

Enhancing Physical Resilience Through a Brief Towel Exercise: Impact on Staff Physical Readiness, Hazard Awareness, and Slip-Trip-Fall Incidence Reduction

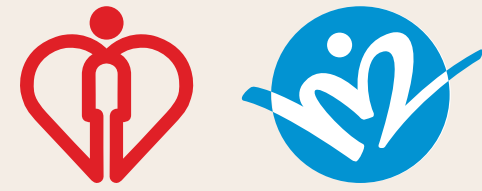
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Oral Presentation for HA Convention 2026

by Eugene TSANG, Hospital Manager, Administrative Services Division, Haven of Hope Hospital



Alarming Slip, Trip & Fall (STF) IOD Rate

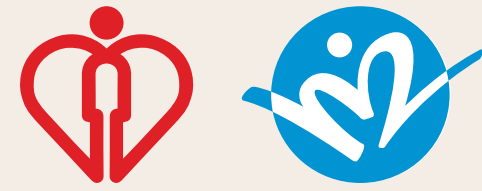
STF IOD Rate (No. of STF IOD cases per 100 FTE)			
Year/ Institution	2022	2023	2024
HA Overall	0.56	0.54	0.6
HHH	0.6	0.5	1.0

2nd Highest among all types of IOD in HA persistently

Increased in an abnormal way



Prevention of STF IOD is necessary!!!



Preventive Measures adopted

- Various OSH promotion activities were organized in HHH to raise the staff's safety awareness

眼到、手到、心到
職安健推廣
職安健互動應用程式小遊戲及職安健展覽

活動詳情:
地點及日期: 1. 主座一樓走廊 (10月30日, 星期四)
2. 信望愛樓二樓中庭 (10月31日, 星期五)
時間: 下午12時正至2時正 (每人所需時間為5-10分鐘)

歡迎同工踴躍參與
完成後可獲得精美禮品

如有查詢, 請聯絡行政部小組 (內線: 8402)
靈實醫院職業安全及健康委員會 主辦



「眼到、手到、心到」
職安健找錯處

調查

89

Set: A

職安健互動訓練
預防滑倒、絆倒、跌倒

地點: 信望愛樓1樓演講廳(A)
日期: 5月30至31日
時間: 下午1時至2時15分

目的: 透過不同形式的訓練提高同工的職安健意識

完成訓練及問卷後可獲得精美有轆環保購物袋一個!

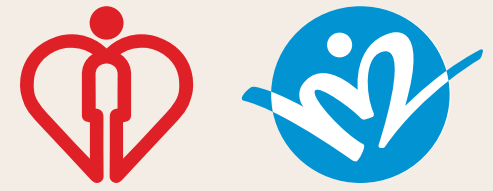
職安健調查隊
預防滑、絆、跌倒篇

開始!

Can we DO more?



Measures other than safety awareness program

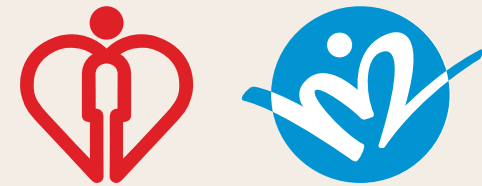


Let's organize a simple pre-work exercise program to improve staff's agility and prevent STF injuries!

HHH OSH Committee



Why Towel Exercises could be a solution?



Enhances Balance & Agility



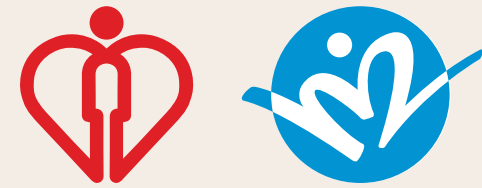
Time-saving (Around 5 minutes)



Convenient (equipment free)

Perfect for
Hospital Setting!!

