

"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.

In Times of Facing Pandemic 見字防疫



With the current epidemic situation, Health, Safety & Environment Office (HSEO) supports the University to review and update the precautionary measures from time to time to protect the health of University community. It is important for the University students and staff to stay safe and healthy.

In order to deal with the "anti-epidemic fatigue" and further promote the anti-virus messages to prevent the fourth wave of epidemic, HSEO took the opportunity of semester commencement to organize a virtual campaign namely "In Times of Facing Pandemic" (見字防疫) in September 2020 for University community's participation. Health and safety message and hygiene tips were shared with students and staff members via various online activities. In the campaign, participants also have an opportunity to share their concerns in dealing with pandemic.

Quiz, lunch talks, poster exhibition and one-minute video competition were organised at online platform, inviting the University community to participate and further knowledge on precautionary measures.

Online Quiz

Daily online quiz was organised for seven consecutive days. More than 2,600 students and staff to participate and test their knowledge and measures of preventing Covid-19.

Online Lunch Talk

Dr Lorna Suen (Associate Professor of School of Nursing and Director of the Squina International Centre for Infection Control) and Dr Dana Lo (Senior Medical Officer of University Health Service) were invited to deliver lunch talks on topics of Infection Control at Workplace (防疫@工作間) and 2 Tips to keep away from "anti-epidemic fatigue" (兩招踢走「抗疫疲勞」) respectively. Practical anti-virus tips and ways to dealing with mental health during pandemic were introduced. With these interactive online talks, participants had an opportunity to express their worries and concerns over pandemic.

Posters Exhibition

A series of posters to provide anti-virus tips on the following topics:

- ❖ Three Steps to Do When You Access to Campus 校園防疫三件事
- ❖ Stay Safe by Avoiding 3Cs 注意防疫環境 3 種「密」
- ❖ Wash Your Hand Often 見字洗手保健康
- ❖ Hygiene Tips for Hall Residents during Epidemic Period 疫情期間，住 Hall 衛生小貼士
- ❖ Reporting Mechanism – Having Home-mates Undergoing Mandatory Self-quarantine 強制家居檢疫的呈報機制



You may visit HSEO's website at <https://www.polyu.edu.hk/hseo/events-promotions/posters/hse-posters/in-times-of-facing-pandemic/> to view and download the posters.

One-minute Video Competition

A video competition was just closed in October 2020 and numerous videos created by student(s) to promote health messages were received. Judging panel will review the entries and shortlisted video(s) will be posted at HSEO's Instagram (IG account: [polyuhseo](https://www.instagram.com/polyuhseo/)) for University community's viewing and vote for one's favourite.

Various top infectious disease experts warned that Hong Kong's fourth wave of Covid-19 had begun. The University would observe the epidemic situation and update the precautionary measures from time to time to protect the health of University community. HSEO will also keep in touch with every student and staff member via mass emails, HSEO's Instagram and website to provide the latest anti-virus arrangement and information. Please stay tuned and check it out.



We — People

Dr Andy Cheng, Department of Rehabilitation Sciences

Dr Andy Cheng is an Associate Professor (Occupational Therapy) in Department of Rehabilitation Sciences (RS). Dr Cheng was a member of Health and Safety Committee of the University from 2018 to 2020 to provide advice on the University's health and safety policies and overseeing its implementation on campus. He also promoted the use of safe practices and general awareness of occupational health issues of the University community.

As an expert in area of occupational therapy, Dr Cheng concerns the ergonomics of colleagues of RS, especially in areas of display screen equipment (DSE) and manual handling. Dr Cheng has served as Chairman of RS' Departmental Health and Safety Committee for several years, he worked closely with the Departmental Health and Safety Officer to review the status of DSE of RS colleagues and provide training for office colleagues and frontline colleagues on topics of DSE and manual handling respectively. "Our Head of Department always put health and safety first, he was very supportive in responding to the resources needs on DSE or other workplace safety issues for colleagues," Dr Cheng said. He also highlighted the trust among colleagues is the key of working together for a healthy and safe working environment. "It is important to have trust between colleagues, especially between the senior staff members and junior / frontline staff members. It helps colleagues to have more understanding on the health and safety needs at work of different positions / roles." Dr Cheng added.



