的工作環境。公司認為無煙工作間能保護員工健康、提高工作效率、保護環境及提升企業形象。公司高級副總經理周有港形容：「在集團執行董事孫國林的帶領下，公司設立『安全健康委員會』負責推動員工安全和健康，協助落實公司的無煙政策，例如舉辦不同的康體活動來幫助員工減少吸煙，同時提供平台予員工互相勉勵及影響，發揮協同效應助戒煙。員工的健康和福祉得到保障，有助於吸引和保留優秀員工，從而提升企業的聲譽和競爭力。」



公司深明員工的支持對無煙政策的推行至關重要，因此公司加入職安健管理體系ISO45001，指定旗下管理的各物業委任「職安健員工代表」作為管理層與各級員工的溝通橋樑，成為物業管理行業的先驅。近年公司設立「戒煙閣」展示無煙資訊，並提供小食、飲品、運動器材等關顧員工的身心健康；配合公司手機應用程式，舉行「齊來健步行」比賽活動，鼓勵員工將運動融入生活，同時提高員工對公司的歸屬感。展望未來，公司銳意將無煙文化推廣至員工以外的持分者，舉辦不同的無煙活動鼓勵旗下屋苑的居民參與，推動實現無煙香港。

## Integration of Technology for Smoke-free Activities

Well Born Real Estate Management Limited ("Well Born") believes that a smoke-free workplace can protect employees' health, improve work efficiency, protect the environment and enhance corporate image. Alvin CHAU, Senior Deputy General Manager said, they joined the Occupational Safety and Health Management System ISO45001 and appointed "Occupational Safety and Health Employee Representatives" at each property to serve as a bridge of communication between the management and the front line.

A smoke-free corner was set up to share health-related information with staff at site office while free fruits and snacks were distributed to all staff to promote a healthy diet. Besides, with the company's mobile application, a "Walk for Health" competition was held to encourage staff to integrate sports into their lives and enhance their sense of belonging to the company. In the future, Well Born is committed to promoting a smoke-free culture beyond its staff by organizing various smoke-free activities to encourage residents of its housing estates to participate.



▲偉邦物業管理設立「戒煙閣」展示無煙資訊，並提供小食、飲品、運動器材等關顧員工的身心健康。  
A smoke-free corner was set up to share health-related information with staff at site office while free fruits and snacks were distributed to all staff to promote a healthy diet.

## 利基 — 顯豐工程聯營 BuildKing - Richwell Engineering Joint Venture

# 推動建造業無煙工作間 設煙害圖像海報警嚇員工

作為建造業界一份子，利基—顯豐工程聯營致力成為推動業界無煙文化的一股力量，鼓勵業界共同實踐無煙工作間，創造活力健康的無煙香港。利基—顯豐工程聯營技術總監張永信分享：「建造業一直是吸煙率較高的行業，積極推動無煙工作間可以鼓勵員工減少吸煙，甚至戒煙，並且減低年輕從業員受其他工友影響而吸煙，響應政府訂立降低年輕煙民數目的政策目標。此外，公司一直關注員工的職安健，推動無煙文化亦有助他們的身心發展，並且打造健康的工作環境，間接提升工地安全，消除因吸煙而引起的火災風險。」



公司為員工制定了「戒煙獎勵計劃」，參加者首先簽署戒煙約章，承諾減少吸煙；另透過問卷了解工友的煙齡及吸煙習慣，然後根據員工的戒煙情況發放獎金以示鼓勵，現時已有近六成參與計劃的員工成功戒煙。另外，公司舉辦了不同的戒煙活動推廣無煙文化，例如參與由香港吸煙與健康委員會舉辦的「無煙跑服日」，亦會自發舉行不同康體活動，如龍舟隊訓練班，以培養運動習慣。在辦公室範圍則設立了無煙茶水間，提供不同的水果、小食，減低工友的吸煙意欲，同時更設置具警嚇性的煙害圖像海報及煙包收集箱，提醒工友吸煙的害處。

## Creative Measures to Alert Employees the Harmful Effect of Smoking

BuildKing - Richwell Engineering Joint Venture is committed to be a force in promoting a smoke-free culture in the industry and create a vibrant and healthy Hong Kong. George CHEUNG, Technical Director shared that the company has always been concerned about the occupational safety and health of its employees, the promotion of a smoke-free culture would help creating a healthy working environment, which would also enhance workplace safety and eliminate the risk of fire caused by smoking.

Through the "Smoking Cessation Incentive Programme", to smoking staff were encouraged to sign a charter to pledge for quit smoking. Questionnaires on smoking history and habits were further given to the participants. Bonuses would be given to staff whom quitted. A smoke-free pantry was set up to provide different kinds of fruits and snacks to discourage workers from smoking; moreover, a deterrent and cautionary poster on smoking hazards and cigarette packet collection box were set up to remind workers of the harmful effects of smoking.



