Service Priorities and Programmes
Electronic Presentations

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sketching before work
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Introduction
The "鬆一鬆,先開工" program aims to establish a routine practice of doing stretching exercise for front-line staff before they work, especially some weight bearing procedure.

Objectives
The "鬆一鬆,先開工" program aims to establish a routine practice of doing stretching exercise for front-line staff before they work, especially some weight bearing procedure.

Methodology
Encourage staff establish a routine practice of doing stretching exercise according to poster and a demo video.

Result
Encourage staff establish a routine practice of doing stretching exercise according to poster and a demo video.