

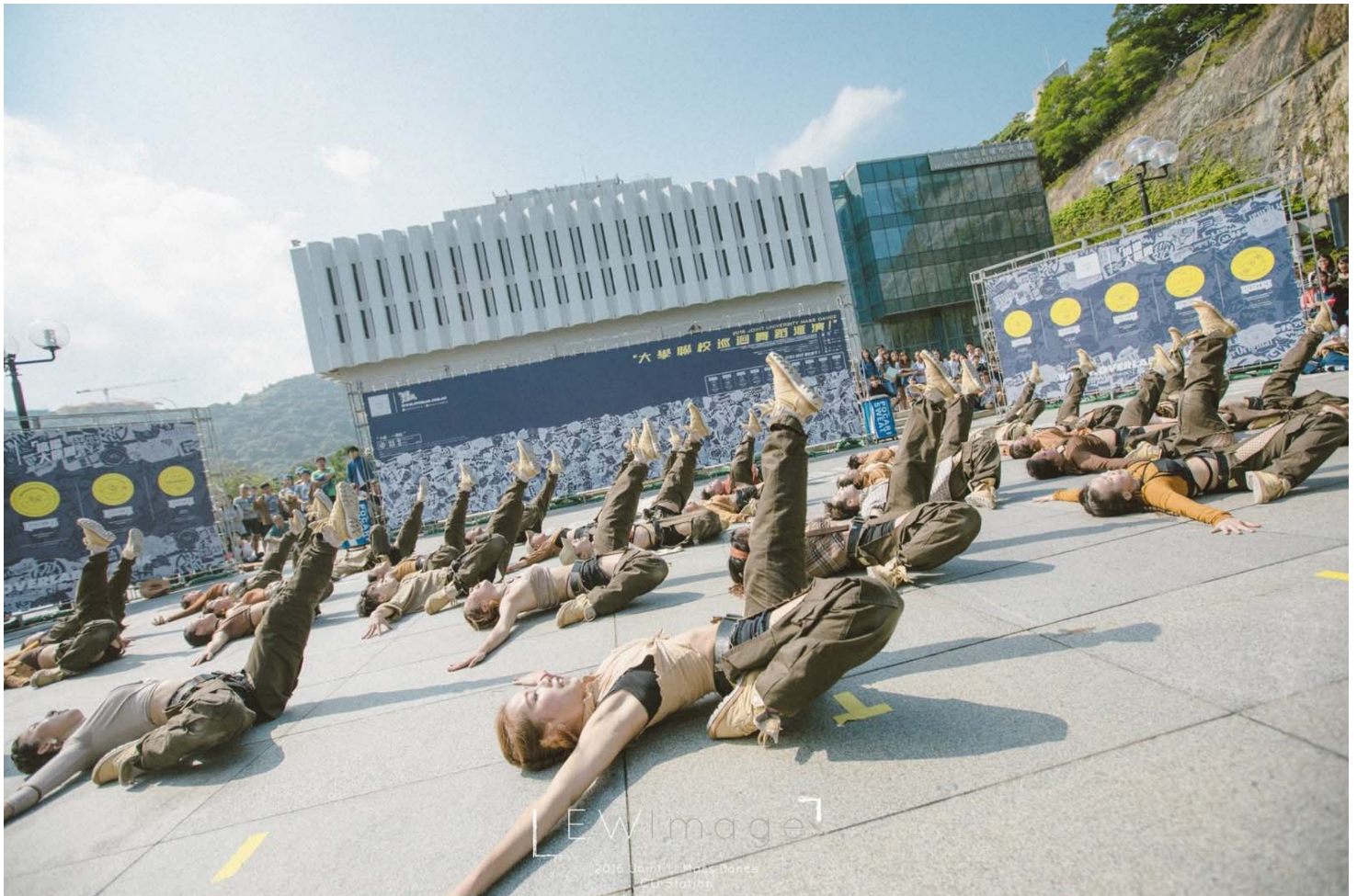


“We-Safety” is a newsletter aimed at providing PolyU staff and students with safety information and news about how the University is working to keep our community safe.