▲公司在工地設置煙盒收集箱及張貼無煙海報，提醒員工吸煙危害身體健康。

A deterrent and cautionary poster on smoking hazards and cigarette packet collection box were set up



## 協盛建築 Hip Seng Construction

# 推行戒煙獎勵計劃 以愛建造三贏局面

建造業流動性高，企業在推廣無煙上一直存在挑戰。不少工匠染有吸煙習慣，不但損害自身健康，亦容易引致工業意外。有見及此，協盛建築投入不少人力及資源，積極推廣無煙文化，其執行董事黎偉明認為：「協盛一直秉持『愛心建家園』的宗旨來維繫我們與同事、家人、合作夥伴的關係，並且深信一切以健康為先。吸煙不但影響自身健康，亦會令家人、同事承受二手煙的禍害，更有機會引致工地火災或工傷意外。為此，管理層和跨部門代表合作成立『戒煙委員會』，主動派員到旗下工地接觸工匠，了解他們的健康狀況及需要，從多角度構思無煙政策及措施，並與業界攜手一同推廣無煙文化，締造三贏局面。」



公司推行了「協盛戒煙獎勵計劃」，由具註冊護士資格的同事定期到不同工地接觸前線工匠，向他們宣揚無煙資訊，並為其進行身體驗查。過百名參與戒煙人士中，近三成成功戒煙，成效顯著。為加強力度，公司計劃以每月提早發放薪金為誘因，鼓勵員工參加戒煙計劃及身心靈活動。此外，亦推出「1+1 獎勵計劃」，由員工推薦吸煙同事參與戒煙，當對方成功戒煙後，推薦人亦可獲得額外現金獎賞。為與時並進，公司開設Whatsapp群組及設計無煙打氣貼圖，與工匠定期保持聯繫，關心他們的戒煙進度。

## Implementation of the Smoking Cessation Incentive Scheme to Create Smoke-free Workplace

Hip Seng Construction believes that smoking is not only detrimental to employees' health, but also prone to cause industrial accidents. Therefore, the company has been invested a lot of manpower and resources to promote a smoke-free culture. Edmond LAI, Executive Director said, "A Smoking Cessation Committee was set up to reach out the front line at construction sites to learn about their health conditions and needs, and tailor make their own smoking cessation plan."

30% of the participants quit smoking after joining the programme, the company plans to shorten the payroll days as an added incentive to encourage staff to quit smoking. The company has also set up a Whatsapp group and designed a set of smoke-free stickers to stay tuned with the smoking employees' smoking cessation progress.



▲協盛建築成立「戒煙委員會」，主動派員到旗下工地為工匠進行「戒煙三高快速測試」。

A Smoking Cessation Committee was set up to reach out the front line at construction sites to learn about their health conditions and needs.

## 啟勝管理服務 — 上水廣場 Kai Shing Management Services - Landmark North

# 培訓前線「無煙大使」 受損器官模型突顯吸煙禍害

由啟勝管理服務管理的上水廣場，推行全面禁煙至今已超過14年，商場內所有公共區域，包括本身為非法定禁煙區的L5平台花園亦被劃為禁煙區，並加設紅外線感應禁煙語音廣播。公司亦積極培訓前線同事成為「無煙大使」，持續在物業內向同事、租戶、顧客等宣傳無煙政策，協助公司建立無煙環境。

為進一步推動無煙文化，公司設計了「無煙小精靈」禁煙告示，張貼在商場範圍及公眾洗手間，並派發予寫字樓租戶及食肆。上水廣場助理物業及設施經理周少豪表示：

「為進一步向員工講解吸煙的禍害，我們在康樂室設置了不少運動器材、遊戲機、棋類遊戲等，鼓勵員工建立其他興趣取代吸煙習慣。康樂室更展示了眾多受到吸煙損害的身體器官模型及資訊，加深員工對吸煙危害健康的認識。我們認為，推動無煙文化不但改善到全體員工的身體健康、工作表現及效率，更可以為公司建立正面及專業形象。」現時上水廣場的吸煙員工比例已經由2010年的兩成，大幅下降至2023年的百分之八，未來公司期望進一步下降至約百分之五或以下。



## Demonstrate Models of Body Organs Damaged by Smoking as an Alarm

Managed by Kai Shing Management Services, Landmark North has implemented a total smoking ban for more than 14 years. All public areas in the mall, including the L5 podium garden have been designated as no-smoking areas, an infrared sensor-activated audio broadcasts regarding no smoking warning have been installed. Frontline staff were trained to become a "Smoke-free Ambassadors" to publicize the smoke-free policy to their colleagues, tenants and customers.

Anthony CHOW, Assistant Property & Facility Manager demonstrated a set of models of body organs damaged by smoking, "We place the models in the staff common area to warn our staff about the harmful effects of smoking. We believe that promoting a smoke-free culture not only improves health, performance and efficiency of all employees, but also builds a positive and professional image for the company."



▲上水廣場內的康樂室展示了吸煙損害身體器官的模型及資訊，加深員工對吸煙禍害的認識。  
A set of models of body organs damaged by smoking were placed in the staff common room.



