



“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.

## Health and Safety Office & Director of Health and Safety



Health & Safety Office  
健康及安全事務處

Our Office, now known as Health and Safety Office (HSO), was renamed from the Health, Safety and Environment Office (HSEO) on 18 October 2021. This is to better reflect the service scope of the Office. Mr Chris Leung was appointed as the Director of Health and Safety (DoHS) on the same day and started spearheading the Office to support health and safety management of the University.

Mr Leung has more than 20 years’ experience in health and safety management for laboratories and chemical plants. He joined the University in 2009 and has been serving the Office since then. In this issue, we are honored to have a chat with Mr Leung to talk about his vision on the health and safety management of the University.

“Members of HSO are professional and dedicated. It is my honour and pleasure to have the chance to work with them.” stated by Mr Leung in the opening of the interview.

### From HSEO to HSO

Mr Leung stated that there is no change to our service scope before and after the renaming of the Office. The change is to address the fact that environmental matters, except those pertinent to legal compliance, have been transferred to Campus Facilities and Sustainability Office (CFSO). For examples, the handling of chemical wastes and clinical wastes and liaison with Environmental Protection Department of the Government remain the duties of HSO.

Mr Leung went on saying that although handling of environmental matters is no longer a part of our services, we are always there to provide whatever support, as needed.

### Actively Support Expansion & Development of Research Activities

The University has been actively expanding its research activities. More and more researchers are joining the University, and new laboratories will continue to be built.

Mr Leung is of the view that it is the job of every HSO members to support the development of the University. Hence, our work focuses in the years ahead will be seeking continual enhancement of our services regarding research safety approvals, and the provision of proper and timely health and safety information to our researchers and students.

For instance, we will further enrich the safety information on our website. More guidelines will be introduced. More “on-the-ground” solutions and experience sharing in the form of technical bulletins will be prepared. Mr Leung’s ultimate aims is that our fellow colleagues and students will not need to look elsewhere for suitable safety information but from our website.

## Networking with other Universities & Research Institutions

Mr Leung also considers that learn from others is crucial to ensuring health and safety.

In this regard, HSO has joined a safety group, known as Tertiary Institutions Safety Advisory Group (TISAG). TISAG comprises members from safety offices of local universities and research institutions (e.g. Hong Kong Science & Technology Parks Corporation). It is a platform for member organizations to share their lesson learnt and best practices.

On the other hand, in order to bring knowledge and experience from international safety community to the University, Mr Leung reckons that we need to explore and expand our networking with our counterparts from overseas universities.



*Mr Chris Leung  
Director of Health & Safety*

## Safety is to HELP

Mr Leung firmly believes that “Safety is to HELP”.

He explained that the ultimate goals of health and safety management is to help the organization to identify and mitigate health and safety risks such that injury or loss to personnel and property could be minimized. However, the tricky part in practice is that safety personnel may not always be aware of or understand the actual needs, difficulties and limitations of the concerned parties.

Therefore, it is very important for every HSO member to be open-minded, be patience and to serve with hearts. Mr Leung stressed that we need to listen to the voices of our stakeholders and actively exchange views with them so that we can work out a safety solution with them, which is practicable and acceptable to all parties.

## Welcome to the Fields of Occupational Hygiene, Health & Safety

In closing, Mr Leung expressed that he is looking forward to working with our fellow colleagues and students with his new role.

Mr Leung added that he would like to see more young graduates, who are hardworking and willing to learn, to join the fields of occupational hygiene, health and safety. He went on saying that many experienced health and safety professionals in the university setting are going to retire in the coming decade. Hence, there will be lots of career opportunities in this field.



## We – Update

### Outstanding Safety Performance and Promotion Recognized

The University was bestowed with Health & Safety Awards at the Hong Kong Occupational Safety and Health Award organized by the Occupational Safety and Health Council (OSHC) for the 6th consecutive year.

PolyU received Safety Performance Award (other industries category) and Safety Promotion Award (Silver) at the 20th Hong Kong Occupational Safety and Health Award Presentation Ceremony on 20 December 2021. These two awards recognized organizations that demonstrate good safety records and performance and brilliant results in organizing promotional activities to improve employees' awareness and promote safety culture of the workplace respectively.



During the period of pandemic, the University organized an online health promotional campaign namely “In Times of Facing Pandemic” with support from HSO. At the campaign, the University shared professionals' knowledge on precautionary measures, heard participants' sharing, experience or concerns in dealing with pandemic. It aimed at joining hands to pitch in and get through this difficult time with the University community.

## We – Listen

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

### Contact HSO in Various Channels

With the Office renaming on 18 October 2021, the Office website address, email and social media have also been updated with the new name. You may continue to obtain the latest health and safety information and contact us via the following channels:

- ❖ Website: <https://www.polyu.edu.hk/hso/>
- ❖ E-mail: [safety.hso@polyu.edu.hk](mailto:safety.hso@polyu.edu.hk)
- ❖ Instagram: @polyuhso  
(<https://www.instagram.com/polyuhso/>)

HSO welcome your views and ideas on health and safety issues on campus.

