



建造業議會

革新建造業面貌 培育無煙新力軍

隨著香港多項大型基建工程項目落實，愈來愈多新力軍紛紛投身建造業，截至2020年2月，註冊建造業工人數目超過48萬。建造業議會（下稱「議會」）一直致力為業界培育新一代人才，同時不忘向學員灌輸無煙資訊，盼學員將來從事建造工作時能感染同儕，改變行內根深柢固的吸煙文化，提升建造業的專業形象。

建造業議會執行總監鄭定寧認為，「吸煙直接影響建造業從業員的身心健康及工作表現，因此議會經常提醒學員無論在課堂、工地實習，甚至公餘時間都遠離煙害，更配合本地控煙團體對外推廣無煙生活的好處。」議會旗下的20個地點，包括訓練學院及戶外訓練場地等均為全面禁煙，機構安全部會定期前往各訓練學院及訓練場作突擊檢查，同時於寫字樓、培訓中心及各大學院張貼戒煙

宣傳海報，向職員及學員提供無煙信息。

打破固有觀念 灌輸無煙文化

在四、五十年代，建造業以師徒形式傳授技巧知識，徒弟較容易為學習跟隨師傅染上吸煙的習慣，難免形成工友不健康的形象。為打破固有觀念，議會下了不少功夫，以教育開始循序漸進向學員灌輸無煙文化，以減

建造業屬體力勞動行業，故從業員應保持強健體魄，切勿染上吸煙惡習。

Construction workers are mainly manual labour, they should maintain good physical strength and ought not to smoke.

鄭定寧
Albert CHENG



▶ 議會於旗下服務中心設置「戒煙大贏家」招募攤位，鼓勵學員遠離煙害。
"Quit to Win" booth was set up at CIC Service Centre (Kowloon Bay) to recruit smokers for cessation.

低行內的吸煙人數。議會定期向學員講解吸煙的禍害，強調在工地不應吸煙以提升職業安全及健康。議會亦自2017年起與香港吸煙與健康委員會合作，成為「建造無煙力量」及「戒煙大贏家」活動的支持機構，舉辦逾40場無煙健康講座，約近2,000多名學員參加。此外，更於九龍灣建造業議會服務中心設置「戒煙大贏家」招募攤位，招攬吸煙從業員參加戒煙比賽，早日重拾健康。



▶ 議會提倡將無煙文化傳遞予新一代，矢志建構「無煙建造業」。

CIC is committed to building a "Smoke-free Construction Industry" for the next generation.

議會重視從業員的身心健康，每年均舉辦「建造業開心跑暨嘉年華」，邀請政府部門、建造業公司聯同員工及學員共逾千人參與，推動健康生活文化。同時，議會大力推行

「建造業運動及義工計劃」，舉辦不同的康樂體育活動及義工活動，鍛鍊從業員強壯的身體及為社區發放正能量。鄭定寧指，「議會透過龍舟隊訓練班、足球同樂日等有益身心之康樂及體育活動，從中滲透無煙文化，讓學員意識到運動的重要性。」

成業界橋樑 建構無煙工作環境

作為政府與建造業界的溝通橋樑，建造業議會一直支持政府提倡的無煙措施，並以其影響力積極向其他持分者分享資訊，推動建造業界攜手建設無煙工地環境。鄭定寧表示，「現時全港有約1,500個工地，議會的外展隊與承建商及判頭保持緊密聯繫，向他們派發宣傳海報及戒煙貼士，同時於建造業僱主分享會中向企業管理層派發無煙宣傳刊物，鼓勵業界一同支持及加入無煙企業的行列。」

年輕人是社會的未來棟樑，對行業發展影響深遠，鄭定寧表示，「經過多年努力，年輕從業員的吸煙率有下降趨勢，期望將來得到更多企業的認同，令建造業於不久將來成為『無煙行業』。」



▶ 議會舉辦康樂活動推崇健康生活方式，鍛鍊體魄，拒絕吸煙。

CIC organizes a variety of recreational activities to help practitioners adopt a healthy lifestyle and say no to cigarettes.

公司簡介

建造業議會於2007年成立，前身為建造業訓練局，現時學員人數約1,500人，為加強香港建造業的可持續發展提供一個溝通平台，強化健康及安全意識，提升技能，並促進業界發展，力求不斷改善。

Construction Industry Council

Reforming the industry to cultivate a smoke-free construction workforce

There are over 480,000 registered workers in the construction industry in Hong Kong. The Construction Industry Council ("CIC") has been nurturing talented individuals through provision of construction and safety-related courses at its institutions. Smoke-free messages were embedded into their training with an aim of changing the deep-rooted smoking culture in the industry, as well as to enhance the professional image.

Smoking is completely prohibited at CIC's premises including 20 locations of training campuses and outdoor training grounds. Albert CHENG, Executive Director remarked that CIC has worked closely with COSH since 2017 and supports multiple smoke-free programmes including "Smoke-free Construction Force" and "Quit to Win" contest. Over 40

health talks were held to deliver smoke-free messages to about 2,000 trainees. CIC also provided venue for recruiting construction practitioners into a smoking cessation contest. Every year, the "Construction Industry Happy Run and Carnival" is organized to promote a healthy lifestyle with more than 1,000 staff, trainees and industry stakeholders participating.

The CIC outreach team maintains close contacts with contractors and distributes smoke-free posters and quit tips at 1,500 sites, as well as encourages companies to join the smoke-free force on the Engagement Day. After years of effort, the smoking prevalence of young construction practitioners has dropped significantly. CIC is looking forward to uniting the industry and building a smoke-free culture in the near future.