## 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並不容易，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.

## 葵涌醫院 Kwai Chung Hospital

# 年輕員工發揮創意 自製無煙遊戲鼓勵戒煙

吸煙不但影響身體健康，亦與精神健康關係密切。在葵涌醫院行政總監阮家興醫生眼中，推廣無煙文化是一個潛移默化、循序漸進的長時間行動：「不少院友或吸煙人士都知道吸煙會影響自身和他人，不過多年建立的習慣難以改變。我們在勸導他們戒煙的過程中，一直抱持包容的態度以減少衝突，當中良好的醫患關係對推廣反吸煙尤其重要，這樣能讓無煙信息能更有效地傳遞予我們的服務使用者，包括院友、家屬或其他合約員工。」

葵涌醫院在反吸煙教育上投放了大量資源作宣傳、解說及引導，其中反吸煙工作小組不時巡查醫院範圍，教育及勸喻違例吸煙人士。醫院當眼處亦張貼戒煙海報及禁煙告示，提醒醫院範圍內嚴禁吸煙。在醫院走廊處設置了「無煙世界·海報展覽」，向公眾展示吸煙的禍害。醫院的交誼中心則定期擺放由年輕員工設計及製作的「無煙遊戲」，包括「戒煙康樂棋」及「豆袋遊戲盤」，讓到訪者了解煙害資訊，同時提供機會予員工一展所長，發揮創意。未來隨着新醫療大樓的落成，醫院亦會把無煙文化拓展至更廣闊的領域，融入到工培訓及公眾教育當中。



## Young Staff Members Give Full Play to Their Creativity to Encourage Smoking Cessation

Smoking not only affects physical health, but also closely related to mental health. Kwai Chung Hospital has invested a lot of resources in anti-smoking education. The anti-smoking team inspects the hospital area from time to time to educate and advise smokers; smoking cessation posters and no-smoking notices are posted at prominent places in the hospital; smoke-free games designed and produced by young staff members were displayed to help patients relieve their withdrawal symptoms.

Dr Desmond NGUYEN, Hospital Chief Executive highlighted, "We have been adopting an accommodating attitude to minimize conflict in the process of persuading them to quit smoking, so that the smoke-free message can be more effectively conveyed to our stakeholders." Kwai Chung Hospital will uphold the objectives in promoting a smoke-free healthy lifestyle among hospital staff, patients and their families.



▲葵涌醫院讓年輕員工一展所長，發揮創意，設計出「戒煙康樂棋」予院友認識煙害資訊。 Smoke-free games designed and produced by young staff members were displayed to help patients relieve their withdrawal symptoms.



## 太興環球發展 Tai Hing Worldwide Development

# 由上而下以身作則戒煙 誓師大會堅定無煙信念

作為餐飲業界的一分子，太興環球發展深明吸煙對員工自身、集團營運及顧客體驗均帶來深遠的影響，因此不遺餘力推動無煙文化，由管理層親自帶領訂立無煙政策及措施，上下一心打造健康、舒適的無煙工作環境。太興環球發展主席陳永安形容：「吸煙會影響員工的味覺及環境衛生，繼而影響到食品質素及食客體驗。集團希望藉由管理層以身作則，循序漸進鼓勵同事戒煙，並透過獎賞計劃、群組跟進、轉介服務等，幫助員工投入無煙生活。」

集團設立員工戒煙獎勵計劃「無煙一生興」，每年舉辦「戒煙誓師大會」，由管理層與員工一同簽署戒煙承諾書，響應無煙文化，當中會定期舉辦戒煙分享會，由公司高層及成功戒煙員工分享戒煙的心路歷程，亦會配合戒煙轉介服務及手機應用程式戒煙群組，定時跟進員工情況，成功戒煙的員工可以獲得可觀的獎金以作鼓勵，獎勵計劃更將會擴展至員工伴侶。同時，集團亦定期舉行親子烹飪班及各種有益身心的健康活動，期望透過同事及家人的互相陪伴及鼓勵，加強員工戒煙不復吸的決心，截至

2023年參加戒煙計劃的員工的戒煙成功率達七成，成績令人鼓舞。



## Management Members Take the Lead in Setting Smoke-free Example Pledge Meeting Affirms Smoke-free Cultural

As a member of the catering industry, Tai Hing Worldwide Development Limited ("Tai Hing") understands the impact of smoking on all aspects of the business. Therefore, Tai Hing has spared no effort in promoting a smoke-free culture. Ken CHAN, Chairman said, "Smoking affects the taste of the chef and the environmental of the restaurant, which in turn affects the quality of food and the experience of our customers. We urge the management members to take the lead in influencing colleagues to quit smoking, and we also help our staff to commit to a smoke-free lifestyle through rewards programs, focus groups and referral services."

Tai Hing has set up "Tai Hing Smoking Cessation Programme" for its employees, they organize a "Smoking Cessation Pledge Meeting" every year and follow up the cessation progress of its employees on a regular basis. Those who succeed in quitting smoking would be given a bonus as encouragement. In the future, the incentive program will be extended to cover partners of employees. By 2023, the smoking cessation rate of employees participating in the program reached 70%, which is an encouraging result.



