



**C.R.E.A.T.E.**

## **My Health@work.hk Pledge**

### **我的「健康在職」承諾**

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Name of Organisation 機構名稱

#### **OUR COMMITMENT TO WORKPLACE HEALTH**

##### **我們對工作間健康的承擔**

We believe maximising employee health and well-being will benefit our employees and contribute towards achieving business goals. Attaining optimal workforce health is the responsibility of the employer, management and employees. We will work collaboratively with the Department of Health to implement a comprehensive workforce health promotion programme to achieve a healthier and more productive workforce.

我們相信，如果可以為員工謀求最佳的身心健康，便能造福員工，並有助於達到我們的業務目標。僱主、管理層及員工皆有責任讓員工處於最佳健康狀態。我們會與衛生署緊密合作，推行全面的「推廣在職人士健康」計劃，鼓勵及協助員工達成更佳健康和生產力。

Pledged by 承諾人

Name 姓名 : \_\_\_\_\_

Signature 簽署 : \_\_\_\_\_

Position 職位 : \_\_\_\_\_

Date 日期 : \_\_\_\_\_

**OUR PLEDGE** embraces the following actions:

我們以下列行動實踐承諾：

1. **C** (Commitment) – To strategically position our workforce health promotion programme by providing leadership and support from senior management.

**承擔**—為我們的「推廣在職人士健康」計劃進行策略定位，由機構高層擔綱領導角色和提供支援。

2. **R** (Resources) – To provide continuous support and resources for establishment of organisational policies and socio-physical environments that are conducive to health enhancing actions.

**資源**—提供長期支援及資源，以制訂一些鼓勵實踐促進健康行動的機構政策，並營造這種社會及實際環境。

3. **E** (Effective Communication) – To establish a Wellness Committee to facilitate effective communication and project execution.

**有效的溝通**—成立健康委員會，以促進溝通和有效執行計劃。

4. **A** (Activities) – To organise health promoting activities to heighten health awareness and literacy among our employees.

**活動**—組織「推廣健康」活動，提高員工對健康的意識和認識。

5. **T** (Team work) – To work with employees and stakeholders to build, implement, evaluate and share workplace health practices.

**團隊合作**—與員工和持份者合作，以制訂、實踐、評估和分享工作間健康實務。

6. **E** (Extension) – To extend health efforts beyond the workplace by building partnerships that support related initiatives within the community.

**延伸**—將謀求健康的努力推廣至工作間以外，物色對相關介入措施表示支持的社區人士/團體，與他們合作。