



衛生署
Department of Health



職業安全健康局
OCCUPATIONAL SAFETY & HEALTH COUNCIL

好心情@健康工作間約章

Joyful@Healthy Workplace Charter

香港浸會大學

Hong Kong Baptist University

約章內容

我們重視員工擁有快樂和健康。
我們相信擁有快樂和健康的員工是機構長久成功的基石。
我們承諾推廣員工的身心健康，並以下列領域為重點：

1. 健康飲食
2. 體能活動
3. 心理健康

Charter Statement

*We value having a joyful and healthy workforce.
We believe that having a joyful and healthy workforce is the
cornerstone for the long term success of the organisation.
We pledge to promote physical and mental well-being among ourselves
with emphasis on the following areas:*

1. *Healthy eating*
2. *Physical activity*
3. *Mental wellbeing*

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