▲太興設員工戒煙計劃「無煙一生興」，每年舉辦「戒煙誓師大會」及戒煙獎勵計劃，鼓勵員工戒煙。  
Tai Hing has set up "Tai Hing Smoking Cessation Programme" for its employees, and organized "Pledge Meeting" every year.

## 香港大學 The University of Hong Kong

# 培育年青戒煙大使 推展無煙城市

香港大學一直致力推廣無煙環境，培養年青一代的無煙意識，為香港推展無煙城市奠定重要基礎。香港大學護理學課程博士總監王文炳教授指：「香港大學職員和學生人數眾多，校園佔地廣闊，現時絕大部分的校園範圍都全面禁煙，希望能夠提供一個舒適的教學園地予學生和教職員。此外，我們身為教育機構，在年輕人及公眾的教育上責無旁貸，必須讓大眾知道吸煙的禍害及戒煙的好處，我們更會在政策倡議上提供專業意見，展示健康無煙世代和無煙社會的理想面貌。」

為進一步預防青少年吸煙，以及降低市民大眾的吸煙率，醫療保健處早年成立「戒煙研究組」，專責舉辦不同的活動和工作坊推廣無煙文化包括宣傳攤位、戒煙服務等。護理學院亦設立了青少年戒煙熱線及女性戒煙熱線，當中女性戒煙熱線專為社會上資源較缺乏及關注度較低的婦女而設，亦積極與女性職員較多的企業合作，由2019年至2022年期間，港大的戒煙熱線每年成功協助約700名吸煙人士戒煙。此外，自2005年起，戒煙研究組開始培養中學生和大學生成為戒煙大使，提供相應的戒煙資訊課程，至今超過650名學生完成訓練，其中包括護理學院及醫學院學生，將來有助於他們在臨床上勸喻吸煙病患進行戒煙療程。



## Nurturing Young Smoking Cessation Ambassadors

The University of Hong Kong (HKU) is committed to promoting a smoke-free environment and fostering smoke-free awareness among the youth, laying an important foundation for Hong Kong to become a smoke-free city. "As an educational institution, we are duty-bound to educate our younger generation and the public about the harmful effects of smoking and the benefits of quitting, and to provide professional advice on policy advocacy to demonstrate the ideal of a healthy, smoke-free Hong Kong," said Prof Kelvin WANG Man-ping, Director, Doctor of Nursing Programme.

The School of Nursing has set up HKU Youth Quitline and HKU Women Quit. The University Health Service also organized various activities and workshops to promote the smoke-free culture. They have also started training secondary school and university students to become Smoking Cessation Ambassadors and to provide them with relevant knowledge, more than 650 students have completed the training so far.



▲香港大學醫療保健處早年成立「戒煙研究組」，專責舉辦不同的活動和工作坊推廣無煙文化。The University Health Service organized various activities and workshops to promote the smoke-free culture.

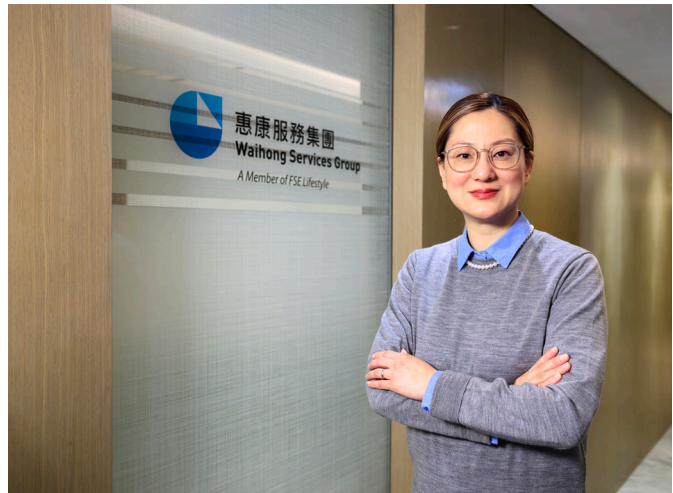


## 惠康環境服務 Waihong Environmental Services

# 主動探訪前線員工 營造全天候無煙氛圍

作為一間綜合環保服務公司，惠康環境服務有限公司一直致力為員工、客戶及社會提供專業環境安全及清潔衛生服務，亦視員工的安全及健康為首要考量，深信健康的員工才能提供高質素的服務，因此在無煙文化推廣上力臻至善。惠康環境服務有限公司副總經理施吉分享：「即使在疫情期間，公司仍未停止過推廣無煙活動，希望藉此保護員工及其家人的健康。我們深信員工的主動性對政策成功至為重要，因此公司積極提供一切可行的支持及措施，營造全天候的無煙氛圍，令員工即使下班後仍能遠離煙草引誘，提升員工戒煙的決心。」