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

Dancing away the Safe Way

In 2013 a low-budget local film titled “The Way We Dance” 《狂舞派》 premiered and became an instant hit. Featuring a group of teenage hip-hop dancers, the indie film-turned-box office success was actually inspired by the PolyU Dance Society (DANSO). The creative concept of the film can be traced back to one evening when director Adam Wong walked past the PolyU campus. He was intrigued to see a group of DANSO members dancing away in the lobby of Shaw Amenities Building.



The group of PolyU DANSO performing at Joint-U Mass Dance 2016

Photo Credit: Lewimage



The Champion team at the Joint University Battle 4 on 4
Photo Credit: Lewimage

With some 150 members, DANSO is going from strength to strength. As recently as June this year, the group won Championship in the Joint University Battle 4 on 4 and took part in the Joint-U Mass Dance staged at PolyU Logo Square on 29 November 2016.

All its achievements are built on hours of intensive training, meticulous choreography and high-energy collaborative efforts. However, the range, repetition and speed of body movements, can put a dancer at risk of an injury. By enhancing dancers' health and well-being, their performance can be optimized. So what are the risk factors and how can dancers reduce the risk of injury?

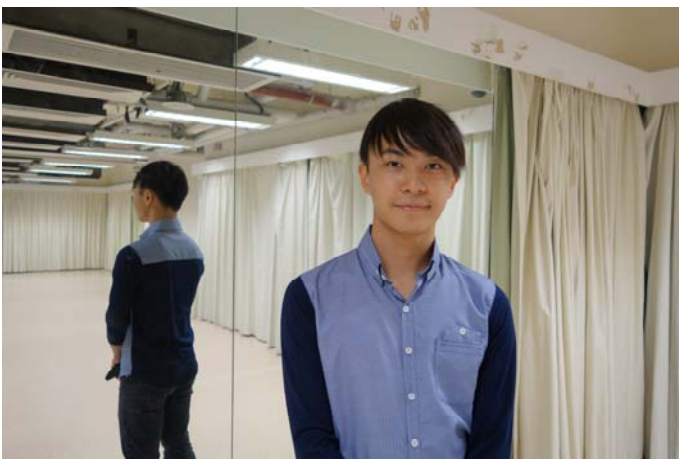
"We spend 15 to 30 minutes on warm-up before rehearsals and our choreographers attend closely to our postures during practice. This is important because we must be technically sound so as not to twist the body in the wrong way, or strain a muscle," DANSO President Marco Lam, a year-two student in the Department of English, remarked.

"We drink plenty of water during rehearsals," Marco continued. "Taking sufficient rest is also important. There is a compulsory break every 90 minutes."

The members are advised to avoid fast foods and eat light to keep the body healthy.

Non-slip shoes, long pants and knee pads are required during rehearsals to prevent abrasions. Sometimes soft mats are used for added protection. Each dance group has at least one first-aider.

"Occasionally a member who complains of muscle soreness in the calf, thigh, neck or waist would be fine after resting," said Marco. "We are extremely careful about risky movements so we practise our dance routines progressively."



Mr Marco Lam, President, PolyU DANSO



Members of DANSO practising



To further explore the subject of dance injury prevention, We Safety is pleased to have the chance to interview two experts in dance training and education from Hong Kong Academy for Performance Arts (HKAPA). Mr Brenton Surgenor, Senior Lecturer, Academic Studies in Dance, acknowledges that dance is a high-risk activity. “An effective warm-up should improve physical and psychological performance, and contribute to reduced risk of injury. Dynamic stretching should be used in the warm-up and save the static stretching for the cool-down,” he said.



Mr Jaime Redfern, Head of Contemporary Dance, HKAPA

He points out that the biggest risk factor is fatigue, and there should be a right balance between training and rest. Cooling down after a practice session helps prevent the risk of muscle soreness and potential injury. Returning to dance before full recovery from an injury can aggravate the condition.