Literature review on pre-work Exercise



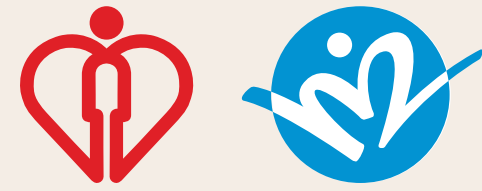
Study by Gartley and Prosser⁽¹⁾ shows:
Workplace warm-up effectively reduce work-related injuries
among staff

Study by Aje et al.⁽²⁾ shows:
Pre-work stretching program was associated with fewer work-related muscle injury

Study by Small et al.⁽³⁾ shows:
Warm-up stretching may have a positive effect on preventing muscle injury

Reference:

- (1) Gartley R. M., Prosser J. L. (2011). Stretching to prevent musculoskeletal injuries. An approach to workplace wellness. *Journal of American Association of Occupational Health Nurses*, 59, 247-252.
- (2) Aje, O. O., Smith-Campbell, B., & Bett, C. (2018). Preventing musculoskeletal disorders in factory workers: Evaluating a new eight minute stretching program. *Workplace Health & Safety*, 66(7), 343–347.
- (3) Small, K., Naughton, L. M., & Matthews, M. (2008). A systematic review into the efficacy of static stretching as part of a warm-up for the prevention of exercise-related injury. *Research in Sports Medicine*, 16(3), 213–231.



Towel Exercise Program (TEP)



第二式 原地踏步+前後高舉



第五式 橫向踏步+雙手前推



5-minute, low-cost pre-work exercise program developed by HHH Physiotherapy Department



Custom-made video was filmed for staff's reference



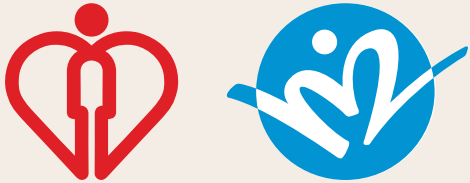
A **kick-off ceremony** with management's participation was arranged



Check-in challenge was introduced with incentives offered at different stages to reinforce participations



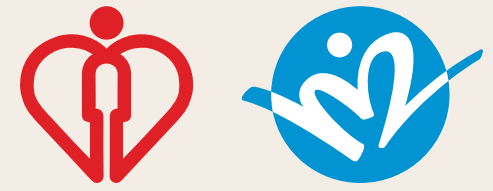
Result



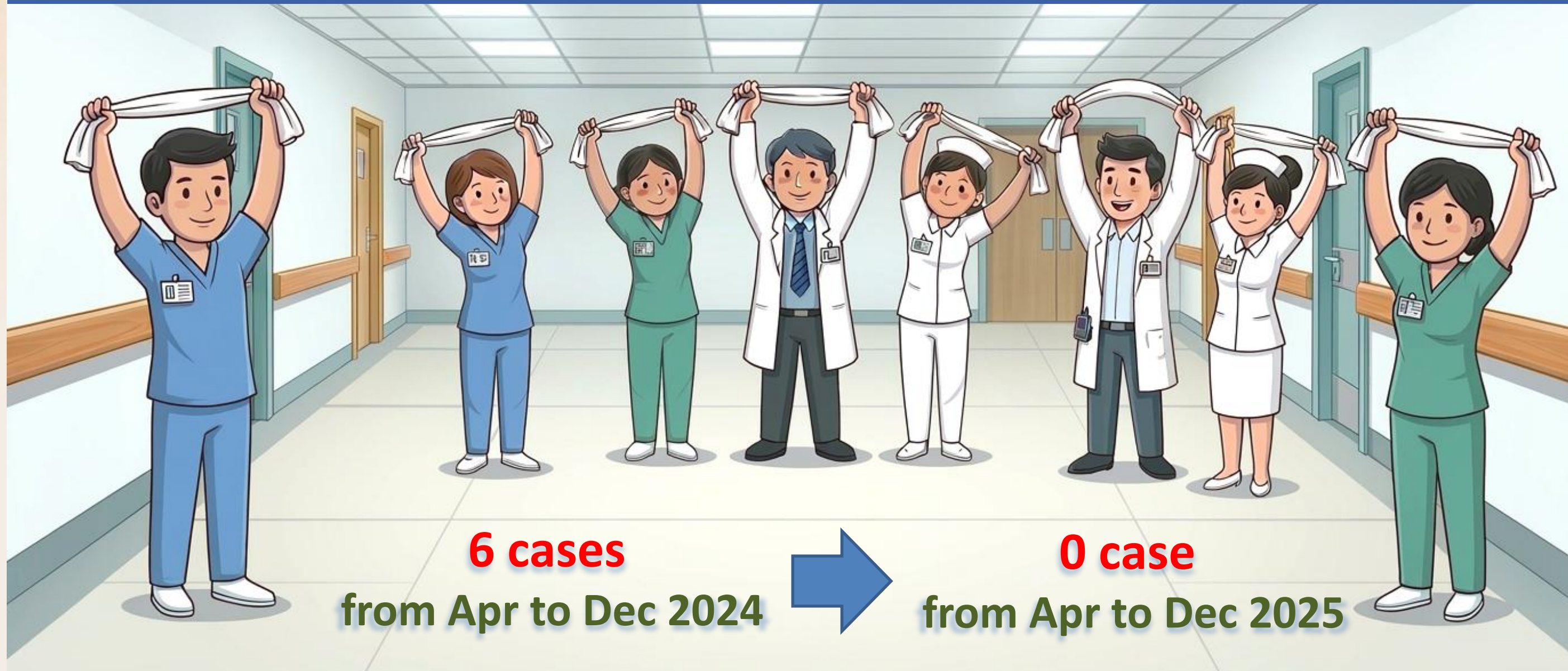
HHH TEP check-in challenge: 7,700+ Engagements



