



倡無煙逾廿載 對症下藥助員工解煙癮

水泥生產是一星期七天每天24小時全天候運作的行業。部分員工因繁重工作量而開始吸煙，並誤以為吸煙可幫助提神減壓。為員工健康及職業安全着想，青洲英坭有限公司（下稱「青洲英坭」）早於1996年已實行無煙廠房政策，20多年來致力推廣無煙信息，構思不同方法鼓勵員工戒煙，冀減少吸煙人數及保護員工遠離二手煙的傷害。

成功推動無煙文化不可一蹴而就，需按步就班及持之以恆。青洲英坭有限公司行政總裁曾百中表示，「過往製造業的吸煙文化盛行，有損業界形象，有見及此，公司率先推行無煙政策，由員工出發，繼而感染同儕，冀將無煙文化推廣至製造業。」

聊天戒煙輔導 不受地域所限

青洲英坭自2014年起成立「戒

煙互助小組」，為吸煙員工提供全方位支援，並希望透過找出同事吸煙的原因並對症下藥，有效幫助員工戒除煙癮及預防復吸。青洲英坭善用社交通訊軟件及仿效香港大學研究為之有效的「WhatsApp聊天戒煙輔導法」，為個別同事提供不受地域及工時限制的戒煙建議及關懷。曾百中表示：「公司不少員工礙於輪班工作關係，未能定期出席戒煙互助小組聚會。而使用WhatsApp交流亦可避免面對面

戒煙是一個過程，只要堅定目標，儘管每天只有少許進展，但總會邁向成功。
Determination is the key for smoking cessation. Every smoker can eventually succeed quitting by taking a little step everyday.

曾百中
Eddy TSANG



戒煙互助小組定期舉辦聚會，協助員工擊退煙癮。
Smoking cessation support group hosts regular gatherings to help employees to beat addictions.

溝通時的尷尬，男性員工更能安心暢談未能成功戒煙之原因，同時也獲其他小組成員的即時輔導及勉勵，故深受員工歡迎。」另外，為提升戒煙動力，小組定期舉辦聚會，跟進員工的戒煙進度及健康情況，亦會邀請過來人分享經驗，讓他們明白在戒煙的路上並不孤單。

為提倡健康生活，廠內設有康體設施，如乒乓球檯、跑步機等供同事使用。小組成員亦會安排專人帶領組員進行伸展運動，幫助他們對抗煙癮。他指：「定時做運動有效令他們忘記煙癮，領略健康生活的好處。」



青洲英坭鼓勵吸煙員工定時做運動，享受無煙生活的好處。
Green Island Cement encourages smoking employees to do exercises regularly to enjoy healthy lifestyles.

設無煙語音提示 反思煙草禍害

青洲英坭明白即時戒煙並非易事，故鼓勵煙癮較大的員工循序漸進逐步減煙。此外，公司於廠房外指定吸煙區入口設置「紅外線感應語音提示裝置」，曾百中指，「每當有員工或承辦商人員進入吸煙區，系統會自動播放溫馨提示聲帶，提醒他們吸煙危害自身及身邊親友的健康，勸喻戒煙。」無煙廣播能夠提高吸煙人士的健康意識，反思煙草的禍害，逐步減少吸煙的次數，希望推動他們最後下定決心加入戒煙行列。為堅定他們的意志，公司推出獎勵計劃，並鼓勵員工作出戒煙承諾，讓非吸煙員工也可循循善誘提供協助，營造互相關懷的氛圍。他續指：「公司期望參與的同事明白戒煙是為自己的健康作出承諾。」

曾百中直言擔心香港逐漸減少的吸煙文化會受到新型吸煙產品的興起而隨時死灰復燃，「在推動無煙文化方面，青洲英坭每天都不能鬆懈，會一直堅持下去，並繼續大力推動員工積極遠離煙草。同時，期望在政府進一步拓展推廣範圍下，令香港有更美好的無煙生活環境。」



青洲英坭於廠房外指定吸煙區出入口設有語音自動播放裝置，提醒員工吸煙危害健康。
Infrared sensing audio reminder system was installed at the entrance of the designated smoking area to remind employees about smoking hazards.

公司簡介

青洲英坭有限公司隸屬長江基建集團有限公司，共有360名員工，吸煙人數比例約一成，是香港唯一整體水泥產品製造商，亦是全港首間取得水泥產品認證的企業。

Green Island Cement Company Limited

Helping smoking employees to beat addiction over two decades

Green Island Cement Company Limited ("Green Island Cement") is a cement manufacturing plant and has been advocating a smoke-free culture in workplace for over 20 years since 1996. Eddy TSANG, Chief Executive Officer said the implementation of smoke-free measures should be facilitated in a step-by-step manner. Since 2014, the company has set up a support group to organize regular meetings in helping employees curb the tobacco addiction and prevent relapse. Referencing the research conducted by The University of Hong Kong, chat-based instant messaging was used to provide personal advice, quit tips and support for quitters. Smoking cessation assistance is not restricted by time and geographical location, embarrassment of face-to-face communication, particularly among male employees could also be avoided.

The company provides workout facilities which allow staff to do exercises during break time and help them cope with withdrawal symptoms. 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 as well as to Hong Kong.