



“We-Safety” is a newsletter aimed at providing PolyU staff and students with safety information and news about how the University is working to keep our community safe.

May **We** work together to achieve **Safety** on campus.

How much do you know about Sports Injuries?

- Are you a sports fan?
- Have you been injured in a sports activity?
- Do you know how you can quickly recover from an injury?



On the topic of “Sports Injuries” at PolyU, we are pleased to have Mr Michael Wong, Clinic Manager of Rehabilitation Clinic, and Mrs Marriane Kong, PE Officer of Centre STARS (formerly Student Affairs Office), to share with us some helpful tips and practical advice.

Background

Acting as a change agent for safety promotion and accident prevention, the Health, Safety and Environment Office (HSEO) reviews accident statistics on a regular basis so as to implement relevant solutions. During the past decade, HSEO and Centre STARS have joined forces to improve well-being and health. The concerted efforts have resulted in an enhanced incident reporting system and a growing awareness among staff and students.

Based on regular reviews of the incident statistics, HSEO has collaborated with Office of Counselling and Wellness (OCW) to publish an educational booklet which offers relevant solutions, including reminders of the importance of stretching exercise and sports injury prevention. In addition, HSEO has also sponsored purchases by OCW of sports goggles for squash players to better protect their eyes.

Student Athletes

At PolyU, the group who suffers most from sports injuries is students. The majority of the injuries took place during the student athletes’ training sessions or competitions, especially inter-universities competitions. The following table shows the details of the injuries.