公司除了與戒煙機構合辦無煙講座及工作坊，向員工宣揚無煙信息，另透過手機應用程式群組、內聯網、電郵等發放無煙資訊，鼓勵員工投入無煙生活。公司亦成立了工地安全小組，定期到工地巡查及執行無煙政策，並主動探訪不同工地的前線同事，了解及跟進他們的吸煙習慣及需要，從而制定及提供最合適的方法幫助員工戒煙，包括運動鍛煉、水果供應、戒煙轉介服務等。展望未來，公司將持續執行無煙措施，並響應政府及委員會提倡的無煙政策，以達至無煙香港。



## All-rounded Support and Measures to Create a Smoke-free Atmosphere

Waihong Environmental Services Limited ("Waihong") believes that a healthy workforce is the only way to provide high quality services. Therefore, the company strives to promote a smoke-free culture. Cindy SZE, Deputy General Manager, said, "We didn't stop promoting smoke-free activities during the epidemic in order to protect the health of our staff and their families. We provide all feasible support and measures to create a smoke-free atmosphere so that employees can stay away from the temptation of smoking even after work, and enhance their determination to quit smoking."

A team was set up to conduct regular site inspections and enforce the smoke-free policy. They also visit frontline staff to understand their needs on smoking cessation, so as to formulate and provide the most suitable methods to help staff quit smoking.



▲惠康環境服務與戒煙機構合辦無煙講座及工作坊，向員工宣揚無煙信息。  
Waihong organized health talks and workshops to promote a smoke-free culture to staff.

## 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。

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.



## 第一太平戴維斯物業管理 — 中環中心 Savills Property Management - The Center

# ESG深化無煙政策 多管齊下成業界先驅

近年ESG（環境、社會責任及公司治理）成為評估企業發展表現的指標，由第一太平戴維斯物業管理有限公司管理的中環中心亦將ESG發展策略融入到日常業務之中，在三大範疇加入無煙文化的推廣。第一太平戴維斯助理董事葉志濤指出：「環境方面，公司通過建築物能源效益審核認證，注重室內禁煙，確保環境質素符合健康、舒適的指標。社會方面，我們致力與不同的慈善機構合作，宣傳無煙資訊予員工、外判商、合作夥伴及公眾，亦設立『無煙加油站』，為員工及公眾提供水果、盆栽及煙害資訊。公司治理方面，公司設有網上學習平台教導員工煙害知識，另推行WELL健康—安全評價準則，通過改善建築性能，提升使用者身心健康，帶動企業朝向身心靈正向發展。」



公司近年亦積極推行健康工作坊及運動班，例如瑜珈班、乒乓球班、山行遠足及百萬行等，引導員工、業戶培養有益身心健康的興趣，以取締吸煙習慣。公司亦培訓員工成為無煙大使，在物管範圍內的公共地方加強巡視，適時作出禁煙勸喻及宣傳。未來在無煙文化的推廣上，公司會重點投放資源於教育範疇，強化員工及公眾的無煙意識，希望能成為業界榜樣，實現無煙香港的願景。

## Embed Smoke-free Promotion in ESG Policies

In recent years, ESG (Environmental, Social Responsibility and Corporate Governance) has become a key indicator for assessing corporate performance. The Center, managed by Savills Property Management Limited has also integrated ESG strategies, including smoke-free policies into its daily business. YIP Chi Tao, Associate Director said they take smoke-free policy seriously, "We collaborated with various smoking-cessation organizations to promote and create smoke-free atmosphere to our staff, contractors, partners and the public. We also set up an e-learning platform to educate our staff on smoking hazards, and we have implemented the WELL Health-Safety Assessment Criteria, which aims to enhance the physical and mental health of our users by improving building performance.

The Centre has also been actively implementing health workshops and exercise classes to guide its staff and tenants to develop healthy habits in order to eliminate smoking. Staff members are also trained to become smoke-free ambassadors and step up inspections in public areas. In future, they hope to become a role model for the industry and realize the vision of a smoke-free Hong Kong.



▲無煙大使加強巡視公共地方，適時作出禁煙的勸喻及宣傳。

The Centre trained its staff to become smoke-free ambassadors and step up inspections in public areas.

## BEAUSKIN Medical Group Limited



作為美容公司，BEAUSKIN Medical深明煙草產品對皮膚的禍害，因此着意加強同事對煙害的認識，鼓勵同事遠離煙草產品，建立員工良好而又專業的形象。公司定期舉行煙害講座，派發簡單運動器材，又會在茶水間添置水果及健康零食，協助對抗煙癮。

BEAUSKIN Medical understands the harmful effects of tobacco products on the skin, hence dedicated to enhancing colleagues' understanding of the harmful effects of smoking and encouraging them to stay away from tobacco products. The company regularly organizes health talks, distributes exercise equipment, and provides fruits and healthy snacks in the pantry to help everyone in the company to stop smoking.

## 華潤物業管理有限公司 China Resources Property Management Limited



華潤物業管理有限公司  
China Resources Property Management Limited

華潤物業管理有限公司把員工和租戶的健康放在首位，致力推廣無煙文化，包括舉辦戒煙心得分享會，邀請已戒煙員工分享成功戒煙的方法及好處，並定期舉辦以運動和情緒健康為主題的運動及紓壓工作坊。同時，亦主動邀請地區康健中心到公司旗下管理的物業設置健康主題攤位，讓租戶更認識地區醫療服務及健康管理的方法。

China Resources Property Management Limited putting the health of its staff and tenants in the first place, they committed to promoting a smoke-free culture, including organizing smoking cessation sharing sessions, inviting staff members who have quit smoking to share their experiences, organizing stress relief workshops regularly, and taking the initiative to invite District Health Centre to set up health-themed booths so as to let tenants to know more about the methods of health management.