**Stay Safe & Healthy**  
**HAPPY LUNAR NEW YEAR**

While wishing you a joyful holiday, the Health & Safety Office would like to remind all laboratory personnel the followings:

1. Ensure the emergency contact displayed on the door of your laboratory is up-to-date
2. Before leaving the laboratory, please check the area and ensure:
  - All gas cylinders and gas lines have been shut off and secured;
  - No experiments left unattended;
  - Sashes of fume cupboards have been closed completely;
  - Adequate supply of back-up power, gas(es) and water to critical equipment to avoid interruption;
  - Non-essential equipment have been switched off and unplugged, if possible; and
  - Doors are locked to prevent unauthorized entry to laboratory areas.

**Wish you a Healthy and Safe Year of Tiger**

## We – People

### Dr Billy So, Department of Rehabilitation Sciences

Dr Billy So, Assistant Professor (Physiotherapy) of Department of Rehabilitation Sciences (RS), joined the Hong Kong Polytechnic University in 2012. In the past years, Dr So delivered various health and safety talks for the university staff and students, and community of external health and safety-related associations/councils. He also led the students of RS to participate various ergonomics-related activities to promote occupational health and safety.

Dr So concerns students' experience in area of occupational health and safety and their liaison with patients, it benefits their works of deciding the treatment or providing advice for patients in the coming future. Therefore, Dr So always leads RS students to participate various ergonomics-related occupational health and safety activities, such as visiting OSHC's "Occupational Safety & Health Academy" and onsite health assessment and posture analysis to PolyU staff in the University-wide health and safety promotional event "Safety Week" during years 2016 to 2018. "Through communication with patients, students may know more occupational background of them. Students have more understanding on the health and safety issues in patients' daily lives to provide more comprehensive advices for them," Dr So, the active educator said.



**Dr Billy SO (left) received Hong Kong Outstanding OSH Employee Award in October 2021**

### Health Promotion

Dr So participates in promoting occupational safety and health of staff members serving sedentary and professional areas actively. In 2018, he developed "PolyU OSH Stretching Challenge Online Platform" to promote occupational health awareness for our administrative staff members. There were 16 videos of stretching exercises. Staff members may access to the Online Platform to follow the steps of stretching anytime no matter at office or at home. Dr So also served the Sedentary and Professional Services Safety & Health Committee of OSHC and delivered talks in the past years. "Neck pain is the common occupational health issue of academic and administrative staff members due to prolonged sitting. During the period of pandemic, with the special work arrangement of work-from-home, administrative staff members have to work with a notebook computer / at a not appropriate workstation. Academic staff members also have prolonged sitting with online teaching mode. We have to raise people's awareness of neck pain and other ergonomics risk," Dr So pointed out. He encouraged staff members to have regular stretching and exercise to improve the situation.



**PolyU OSH Stretching Challenge Online Platform**



**Safety Week 2018**

Dr So has contributed promoting occupational safety and health not only within the University but also the social community. Dr So is serving different professional organizations. He is a current Vice President of Hong Kong Ergonomics Society, current Executive Committee Member of the Hong Kong Physiotherapy Association. He has been conducting ergonomic risk assessments and health education talks for different organizations and the public. Even in the period of pandemic, Dr So also continues to deliver the talks via online platforms as he believes that ergonomics awareness is important when people have to work at home instead of office.

### 13th Hong Kong Outstanding Occupational Safety & Health Employees Award

In 2021, Dr So received a Bronze Award (Management – Organization / Enterprise Category) in the 13th Hong Kong Outstanding Occupational Safety & Health Employees Award jointly organized by OSHC and Labour Department. Dr So’s outstanding performance regarding the occupational health and safety in the University is praised and awarded by the organizer. He thanked the University’s nomination for the Award. “Thank you for the recognition and I will continue to work on the occupational health promotion with the RS students. Thank you for the HSO in organizing ‘Safety Week’ in past few years and provided a platform for me and RS students to help staff members to understand their posture and ergonomics risk. During the pandemic, we put more time on the ergonomics and occupational health related research and exchanged ideas on occupational health issues with other professionals. It led me to explore further solutions to help people on ergonomics issues,” he appreciated.

## We – Learn

Under the current pandemic situation of new variant of Coronavirus - Omicron, most public health and safety talks and seminars are given via online platform. OSHC is going to offer a series of online seminars on occupational health and Coronavirus in January and February 2022. Please find below for details:

### January 2022

Topics:	COVID-19: Online Seminar on “Prevention of new variant of Coronavirus - Omicron in the Workplace”
Date:	28 January 2022 (Friday)
Time:	3:00 - 4:30 pm
Language:	Cantonese

### February 2022

Topics:	Online Seminar on Occupational Health 2022	Online Open Seminar on Occupational Health for Office Workers
Date:	9 February 2022 (Wednesday)	22 February 2022 (Tuesday)
Time:	3:30 - 5:00 pm	6:45 - 8:15 pm
Language:	Cantonese	Cantonese

You may visit OSHC website at <https://rb.gy/ktc9ov> for enrollment.

**Contact Us**  
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