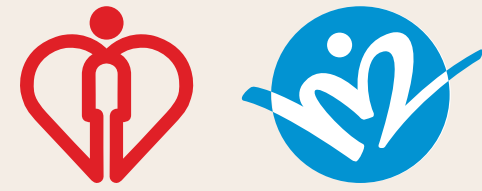
Result



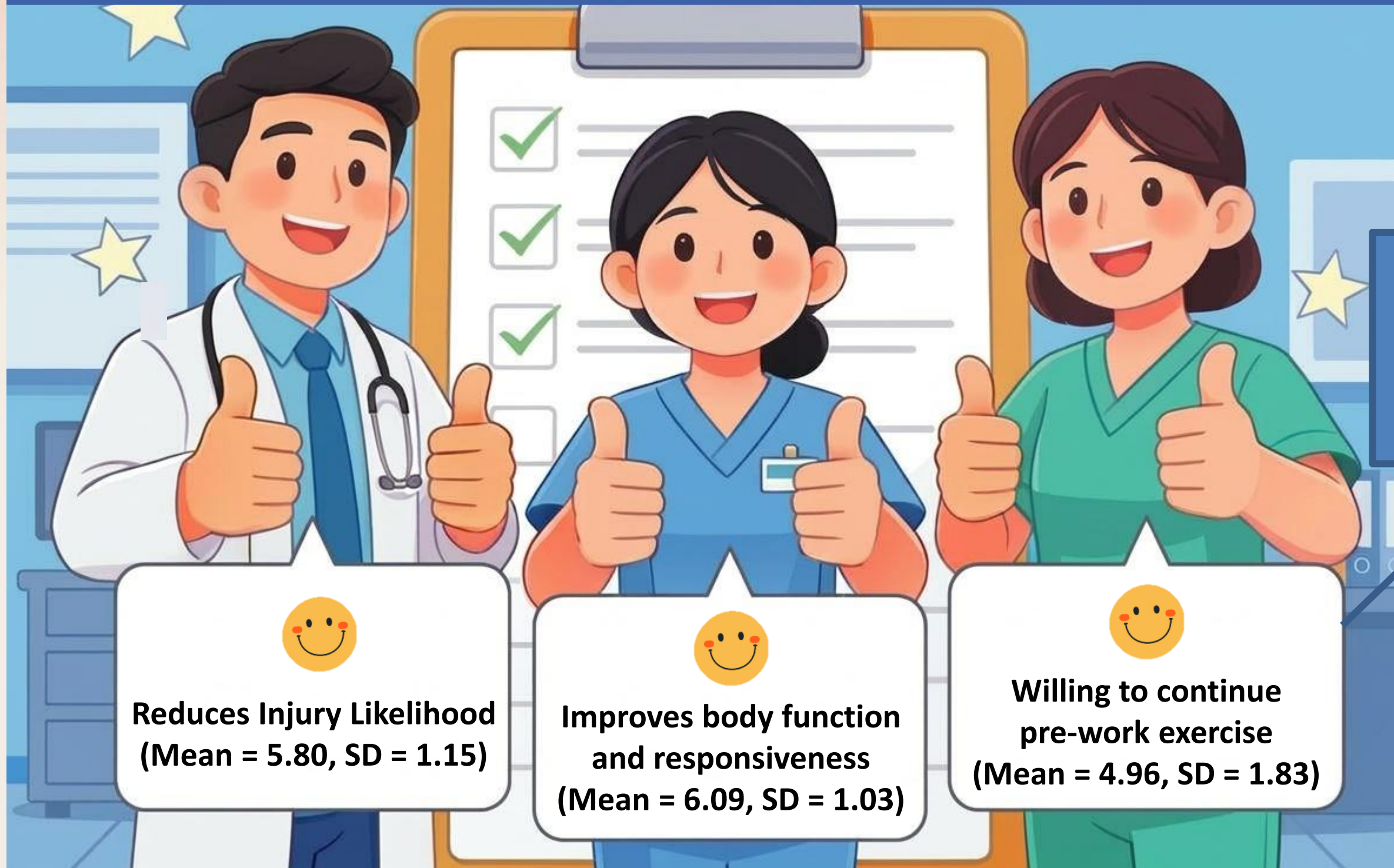
HHH STF Incidents: **100%** Reduction



Result

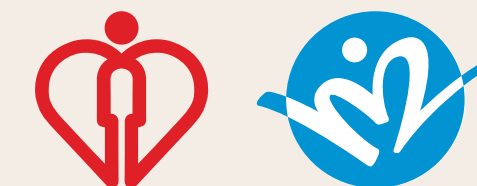


Staff Survey (7-point Likert scale) on TEP (N=46)



More effort is needed to sustain the habit!!

Advice by Government

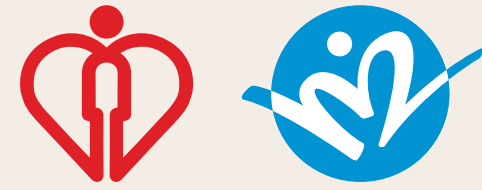


14.8% of the adult in HK performed an insufficient level of physical activity

Members of the public should lead a healthy lifestyle, such as maintaining sufficient physical activity

Government Survey also suggest similar stance!!

Conclusion



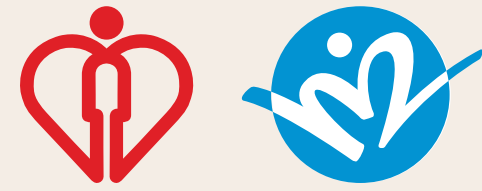
**Empower and Engage
Supervisor and Staff In
IOD Prevention**



**Increased Physical
Preparedness**



**Raise awareness on
physical fitness**



Way Forward



To nurture a habit of **regular physical activities** and **prework warm up exercise** through positive reinforcement and mutual peer encouragement

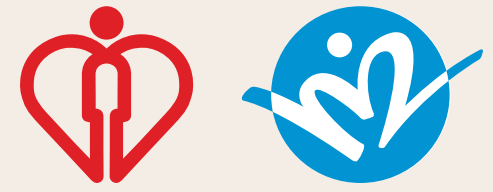


Build up staff's strength to handle works and daily tasks



Further **reduce IOD** in Hospital





Thank You!