## 建造業議會 Construction Industry Council



作為政府與建造業的溝通橋樑，建造業議會一直支持政府提倡的無煙措施，並參與香港吸煙與健康委員會舉辦的活動，以其影響力向其他持分者分享無煙健康生活的好處，包括在旗下訓練學院及戶外訓練場張貼戒煙宣傳海報、設置「戒煙大贏家」招募攤位等。議會亦支持公共衛生議題，例如在「活力健康 無煙香港」控煙策略公眾諮詢期內，鼓勵業界積極發表意見。

As a bridge between the Government and the construction industry, Construction Industry Council (CIC) has been supporting the smoke-free policy advocated by the Government. CIC has worked closely with COSH and supports multiple smoke-free programmes including putting up poster in its training campuses, and setting up a recruitment booth for the "Quit to win" contest. CIC also supports public health issues, such as encouraging the sector to actively express their views during the public consultation on the tobacco control strategies for vibrant, healthy and tobacco-free Hong Kong.



## 豐盛生活服務有限公司 FSE Lifestyle Services Limited



豐盛生活服務有限公司業務旗下2萬4千名員工齊心推動企業無煙文化，與戒煙機構緊密合作，定期舉辦煙害講座及員工培訓、健康生活市集及體育活動、亦於公司通訊軟件推廣無煙信息，鼓勵同事積極參與無煙活動，營造有利戒煙的氛圍。

With 24,000 employees, FSE Lifestyle Services Limited has been working closely with smoking cessation partner and organized health talks, staff trainings, healthy living bazaars and sports activities on a regular basis to promote work-life balance. Smoke free messages were also disseminated through intranet to encourage employees to quit smoking.

## 恒益物業管理有限公司 Hang Yick Properties Management Limited



為鼓勵戒煙及營造健康積極的價值觀，恒益物業管理有限公司設立健康安全委員會，並與戒煙機構合作，舉行不同戒煙講座及康體活動。另外，公司在辦公室當眼處張貼無煙標誌及無煙海報，亦會於茶水間提供茶包及新鮮水果，協助員工緩解煙癮。

To encourage employees to quit smoking and create healthy and positive values, Hang Yick Properties Management Limited has set up a Health and Safety Committee and collaborated with smoking cessation partner to organize various smoking cessation seminars and recreational activities. Also, the company displays smoke-free signs and posters in prominent places in the office, and provides snacks in the pantry to help employees ease their addiction to smoking.

## 阪急阪神國際貨運（香港）有限公司 Hankyu Hanshin Express (HK) Limited



阪急阪神國際貨運（香港）有限公司積極在公司推行無煙政策，特別設立無煙委員會定期推行無煙政策及活動，例如向員工派發生果及運動器材，推廣健康生活，又會為吸煙員工設置小型綠色花園，鼓勵他們透過種植、照顧花草紓緩煙癮。無煙政策得到管理層的支持，令成效更為顯著。

Hankyu Hanshin Express (HK) Limited has actively implemented a smoke-free policy in the company. With the support of the management, a smoke-free committee has been set up to implement smoke-free policies and organized activities on a regular basis, such as distributing fruit and exercise equipment to staff to promote healthy living, and setting up a garden for the staff whom smoke and encourage them to quit smoking through planting.

## 仲量聯行物業管理有限公司 — 光大中心 Jones Lang LaSalle Management Services Limited - Everbright Centre



由仲量聯行物業管理有限公司管理的光大中心，在鼓勵及推廣無煙生活方面不遺餘力，公司設有戒煙互助小組及戒煙獎勵計劃，以朋輩正向壓力推動員工戒煙，並每3個月檢視進度。公司每年亦舉辦多個活動，包括運動比賽、健步月、食物工作坊等，建立無煙健康的工作環境，同時加強員工對公司的凝聚力。

Managed by Jones Lang LaSalle Management Services Limited, Everbright Centre spares no effort in encouraging and promoting a smoke-free lifestyle. The company has set up a smoking cessation group and incentive programme to promote smoking cessation through peer pressure. The company also regularly organizes activities such as sports competition, cooking workshop, to build a smoke-free and healthy working environment as well as to strengthen the cohesion of the staff towards the company.

## 土地註冊處 Land Registry



土地註冊處積極推廣無煙文化，會為員工定期舉辦無煙健康生活講座，並透過不同渠道向所有員工及需要相關服務的市民宣傳有關吸煙禍害及戒煙資訊，如海報、部門內聯網、員工通訊及小冊子。

The Land Registry proactively promotes the smoke-free culture. It organizes smoke-free talks for staff regularly and promulgates relevant information on smoking hazards and cessation to all staff and citizens who need land registry services through different channels, including posters, pamphlets, department intranet and staff magazine.

