



敦豪國際速遞

物流運輸分秒必爭 建無煙生活助減壓

香港作為國際運輸及區域物流樞紐，每天貨如輪轉，物流業的員工需爭分奪秒，將貨物運送至世界各地，故前線員工需保持健康的體魄以應付日常繁重的工作。敦豪國際速遞（香港）有限公司（下稱「DHL」）為幫助員工紓緩壓力，推出一系列減壓活動，藉此鼓勵員工培養良好生活習慣，活出無煙健康人生。

今年DHL是連續兩屆獲「香港無煙領先企業大獎」金獎，該公司人力資源副總裁江秀嫻表示，「公司推行無煙政策既可確保員工在安全及健康的環境下工作，同時亦保障到客人的貨物，提供優質的物流服務。」

60天健康日誌 每天累積健康數值

為提醒員工健康的重要性，DHL設計「60天健康日誌」計劃供員工記

錄每天的生活習慣。江秀嫻表示日誌特意外型精巧的摺疊式設計，方便員工放進錢包隨身攜帶。日誌內容除包涵豐富健康資訊外，亦推廣三種生活模式：「第一是均衡飲食，第二是勤做運動，第三當然就是戒煙，因為戒煙可以令同事更健康。」公司於計劃前後安排免費健康檢查，讓員工看到實踐健康生活60天後為身體所帶來的變化，以激勵他們持之以恆履行健康生活模式。而於活動期間，同儕間

DHL 希望員工明白健康的重要性，而吸煙不能幫助減壓。

We hope our staff become aware of their wellbeing and smoking is definitely not a way to cope with stress.

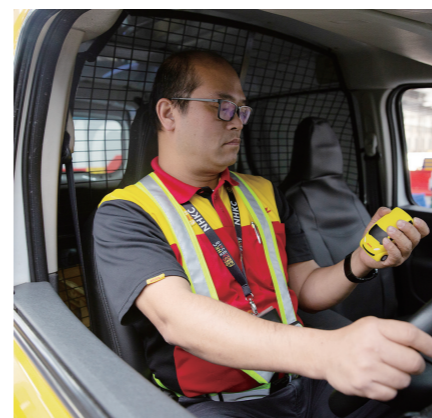
江秀嫻
Donna KONG



▷ DHL 鼓勵員工每日填寫健康日誌，建立無煙健康生活習慣。
DHL encouraged staff to fill in the health journal every day and practice a healthy smoke-free lifestyle.

互相鞭策及勉勵，有助增強戒煙的推動力。

另外，公司向員工派發貨車造型的「壓力球」，讓員工閒時宣洩負面情緒、紓緩工作壓力及解決煙癮問題，轉移注意力。同時設有24小時情緒支援熱線，員工可隨時致電與專業人士傾訴，無須選擇吸煙減壓。



▷ DHL 特意为員工準備壓力球，讓前線員工即時紓緩工作壓力。
DHL distributed stress ball to staff and help them relieve work pressure.

與戒煙機構緊密合作 改善健康

DHL 於近年積極舉辦不同富趣味性的無煙推廣，成功推動不少非吸

煙人士向身邊人發放正能量，例如向員工派發低糖香口膠，鼓勵非吸煙員工轉贈予吸煙同事以減少他們的吸煙量，反應熱烈。員工亦可從多個渠道獲取煙害資訊，包括內聯網、告示板、入職培訓及公司的手機流動應用程式等。公司更會舉辦多元化消閒活動，如辦公室瑜珈班、壓力管理工作坊等，建議員工以健康嗜好取代吸煙習慣，亦與戒煙服務機構九龍樂善堂合辦「無煙工作日」等推廣活動，以吹氣球等簡單小遊戲進行肺活量測試。另DHL定期舉行健康講座，提供一氧化碳呼氣測試，即時轉介有意戒煙員工接受戒煙療程。

DHL 再次獲得「金獎」，江秀嫻認為成功關鍵在於管理層對無煙政策的支持及對員工的關心，「公司關顧員工及其家屬的身心健康，鼓勵員工將健康信息帶給家人。我們明白到只有家人身體健康時，員工才會更安心工作，更熱愛這份工。」管理層亦身體力行拍攝健康操的宣傳短片，配合多渠道宣傳，喚起員工對身體健康的關注。她盼望日後以多元活動進一步協助員工減輕工作壓力，關注員工的身心靈健康，令更多吸煙員工能成功戒除煙癮。



▷ DHL 與戒煙服務機構合辦身體檢查活動，為有意戒煙的員工提供轉介服務。
DHL co-organized a body check event with smoking cessation service provider and encouraged staff to quit smoking.

公司簡介

敦豪國際速遞（香港）有限公司是全球領先的大型物流公司，現時業務遍佈全球超過220個國家和地區，在本港有四個運作中心、13個速遞中心及辦事處，共擁有約1,500名員工，為各行業客戶提供適切的物流解決方案。

DHL Express (Hong Kong) Limited

Promoting a smoke-free lifestyle to unwind in the fast-paced industry

DHL Express (Hong Kong) Limited ("DHL") received the Gold Award for the second time, following the motto: "Love Yourself, Love Your Family". To maintain a safe and healthy working environment for the staff, a "60-day Health Journey" campaign was launched and introduced a healthy lifestyle including balanced diet, regular exercise and smoking cessation. Participants received free health checks before and after the campaign to keep track of their changes in 60 days. A pocket-sized journal and a DHL truck-shaped stress ball were also provided to help staff develop a smoke-free lifestyle and relieve work pressure, so to distract them from smoking addiction. A 24-hour hotline service was also available to offer emotional support and professional counseling to staff in dealing with stress.

In order to motivate more non-smokers to engage in smoke-free activities, "A Gum for a Cigarette" was held and received overwhelming response. Smoke-free information was disseminated among staff through intranet, notice boards, orientations, as well as the company's employee mobile app. Smoking staff would be referred to smoking cessation service providers for assistance.

Donna KONG, Vice President of Human Resources expressed that DHL cares about the health of staff and their family members, so they can devote themselves at work resulting in higher productivity. DHL will continue to organize various activities in helping staff to cope with stress and quit smoking in the long run.