For students of RS, Dr Cheng always reminds them to have self-review on their ergonomics risk and other occupational issues when taking care the patients or working at clinical placement. "Students have to know the occupational health, such as manual handling. They involve in a lot of patient transfers when providing treatment, if they did not aware / pay attention, some of them may easily get hurt," Dr Cheng said. He continues to promote the importance of occupational health for occupational therapists and physiotherapists. It is important for students to raise their awareness on occupational health, which could benefit them at work after graduation too.

In addition to the health and safety contribution on campus, Dr Cheng is also invited by external parties to provide occupational health advice for various industries. For example, to conduct risk assessment and provide occupational health advice for dentist and dental hygienists of Department of Health; to participate the project of Occupational Safety & Health Council (OSHC) to review the occupational health issues of catering industry; and the return to work issues of other industries.



In the 12th Hong Kong Outstanding Occupational Safety & Health Employees Award, jointly organised by OSHC and Labour Department, this year, Dr Cheng won a Bronze Award (Management – Organisation / Enterprise Category). His outstanding performance accolade regarding the promotion of health and safety in the University is praised and awarded by the Organiser. Dr Cheng thanked the University's nomination for the Award and granted him an opportunity for being a member of Health and Safety Committee. "It was grateful to meet health and safety personnel from different disciplines, such as members from HSEO. I hope we can have more opportunities to work together in the coming future, to further exchange ideas on safety and health," he appreciated.

We — Update

New mobile application namely “Sisot Mobile Application” (SMA) is launched recently to help checking out chemicals. Let’s check out the SMA key features and the steps of using this application.

Sisot Mobile Application (SMA), a New Mobile Application to Check Out Chemicals on Your Own

THE HONG KONG POLYTECHNIC UNIVERSITY
香港理工大學

Health, Safety & Environment Office
健康安全及環境事務處

WHAT ARE THE KEY FEATURES OF SMA?

Login to ChemWatch account, you can:

- access chemical inventory
- review Safety Data Sheet (SDS)
- transfer chemical record from one location to another location
- conduct chemical check out by scanning the QR code on DGMT label

Quick Chemical Check Out Steps

- Download the app via

Google store (Android)

Apple store (IOS)
- Log in ChemWatch account
(If you forgot your ID/password, contact DGMT)
- Enter "inventory" mode
- Click and then at the bottom right corner to activate "remove" mode
- Scan the QR code on DGMT label, then submit

WHY CHEMICAL INVENTORY IS IMPORTANT TO YOU ?

- Avoid violation of Dangerous Goods Ordinance

- Avoid wasting time to search for a chemical that has already been used up

- Allow quick hazard identification in case of fire or chemical spillage

- Prevent accumulation of expired chemicals

WATCH THE SMA DEMONSTRATION VIDEO

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We — Listen

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

Eye Care Tips Poster Series

HSEO continues to collaborate with various departments / units of the University to provide University community health and safety information they concern. With School of Optometry’s support, a poster series on topic of “eye care tips” was created. Dr Ronnie Huang, Senior Optometrist was invited to share the some tips for students and staff to treat one’s eyes better.

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The said series of posters have been delivered to the University community via mass email, as well as HSEO's Instagram (IG account: [polyuhseo](#)) and [HSEO website](#). Students and colleagues may share the posters with their family and friends to express cares and concerns.

We — Learn

OSHC is going to organize a series of online open seminars in December 2020 on the following topics:

Date & Time	Topic
4 December 2020 (Friday) 6:45 – 8:15p.m.	Occupational Stress 工作壓力網上公開講座
9 December 2020 (Wednesday) 6:00 – 7:30 p.m.	Prevention of Musculoskeletal Disorders for Office Workers 辦公室僱員 - 預防筋肌勞損
15 December 2020 (Tuesday) 3:30 – 5:00 p.m.	Joyful@Healthy Workplace: Mental Well-being 好心情@健康工作：精神健康精讀
30 December 2020 (Wednesday) 3:30 – 5:00 p.m.	Joyful@Healthy Workplace: New Mode of Exercise under Epidemic 好心情@健康工作：疫情下的新運動模式

All the above seminars to be conducted in Cantonese.

Health and safety experts and members from the Labour Department are invited to deliver the relevant messages and answer participants' concerns and enquiries on the above said topics. The online seminars are free of charge and you are welcome to participate. You may visit OSHC website at <https://sms.oshc.hk/portal/enrollment/activitiesE.aspx> for seminar registration and check out the latest health and safety talks and seminars.