## 上海浦東發展銀行香港分行 Shanghai Pudong Development Bank Co., Ltd., Hong Kong Branch



上海浦東發展銀行香港分行深明吸煙的禍害，積極向員工推動無煙文化，包括與戒煙機構合辦戒煙親子同樂日活動，邀請員工及其家屬參與。公司亦在飯堂設立「無煙茶水間」，為員工提供免費檸檬水、糖果，以及提供小型伸展運動工具，減少員工的吸煙慾望。

Shanghai Pudong Development Bank Co., Ltd., Hong Kong Branch understands the harmful effects of smoking and actively promotes a smoke-free culture among its staff, including organization of a Smoking Cessation Family Day. The company has also set up a "Smoke-free Pantry" in the canteen, providing free lemonade, candies and stretching tools to help employees stay away from tobacco.





銀獎

Silver Award

## 信和物業管理有限公司 — 宏天廣場 Sino Estates Management Limited - Skyline Tower



SINO PROPERTY SERVICES  
信和管業優勢

作為信和物業管理有限公司於九龍東分區的龍頭管理物業，宏天廣場積極推廣無煙文化，樹立榜樣。公司會定期於早會向同事發放禁煙資訊，並推動員工簽署戒煙承諾書，又在天台增設綠化空間，提供紓緩身心平台，鼓勵員工透過種植建立健康身分，遠離煙草禍害。

As the leading property management company of Sino Estates Management Limited in Kowloon East, Skyline Tower sets an example by promoting a smoke-free culture. The company regularly promotes smoke-free information and encourages staff to quit smoking. It also sets up a sky garden for staff and tenant to build up a healthy lifestyle and stay away from tobacco through planting.

## 富城物業管理有限公司 Urban Property Management Limited



富城集團  
Urban Group  
A Member of FSE Lifestyle

富城物業管理有限公司致力為員工提供健康及愉快的工作環境，透過內聯網及電郵發放無煙資訊，亦鼓勵員工參與健康講座、生活市集及興趣班，建立健康生活模式。公司亦積極參與香港吸煙與健康委員會舉辦的世界無煙日—無煙跑服日活動，以實際行動支持無煙生活態度。

Urban Property Management Limited is committed to providing a healthy and enjoyable working environment for its employees. Smoke-free message were disseminated through intranet and emails. The company also encourages employees to participate in health talks, lifestyle bazaars to establish a healthy lifestyle. The company also actively participates in the COSH's World No Tobacco Day – Smoke-free Sportswear Day in order to take practical actions to support a smoke-free lifestyle.





## 昇捷管理服務有限公司 Synergis Management Services Limited

昇捷管理服務有限公司服務範圍遍佈港九新界，公司會透過手機應用程式提供安全健康資訊，亦設立了「職安健環委員會」，考慮到前線保安員工的需要，以「多圖少字」形式將無煙信息傳遞與前線員工。昇捷管理服務有限公司動員了旗下200個物業參與是次大獎，參與員工總數達24,640人。

Synergis Management Services Limited's service area covers the whole Hong Kong, the company provides safety and health information through mobile phone applications, and sets up an "Occupational Safety and Health Committee". Smoke-free messages are delivered to frontline staff in an easily understandable way. Synergis Management Services Limited mobilized 200 of its properties to participate in the Award, with 24,640 employees taking part.



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## 贊助人 Honourable Patron

醫務衛生局局長盧寵茂教授 BBS 太平紳士  
Prof LO Chung-mau, BBS, JP, Secretary for Health

## 評審團 Judging Panel

香港特別行政區行政會議成員、基督教靈實協會行政總裁林正財醫生 SBS 太平紳士  
Dr The Honorable LAM Ching-choi, SBS, JP  
Chief Executive Officer, Haven of Hope Christian Service  
Member of the Executive Council of the Government of HKSAR

清新健康人協會主席黃龍德教授 PhD, BBS 太平紳士  
Prof Patrick WONG Lung-tak, PhD, BBS, JP, Chairman, Quit-Winners Club

香港吸煙與健康委員會主席湯修齊 MH 太平紳士  
Mr Henry TONG, MH, JP, Chairman, Hong Kong Council on Smoking and Health

衛生署控煙酒辦公室主管封螢醫生  
Dr FUNG Ying, Head, Tobacco and Alcohol Control Office

## 顧問團 Consultants

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Prof LAM Tai-hing, BBS, JP,  
Emeritus and Honorary Clinical Professor, School of Public Health, The University of Hong Kong

香港中文大學醫學院賽馬會  
公共衛生及基層醫療學院院長及醫學院副院長 (教育) 黃仰山教授  
Prof Samuel WONG Yeung-shan  
Associate Dean (Education), Faculty of Medicine Professor and Director,  
The Jockey Club School of Public Health and Primary Care,  
The Chinese University of Hong Kong

職業安全健康局總幹事游雯  
Ms Bonnie YAU, Executive Director, Occupational Safety and Health Council