“It is essential to keep the performers hydrated during rehearsals and have the right environment,” said Mr Jaime Redfern, HKAPA’s Head of Contemporary Dance. “This includes space, lighting, temperature, cleanliness, floor material and condition.”

Physical fitness is the key to reducing the risk of injury. Weak muscles are more likely to be injured when challenged or stretched. “Dancers need to be conditioned to achieve adequate fitness: strength, flexibility, and endurance,” Mr Surgenor emphasised. “Muscle balance is also important,” he added.

Another piece of advice given by the Senior Lecturer in dance studies is to sometimes remove the mirrors in rehearsals. This would allow the performers to focus more on the placement rather than being distracted by their image in the mirror.

Lastly, Mr Redfern and Mr Surgenor recommended the following websites which contain a wealth of information on dance injury prevention:

- International Association for Dance Medicine & Science <http://www.iadms.org/>
- Ausdance <http://ausdance.org.au/>
- The Hong Kong Dance Journal <http://www.dancejournalhk.com/>

We – Learn

Given the success of the above week-long campaign, HSEO is going to organize more interesting health and safety activities for the University community to learn about related issues.

Centred on the theme of “Health & Safety PolyU Family”, “Safety Week 2016” aims to raise health & safety awareness, cultivate a safety culture among stakeholders on campus, and promote creative thinking among staff and students by offering them practical health and safety tips relevant to their studies and teaching. The campaign is also geared towards securing community buy-in for health and safety through education, communication and collaboration.

On 15 November 2016, the campaign kicked off with the Opening Ceremony cum Competitions Prize Presentation:

- Venue: Chan Sui Kau and Chan Lam Moon Chun Square (Logo Square)
- Programme:
- Paper Tearing Art by Uncle Man
 - First-aid demonstration by St. John Ambulance
 - Prize presentation for HSEO Logo Design Competition and Slogan Competition

In addition, members of the University community can obtain the latest health & safety information from professionals through the following health & safety seminars/talks:

Name of Seminar/Talk	Speaker	Date & Time	Venue
Implementation of Construction Design & Management (CDM) in Hong Kong	Mr Andy Lo IOSH Council Member	15 Nov 2016 (TUE) 7:00pm–8:30pm	FJ302
Anti-Heat Stress Clothing for Construction Workers	Ir Prof. Albert P.C. Chan Head, BRE	16 Nov 2016 (WED) 6:30pm–8:00pm	PQ304
Campus Safety: Preventing Injuries and Accidents	Mr Jimmy Yuen Senior Consultant, OSHC	17 Nov 2016 (THU) 3:00pm–4:00pm	Y306
Stress Management in Occupational Health	Dr Kin Cheung Associate Professor, SN	21 Nov 2016 (MON) 4:30pm–5:30pm	R601

All seminars and talks are conducted in Cantonese and certificate of attendance will be issued for participants. You are welcome to visit Safety Week 2016 website (<https://www.polyu.edu.hk/hseo/training-news/safety-week>) for further details.

We – Update

15th Hong Kong Occupational Safety & Health Award



“Safety Week 2015”, held in November 2015, recently won the **Safety Promotion Award – Bronze Award** in the 15th Hong Kong Occupational Safety & Health Award organized by the Occupational Safety & Health Council.

In addition, the University also scooped the **Safety Performance Award** (other industries category) for its excellent track record in safety and comprehensive measures conducive to a safe and healthy workplace.





We – People

Mr Ronald Lee & Mr Andriy Fan, Campus Development Office

Mr Ronald Lee, a Project Officer of Architectural Division of Campus Development Office (CDO), who has previously served as Departmental Health & Safety Officer (DHSO) for eight years, will retire in late 2016. Ever mindful of the crucial role of a DHSO in office, CDO has succession plan in place with a view to achieving seamless transition. Ronald's successor, Mr Andriy Fan, a senior project officer in the same division, took over as DHSO in mid 2016.

Looking back, Ronald agreed that DHSO could be a thankless job especially when it came to dealing with contractors, who might focus more on schedule of works. "Safety is the most important in works and construction sites. We have to work more proactively and communicate with contractors clearly, especially when we need to implement a new safety policy/manual. Although this caused heavier workload to me and other project managers, it pays to have a safe construction site on campus," Ronald remarked.