## 合辦機構 Co-organizers

職業安全健康局  
Occupational Safety and Health Council

香港電台第一台  
Radio 1 of Radio Television Hong Kong

## 戒煙服務夥伴 Smoking Cessation Service Providers

醫院管理局  
Hospital Authority

衛生署  
Department of Health

控煙酒辦公室  
Tobacco and Alcohol Control Office

東華三院  
Tung Wah Group of Hospitals

香港大學護理學院  
School of Nursing, The University of Hong Kong

九龍樂善堂  
The Lok Sin Tong Benevolent Society, Kowloon

香港理工大學護理學院  
School of Nursing, The Hong Kong Polytechnic University

基督教家庭服務中心  
Christian Family Service Centre

## 支持機構 Supporting Organizations

全康情緒治療綜合中心 ADEC Medical Alliance Limited
工程界社促會 Association of Engineering Professionals in Society Limited
商界環保協會有限公司 Business Environment Council Limited
祥華賢毅社 Cheung Wah Yin Ngai Society
香港城市大學 City University of Hong Kong
飲食業職工總會 Eating Establishment Employees General Union
香港僱主聯合會 Employers' Federation of Hong Kong
環保工程商會有限公司 Environmental Contractors Management Association Limited
中國香港電競總會 Esports Association of Hong Kong, China Limited
香港工業總會 Federation of Hong Kong Industries
曉麗婦女協會 Hui Lai Women's Association
香港中小企經貿促進會 Hong Kong (SME) Economic And Trade Promotional Association
香港牙醫學會 Hong Kong Dental Association
香港電器工程商會 Hong Kong Electrical Contractors' Association Limited
香港人力資源管理學會 Hong Kong Institute of Human Resource Management
香港胸肺基金會 Hong Kong Lung Foundation
香港都會大學 Hong Kong Metropolitan University
香港生產力促進局 Hong Kong Productivity Council
香港專業及資深行政人員協會 Hong Kong Professionals And Senior Executives Association
香港中小型企業聯合會 Hong Kong Small and Medium Enterprises Association
香港胸肺學會 Hong Kong Thoracic Society
香港貨運物流業協會 Hongkong Association of Freight Forwarding and Logistics (HAFFA)
互聯網專業協會 Internet Professional Association
嶺南大學 Lingnan University
領展資產管理有限公司 LINK Asset Management Limited
循道衛理中心 Methodist Centre
香港專業保險經紀協會 Professional Insurance Brokers Association
深水埗街坊福利事務促進會 Shamshuipo Kaifong Welfare Advancement Association
南區健康安全協會有限公司 Southern District Healthy & Safe Association Limited
中國香港體育協會暨奧林匹克委員會 Sports Federation & Olympic Committee of Hong Kong, China
美國胸肺學院（港澳分會） The CHEST Delegation Hong Kong and Macau Limited
香港教育大學 The Education University of Hong Kong
香港家庭計劃指導會 The Family Planning Association of Hong Kong

香港演藝學院 The Hong Kong Academy for Performing Arts
香港物業管理公司協會有限公司 The Hong Kong Association of Property Management Companies Limited
香港中華出入口商會婦女事務委員會 The Hong Kong Chinese Importers' & Exporters' Association Women Affairs Committee
香港食品委員會 The Hong Kong Food Council
香港中小型企業總商會 The Hong Kong General Chamber of Small and Medium Business Limited
香港護衛及物業管理從業員總會 The Hong Kong General Union of Security & Property Management Industry Employees
香港綠色建築議會 The Hong Kong Green Building Council Limited
香港房屋經理學會 The Hong Kong Institute of Housing
香港測量師學會 The Hong Kong Institute of Surveyors
香港工程師學會 The Hong Kong Institution of Engineers
香港醫學會 The Hong Kong Medical Association
香港科技大學 The Hong Kong University of Science and Technology
香港藥學會 The Pharmaceutical Society of Hong Kong
香港地產建設商會 The Real Estate Developers Association of Hong Kong
香港大學 The University of Hong Kong
交通事業從業員協會 Traffic Services Employees Association
東華學院 Tung Wah College
聯合醫務集團 UMP Healthcare Group
宏施慈善基金深水埗社會服務處 Windshield Charitable Foundation SSP Social Services
婦女服務聯會 Women Service Association
黃大仙慧蘭婦女會有限公司 WTS Bright Orchid Women's Association Limited
九龍樂善堂 The Lok Sin Tong Benevolent Society Kowloon
仁愛堂有限公司 Yan Oi Tong Limited
國際青年商會香港總會 Junior Chamber International Hong Kong
國際可持續發展協進會 International Chamber of Sustainable Development (ICSD)
香港建築師學會 The Hong Kong Institute of Architects
圓玄學院 The Yuen Yuen Institute
齋色園 Sik Sik Yuen
公共小型巴士總商會 Public Light Bus General Association
香港青年協會 The Hong Kong Federation of Youth Groups
香港社會服務聯會 The Hong Kong Council of Social Service
正道愛心行動 Jung Do Caring Action