Over the years, Ronald has worked with other colleagues in CDO to compile a manual enabling both colleagues and constructors to follow the same practices for works in bad weather.



Mr Andriy Fan (left) & Mr Ronald Lee

In recent years, project managers have been adhering to the safety check practice for DHSO at works/construction site before commencement of works. "It's been a fun journey for me and I've familiarized myself with the work of both sides in the process. I'm glad to see that safety awareness has not only been raised over the years in the office but has also spread to the contractors," said Ronald.

Being the successor of Ronald, Andriy thought he was lucky to take up this role in a mature safety environment, thanks to Ronald's hard work and contributions. "The safety mechanism with comprehensive record and documents for office and works Ronald has built helps me to pick up my new role in a short time. He has also shared his experience with me and this enables me to start a safety conversation with colleagues and contractors more easily," Andriy added. "There is also a 'five-day DHSO induction programme' provided by Health, Safety & Environment Office for new DHSOs, so I think I'm luckier than Ronald when he was new to this role eight years ago."

As a retiring DHSO ready to pass the baton, Ronald advised Andriy to explore new ways to promote safety awareness in office and among constructors. Andriy promised to carry on with Ronald's vision of "safety for all" and cooperate with all relevant parties to achieve this goal.

We – Listen

We value your opinions and **We** always **Listen**.

In addition to a Safety Week 2015 Survey conducted in November and December last year and Safety Salon held in April 2016, comments and suggestions from Safety Week participants, DHSOs and safety personnel were collected in preparation for Safety Week 2016. Most of the respondents suggested setting up interactive booths at the upcoming Safety Week to provide the University community with the opportunity to learn about health and safety issues through games/demonstration.

In Safety Week 2016, a total number of 8 interactive booths with games and demonstrations featured at the campaign were set up on Podium, FJ Covered Wing from noon to 3:00 p.m. on 15 & 16 November 2016. Details can be checked out on Safety Week 2016 website <https://www.polyu.edu.hk/hseo/training-news/safety->

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We – Challenge

“We-Challenge” is open to all PolyU staff members and students (both full-time and part-time). If you answer all the questions correctly, you will have a chance to receive a voucher worth HK\$50. A total of 5 winners will be drawn from those who get all the answers right.

1. It was noted from Cover Story that DANSO members spend _____ on warm-up before rehearsals.
a. 5 to 10 minutes b. 10 to 15 minutes c. 15 to 30 minutes
2. Safety Week 2015 recently won the “_____” in the “15th Hong Kong Occupational Safety & Health Award” organized by the OSHC.
a. Safety Promotion Award – Bronze Award
b. Safety Performance Award (other industries category)
c. Pointing and Calling Award
3. Safety Week 2016 kicked off with the Opening Ceremony cum Competitions Prize Presentation on _____ 2016.
a. 15 November b. 16 November c. 17 November
4. Which of the following talks was held during Safety Week 2016?
a. Radiation Safety of Irradiating Apparatus
b. Stress Management in Occupational Health
c. Briefing for Purchasing Delegates on the Central Chemical Purchasing System
5. Mr Ronald Lee has previously served as DHSO in CDO for _____ years.
a. 8 b. 10 c. 12

Please visit <https://myacs.polyu.edu.hk/utills/mysurvey/index.php/585967/lang-en> for “We-Challenge”.

Remarks:

- In the interest of fairness, staff members of HSEO are not permitted to participate in “We-Challenge”.
- In case of dispute, HSEO reserves the right of final decision.

Thanks to all who took part in “We – Challenge” of the last issue. The 5 winners below will each receive a gift voucher:

1. Jim Lo, ELC
2. Lam Ka Fung Flora, APSS
3. Ip Man Fung, FENG
4. Chan Wing Hei Debby, AMA
5. Kwan Chi Wai, LMS

Congratulations to all the winners. They will be notified by email of the arrangements for voucher collection.